

Impact of Video Modelling with Video Feedback on Long Jump Skills

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ARTICLE DETAILS

Article History

Published Online: 15 April 2019

Keywords

Video feedback, Jump skills, Video Modeling.

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ABSTRACT

The Purpose of the present study is to examine the Effectiveness of combining video modelling with video feed back on the development of Long jump technique. To achieve this purpose of the study 12 men students were selected at random as subject from the department of physical education and sports, Manonmaniam Sundaranar University, Tirunelveli. The selected participants were under went skill training with video modelling and video feed back for a period six weeks and three alternative days per week. The long jump technique and performance were selected as criterion variables and they were tested by using expert rating method and competitions method respectively .their age ranged from 21 – 25 years. The following variables were selected for this study such as explosive power, long jump performance, and long jump techniques. The data collection from the group were statically using dependent t test to find out the significant improvement between the pre and post test means. There was a significant improvement on explosive power, long jump performance, long jump technique due to the effect of skill training with video modelling and video feedback.

1. Introduction

Behavioural processes have demonstrated to be advantageous in enhancing athletics overall performance throughout a numerous array of sports including basketball, tennis, swimming, football and gymnastics. To behavioural tactics used for improving ability executions are video feed returned and video modelling by means of experts. Video feed returned includes showing an athlete a video clip of his or her personal performance of a particular skill (Austin, J. (2004) and video modelling involves offering the athlete with a video clip of an expert performing the skills. The mixed use of video modelling and feedback holds promise for improving the execution of complex athletic skills. Such as excessive jump strategies that require a couple of particular body motion and positions.

2. Purpose of the study

The Purpose of the present study is to examine the Effectiveness of combining video modelling with video feed back on the development of Long jump technique.

3. Methodology

To achieve this purpose of the study 12 men students were selected at random as subject from the department of physical education and sports, Manonmaniam Sundaranar University, tirunelveli. The selected participants were under went skill training with video modelling and video feed back for a period six weeks and three alternative days per week. The long jump technique and performance were selected as criterion variables and they were tested by using expert rating method and competitions method respectively .their age ranged from 21 – 25 years.

4. Selection of variables

The following variables were selected for this study such as explosive power, long jump performance, and long jump techniques.

TABLE -I
Selection OF TESTS

SI.NO	VARIABLES	TESTS	UNIT OF MEASUREMENTS
1	Explosive power	Vertical jump	Centimetres
2	Long jump performance	Competition method	Centimetres
3	Long jump techniques	Expert rating method	Marks

TABLE -II
INTRA CLASS CO- EFFICIENT OF CORRELATION ON SELECTED DEPENDENT VARIABLES

SI.NO	CRITERION VARIABLES	CORRELATION CO- EFFICIENT VALUE
1	Explosive power	0.90*
2	Long jump performance	0.91*
3	Long jump techniques	0.92*

*Significant at 0.05 level of confidence. (Table value required for significant at 0.05 level of confidence is 0.77)

5. Statistical procedure

All the subjects were tested on selected dependent variables before and after the treatment. The designed used for this is single group pre and post test random group design.

The data collection from the group were statically using dependent t test to find out the significant improvement between the pre and post test means.

6. Analysis of data

Explosive power

Table – III

SUMMARY OF MEAN STANDARD DEVIATION AND DEPENDENT T TEST FOR PRE AND POST TESTS ON EXPLOSIVE POWER

TEST	NUMBER	MEAN	S.D	T-RATIO
Pre – test	12	40.42	5.07	16.3*
Post – test	12	46.00	4.99	

*significant at 0.05 levels. The table value required for significance 0.05 level for T test with DF 11 is 2.201.

Table III shows that, the obtained dependent t-ratio values between pre and post test mean is 16.3.the table value required for significant improvement with DF 11 at 0.05 level is 2.201.since the obtained t – ratio value is greater than the

tabulated value, it is understood that there was significant improvement between pre and post test on explosive power due to the effect of video modelling with video feed back.

Long jump performance

Table – IV

SUMMARY OF MEAN STANDARD DEVIATION AND DEPENDENT T TEST FOR PRE AND POST TESTS ON LONG JUMP PERFORMANCE

TEST	NUMBER	MEAN	S.D	T-RATIO
Pre – test	12	112.50	14.22	18.8*
Post – test	12	126.08	15.88	

*significant at 0.05 levels. The table value required for significance 0.05 level for T test with DF 11 is 2.201.

Table IV shows that, the obtained dependent t-ratio values between pre and post test mean is 18.8. The table value required for significant improvement with DF 11 at 0.05 level is 2.201.since the obtained t – ratio value is greater than the

tabulated value, it is understood that there was significant improvement between pre and post test on long jump performance due to the effect of video modelling with video feed back.

Long jump technique

Table – V

SUMMARY OF MEAN STANDARD DEVIATION AND DEPENDENT T TEST FOR PRE AND POST TESTS ON LONG JUMP TECHNIQUE

TEST	NUMBER	MEAN	S.D	T-RATIO
Pre – test	12	3.42	0.57	14.1*
Post – test	12	5.92	0.70	

*significant at 0.05 levels . The table value required for significance 0.05 level for T test with DF 11 is 2.201.

Table V shows that, the obtained dependent t-ratio values between pre and post test mean is 14.1. The table value required for significant improvement with DF 11 at 0.05 level is 2.201.since the obtained t – ratio value is greater than the tabulated value, it is understood that there was significant improvement between pre and post test on long jump technique due to the effect of video modelling with video feed back.

- There was a significant improvement on explosive power due to the effect of skill training with video modeling and video feedback
- There was a significant improvement on long jump performance due to the effect of skill training with video modelling and video feedback
- There was a significant improvement on long jump technique due to the effect of skill training with video modelling and video feedback

7. Conclusion

The following conclusion has been derived from the present study.

Reference

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