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(Mckethan and Everhart,

2001)

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(Ignico, 1997)

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(Mckethan,

Everhart, and Stubblefield, 2000)

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(Landin et al., 1986)

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0.43	-0.79	0.83	19.95	1.15	20.20	()
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0.29	-1.07	4.12	64.45	6.30	66.25	()

(2)

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0.75	0.33	4.92	19.70	5.69	19.15	30
0.23	-1.22	0.12	3.46	0.13	3.41	20
0.18	-1.38	0.19	2.30	0.28	2.40	
0.89	0.14	3.57	17.45	3.24	17.30	

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0.000	8.71	1.039	3.98	1.36	7.32
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The Effect of a Suggested Instructional Program that Uses Multimedia Computer Software to Improve the (Strait Back Somersault) Skill

*Mohammed D. Al-Majali and Samer N. Al-Soub**

ABSTRACT

This study aimed at investigating the effect of a suggested instructional program by using multimedia computer software in improving the (Strait Back Somersault) skill among the students, as compared with the traditional method. The sample of this study consisted of (80) undergraduate male students enrolled in gymnastic course (level 1) at the Faculty of Physical Education at Mu'tah University during the academic year 2002/2003. The sample was divided into two groups; the experimental group and the control group. The results of this study had shown a significant difference between the performance of the experimental group at the pre and post tests in favor of the post test, a significant difference between the performance of the control group at the pre and post tests in favor of the post test and positive differences in the post tests of the (Strait Back Somersault) skill in favor of the experimental method. The researchers recommended the following: Using the multimedia computer software in training gymnastic sport, offering specialized courses to the teachers of physical education for using the computer in teaching physical skills, establishing a computer teaching laboratory at the Faculty of Physical Education at Mu'tah University and conducting similar research studies on other physical skills.

Keywords: Multimedia Software, Gymnastics, Strait Back Somersault.

* Department of Curricula and Instruction, Faculty of Educational Sciences, Mu'tah University, Al-Karak, Jordan.
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