

**Research Article****THE EFFECT OF EDUCATIONAL EXERCISES USING THE DRIVER MODEL ON ATTENTION AND LEARNING SOME FORWARD AND BACKWARD ROLLING ON THE MAT OF FLOOR MOVEMENTS IN ARTISTIC GYMNASTICS FOR FEMALE STUDENTS****\*Dr. Abeer Ali Hussein**

University of Karbala, College of Physical Education and Sports Sciences, Iraq

**Received 18<sup>th</sup> April 2024; Accepted 26<sup>th</sup> May 2024; Published online 28<sup>th</sup> June 2024**

---

**Abstract**

Physical education and sports sciences is one of the educational sections and its subjects, and can be claimed to be a part of the educational curriculum as well learning is largely a medium of understanding most of the concepts and developments in the field of sports and physical education and interacts with the environment in which you reside. It is also used to promote the elements of mathematical heuristic as well as spatial reasoning. And a source of appreciable and developmental advantage and course. From the point of view of learning and teaching, the human being is considered as the most capable for learning as well as for understanding comprehensions and for solving motor tasks closely related with physiomotor capabilities. It is mentioned that learning and teaching become more effective and the capability of learning rises directly when the learner transforms his experiences purposefully with thinking and knowing. This means the expansion of reciprocating relations between the organs for sensing the extraneous impacts. Relative to those devices for creating movement, learning is the behavior change resulting from counseling, in other words, it is having gained ways of how to deal with needs and motivations for accomplishing goals, or it is the motor skills power developed via exercise with ability. Education is one of the general branches of science and it deals with the overall development of a person right from his or her childhood up to the time of his or her physical death. Motor learning is one of the fundamental science that which is most relevant in the field of physical education and sports sciences due to its closeness and relevance to motor control. Education is, therefore, the process of a set of variables that are in contact between the teacher and the learner to realize the Goals; Acquisition of experience and information with the aim of causing certain behavioural changes. In the meantime, according to some scholar's standpoint, Freire stresses that dialogue is significant between the teacher and the learner and between the develop the ideas and meanings within the classroom to the learners in order to form the appropriate concepts and meanings for them. In this occupation, the teacher serves as a middleman who helps the learner transition from the initial and generalized knowledge to successfully specialized and profound knowledge in the scientific field and guides the learner gradually. Towards the epistemology, phronesis, and technological wisdom of the call to travel supplies. This is Uniquely significant in relation to the formation of meaningful value in the understanding of the deep essence of the concept as well as the mastery of the concepts analyzed within them and realization of scientific knowledge among students.

**Keywords:** Educational Exercises, Driver Model, Forward, Backward, Rolling, Floor Movements, Gymnastics, Female.**INTRODUCTION**

Guiding learners to verbalize enables and subsequently motivates and encourages them to establish their abilities to the utmost, to challenge themselves within their capabilities, fully engage and exercise thinking processes, and skills, develop concepts and critical cognitive structures, correct concept definitions errors through two related processes of assimilation and harmonization. From the synergies of the constructivist educational teaching models a model evolved. Driver is one of the models of constructivist philosophy grounded in the perception and interpretation of the knowledge by the phenomena the learner comes across as well as the capability of applying previous learning experiences and transfer of the effect of training on this learner. Roselind Driver came up with her model of education which is rooted and grew from constructivist philosophy hence enabling designers to make the needed conceptual change and modify misconceptions/ Driver's model. It includes five educative phases which are reformulating ideas, review on change in ideas and applying change in ideas by awakening the students' thinking on a given subject with the intention of increasing their involvement and also thought and actual encouragement with due preplanning and management of the time on the lesson, evaluating the

polarized opinions that they have in their knowledge base, and determining the extent of suitability, possibility, effectiveness, and validity of the proposed change, Inciting thinking among the learners this is done by the utilization of it and applying it, checking, and evaluating then reviewing the change in it by (1). It makes it easier for the students to learn that integrated items enrich the curriculum with educational topics in physical education and sports science so that they can only imagine, discover, deduce, build rules as well as verify them and enhance the thinking and intelligence of an individual. Hence, when conducting infotainment programs and designing other learning activities, we have to educate and train learners how they need to think in relation to these appreciate, experience, and select what to focus on in various executing, integrating, and selecting them. Metacognition majorly entails the activities that the learner goes through in the thinking process, and when he thinks of how he could find a solution on the problem which is the ability of brains of the human beings so that the learner gets to be fully aware of his thinking process Most importantly, he has to explain or describe what is going on in his mind in regard to past educational experiences or scenarios (2). Artistic gymnastics is one of the original kinds of the gym that are still in practice among people of different ages as well as all over the world. It was termed gymnastic and was used by the Romans whether in militant exercise or by Sufis and ancient Egyptians. In the course of time, many changes took

---

**\*Corresponding Author: Dr. Abeer Ali Hussein**

University of Karbala, College of Physical Education and Sports Sciences, Iraq

place in gymnastic and at present it is one of the most competitive sporting activity that differs itself from the other activities and devices in engineering design that the learner puts into practice on. Or learning, in floor movements mat used in men and women competitions, movements that are done with or without music, and it is considered the education entry for equipment. The floor movements has a number, which comprises of artistic groups that are comparable to the groups in artistic gymnastic equipment. As for the opponent in artistic gymnastics on the floor movements mat, forward rolling and back rolling; the above skills are relatively difficult movements for female learners, and because the movements and skills performed during the transfer between hands, legs and the torso are harmonious with one and other and the mental operations which involve the analysis of the respective movements in phased order, all these call for thinking. To address the points of difficulty hence make these skills excel in the usual and in an extra-ordinary way, the researcher must develop educational exercises using a driver model that is not the conventional model used by the subject teacher. The overall objective and function of these skills is to enable the learners to attend to a level higher than that which is normal and also to develop the education solutions for enhancing the learner's ability. Activity, theatricality, and the accomplishment of the primary aim of the educational learning-teaching process.

### Research problem

The process of how information is arranged and how the students were explained the basic performance of artistic gymnastics and came to a right solution and how it was observed that out of all the problems that students face in the artistic gymnastics lesson they suffer from most of them as there is no organization in solving such problems or lack of understanding of solving these problems. Though, the researcher being a teacher and a practitioner of the game, observed that out of all such instances As the researcher clarified. Some teachers continue to impose that particular teaching strategy to the learners when at the same time, they do not have the inclination for that particular method of teaching. It is for this vane that, amongst the basics of learning motor skills in gymnastics, inclination and desire to apply or learn are critical; hence teachers must be in a position to assess their students' orientation towards the particular teaching strategy in order to enhance the participation rate. In the positive lesson and, therefore, they wish this phenomenon and want to unveil its actuality with the help of a method that differs from the method used to express performance improvement and development of attention, some basic skills on floor movements in gymnastics for the third-year female students in the College of Physical Education and Sport Sciences, which is a humble scientific endeavor. Mention that to help expand the knowledge and improve the education of our students and our beloved country.

### Objectives

1. Examine the impact of implementing the above formulated curriculum using Driver's model on the attention and ability to learn the rolling of the front and back hands on the mat and floor movements in Artistic Gymnastics among female students.
2. Explaining how to roll the front and back hands on the mat for floor movements in gymnastics and realizing the

influence of enhancing the focus and learning the notion of the Driver model and the teacher's accredited curriculum.

### Research hypothesis

1. It has a positive influence of the educational curriculum with the aid of the Driver model in enhancing attention and in acknowledging the capabilities of the front and back hand rolls on the mat/floor movement in artistic gymnastics for female students.
2. It is effective to develop attention and learn the skills of the front and back roll on the mat for the floor activities in the ART Gymnastics at the time when between the educational activities following the Driver's model and the curriculum recommended by the teacher.

### Research areas

- Civilian field/bo Education Station/third stage female students/College of Physical Education and Sport Science/University of Karbala/ academic year 2023-2024.
- Time frame: This plan is valid starting the date of 10/1/2023 until the date of 5/3/2024.
- COUNTY Dataset Place: Spatial field/Closed hall - College of Physical Education and Sports Sciences – University of Karbala.

## RESEARCH METHODOLOGY AND FIELD PROCEDURES

### Research methodology

One of the steps that lead to the success of any research is the selection of the most appropriate method where the term method is defined as the methods, procedures, or approach used in research to collect data material and arrive at results, interpretation, or prediction of the research topic. Since the researcher utilised the experimental research method whereby she developed two equivalent groups which are control and experimental with prior and post-test, the perceived research problem allies with the specifications of the

### Experimental design

There are many and varied types of experimental designs, and the researcher has to select the correct experimental design to further the hypotheses, or monitor the worth of the results obtained. The choice of design will therefore depends with the nature of the study and the condition or circumstances that relate to it. The researcher will employ quasi-synthesis research design of equal groups pre and post-test because the purpose of this study will be to measure the influence of the independent variable by comparing the results obtained from the two groups pre and post-test after they have been subjected to either the educational curriculum, Driver's model applied on the experimental group or allow the control group to remain with the curriculum applied by the specialty teachers.

### The research community and its sample

The research community is limited to third-year female students at the College of Physical Education and Sports Sciences at the University, Karbala for the academic year (2023-2024), numbering (59) female students, divided into four sections (A, B), (C, D) and an exploratory sample was

chosen using a simple random sampling method with (10) female students forming what A percentage of (17%) of the community members and choosing the main sample for the research using a simple random sampling method (30) female students constituted (51%) of the community, with (15) female students from Division (A) representing the experimental group and (15) female students from Division (B) representing the control group, as shown in Table (1).

### Homogeneity of the research sample

For the purpose of ensuring the homogeneity of the basic sample members among themselves in some extraneous variables (growth variables) that the researcher believes may influence the independent variable in developing the dependent variables, she extracted descriptive statistics indicators represented by (arithmetic mean, mode, standard error, standard deviation, coefficient Torsion) as shown in Table (2).

initial procedures before one conducts the final experiment whose aim is to test the research procedure and tools and show the conditions needed to work efficiently without encountering some problems. The exploratory experiment is “practical training for the researcher to discover by realization of the negatives and positives that form in the practical implementation of the educational units and conduction of Tests so as to eradicate in the future.”

The researcher conducted an exploratory experiment on the variables of the study on (Thursday), October 8, 2023, in the hall of the College of Physical Education and Sports Sciences, University of Karbala, on (6) female students to get to know: The researcher conducted an exploratory experiment on the variables of the study on (Thursday), October 8, 2023, in the hall of the College of Physical Education and Sports Sciences, University of Karbala, on (6) female students to get to know:

**Table 1. The distribution of the research population and samples**

Notes	Main experiment sample	Sample exploratory experiment	Community size	The people	No.
	23		23	A,B	1
		13	32	C,D	3
	%51	%12	55	المجموع	

**Table 2. The homogeneity of the basic sample members in growth variable**

Torsion coefficient	Standard error	standard deviation	Mediator	Arithmetic mean	greatest degree	Lowest degree	sample	measruing unit	Variables	.No
-3.00	33.1.	30130	0...	0..1.1	0...	0..3	03.33	cm	Length	1
3..4	0.33019	..4.0.0	.9.33	...4000	19.33	.3.33	03.33	gm	Weight	2
-3..4	04.0.	0.93130	00.33	00.4..1	04.33	09.33	03.33	year	Age	3

### Methods, devices and tools used in the research: Research methods

1. Observation
2. Questionnaire form.
3. Tests and measurement
4. 3-3-2 Used devices and tools:
5. Acer computer.
6. (2) video cameras (Canon)
7. Pens (50).
8. Ground movement mat is legal.
9. Sponge rugs (25)
10. (1 display screen), type (Samsung)
11. (Educational wooden boxes) (20)
12. High pressure sponge mat (2)
13. Educational booklet (25) booklets
14. 10- DJ (1)

### The Exploratory Experience

It is one of the most important protocols that must be carried out by the researcher as one of the necessary and important

- Regarding the practical context of the educational units in the educational curriculum for the research sample based on Driver's model as appropriately (theoretically and practically) formulated.
- Determining the level of attainment of the educational units' objectives assessing female students' attention by implementing Driver's model of attention, and learning with regard to the ability to observe skills connected with forward and backward rolling on the gymnastics floor movement mat.
- Various methods that may be used to make the basic experiment suitable for the hall as well as the various equipment available for the same.
- Outlining the science behind attention tests as far as validity and reliability is concerned.
- Determining the time that each learner would take on the skill and ability tests.
- The effectiveness of the work done by the assistant crew.
- To ensure that the researcher does not make the same mistakes in the future in a similar research, one ought to have a clear understanding of the challenges that the researcher is likely to come across.

- Being acquainted with the empirical evidence which substantiates the procedures of questionnaires that are used for assessing the bi-manual front and back hand rolling skills.

All the attention tests and the questionnaire nominated for assessing the performance of the skills of rolling the front and back hands on the mat of floor movements in artistic gymnastics are standardized and as mentioned in various local studies the indices have been discussed the researcher therefore attempted to extract the validity and reliability indices of the tests by presenting them again to the experts for the sample members. The first test will be conducted under the same conditions on (Sunday) October 15, 2023 and thus extracting the value of the correlation between the first and the second application for the female students of the exploratory test in addition to adopting the evaluations of the arbitrators and then extract the Pearson coefficient between the arbitrators' estimates with a view to realizing the objective aspect.

**The scientific foundations of attention tests and forms to evaluate the performance of the two skills**

**First: Honesty:**

Finally, speaking of tests and standards, the following statement is extremely important: the degree of honesty is the most crucial factor that determines the quality of both tests and standards (2). Cognitive achievement tests and forms assessing the repertoire of the gymnastic movements of the front and back hands on the floor at the College Physical Education and Sport Sciences for female third year students achieved what type of honesty; content honesty is one of the most frequently used types of truthfulness. This is common when using tests and forms for assessing FEASS performance with the researcher showing a group of experts and specialists the validity of tests in measuring the two abilities that were under study and the degree of each student in performing the front and back hand rolling skills.

**Second: Stability:**

Another relevant aspect to be considered when deciding on the assessment instruments is Reliability, which is of especial significance. Specific purpose, as it signifies "the extent to which we can rely upon the outcome of the tests" ( ).

The researcher used split half reliability method in order to establish the reliability coefficient for the test of attention and used the reliability of the scorers since it is one of the main source of variance of error in the score of the test in the scales. Which is determined by the corrector rather than the correction key, in case the performance of females students in the exploratory sample of six (6) female students is approved by three Judges' competence in task developing on front and back hand rolling skills by the female students. Then the researcher endeavored to obtain a Pearson correlation coefficient involving the estimates by the first judge. These component estimates are the estimates of the second referee and the estimates of the first and the third referees and the estimates of the second and the third referees respectively.

**Identifying the skill under research:**

The skill under research was determined according to the vocabulary of the artistic gymnastics curriculum for the third stage in colleges of physical education

**Equivalence of research groups**

In order for the researcher to attribute the differences that occur in the results of the post- tests for the variables mental abilities and the performance of the skills of the forward and backward hand jump on the floor movement mat to the effect of the experimental factor, she resorted to verifying the equality of the groups by using the (t) test for independent samples, equal in number, and Levene's test. . As shown in Table (3).

**Pretests**

Pre- tests for both the control and the experimental groups took place on (12/10/2023) after the subject had gone through two instructional activities \*\*, the first activity was based on the skill of the front hands jump on the floor movement mat which was taught through the Driver model perception and this activity involved the teacher expounding on the skill perhaps using pictures and drawings in relation to the said skill. It was then put in a program on the laptop and then the research sample had to implement it. Having completed the educational unit, pre-test of the sample was done to assess the technical flawless and the true worth of the skill in terms of accuracy.

**Table 3. Determine the values of the T-test and Levene's test for the mental variables and the skills of the forward and backward hand jump to find equivalence**

Significance level	T value	Significance level	Levin value	Standard error	Deviations	Average	Samples	Groups	
0.74	0.34	0.08	3.24	0.33	1.29	2.67	15.00	Officer	Forward roll
				0.22	0.83	2.53	15.00	Experimental	
0.83	0.22	0.31	1.08	0.19	0.72	1.67	15.00	Officer	Back roll
				0.24	0.91	1.60	15.00	Experimental	
				0.38	1.49	9.73	15.00	Experimental	
0.66	0.44	0.45	0.60	0.51	1.98	14.07	15.00	Officer	External focus
				0.55	2.12	13.73	15.00	Experimental	
0.89	0.14	0.81	0.06	0.67	2.61	13.40	15.00	Officer	Tolerance to an external stimulus
				0.69	2.66	13.27	15.00	Experimental	
0.91	0.11	0.47	0.52	0.87	3.36	13.60	15.00	Officer	Internal focus
				0.77	3.00	13.47	15.00	Experimental	
0.95	0.06	0.45	0.59	0.67	2.60	15.20	15.00	Officer	Bearing an internal stimulus
				0.83	3.20	15.13	15.00	Experimental	

## Educational curriculum

It is crucial to understand how the methods to achieve a particular set of goals and benefit from an educational model and methods of learning in a creative professional domain of artistic gymnastics for female students are interconnected before starting its implementation. Consequently one of the objective, when using the Driver model, is to foster the rapport between the teacher and the student, these are the student's development and his enhanced individual independence. We remember, it is about standardisation, stability, precision, reactivity, and regain. During the warm up and the part of the focused instruction before we go to the envisioning stage we employ. In order to begin the research procedures, the researcher organized the work of the control and experimental research groups: The target population of this study comprised of female students In an attempt to select an adequate sample, 30 female students were selected through simple random sampling technique where the researcher used lottery to divide the sampled population into control and experimental groups each group having 25 female students.

**The control group:** practiced the educational curriculum used according to the educational curriculum followed for the third stage of the Faculties of Physical Education and Sports Sciences, University of Karbala, over the course of (4) educational units.

**Experimental group:** To the students in the experimental group, this experiment brought a new way of learning involving the action of rolling the front hands on the ground movement mat and practicing it, creating and programming the electronic devise, namely the laptop computer and the DATA SHOW display screen. It was reasonable to determine educational units to state that the educational curriculum consisted of four educational units In this case, an educational unit is a definite part of educational activities that require certain time in terms of instruction. For this purpose, the teacher will spend one unit of 90 |Read entire response minutes per week for changing the learning environment and time spend for learning as well as to take interest. The researcher applied the educational units using Driver's model of attention to members of the experimental group, which are as follows:

The researcher imputed the educational units employing Driver's model of attention to members of the experimental group which are as follows: Educational program was initiated on the 16th January, 2024 of the week being Sunday and concluded on 28th April, 2024 of the week being Sunday. It provided appropriate drills for the scientific units on the researched skill and special taskings in the (Driver) method at the configuration level that works intrinsically with the students' tenaciousness, abilities, interests, and proficiency; and on enhancing the twenty-sensory-motor perceptive motor-kinesthetic insight. The researcher was keen If ever the samples in all parts of the educational units did differ the result would not be valid as Sampling for the study reached (4) educational units To accomplish this, then it was Necessary to obtain random Samples from the groups and in a manner of equal requirements for the study and meet the requisite sample size for the study.

**Performance evaluation of the investigated skill: Assessment of the effectiveness of the studied skill in the context of the investigation**

The researcher designed a "performance evaluation" form that includes giving a score for each part of the skill (preparatory, main, final) and presented it to a group of experts and specialists\*\* in the sport of gymnastics to demonstrate its suitability in measuring and determining the skill being investigated for study and research, and after collecting the forms, translating the data, and analyzing Expert opinions: These findings yielded towards the observations of the study revealed that the participants had responded 100% towards the validity of the form to an extent of making some alterations on that form. Then, the analysis of result was employed and relied on when quantizing result of each learner while demonstratiing, on the tool used in artistic gymnastic exercise to do with study and research, a particular movement.

### Posttests:

Subsequently after the targeted educational unit program, which comprised of (4) educational units, the researcher administered, the post measurement in order to ascertain the results of the skill under research, to all the candidates who were in the basic experimental sample from both the experimental and control groups under the same conditions as well as specifications as was before the pre measurement on 5/3/2024 recording the results in the forms meant for data analysis.

### Statistical methods

- Using the statistical package (SPSS)

## RESULTS AND DISCUSSION

### Presenting, analyzing and discussing the results to the research groups

At the end of all the research procedures which included the outline of all procedures that has to be followed in order to implement all the tests (both pre and post tests), the researcher was in a position to obtain the raw scores for the tests as demonstrated below;

In a bid to accomplish the second objective of the study, namely establishing the impact of applying the introductory segment of the Driver model in teaching some attention and the skills of rolling the front and back hands on the mat of floor movements in artistic gymnastics among the female students of the College of Physical Education and Sports Sciences, the researcher deemed it necessary to analyze the pre and post-measurement scores of members of the experimental and control research group.

Presenting, analyzing and discussing the results of the pre- and post-measurement teams for members of the control group for the two skills: Presenting, analyzing and discussing the results of the pre- and post-measurement teams for members of the control group for the two skills:

In an attempt to enable the researcher to get the amount of variation between its pre-and-post measurements involving members of the control group whereby statistical treatments were carried out and basic statistical measurements of the overall variables of attention methods, rolling the front hands on the floormat-rolling the back hands on the floormat were extracted; the following indications of the data was attained.

**Table 4. The difference between the pre and post measurements of the control group members for the investigated skills**

Significance level	T Value	Standard error	Average difference	Deviations	Average	Test	Variables
0.00	5.77	0.36	2.07	1.16	4.73	after	Forward roll
				1.29	2.67	before	
0.00	9.91	0.26	2.53	0.94	4.20	after	Back roll
				0.72	1.67	before	
				1.98	14.07	before	
0.00	3.81	1.01	3.87	2.81	17.27	after	Endurance. To influence. external
				2.61	13.40	before	
0.02	2.54	1.23	3.13	3.95	16.73	after	Focus. internal
				3.36	13.60	before	
0.02	2.74	1.12	3.07	2.79	18.27	after	Endure. To influence. internal
				2.60	15.20	before	

**Table 5. The difference between the pre and post measurements of the experimental group members of the investigated skills**

Significance level	T Value	Standard error	Average difference	Deviations	Average	Variables	
0.00	11.91	0.36	4.27	0.94	6.80	after	Forward roll
				0.83	2.53	before	
0.00	13.51	0.32	4.27	0.74	5.87	after	Back roll
				0.91	1.60	before	
				1.49	9.73	قبل	
0.00	11.65	0.93	10.80	4.29	24.53	after	Focus. External
				2.12	13.73	before	
0.00	7.42	1.06	7.87	2.72	21.13	after	Endurance. To influence. external
				2.66	13.27	before	
0.00	5.67	1.21	6.87	2.74	20.33	after	Focus. internal
				3.00	13.47	before	
0.00	5.70	1.45	8.27	7.05	23.40	after	Endure. To influence. internal
				3.20	15.13	before	

To this end, and since Shethen’s samples are interconnected as well as equal, the researcher used the T-test score to establish this aim and to argue on the difference between the two measurements, namely the pre- and post-test as illustrated in Table (4). As indicated by Table (4) there exists a disparity and differentiation of the arithmetic means for the variables namely: attention methods, rolling the front hands on the ground movements mat, and rolling the back hands on the ground movements mat in the pre- and post- measurements more so among the members of the control group and while inferencing the importance of the differences of the arithmetic means using the (T) test for related samples. The results also indicated that the value of (T) calculated between pre- and post-measurements for the variable of rolling the front hands on the mat of floor movements was (5. 77) which is higher than tabulated value of (14. 2) for (05. 0) level of significance and for (14) of degree freedom Likewise, calculated (T) for variable of rolling the back hands on the ground movements The researcher has a firm conviction that the educational method that was embraced by the subject teacher has an influence in the learning acquired by the students on the floor movements in artistic gymnastics. The researcher also links this development to the conventional group members who chose the teaching method that was permitted by the subject teacher, for the appropriate repetitions that accompanied the educational units; also, performing continuous exercises, and in view of the suitability to the abilities and capabilities of students, as well as the gradation in the difficulty level of the movements and skills.

**Presentation, analysis, and discussion of the results of the pre- and post-measurement teams for members of the experimental group for the researched skills**

To make her analysis complete and to have a view of the overall results of the study, the researcher aimed at statistically processing the data and extract the arithmetic mean and the standard deviation for all the variables, methods, and measurements under research which are; attention methods, rolling the front hands on the floor movements mat, and rolling the back hands on the floor movements mat. The researcher then employed the use of T-test for correlated samples as a statistical means which enabled him to test for the significance of the differences and in the process discovered whether the following differences and discrepancies are as a result of a real difference or by a fluke. Table (5) shows this. From Table (5), it would be evident that there is the divergence and disparity of the arithmetic means and the standard deviations in the pre- and post- treatment measurements for all the participants in the experimental group as well as in all the variables being investigated here; these are; attention methods; rolling the front hands on the ground movements; mat; and; rolling the back hands on the ground movements; mat. When searching and inferring and drawing conclusions on these discrepancies and differences between the three mathematical settings using the (T) test for correlated samples, several findings were revealed; in the case of variable; rolling the front hands on the floor movements mat pre and post measurements the value of (T) calculated reached (11. 91) which is greater than the tabulated value of (14. 2) a significance level of (05. 0)

The researcher thus regards the following possible cause for the differences: The members of the experimental group engaged in educational exercises when doing the vocabulary of the educational units and their parts and the fact that the above exercises were done clearly and visibly. This further cements the moral message which the technique employed by the researcher in enhancing attention, which was useful in a way that enabled the acquisition of the two movements, which enabled the formation of a high-level learning motor program. The artistic knowledge of the student of artistic gymnastic revealed that there is a good scientific knowledge of the effectiveness of artistic gymnastics and this shows that the educational curriculum does have a role in learning to the floor movements in artistic gymnastics. It is used by the researcher to what is poured into the educational units, as the exercises in the learning units also contribute to activate the greatest number of muscles and a series of different movements of the trunk, arms, legs, and head and various fast and slow movements based on the movement time, frequency, and distance. However, a was utilized also a display screen. And an educational booklet. All of this proved very useful when teaching and training (on attention methods) as well as developing the hand movement on the movements mat by rolling the front hands on the floor movements mat, rolling the back hands on the floor movements mat among the members of the experimental group. The value as well as the effective use of the teaching-learning methods is best seen on the basis of the impact that the former has on three key factors in the educational process, namely the teacher, the learner and the material being taught. It fuelling the learner's curiosity and hence his desire to Learn, it establishes a pro-social relation between the learner and the teacher as well as between the learners, it broadens the range of experiences in which the learner engages and it also create positive trends to encourage the learner to participate and interact with various classroom situation especially if such medium is of the entertaining dit, as it draws the interest of the learner and the eagerness to learn, which in These means assist in making experience one gains more meaningful, sticky, and less likely to get out of one's memory. As educational psychologists have pointed out they facilitate the pursuit of desired diversification and renewal opportunities and thus assist in addressing the problem of differentiation: 'whenever it is possible to involve more than one sense.'

That is the reason why the knowledge and experiences are acquired at a fast pace from the student's senses to study an idea. This verifies that the exercises applied in the educational units have fostered learning and more significantly sample basic skills (on the floor movements) among the female students. The researcher also suggests that the slow implementation of the two skills is due to the encouragement that was given to female learners to develop attention, to learn the skill and to avoid performance because this leads to them losing focus and thus the morality has led them to mastery. From learning, it helps in flexibility in performance and mastery, and also knowing the anxiety and the details of the skill, by making movement programs that would fit every movement of the learner and repeating the movements and exercise helps in achieving the goal of a unit or an educational curriculum, and this learning and acquisition of the skill are being done by the students' response to all learning demands through the educational units. Becomes, as the researcher thinks, the most effective criterion to call energies, maintain level, and achieve goals, the skill was shown in the screen of the computer to keep up with the scientific advancement in all scientific disciplines that are being learned through the correct model A, as this game lacks models in universities.

#### Presenting the results of the dimensional measurements between the research groups and analyzing them

For the purpose of achieving the third objective of the study, which entails comparing the effect shown by the pre and post-test scores of the different groups on driver's model for attention and on the rolling of the front and back hands on the mat of floor movements in artistic gymnastic for the female students , the curriculum approved by the teacher and the one devised by the researcher, the researcher wanted to find out the values of arithmetical mean standard deviation This is evident from the research that was conducted – the experimental as well as the control post-measurement and Table (6). This is so because through the analysis of the findings from the table above, we observed significant differences between the two post measurements for both the experimental and control groups and in particular, the improvement of the experimental group in attention and learning of the skills of forward rolling and back rolling into the mat of floor movements in artistic gymnastics for female students can be attributed directly to

**Table 6. The difference in post-measurement for individuals in the experimental and control groups**

Significance level	T Value	Standard error	Deviations	Average	Samples	Groups	Variables
0.00	5.35	0.24	0.94	6.80	15.00	Experimental	Forward roll
		0.30	1.16	4.73	15.00	Fixed	
0.00	5.38	0.19	0.74	5.87	15.00	Experimental	Back roll
		0.24	0.94	4.20	15.00	Fixed	
		0.47	1.84	11.33	15.00	Fixed	
0.00	4.93	1.11	4.29	24.53	15.00	Experimental	Focus. External
		0.80	3.10	17.80	15.00	Fixed	
0.00	3.82	0.70	2.72	21.13	15.00	Experimental	Endurance. To influence. external
		0.73	2.81	17.27	15.00	Fixed	
0.00	2.90	0.71	2.74	20.33	15.00	Experimental	Focus. internal
		1.02	3.95	16.73	15.00	Fixed	
0.00	2.62	1.82	7.05	23.40	15.00	Experimental	Endure. To influence. internal
		0.72	2.79	18.27	15.00	Fixed	

the implementation and use of the Driver educational model and method within the aforementioned educational units. Which enabled the results of the best hours of learning in a rather sophisticated and systematic manner for the learners; for there is a lot of significance in introducing educational methods and models in attention so as to develop a learner capable of solving problems, apprehending effectiveness, rethinking over self-development, as well as self-control, control and flexibility as exposed to any circumstance approving a situation. As for this development, Different learning also attributed it to the large and clear feedback within the educational units which enabled the creation of an important and effective educational environment towards the goal to enhance the students' motivation to learn in other to achieve the goal of the educational unit.

### **Conclusion**

In light of the results of the study, the researcher concluded a number of conclusions, including: In light of the results of the study, the researcher concluded a number of conclusions, including: About corresponding changes in aspects of more attention and learning the skills of the forward rolling and back rolling on the floor movements mat in artistic gymnastics for female students the research experimental group enhanced to that of the control research group. The effectiveness of using Driver's model in paying attention and skill acquirement of the two on the floor movements mat namely the forward rolling and back rolling in artistic gymnastics for female students.

### **Recommendations**

- It is preferable to pay attention to the educational structure that allows the student to learn according to his inclinations, desires and abilities by providing the opportunity to test according to his desire.
- Conduct other studies and research for the same variables and other categories and samples.

### **REFERENCES**

1. Fayez Jumah Al-Najjar (and others): Scientific research methods (an applied perspective), 1st edition, Amman, Dar Al-Hamid for Publishing and Distribution, 2013, p. 173.
2. Ibrahim Al-Jarallah: An Introduction to Structural Equation Modeling in the Educational and Psychological Sciences, Baghdad, Dar Al-Warsha Al-Thaqafiyah for Printing, Publishing and Distribution, 2021, p. 112.
3. Muhammad Ahmed Omar (and others): Psychological and Educational Measurement, 1st edition, Amman, Dar Al-Masirah for Publishing, Distribution and Printing, 2010, p. 215.
4. Najah Mahdi Shalash and Akram Muhammad: Motor Learning, University of Mosul, Dar Al-Kutub for Printing and Publishing, 2000, p. 129.
5. Muhammad Al-Omari: Notes for the course of designing and producing scientific methods, Yarmouk University, College of Education, 1993.
6. Walid Al-Zind and Hadi Hamil: Educational curricula, their design, implementation, evaluation and development, Jordan 2010

\*\*\*\*\*