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A study of his analysis between the differential learning method and the imperative method in performing the snatch lift for young adults

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Abstract

The research aims to study his analysis of the snatch raise between the differential learning method and the commanding method by the junior weightlifting quadruple, and to identify the best study between the differential and commanding methods in the performance of the snatch for junior players aged (15-16) years. The researcher hypothesizes that the differential method in the analytical study of Al-Amri's method in performing the snatch lift in quadruple weightlifting for the junior class at ages (15-16). The researcher used the descriptive method in the manner of the survey method of weightlifting for the junior category (15-16 years) for the two equal groups, in order to suit the nature of the research problem. The research sample consisted of players from the Specialized School in Diyala Governorate for weightlifting, which is based in Al-Khalis Sports Club, by (10) players, and they were chosen from the research community by 100%. Two players, and a reconnaissance experiment was conducted to control the work on Sunday 16/02/2019 for the research sample, through the performance of the players for the snatch raise, and the performance evaluation was (10) degrees through three accredited referees in the field of the game, either the main experiment on Tuesday corresponding to 18/02/2019 at three o'clock in the afternoon, and after identifying the results, the researcher processed them by using the spss statistical bag. After analyzing the results, the researcher reached the most important conclusions, through the analysis that was carried out by the referees, the results were in favor of the differential method for the junior weightlifters, and the researcher concluded that the differential method is more exciting and interesting to the research sample than the American method.

Keywords*: differential learning, commanding style, snatch lift, juveniles*

Introduction

The sport of weightlifting is one of the sports distinguished by endurance and strength, and it has a historical status and its place, especially among other sporting events in terms of its practice as part of the daily activity in previous ages, as well as it is practiced as a sport within the ancient and modern Olympic Games, where it took a wide development, which achieved high levels of sport, and one of the most important aspects The civilizational progress of the countries, so the researcher decided to use two educational methods, which is differential learning and imperative learning, in

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performing the technical stages of the snatch raise. Learning the skill and retaining it, noting that the traditional repetitions and correction method are not adopted, but rather the transition between learning situations in a nonlinear way (Lee, t. Simon, D Skill: 2004: 29), and the research problem lies in the presence of differences between the level of skillful performance of the emerging players and the output through The methods used in learning the elevation of the snatch and between the differential and the commanding method, where the research objective is To study his analysis of the snatch raise between the differential learning method and the commanding method by the weightlifting quadruple for juniors, and to identify the best study between the differential and commanding methods in the performance of the snatch raise for young players aged (15-16) years. Either the research hypothesized that the differential method in the analytical study of Al-Amri's method in performing the snatch lift in quadruple weightlifting for the junior class at ages (15-16). As the researcher used the descriptive method in the manner of the survey method of weightlifting for the junior class (15-16 years) for the two equivalent groups, in order to suit the nature of the research problem., and in favor of post-tests. The research sample represents the players of Al-Khalis Sports Club for juniors in the hall of Al-Khalis Sports Club by lifting weights.

Methodology

Research Methodology: The researcher used the descriptive method in the survey method of quadratic weightlifting for the junior category (15-16 years) for the two equivalent groups, in order to suit the nature of the research problem.

Research sample: The research community is represented by the players of the specialized school in Diyala Governorate for weightlifting, which is based in the Al-Khalis Sports Club, at the ages of 15-16 years for the 2018-2019 sports season, and the number is (10) players who were chosen by the intentional method. As for the research sample, it was chosen from the research community at a rate of (100%), and the sample was divided into two groups, the differential method group, numbering (5) players, and the American method group, numbering (5) players, by lottery method.

Tools and devices used in the research: (2) iron braces, a pair of multiple heights, pens with papers, (6) dumbbells, (2) camera stands, circles of different sizes, Legal weight-lifting device, Chinese-made medical scale, scientific imaging camera (at a speed of 60 fps), a Chinese-made (HP) computer.

Field research procedures:

The exploratory experiment: The exploratory experiment was conducted on players outside the research sample on Sunday 16/02/2019 at Al-Khalis Sports Club in order to find out the negatives and positives that the researcher will face when conducting the main experiment.

Main experiment: The researcher conducted the experiment on Tuesday 18/02/2019 at three o'clock in the afternoon, in which he explained how to perform the lift and master the motor path of the snatch lift.

Statistical means: The researcher used the statistical bag (spss) to extract the results.

Presentation, analysis and discussion of the results:

Presentation and analysis of the results of the two groups, the differential method and the command learning method in testing the technical performance stages of the snatch lift.

stages	groups	s	p	T	mistake percentage
start mode	The differential method	**7,220**	**0.408**	**5,261**	**0.000**
	American style mug	**6,100**	**0.250**		
The first draw	The differential method	**7,100**	**0.450**	**4,498**	**0.000**
	American style mug	**6,267**	**0.251**		

Knee movement	The differential method	**7,800**	**0.443**	**3,625**	**0.002**
	American style mug	**7,000**	**0.395**		
The second draw	The differential method	**7,575**	**0.440**	**8,410**	**0.000**
	American style mug	**6,235**	**0.260**		
flight and landing	The differential method	**8,085**	**0.308**	**6,201**	**0.000**
	American style mug	**6,820**	**0.469**		
Get up and stay still	The differential method	**8,287**	**0.305**	**6,633**	**0.000**
	American style mug	**7,230**	**0.353**		
overall performance	The differential method	**7,000**	**0.368**	**5,285**	**0.000**
	American style mug	**5,203**	**0.200**		

Discuss the results

Through the follow-up of the researcher in learning the performance of the snatch raise used by the trainers between the two methods of differential learning and the method of command learning, the researcher found that there is a significant difference between these two methods in favor of the differential learning method. Through the speed of learning and the level of performance. This is what (Mosstan and Ashwart, 2002, 91) also added that "the basic and necessary rule in learning motor skills that show clear progress in learning is through interest in exercise attempts and their diversity." Therefore, the researcher sees, from his point of view, when performing the stages of the snatch lift, to avoid the kinetic and technical errors that affect the performance of the lift, as it charted the correct path. to perform, which increases the player's attention as well as increasing his interest in performance, which helps him to develop his motor performance, This is confirmed by (Wissam Salah Abdel-Hussein and Samer Youssef Meteb, 144, 2014) “Learning through tools and aids achieves the principle of speed in learning and keeps boredom away from the learner.” And the introduction of a new method characterized by excitement and suspense, and the clarity of the idea for the researcher in clarifying the paths required in performing the snatch raise contributed to the player’s mental comprehension of the movement required of him, which led to an increase in the sense of performance and thus increased motor accuracy, as what happened in increasing the movement led The improvement in accuracy in movement performance is due to the effect of the relationship between the clarity of the sense of movement and the accuracy of movement performance, (Kamel Taha Al-Weis, 89, 1984). The researcher also attributes that the stages of the performance of the snatch raise through the players' experience in how to perform the raise of the differential learning style from the command learning style, and this matter made the players make more effort and perseverance to develop their own performance. As "the process of employing these indicators in the motor paths and levels of performance High-quality skills contribute to achieving the best achievement" (Haider Saud Hassan, 143, 2015).

Conclusion

Through the analysis that was done by the judges, the results were in favor of the differential method for the junior weightlifters, and as the researcher concluded that the differential method is more exciting and exciting for the research sample than the commanding method. Also, the researcher concluded by adopting the differential proactive method in learning to perform the snatch lift in a non-linear manner.

Recommendations

1. Using the differential method with the age groups of cubs and juniors.

2. The need to conduct studies similar to this current study using the differential learning method in weightlifting and other ages.

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