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Experimental pedagogy: New technologies

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ABSTRACT

Technological innovations concern a new opportunity for experimental pedagogical development in any school and formative context. This statement is reflected in the didactic dimension of motor and sports sciences. The main objective of this contribution is to analyse the so called "exergames" as an innovative proposal to be included in the formative offer, in motor and sports fields, of the school system in order to guarantee a more effective didactic approach. In this regard, through a review of the scientific reference literature, the pedagogical benefits on students in terms of increased level of learning and motivation to study will be framed. **Key words**: Technology; Exergames; Experimental pedagogy; School system; Motor and sports didactics.

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Innovative educational methodologies and corporeity factor

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ABSTRACT

The aim of this paper is to support the experimentation of new integrated educational methods to promote the development of new knowledge. Through the involvement of the body it is possible to make training “real”; that is: making it become effective through learning practices to transformation that is significant from an educational and lifelong learning point of view. In the training field, the tool that can represent the reciprocity between theory and practice is the laboratory; in the existential realm, the effectiveness of the interdependence between thought-action is embodied by corporeity. Therefore, the two key words "laboratory" and "corporeity" allow accessing the realm of the theory and that of pedagogical practice, placing it on the ground of contact and relationship in which experimentation, transformation and innovation are generated. Therefore, everything is explicit in the need to hypothesize models of school and social education that bestow back greater legitimacy to the laboratory and to the effectiveness of corporeity, and in which it is possible to realize not only real opportunities to experiment the potential of each type of knowledge, but above all the implicit transformative potential in the possibility of combining them together. **Key words**: Laboratory; Corporeity; Experimental pedagogy; Integrated educational methods; School and social formation.

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Biodanza laboratory and experimental pedagogy

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ABSTRACT

This contribution aims to investigate whether the Biodanza SRT tool can be an experimental pedagogical approach able to positively stimulate the development of self-esteem, self-confidence, self-efficacy and the promotion of learning and motivation also in school systems. It is an important component to be correlated in the main training processes of the individual. In this regard, for a sample of school-age subjects, a Biodanza laboratory activity was proposed (divided into seven meetings) and, at the end of the same, through a mixed-type questionnaire, the pedagogical effectiveness of this project was assessed. **Key words**: Biodanza SRT; Experimental pedagogy; School systems; Formative processes; Laboratory activity.

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Effectiveness of motivational videos for elite swimmers: Subjective and biological evaluations

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ABSTRACT

Motivational videos (MVs) are used in Japan in many competitive sports, both professional and amateur. However, several researchers have stated that the effectiveness of MVs has not been scientifically verified, and only subjective evaluations have been conducted in previous studies (Yamazaki & Sugiyama, 2009). This study examined the psychological effectiveness of MVs using both subjective and biological evaluations. The subjects were six elite Japanese collegiate swimmers participating in the FINA Swimming World Cup (age: 21.33 ± 0.51, four males and two females). We employed subjective and biological evaluations to examine these elite swimmers' psychological motivation while watching an MV as part of their practice. We adopted subjective and self-report Psychological Condition Inventory (Yamazaki et al., 2008) to measure the athletes' level of vigor while watching the MV. An electroencephalogram (EEG) was employed to evaluate the emotions of the swimmers. The emotional condition (vigor) was analysed by combining the extracted raw EEG data using a KANSEI module logger (Littlesoftware, 2018). A subjective evaluation showed that the score for vigor significantly improved after watching the MV ($t = 2.33$, $p < 0.05$), which was also indicated by the results of the biological evaluation ($t = 5.69$, $p < 0.01$). There was also a significant correlation between subjective and biological vigor after watching the MV ($r = 0.77$, $p < 0.01$). The results of this study, therefore, indicated that biological evaluation can be employed anew to verify the effectiveness of MVs. **Key words**: EEG; Motivation in sports; Performance improvement; *KANSEI*.

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Pilot study on sprint training methods in different types of athletes

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ABSTRACT

From the recognition of the scientific literature it emerges that the International Paralympic Committee and the Italian Paralympic Committee, together with the Special Olympics, present a segregative imprint in sports activities, as the current Regulations allow the restricted participation to specific types of disabilities, excluding the inclusion of others, so the difficulty lies in finding a different method that is suitable for all the different types of athletes. Taking up the two approaches (cognitive and ecological), mentioned in the previous study, it is preferable to limit the method of prescriptive teaching for athletes with disabilities on 100, 200, 400m, because they must adapt to a diversity compared to non-disabled people. For this reason, the adaptation is personal and then it occurs according to the heuristic learning method. Therefore, the integration of the above mentioned approaches is proposed, giving shape to a model characterized by a specific training of organic and muscular adaptations, also in qualitative terms, with the integration of heuristic learning and types of periodization and training methods with differences in the competition rules. The aim of this study is to hypothesize, through the theoretical method, a model that is able to enhance all types of athletes, according to their specific characteristics. **Key words**: Disabled athlete; Cognitive approach; Ecological-Dynamic approach; Prescriptive teaching; Heuristic learning; IPC.

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Pilot case study on rhythmic gymnastics and dyslexia

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ABSTRACT

Rhythmic gymnastics is an Olympic sport with qualifying and coordinating features characterized by "small tools". The competitive program includes both individual and team performances. An individualist gymnast presents four different routines, each with a different tool, while the team presents two different compositions, one with the same type of tool and the other with two types of tools. Dyslexia is a learning disorder, the failure of the development of hemispheric dominance or conflicts of dominance between the two hemispheres. In addition to having learning problems, people suffering from dyslexia also have problems in cognition of their bodies within space and with the musical rhythm. The aim is to analyse a case of dyslexic athlete inherent to performance, self-esteem and sociality. Through the case study and ethnographic approach it was found that the gymnast manages to achieve the same results as the other gymnasts who train with her, but showing a small difficulty in teamwork. These results encourage to explore the links between activities and data because you have in front of you an athlete to all intents and purposes, with every pros and cons that every human being can show, even if in this case the corrections must be made in a more patient way and for the results you have to wait a little more time. **Key words**: Rhythmic gymnastics; Dyslexia; Assessment.

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Psychophysical benefits of recreational five-a-side football

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ABSTRACT

Nowadays, recreational sports activities are focused on health and wellness aspects for a physiological study on the effects of the elite sport due to the spread of recreational sport, especially football. This work addresses the physical benefits originated from recreational five-a-side football and aims at the perceptions about self-evaluation of the physical and the psychological data. It also proposes a questionnaire in a group of young men aged 23 to 29 who played amateur five-a-side football for 8 weeks just 2-3 times a week. The requests basing on the overall research conclusions on the studies performed on recreational football (Kustrup et al., 2010). The most significant results showed that practicing amateur sports activities makes you feel better both physically and psychologically (respectively 87,3% e 93,3% of the answers) and it is less tiring and stressful than playing football agonistically (respectively 80% e 80% of the answers) or practicing strength training or interval running training. Furthermore, according to the data complex, it can be potentially satisfactory from the point of the view healthy and well-ness sport that can improve general well-being and it can prevent lethal diseases, such as cardiovascular diseases and obesity. In conclusion, it can be affirmed that recreational five-a-side football can produce not only physical benefits, as Kustrup's article shows, but also significant psychological benefits, which makes you feel better and more relaxed. **Key words**: Self-perception; Self-evaluation; Health; Wellness.

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Principles of adaptation of the rules for disabled athletes for an inclusion sport

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ABSTRACT

One of the aims of the adapted physical activity, APA, is the sport for disabled athletes with specific rules and applied only to the specific category of disabled people who compete under the government of the International Paralympic Committee, IPC, and Special Olympics, SO. The study wants to hypothesize adaptation processes for races open also to other categories of disabled athletes and normal people throughout changes to sports facilities and rules of the sport. The method is that of qualitative research of group work with specific focus after individual elaborations of several students attending the master's degree course in the evaluation of disabled people. The phases are as follows: 1) elaboration of specific ideas for individual sports adapted by the sample of 55 master students; 2) focus groups on analysis and discussion of the problems highlighted in the individual projects; 3) synthesis of the principles and guidelines related to adaptation of race rules and sport facilities. The results shows the selected sport, its adaptation of single race rules and its sport facilities. Number 33 of sports have been hypothesized: 17 individual sports and 16 team ones. This work can create new sports, in which it can compete together athletes with different disabilities , and you can also highlight that in sport, as in life, if we overcome all barriers and limits, mental and physical, nothing is impossible. Inclusive paradigm has to be developed in sport also for the race effect. **Key words**: Diversity; Rules; APA; IPC; SO.

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Transition period: Pilot study on performance reduction of ability to jump in volleyball

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ABSTRACT

As previously introduced in the preliminary study (Forte & Altavilla, 2018) we want to estimate the reduction in performance in the transition period, the purpose of this work is to expand the sample of data on the ability to jump. The method is experimental and the study was conducted on the same sample of 22 female athletes divided into two experimental groups, the first composed of athletes aged 12-16 years and the second on athletes aged 18-25 years. In all subjects the following parameters were assessed: height with a stretched arm and height with two extended arms. The elevation and coordination skills were evaluated with the Abalakov test using the technical gesture of the attack and the wall. Other data were obtained by evaluating the results obtained from the difference between the measurement of the attack and the height with an extended arm, and between that of the wall and the height with two extended arms. The test results showed significant reductions in ability to jump after the transition period. **Key words**: Abalakov test; Transition period; Performance; Motor skills.

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Dribbling in football: Confronting learning theories

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ABSTRACT

The football game is the most beloved sport among society, especially for its emotional and recreational worthiness. Dribbling is the most important ability. It is intended to be as the capability of keeping the ball afloat preventing it from touching the ground by using the two lower limbs. The most time the ball lingers afloat, the highest level the doer shows to have achieved. The main point of this research is to spot the most adequate educative method in dribbling. By confronting two different learning methods, I have tried to develop a way of making headways in the above process. On the one hand the cognitive approach in the scientific paradigm turns out to work with a fabricated set of rules within which the little boy must move, whereas in the eco-dynamic approach the heuristic way of learning is followed. The results give out two solutions: the first one shows an increasing ability pursued by gradual repetitions, beginning with a low degree of complexity up until a major difficulty; the last one aims at getting gratification on "no ruling" ground. In the first case, the players must stick to the coach's orders and timing conditions. In the second one the doers are just given the space and tools, neither timing nor conditions are set. They only have to express themselves as much as they like. Both methods grasp to the ordinary educational system. **Key words**: Dribble; Methodology; Children; Ball; Training.

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Pilot study on the testing of Power Glove applied to volleyball

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ABSTRACT

As introduced in the preliminary study previously carried out, the spread of technology in sports provides a monitoring of objective activity, accurate and not invasive. This led to the creation of a technological instrument, Power Glove, which investigates specific aspects of sport performance. The aim of this study is to evaluate the difference of serve performances through a test, to establish its feasibility and to obtain information that will allow to determine the calibration of the final instrument, taking into account the metrological characteristics of a measuring instrument. The carried out test, considers the serve, one of the fundamentals of volleyball, which starts ay every action of the game. The study was conducted on a sample divided into two groups: group A composed of 12 female volleyball players aged 12-16 years; and group B composed of 10 female volleyball players aged 18-25 years. It is a controlled and designed clinical study method in which subjects are exposed to various tests of strength, speed and precision in an alternated or simultaneous and supervised manner. **Key words**: Serve; Training method; Anthropometric; Performance; Skill test.

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Study on the master's degree in sciences of sports evaluation and sport for disabled at the University of Salerno, Italy

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ABSTRACT

The training of master students in the sports sector and in adapted physical activity is in evolution for the changing requests of the sports market. An analysis of the state of the art is useful with in-depth analysis of specific cases. The University of Salerno, Italy, has a course of study that has the training objectives on assessment and sports for the disabled. The study aims to analyse, over the last four years, from 2015 to 2019, the variations of the study plans related to the teachings and their coherence with the objectives through the documentary archive research. The Annual Unique Cards of the master's degree program were consulted and also the data developed by the AlmaLaurea University Consortium on graduating students and on the employment outcomes of graduates after one, three and five years from the conclusion of the studies. Preliminary results show a lack of consistency of study' plans with the training objectives and a limited presence of university in the employment dynamics, these last are limited too. The variation of the study plans was not caused by adaptations of market demands and it seems to be no relationship between university and world of work. This survey aims to understand the strengths and weaknesses of the training system and wants to respond more adequately to the need of skills in the master's degree program and to the need of professionalism to include the graduates in the world of work. **Key words**: Training; Skills; Graduate; Survey; Employment; Work.

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Physical and motor tests to estimate the improvement of the float serve

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ABSTRACT

The aim of the study was to analyze and evaluate the differences in jumping ability and in the fundamental technical of the float serve in volleyball, in order to evaluate the effectiveness of a working method. The study was performed on a sample of 11 male volleyball players (Under 20). Data were collected in two periods (September and October), subjecting the players to intensive technical and physical work. At the beginning of the training period, anthropometric data were collected, such as mean and standard deviation, and jumping ability. Players made a series of float serve to a specific area of the opponent's field and incremental effects were estimated after the intensive training period (in October). The statistical analysis of the data provided for the estimation of the percentage data and a Test t student to verify the difference between pre and post workout. The significant difference was set with $p < 0.05$. The results show, after four weeks of intensive training, an improvement in jumping ability, at the Vertec test, equal to 3.45cm and a significant difference with $p = 0.001$, between the two series of jumps; while the estimate of the effect of technical training (float service) was 22%. These physical and motor tests allow the training process to be monitored by estimating the effects induced, allowing the coaches to design and adequately choose the methodology and the training load for an effective performance. **Key words**: Volleyball; Jump test; Intensive training; Performance.

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Preliminary work about the basis data for monitoring youth soccer team planning training

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ABSTRACT

The youth soccer is always important especially for the assessment and the data of development of skills. The monitoring of them it could be important for the trainer to reorganize the planning of training and for the adaptation to individual athlete Aim of the study is to recruit the quantitative data about the anthropometric and performance aspects for reutilize to rearrangement of training planning. Method is experimental and has to carry out the usual parameters for monitoring the trainings. Anthropometric data are weight, height, BMI and performance data are Vo2max (Cooper) speed triangle test (three corner run) and speed test with (dribbling) on a sample are 13 athletes of 13 years old that play championship under 14 . BMI Data shows 6 weight, 4 in overweight risk and 3 in overweight. Cooper test data shows 2 above- average, 5 average, 5 below average and 1 poor. Mean speed triangle test 32.38 seconds, mean dibbling test 25.39 seconds. The results have to be useful for tool method of training. **Key words**: Cooper test; BMI; Dribbling test; Three-corner runner test.

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Training and performance in the transition period

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ABSTRACT

Aim of study was to analyze and estimate how much is the reduction or the improvement of the performance, in two groups, before and following the transition period, to organize the training annual planning effectively. The study was performed on two groups of 12 female basketball players (Group A=U16 and group B=U20) and have been carried out physical and anthropometric tests at the end of regular season and the beginning of next one; more over the group U16 continue with the trainings during transition period, while the group U20 not continue the trainings. At the beginning of the transition training period (in June), physical and motor data were collected, such as mean and standard deviation. The statistical analysis of data foresees the use Test t student for estimate the performance in the two groups about transition period (June-September) and between the two groups in September; while has been used Circuit Skills Test. The significant difference was set with $p < 0.05$. The results show that there is a significant difference between the two groups in September ($p=0.001$). For the group B (that not continue the training during the transition period) there is no a significant difference ($p=0.075$); while for the group A (that continue the training during transition period) there is a significant difference ($p= 0.004$). These analyze and evaluate of the reduction or the improvement of the performance allow at the coaches of monitor the training process, to design the training load for an effective performance. **Key words**: Basketball; Circuit skill test; Training annual; Team performance.

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Proposed exercises and its effects on some kinematic variables and achievement for 800 meters jogging activity for men

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ABSTRACT

This research aims to prepare a proposed training curriculum and to identify the impact of the proposed training curriculum on some Kinematic variables and achievement for 800-meters jogging activity for men. Research Sample Personnel. Research area contained the human field for the players of Maysan province youth category, for 800-meter jogging activity for the sports year 2018; from 20/6/2018 to 28/8/2018 in Maysan Olympic stadium, and scout camp stadium for athletics in Maysan province. Scientific method: Researchers used an experimental method by using a one-group method to solve the research problem. Society and the research sample: Choosing the research community was in an unintentional way, and that was represented by the players of Maysan province, youth category for the sports year 2018. They were eight players and the research samples were six players. Two players were excluded after conducting an exploratory experiment on them, and they formed 75% of the original community. The main conclusions: The proposed exercises contributed very clearly and effectively in developing the speed rate. And it had an obvious effect on developing the step length. The most important recommendation was: The researchers advise the Iraqi trainers to rely on effective modern methods and incorporate them into their training programs and the need to emphasize on developing the kinematic variables during the 800-meter jogging training. **Key words**: Kinematic variables; Arena and field; 800-meter race; Biomechanics.

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