The effect of designing an interactive electronic booklet In learning some rhythmic gymnastics skills

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Introduction and research problem:

The issue of education is one of the important things that preoccupied educators of all affiliations and made them search for the best ways and means to face this development, so new educational methods and models have emerged to meet these challenges at the global level, such as e-learning to help the learner learn in the place he wants, and at the time he prefers without committing to attend the classroom at specific times, and in learning through different scientific content for what is presented in paper books The new content is based on multimedia (text - graphics - images - video - audio), and is presented through modern electronic media, or in the classroom using educational technologies.

The researcher has noticed through teaching the rhythmic gymnastics course for fourth-year students at the Faculty of Physical Education - University of Sadat City, that there are deficiencies in the level of performance of some rhythmic gymnastics skills (ripple behind the kneeling - rotation anchor (passé) - front rolling body - rotation horizontal (Horizontal) - gap leap Split leap) They are one of the important basic skills, and an essential element in the kinetic sentences of the rhythmic gymnastics course, and the inability of students to perform the technical components of these skills well, and their need for a long time to reach good compatibility during their learning, and this is clear from the reality of the first exploratory study carried out by the researcher on the scores of applied tests in the rhythmic gymnastics

course for fourth-year students in the faculty for the academic year 2021/2022, where it was found that (23.44%) of the total female students (128) student with weak grades in the course of rhythmic gymnastics despite the effort of faculty members in the college, and the researcher believes that this may be due to the inappropriateness of the teaching method followed (learning by commands) in learning the skills of rhythmic gymnastics under research, in this method the teacher explain the skill verbally and then perform the practical model, and the students only implementation, which does not take into account modern trends in teaching, and requires this from the process Education Search for a method of teaching makes the educational process more interesting, the researcher has found that it is possible to use some methods of e-learning such as the electronic booklet as an attempt to raise the level of technical performance of some skills gymnastics rhythmic students of the college, and in an effort to keep pace with modern educational philosophies, which recommended the need to use modern technological methods in learning, and make the learner more effective in the educational process by finding situations where his role is more positive.

In light of the foregoing, the problem of the current research is to try to identify the effectiveness of using the electronic booklet in learning some rhythmic gymnastics skills for the fourth year at the Faculty of Physical Education - University of Sadat City.

Research Objective:

The research aimed to design an electronic booklet to learn some of the skills of Ballet for fourth-year students at the Faculty of Physical Education - University of Sadat City, and to know its impact on:

1- The level of performance of some rhythmic gymnastics skills (ripple behind the kneeling - rotation anchor (passé) - front rolling of the body - rotation horizontal (Horizontal) - leap gap Split leap).

Research hypotheses:

1- There are statistically significant differences between the averages of the pre- and post-measurements of the experimental group in the level of performance of some rhythmic gymnastics skills (ripple behind the kneeling - rotation anchor (passé) - front rolling body - rotation horizontal (Horizontal) - leap gap Split leap) in favor of post-measurement.

2 - There are statistically significant differences between the averages of the pre- and post-measurements of the control group in the level of performance of some rhythmic gymnastics skills under research in favor of the post-measurement.

3 - There are statistically significant differences between the averages of the two dimensional measurements of the experimental and control groups in the level of performance of some rhythmic gymnastics skills under research in favor of the experimental group.

Search terms:

Instructional Technology

It is "a way of thinking to develop an educational system that creates technological environments in the field of teaching and learning, through which the learner has his educational experience by teaching him how to use all sources of knowledge and technological aids in order to reach the information himself."Nabil Gad Azmi, 2008, 90)

E-Learning:

It is "the type of education that depends on the use of electronic media in communication, receiving information, acquiring skills, and interaction between the student and the teacher and between the student and the university."Davis Shirley, 2011. 15)

Electronic Book:

It is "an electronic medium similar to a traditional book and contains textual educational scientific material and supported by other multimedia, and can be published online or stored on CDs." (Clyed, A., 2015, 46)

Rhythmic gymnastics:

One of the unique sports for females that depends on the formation of their skills on some other sports activities such as artistic gymnastics and ballet, it develops a sense of balance, rhythm and control of the body by a large amount compared to other types of sports, and it also requires the ability and possibility of the body to use its various parts at the appropriate angles and with the required force and speed and accurate control of the internal and external forces affecting it to reach accurate motor performance with economy of time and effort.

Search Procedure:

Research Methodology:

The researcher used the experimental method using the experimental design of two groups, one experimental, and the other controlled by pre- and post-measurement for each group.

Research population and sample:

The researcher selected the research sample in a deliberate way from the students of the band Fourth Faculty of Physical Education - University of Sadat City in the semester Second For the academic year 2022/2022, and their number (116) student, and the research sample included (60) students from the research community with a percentage of (51.72%), and the number of (32) students were excluded for the exploratory study, and thus the basic research sample became (28) students were divided into two groups, one experimental and the other a control of each (14) students.

The researcher calculated the moderation of the distribution of the members of the research sample in the growth rates (age - height - weight - intelligence), and some physical variables (muscular ability of the legs - motor balance - fixed balance - agility - flexibility of the trunk and thigh) and the level of performance of some rhythmic gymnastics skills under research , and tables (1) and (2) illustrate this.

Table (1)

Moderation of the distribution of the members of the research sample in the growth rates (age - height– Weight – intelligence) and physical variables under consideration n = 60

Torsion coefficient	Broker	Standard deviation	Arithmetic mean	Unit of measurement	Variables
0.88	**21.65**	**0.85**	**21.90**	Length	Age
0.71	**163.00**	**6.37**	**164.50**	poison	Year
0.83	**67.50**	**4.51**	**68.75**	**kg**	Weight
0.69	**29.00**	**5.19**	**30.20**	degree	wits
0.78	**28.50**	**3.86**	**29.50**	W	Muscular capacity of the legs
0.66	**63.00**	**5.44**	**64.20**	degree	Poison
0.59	**15.42**	**2.91**	**15.99**	W	Kinetic balance
0.96	**9.04**	**0.84**	**9.31**	W	Fixed balance
0.67	**7.50**	**3.12**	**8.20**	poison	Agility

It is clear from Table (1) that all the values of the torsion coefficients for growth rates and physical variables under research ranged between (0.59: 0.96), i.e. they are limited between (+3), which indicates the moderation of the distribution of the members of the research sample in these variables.

Table (2)

Moderation of the distribution of the members of the research sample at the level of Technical performance of some rhythmic gymnastics skills n = 60

Torsion coefficient	Broker	Standard deviation	Arithmetic mean	Unit of measurement	Variables
0.73	2.50	1.24	2.80	degree	Grand Ishabia
0.54	3.00	1.39	3.25	degree	Balloon
0.98	2.50	1.22	2.90	degree	Diphlobia Amma
0.62	3.00	1.45	3.30	degree	Diflobia aside
0.65	1.00	0.93	1.20	degree	Split leap gap jump

It is clear from Table (2) that the value of the torsion coefficients in the level of performance of some rhythmic gymnastics skills (ripple behind the kneeling - rotation anchor (passé) - front rolling of the body - rotation horizontal (Horizontal) - leap gap Split leap) ranged between (0.54 : 0.98) ie it is limited between (+3) which indicates Moderation of the distribution of the members of the research sample in these variables.

Equivalence of the two research groups:

Equivalence was found between the members of the two research groups (experimental group - control group) in the previous variables under research, and tables (3) and (4) illustrate this.

Table (3)

The significance of the differences between the experimental and control groups In growth rates and physical variables under research

Value "T"	Control group ن= 14		Experimental Group ن= 14		Unit of measurement	Variables
	ع	م	ع	م		
0.58	0.73	21.80	0.68	21.64	Age	Age
0.45	5.98	164.00	5.41	163.00	M	Year
0.78	4.12	67.50	4.27	66.21	on	Length
0.31	5.01	30.00	4.82	29.43	degree	Poison
0.39	3.15	29.00	3.33	28.50	kg	Weight
0.47	4.93	63.71	5.02	62.79	M	wits
0.51	1.57	15.69	1.46	15.99	on	Muscular capacity of the legs
0.54	0.44	9.26	0.58	9.37	degree	Kinetic balance Fixed balance
0.46	2.97	8.00	2.53	7.50	degree	Elasticity of the trunk and thigh

Tabular value of "T" level 0.05 = 2.056 * D at level 0.05

It is clear from Table (3) that there are non-statistically significant differences at the level of 0.05 between the experimental and control groups in the growth rates and physical variables under research, which indicates the equivalence of the two groups in these variables.

Table (4)
The significance of the differences between the experimental and control groups
In the level of technical performance of some ballet skills

t value "	the control group n = 14		Unit of measurement ن= 14		measruing unit	Variables
	ع	م	ع	م		
0.32	1.21	2.79	1.15	2.64	درجة	الجراند ايشابية
0.14	1.35	3.14	1.28	3.07	درجة	البالونية
0.31	1.18	2.71	1.14	2.57	درجة	الديفلوبية أماماً
0.40	1.31	3.21	1.39	3.00	درجة	الديفلوبية جانباً
0.42	0.89	1.07	0.82	0.93	درجة	Split leapوثبة الفجوة

Tabular value of "T" level 0.05 = 2.056 * D at level 0.05

It is clear from Table (4) that there are differences other than statistically significant differences at the level of 0.05 between the experimental and control groups in the level of performance of some rhythmic gymnastics skills, which indicates the equivalence of the two groups in these variables.

Data collection tools:

First: Devices and tools used in research:

- Rastamir device to measure height and weight.
- Computers and accessories.
- Stopwatch.
- The kinetic expression hall in the college with its various devices.

Second: Physical tests under research: Appendix (1)

1- Vertical jump test of stability.

2- Bass test for dynamic balance.

3- Standing test with the foot (longitudinal) on the crossbar.

4- Zigzag running test by Barrow 3 × 4.75 meters.

5- Test the bend of the trunk from standing.

Fourth: High Intelligence Test prepared by / Mr. Mohamed Khairy (2002) (3): Appendix (3)

This test aims to measure high intelligence, it measures the ability to judge and conclude through three types of situations: verbal situations, numerical situations, situations dealing with drawn shapes, and this test is suitable for measuring intelligence for university educational levels, and it has already been codified on similar samples.

Scientific transactions (truthfulness - stability) for the tests under research:

Honesty coefficient :

I used Researcher Sincerity of Differentiation ، so as to find the coefficient of honesty Tests Physical and intelligence under consideration on a sample of (32) Freshman From the research community and outside the sample Basic (Featured Collection) Where their scores were arranged descending and then divided into quarters, and account Significance of the differences between Upper quartiles and lower quartiles in Tests Physical and intelligence under consideration , and a table (5) illustrates That.

Table (5)

The significance of the differences between the upper quartiles and the lower quartiles In the physical tests and intelligence under research

upper quadrants	upper quadrants		upper quadrants		measuring unit	the exams
	e	M	e	M		
*3.78	2.46	27.25	2.11	31.88	poison	The muscular capacity of the two men
*3.01	3.19	60.00	3.03	65.00	degree	Kinetic balance
*3.49	0.72	15.11	0.69	16.43	w	fixed balance
*3.87	0.44	9.37	0.37	9.01	w	Agility
*3.03	1.71	7.88	1.52	10.50	poison	Flexibility of the torso and thigh
*2.29	2.53	28.00	2.77	31.25	degree	intelligence

Tabular value of "T" at the level of 0.05 = 2.145 * D at the level of 0.05

It is clear from Table (5) that there are statistically significant differences at the level of 0.05 between the upper quartiles and the lower quartiles in the physical and intelligence tests under research , which indicates the validity of the tests under research.

Stability coefficient :

The researcher calculated the stability coefficient using the method of applying the test and then repeating it again, by applying physical tests and intelligence to the exploratory sample, and then re-applying to the same sample with an interval of (10) days from 17/2/2022 to 27/2/2022, and the coefficient of The correlation between the results of the first and second applications, and Table (6) illustrates this.

Table (6)
Stability coefficient for physical tests and intelligence under research n=32

ion The value of "r"	The second application		The first application		measruing unit	Variants
	e	M	e	M		
*0.513	3.37	29.50	3.29	29.00	poison	The muscular capacity of the two men
*0.491	4.91	64.19	4.72	63.50	degree	Kinetic balance
*0.577	2.25	15.91	2.14	15.83	w	fixed balance
*0.581	0.72	9.22	0.69	9.29	w	Agility
*0.469	2.51	8.25	2.64	7.80	poison	Flexibility of the torso and thigh
*0.455	4.88	30.41	4.73	29.90	degree	intelligence

Tabular value of "t" at the level of 0.05 = 0.349 * D at the level of 0.05

It is clear from Table (6) that there is a statistically significant correlation at the level of 0.05 between the first and second applications of physical tests and intelligence, which indicates the stability of the tests under research.

Pre-measurements:

The pre-measurements of the experimental and control groups were made in the level of performance of the worn skills under research, during the period from 2/3/2022 to 4/3/2022,

Application of the proposed e-booklet:

It's done Apply content E-Brochure On members of the experimental group In the period from 6/3/2022 to 16/4/2022 ، Done Distributed on (6) Weeks Aincluded (6) Modules By Educational Module in one week , the

control group also followed the method of learning by command (Appendix 6).

Dimensional measurements :

It's done Making dimensional measurements For the experimental and control groups at the level of performance Worn skills under research, during Period from 17/4/2022 to 20/4/2022 in the same order and conditions as the tribal measurements.

Statistical methods under research:

To process the data statistically, the researcher used the following statistical methods:

- Arithmetic mean. - Standard deviation.- Median. - Torsion coefficient.
- Simple correlation coefficient. - Test "T". - Improvement rates.

Presentation and discussion of results:

First: Presentation and discussion of the results of the first hypothesis:

Table (7)

The significance of the differences between the pre- and post-measurements of the experimental group

Pre- "T" value	Post-measurement		Pre-measurement		meas ruing unit	Variants
	e	M	e	M		
*15.17	0.91	9.00	1.15	2.64	degr ee	The Grand Ishabia
*14.93	0.83	9.79	1.28	3.07	degr ee	Balloon
*15.01	0.95	8.93	1.14	2.57	Degr ee	Deployment forward
*14.28	0.92	9.86	1.39	3.00	degr ee	Devlopianism aside
*17.64	1.01	8.00	0.82	0.93	degr ee	Split leap

In the level of performance of some rhythmic gymnastics skills under research n = 14

Tabular value of "T" level 0.05 = 2.160 * D at level 0.05

It is clear from Table (7) that there are statistically significant differences at the level of 0.05 between the pre- and post-measurements of the experimental group in the level of performance of some rhythmic

gymnastics skills (ripple behind the kneeling - rotation anchor (passé) - front rolling in the body - rotation by horizontal (Horizontal) - leap gap Split leap) in favor of the dimensional measurement.

THE RESEARCHER ATTRIBUTES THE IMPROVEMENT IN the level of performance of some rhythmic gymnastics skills OF THE EXPERIMENTAL GROUP to the effectiveness of the use of the interactive electronic booklet, and its contents of written text, pictograms, video footage and sound effects, which enable the learner to interact with the electronic book, which effectively affects the receipt of information , And absorb it in a way that allows each student to receive information according to her own abilities and speed, and this is consistent with what Shertuddin, et al. (2006) pointed out that there are many positive benefits of e-books compared to their paper counterparts as they display written texts on The screen, connects the elements and textual components of digital multimedia content along with allowing readability on the portable orgasm, providing users with the necessary support in the form of hyperlinks that enablethem to access more external additional resources availableon the Internet, hence they They are in meeting a variety ofLeite's teaching needs, and are not able to provide students, teachers and faculty alike with cutting-edge, cutting-edge digital content.

***In this regard, Muhammad* Zain al-Din *(2014)(16) indicates that* e-books *have achieved* good results at the global level, and the emergence of their positive impact in supporting the educational system and raising its efficiency, as they are characterized by a set of important characteristics identified in the following: The presence of multiple media of texts, images, drawings, sound and animated films, and has a high rate of interactivity with the reader, comfortable and can be carried and moved around, and achieve the principle of continuing education, and the low cost of its distribution to a large extent, And the ability to control the form of presentation with digital features for taking notes and searching. Thus, the validity of the first research hypothesis is verified.**

Second: Presentation and discussion of the results of the second hypothesis:

Table (8)

The significance of the differences between the pre- and post-measurements of the control group In the level of performance of some rhythmic gymnastics skills under research n = 14

"T" value	Post-measurement		Pre-measurement		measruing unit	Variants
	e	M	e	M		
*12.52	0.88	8.14	1.21	2.79	degree	The Grand Ishabia
*13.16	0.80	8.88	1.35	3.14	degree	Balloon
*12.31	0.89	8.00	1.18	2.71	degree	Deployment forward
*11.80	0.93	9.00	1.31	3.21	degree	Devlopianism aside
*15.43	1.11	7.00	0.89	1.07	degree	Split leap

Tabular value of "T" level 0.05 = 2.160 * D at level 0.05

It is clear from Table (8) that there are statistically significant differences at the level of 0.05 between the pre- and post-measurements of the control group in the level of performance of some rhythmic gymnastics skills under research in favor of the post-measurement.

The researcher attributes the improvement in the level of performance of some rhythmic gymnastics skills under research for members of the control group to the use of the method of learning commands, which is based on regular practice, and providing the learner with knowledge and information through verbal explanation, which contributes to the acquisition of the learner perceptions necessary for motor performance, and increase the effectiveness of learning, and then change in behavior in accordance with the educational objectives set, and that the degree of performance of the learner depends on the teacher's ability to explain well, and skill performance In terms of correctness of the positions of each part of the body during the learning process, this is available in the style of learning by commands (traditional method). Thus, the validity of the second research hypothesis is verified.

Third: Presentation and discussion of the results of the third hypothesis:

Table (9)

The significance of the differences between the two dimensional measurements of the experimental and control groups

In the level of performance of some rhythmic gymnastics skills under research

experimental group	experimental group		experimental group		measruing unit	Variants
	e	M	e	M		
*2.45	0.88	8.14	0.91	9.00	degree	The Grand Ishabia
*2.85	0.80	8.88	0.83	9.79	degree	Balloon
*2.58	0.89	8.00	0.95	8.93	degree	Deployment forward
*2.37	0.93	9.00	0.92	9.86	Degree	Devlopianism aside
*2.41	1.11	7.00	1.01	8.00	degree	Split leap

Tabular value of "T" level 0.05 = 2.056 * D at level 0.05

It is clear from Table (9) that there are statistically significant differences at the level of 0.05 between the two dimensional measurements of the experimental and control groups in the level of performance of some rhythmic gymnastics skills under research in favor of the experimental group.

The researcher attributed the superiority of the members of the experimental group over the members of the control group in the level of performance of some rhythmic gymnastics skills under research to provide the content of the course through the interactive electronic booklet, which included many impressive technological aspects, placed in sequential logical order, which contributed to raising the level of their performance of rhythmic gymnastics skills under research, and make students In a continuous response during the educational process according to their abilities, and make the lesson more interesting, which provoked purposeful self-activity on the part of the students, and this is what we do not find in the traditional method, and this is consistent with what was pointed out by: Ihab Darwish (2009) (5), Fahim Mustafa Muhammad (2014) (15) that e-books are one of the latest e-learning media, asthey enjoy many advantages One of the most important is the vital self-interaction, which pushes the learner to self-confidence, taking into account the individual differences between the learners, where each of them learns according to his abilities.

Table (10)

Percentages of improvement of the distance measurement from the tribal for the two experimental groupsAnd the control in the level of performance of some rhythmic gymnastics skills under research

experimental group			**experimental group**			Variants
improvement rates	after s	rates Before	improvement	after	*Befor*	
%191.76	**8.14**	**2.79**	**%240.91**	**9.00**	**2.64**	The Grand Ishabia
%182.80	**8.88**	**3.14**	**%218.89**	**9.79**	**3.07**	Balloon
%195.20	**8.00**	**2.71**	**%247.47**	**8.93**	**2.57**	Deployment forward
%180.37	**9.00**	**3.21**	**%228.67**	**9.86**	**3.00**	Devlopianism aside
%554.21	**7.00**	**1.07**	**%760.22**	**8.00**	**0.93**	Split leap

Illustrated by the table (10) outperform the members of the experimental group on the members of the control group in the rates of improvement of measurement distance from tribal in the level of performance of some skills rhythmic gymnastics under research.

This result is consistent with what Mohamed Farid Ezzat (2012)(19) pointed out that the e-book perfectly simulates the traditional book, but in a virtual electronic environment characterized by more capabilities that cannot be obtained in the printing paper environment, in addition to that the e-book enjoys a great deal of interactivity, and suspense, which leads to attracting the attention of the learner, and this is what the paper book lacks, which contributes to increasing the academic achievement of learners. Thus, the validity of the third research hypothesis is verified.

Conclusions:

In light of the results of the research, its objectives and hypotheses, and within the limits of the research sample, the researcher concluded the following:

1- The use of the interactive electronic booklet affects a statistically significant positive effect at the level of (0.05) on the level of performance of some rhythmic gymnastics skills (ripple behind the kneeling - rotation anchor (passé) - front rolling in the body - rotation horizontal (Horizontal) - leap gap Split leap) for fourth-year students at the Faculty of Physical Education - University of Sadat City.

2- The method of learning by commands has a positive impact statistically at the level of (0.05) on the level of performance of some rhythmic gymnastics skills (ripple behind the kneeling - rotation anchor (passé) - front rolling of the body - rotation horizontal (Horizontal) - leap gap Split leap) for fourth-year students at the Faculty of Physical Education - University of Sadat City.

3- Increasing the effectiveness of the interactive electronic booklet on the method of learning by commands in positively influencing (telemetry) the level of performance of some rhythmic gymnastics skills under research.

4 - outperform the members of the experimental group on the members of the control group in the rates of improvement of measurement distance from tribal in the level of performance of some skills rhythmic gymnastics under research.

Recommendations:

Based on the findings and conclusions, the researcher recommends the following:

1- Using the interactive ELECTRONIC BOOKLET to learn and master the skills of rhythmic gymnastics for fourth-year students at the Faculty of Physical Education - University of Sadat City.

2- The need to provide interactive electronic books for all kinetic expression courses for students of faculties of physical education.

3- The interest of those in charge of the education process that the learner has an effective and pivotal role in the educational process, especially in the era of technological and cognitive explosion.

4- Training faculty members and their assistants in the Kinetic Expression Division to build a special Home Page page that includes their scientific material and ways to contact them to benefit from their experiences.

5- Conducting similar studies using the electronic booklet and knowing its impact on learning the rest of the different aspects in the kinetic expression courses.

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