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0.82	0.22	2.19	35.41	2.26	35.66	
0.79	0.26-	2.86	138.25	2.84	137.91	
0.43	0.8	0.25	11.5	0.49	11.33	

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0.93	0.08-	3.07	26	1.78	25.91		60
0.99	0.03-	0.62	7.4	0.64	7.4		
0.92	0.10	0.28	5.95	0.27	5.96		20
0.88	0.15-	0.49	10.96	0.46	10.93		50
0.98	0.02-	10.44	163.33	10.27	163.25		
0.95	0.05	3.67	29.75	3.73	29.83		
0.90	0.11	1.04	4.58	0.65	4.54		
0.86	0.16	1.32	8.16	1.11	8.25		
0.76	0.29-	80.3	11.6	0.39	11.55		10×4
0.95	0.05-	0.29	7.87	0.42	7.86		
1		0.77	1.66	0.77	1.66		
1		0.9	2.91	1.16	2.91		
0.62	0.49	0.61	2.33	0.62	2.45		
0.83	0.21	1.07	3.66	0.78	3.75		
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0	17.1-	0.9	6.79	0.77	1.66		
0	14.55-	0.45	7.77	1.16	2.91		
0	38.39-	0.85	7.1	0.62	2.45		
0	31.2-	1.1	7.64	0.78	3.75		
0	21.72-	0.82	7.56	0.45	1.25		
0	41.54-	0.69	7.45	0.54	2.29		
0	52.97-	0.81	7.56	0.77	2.12		
0	33.88-	0.77	7.25	0.54	2.25		
0	43-	0.5	-	-	-		

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	0	12.46-	0.9	5.33	0.77	1.66		
	0	5.29-	1.31	5.93	0.9	2.91		
	0	7.62-	1.46	5.06	0.61	2.33		
	0	15.57-	1.44	6.52	1.07	3.66		
	0	11.19-	1.43	6	0.45	1.25		
	0	14.2-	1.07	5.31	0.53	2.33		
	0	9.3-	1.3	5.25	0.79	2.08		
	0	9.42-	1.05	4.83	0.54	2.25		
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	0	7.07	0.9	5.33	0.9	6.79		
	0.001	4.3	1.31	5.93	0.45	7.77		
	0.001	4.71	1.46	5.06	0.85	7.1		
	0.07	1.96	1.44	6.52	1.1	7.64		
	0	5.12	1.43	6	0.82	7.56		
	0	3.24	1.07	5.31	0.69	7.45		
	0.001	4.53	1.3	5.25	0.81	7.56		
	0	6.05	1.05	4.83	0.77	7.25		
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The Effect of Mental Training Program on Improving Performance In Gymnastic for Basic Stage Students

*Salih Qoqaza and Ahmad Bani Ata**

ABSTRACT

This study aimed at investigating the effect of mental training on learning and improving performance of floor skills in Gymnastics. 24 students were chosen from the Private School in the University of Mu'ta. They were divided into two groups using the experimental approach. Each group consisted of 12 students: The control group; was trained by traditional routine, and the experimental group; was trained by using both mental and skills training program.

The study showed that the experimental group has achieved noticeable development in learning and acquiring the basic skills and excelled the controlling group in all skill expect standing on shoulders skills.

The researchers came up with the following recommendations: the necessity of using mental training program and investing it in instructional programs where these programs contributed facilitating and acquiring and mastering basic skill gymnastic Particularly the fresh trainers and we experts and the necessity of adopting mental training program besides skill training since it has a great benefit in improving the level of gymnastics.

Keywords: Mental Training, Gymnastics.

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