

**Ministry of Higher Education
& Scientific Research
Diyala University
College of Sport Education**



**The effective of suggested research methods using the mind
imaginative and perception – movement of the brain's mastery in
teaching and saving the attack skills and Block repel in Volleyball .**

A thesis

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By

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Summary

The effective of suggested research methods using the mind imaginative and perception – movement of the brain's mastery in teaching and saving the attack skills and Block repel in Volleyball .

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The research includes four items .

- ***Research Definition***

The research definition includes the introduction and importance of research . The mind imaginative and perception – movement are the important mind power which responsible about all what around the person , We see the importance of mind imaginative and perception – movement which are clear in each athletic games like volleyball . Through the imaginative of moving studier and feeling of his body parts , in movement doing , or movement duty specially the skills of attack and block repel , these two skills needs the specific strength to perform the movement , as speed and harmony . whenever the teachers and trainers take care of these mind sides of the studier specially (brain's mastery) which related with the brain and it's partitions (left- right- perfectly) This help the studier to develop his skills and his perform .

The research problem be in through the weak progress in studier level , that because the weak of mind imaginative and perception – movement which joined (left , right , perfect) which cause a difference in studier's level , so I talking bout this problem and putting the mind imaginative method and perception – movement of the brain's mastery in teaching and saving the attack skills and Block repel in Volleyball .

- ***Research aim.***

- 1- prepare the method using the mind imaginative and perception – movement of the brain's mastery in learning and saving the attack skills and Block repel in Volleyball .
- 2- Definition on the method effective which used for mind imaginative and perception – movement of the brain's mastery in teaching and saving the attack skills and Block repel in Volleyball .

- ***Research hypothesis***

1. There are moral differences with statistic guidance for effect of suggestion method by using the imaginative method and perception – movement . The followed methods for brain's mastery between the post-test and after test for learning attack and Block repel skills in volleyball for after-test .

2- There are moral differences with statistic guidance in after test between the suggestion method effective using imaginative method and perception – movement in followed methods for brain's mastery in after test to learn and save the attack and block repel skills in volleyball.

- ***Section two: The theoretical ,similar and previous studies .***

The section contented the theoretical studies which includes .

The mind imaginative about it's understood and how it happens , so the importance in athletic field. So I take about a brain's mastery understand and it's importance in sport field .

- ***Section three: The research method and it's field procedures .***

This section included the researcher used the experimental method for research sample are from six gathered three experimental and three control in the a mount of (30) students for each gathered divided to (right , left and complete) per of the brain's mastery measurement , which distributed to second stage students in Diyal education sport college . there are five groups (A-B-C-D-E) The measure limited (A) group to be best (right- left) and group (c) to be best (perfect) , the group (b) to be control group that the group (a) contains more students (right – left) .The researcher performance choose (20) students in lot way of (10) right students and (10) left students , the group (c) contains on completely (0) students and group (b) stayed as a control group . Then the sample became (60) students dividing to three groups (a-b-c)

The researcher used the tools and equipments so she used knowledge and skills test as well as explorative experiments and the scientific bases for the similar test by approval , objectivity and stable as well as the statistical styles .

- ***Fourth section: result view , discussion and solution :-***

Viewing the a count average and standard deviation value (t) which calculated and curriculum for the results of the post and after skills test , so the results of knowledge test for brain's mastery comparative as well as discussion these results for skills test . Which reached through it to carryout the research aims.

- ***Fifth section: conclusion and recommendations .***

This section included the conclusion which the researcher did it through the studying , the important things:

1. The proposed curriculum using the perception of mental and cognitive sense - has proved effective in motor skill learning multiplication overwhelming volleyball for the style right and will enhance the learning process and performance.
2. The curriculum proposed using mental visualization and cognitive sense - has proved effective in motor skill learning bulwark volleyball pattern of the left and to enhance the learning and performance of Attic.
3. The curriculum proposed using mental visualization and cognitive sense - proved the effectiveness of kinesthetic skill beating crushing the ball to keep the plane in the pattern of right , left , and integrated to enhance the performance of Attic.
4. The curriculum proposed using the perception of mental and cognitive sense - proved the effectiveness of kinesthetic skill bulwark volleyball to keep the pattern right , left , and integrated to enhance the performance of Attic.
5. to keep learning experimental groups is a clear indication of the success of the curriculum prepared using mental visualization and cognitive sense - dynamic and beating my skills and the overwhelming bulwark to keep.

in the light of current study conclusions the researcher recommended as follow.

- 1- To be attention with two half of brain and stressing on function together , because of important part in the operations of multi minds through using the suitable teaching methods .
- 2- Using the method of mind imaginative and perception – movement to learn other skills in volleyball game.
- 3- It was necessary knowledge an definition the teachers in sport education college of brain's mastery (right- left – complete) because of it important parts to performance a best results in skills learning for sport games .
- 4- it was necessary to put suggestion method , using mind imaginative and perception – movement in volleyball , because of active effect to learn the skills in best way .