مقایسه تمرین انبوه و فاصله دار بر اکتساب و یاداداری یک مهارت مجرد (شوت بسکتبال)

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چکیده:
هدف تحقیق حاضر بررسی تأثیر انبوه و فاصله دار بر اکتساب و یاداداری یک مهارت مجرد می باشد.

روش تحقیق حاضر نیمه تجربی و یکجوابی است. تعداد نمونه 80 نفر (40 نفر در گروه انبوه و 40 نفر در گروه فاصله دار) بود. در این تحقیق به ترتیب ۳ مرحله پیش‌آزمون انجام می‌گیرد. در این تحقیق هر گروه به صورت جداکده و به‌صورت یک گروه تمرین انجام می‌شود.

کلمات کلیدی: یاداداری- اکتساب- مهارت مجرد- شوت بسکتبال- انبوه و فاصله دار

Abstract:
Comparison of practice and mass indented skills acquisition and skills retention a single (Shoot basketball)
The purpose of this research is to study the effect of mass and indented practices on the acquisition and retention of a single skill. The method of study is semi-empirical and statistical community is all the male students of Deylam high schools in educational year of 1388-1389 from which 40 people were selected randomly and divided into a mass (20people) and indented (20paople) group. The research includes 3 stages: pre-test, acquisition and retention. First the pre-test practice is performed. The people were divided into two groups in this exercise: mass and indented (according to their time rates).In the acquisition stage with a lot of practices, people work a week, including 3 sessions; and 48 hours after the last session, retention test was done and those who had done indented practices, 48 hours after the last session practice the retention. Each individual did 20 launches per session: the mass group a 20 set and the indented group two sets often with 90 s between. Then the performance of the two groups in acquisition and retention stage were compared with t-test and a confidence level of = 0/05 (α = 0/05). The result showed that in the two groups the mass and the indented practices have a significiant effect on acquisition and retention in the skill of shooting in basketball. Also the results showed that there are no significant statistical differences between the two groups. This study suggests mass in practice planning of a basic single skill (shooting in basketball).

Key word: retention- acquisition-Single skill- basketball shoot- massed and distributed practice

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