

The Effect of Tanavrz Plan on Cognitive Abilities - Movement Fourth Grade Students from the Perspective of Physical Education Teachers

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Abstract

The aim of this study was to investigate the elementary physical education teacher education institutions in the southern Fars province of primary school Tanavrz projects influence on cognitive abilities – movement of fourth grade students in the academic year 2013-2014. The purpose of this research is applied in the data collection, descriptive statistics, the study population consisted of 311 subjects in school physical education teachers southern province 93-2013 is a stratified random sampling and Morgan tables 175 were selected. Instruments included a questionnaire and notes that experts were confirmed validity and reliability using Cronbach's alpha 0.91 was also calculated. The results showed that the woman's rope for student recreation and fitness program on growth, fitness has had an impact on students in the loss of stress on the capabilities of perceptual students is the stature on norms the students.

Keywords: elementary education, ropes woman, fourth grade

Introduction

One of the most wonderful creatures in the world, although suggests the creation of enormous complexity. Growth characteristics of its affiliates and their overlap with each other are due to the creation of a vast and complex. A child walking into a walk and then run represents the various stages. With all the features your growing baby gets bigger and bigger among them may be used on condition that each of these stages of damaged and affect the other stages. Development and growth, motor development is required because the motor development of children with other standards acceptable compared and assessed (Hashemi, 2009).

It is the instinctive and plays a vital role in child development. The growing role in various fields such as cognitive development, emotional development, as well as his motor development is critical. The opportunity for children to interact with their surrounding environment and respond to stimuli provides a Word. The primary means of data collection in order for the child's vehicle that helps them to constantly be familiar with more complex information (SiraJ, et al, quotes Makiani, 2011). This fact is obvious to everyone that when the body is healthy, the health and



vitality of the blessings of more life and longer life. To keep the body healthy and exercise is essential hygiene (Alijanian, 2004). Researchers and educators believe that the most fundamental purpose of education is to help children grow and flourish fullest potential. Development of various aspects of physical, mental and intellectual activities by children and adolescents is possible. How to use the body of the motor activity causes the child to learn to move and navigate through the establishment of learning in children occurs (Musharraf Javadi, 2000). Researchers and educators believe that the most fundamental purpose of education is to help children grow and flourish fullest potential. Development of various aspects of physical, mental and intellectual children through physical activity is possible. How to use body movement in different activities that make your child learn to move and move by the establishment of learning in a child caused (Musharraf javadi, quotes Amoozadeh, 2012).

In order to develop child's cognitive - physical abilities, Initial experience of utmost importance. Although cognitive - movement abilities born with different proportions of genetics and environment however, one of the most important environmental factors in the development of this capability, how in the early years of a child's life are critical (Fallah, 1997). Play and physical activity promotion and development of perceptual - motor function in children is a very delicate and refined. When a child's behavior, motor activity, or just pleasure or joy from doing physical activities and playing a recurring cause of action he applied and practiced in the physical movement (Mofodi, 1997). Jumping rope is a valuable training activities that lead to improvements in muscle strength, physical strength, cardiovascular health, blood-related, physical balance, agility and coordination among the members of the body (Campbell, 1988) Good body control, posture, balance and body parts are final and final jump rope fitness, skill and creativity and innovation in mobility are among the possible outcomes of these activities (Viblr, 1966). This study examines the factors affects woman fitness (strength, endurance, speed, strength, flexibility, agility, balance, and increase cardiovascular endurance), which is an important factor in perceptual-motor and emotional stress and psychological impact of exercise on the ropes mental structure of postural muscle, fitness and leisure knowledge southern province of fourth grade students see school physical education teachers who deal with children's sensitive periods of development. Investigative the subject of a number of these studies is listed. Makiani (2011) a study of the impact a woman's ability to rope in perceptual-motor third grade of elementary school girls did. The results showed that the rope woman's cognitive abilities - physical impact. 's Cognitive abilities - Motor subjects in the training sessions, has improved considerably. Mohammadi (2009) carried research on the effects of candidate's fitness and activity elected in proportion to the ability of perceptual - motor on motor skill level seven year old child. The results showed that the selected programs and activities of selected physical fitness commensurate with the ability of perceptual - motor on the motor proficiency of 7-year-old child have a significant impact.



Heydari (2009) paper titled Effect of 8 weeks of rhythmic movements and cognitive skills - movement and intelligence of children with mental disabilities 10 to 14 years were examined and the results showed that the rhythmic movements and cognitive skills - movement and intelligence of children with disabilities useful mental much of the Nourbakhsh (2005) in research on the effects of 10 weeks into the school on some cognitive abilities - Motor female students in third grade school in the prototypical city MAHSHAHR looked Results indicated that participation in the game of school cause babies' gross and fine motor and cognitive skills - to develop their motor. Ozer (2011) in her research on the impact of the program on the power cord, and organization in girls volleyball 15 years to do. The results showed that the strength and coordination exercises her rope exercise group had a significant influence them is increasing. Chavo Xie (2010) A study titled Effects cords woman on fitness programs for students with visual differences did showed her the rope's flexibility, agility, aerobic capacity and had no significant effect group. Kwan and Hong (2007) research on the impact of training on ropes woman's body, heart function - breathing in obese children's physical readiness classes, fourth, fifth and sixth grade did. The research revealed the rope woman body composition, cardiac function - improves respiratory fitness of obese children. Pike (2006) paper titled linkages between large and fine motor skills in children and adolescents examined. Participants included 164 school children (80 girls and 84 boys aged 7.5 to 11 years) and 101 middle school students (64 girls and 37 boys from 12 to 15.5), respectively. Participants in groups according to age, sex and level of physical ability were compared. The results showed the ability to work with school related activities. The school received more activity, the better the fine motor skills involved. In addition, gross motor skills and competences provided for athletes in younger males were more prominently. Brian Rotnyak (2006) in research on the link between the master motion and motor activities in children 8 to 10 years old found that kids that physical activity performed and the results showed that the level of mobility and versatility move them towards kids' activities body, and these guys are not doing much in terms of running speed and agility and motor skills are stronger.

Nicholson (2005) in a study titled challenges of mowing the ropes. This research is now 256 people aged 5 to 14 years and 24 weeks of training, the rope she was done and the results showed that not only the ropes woman is fun, but the benefits of physical and psychological, such as reduced risk of obesity, diabetes and depression following there is improving factors such as balance, coordination, agility and endurance, cardio - vascular.

Marilyn Jane Wilson (2004) in research on women's progress in primary schools pay ropes. Results of the study showed that the ropes of a very good woman to increase cardiovascular endurance, strength, agility and coordination in his students. She also states that she can rope skills to learn math, science, language, art and music to be used.



The major research questions:

- 1- is comment physical education teachers impact on physical fitness and endurance exercise rope woman on the factors of cardio - vascular mean?
- 2- Is Physical education teacher's perspectives on the impact of exercise on the ropes woman muscle tension, stress and anxiety psychological?
- 3- Physical education teacher's perspectives on the impact of exercise on the ropes woman postural abnormalities of structure - What is IM?
- 4- Is Physical education teacher's perspectives on the impact of a woman's exercise rope fitness?
- 5- are physical education teachers' perspectives on the impact of sports on leisure time woman rope?
- 6- is between the male and female physical education teacher education institutions in the southern province of primary school sports on the impact of cognitive abilities rope woman - Fourth grade students there is a movement?

Method:

Since the aim of this study was to identify the effect of exercise rope access and perceptual capabilities woman - the student movement, the aim of this study is causal because the desired data by sampling the population, to determine the distribution of characteristics is carried this research is part of a survey (survey), respectively. In addition to those mentioned in the case study reviews the data associated with lambs (period) of times, temporary. The data collected through a questionnaire developed by the researchers was that the validity of the experts' opinions was reliability with Cronbach's alpha for the 0.91 on a number of statistical samples were obtained. In this study, all teachers working in primary schools in the southern departments of the province are 311, or 175 stratified random sampling method, for example, were selected.

The findings:

- 1- is comment physical education teachers impact on physical fitness and endurance exercise rope woman on the factors of cardio - vascular mean?

Table 1: Statistical Evaluation of The Results of The First Question

Results	Sig.	df	Binominal (sig)	Chi square	dependent variable	independent variable	Question
Approval	0.000	4	0.000 ^{a,b}	723.860 ^a	Cardiovascular fitness and endurance	Ropes Sports affect women	1

After analyzing the research question, the question is ultimately approved. In other words, the exercise of the power cord woman, stamina, speed, response, strength, flexibility, agility, balance



and cardiovascular endurance is positive. - Results have shown that a woman's rope cognitive abilities - students move has an impact. The findings of the research results Makiani (2011), Ali Mohamedi (2009), Heydari (2009), Mohammad Zadeh (1386), Ridvani Asl and Nourbakhsh (2005), Josephi (1382), Khalaji and Imad (1381), Kurdish (2000), Aghaee (1377), Ozer (2011), Chow and Xie (2010), Kwan and Hong (2007), Pike and colleagues (2006), Brian Rvtnyak (2006), Nicholson (2005), Marlene Jane Wilson (2004) are consistent.

- 2- *what is comment physical education teachers about the impact of exercise on the ropes woman muscle tension stress and anxiety is psychological?*

Table 2: Statistical Evaluation of The Results of The Second Question

Results	Sig.	df	Binominal (sig)	Chi square	dependent variable	independent variable	Question
Rejected	0.000	4	0.294 ^{a,b}	699.587 ^b	Muscle tension, stress and emotional excitement	Ropes Sports affect women Ropes Sports affect women	2

After analyzing the second question, then the question could not be verified. The rope of a woman exercising muscle tension, stress and anxiety has a positive psychological impact. Results have shown that the rope fitness woman on factors that influence students. The findings of the research findings Makiani (2011), Ali Mohamedi (2009), Mohammad Zadeh (1386), Ridvani Asl and Nourbakhsh (2005), Josephi (1382), Khalaji and Imad (1381), Aghaee (1377), Ozer (2011), Kwan and Hong (2006), Pike and colleagues (2006), Nicholson (2005), Marlene Jeanne Wilson (2004) are consistent.

- 3- *What are IM comment physical education teachers about the impact of exercise on the ropes woman postural abnormalities of structure?*

Table 3 Statistical Evaluation of The Results of The Third Question

Results	df	Binominal (sig)	Chi square	dependent variable	independent variable	Question
Rejected	4	0.269 ^{a,b}	318.731 ^c	The structure of postural abnormalities - muscle	Ropes Sports affect women	3

After analyzing the third research question, then the question could not be verified. In other words, the exercise of the rope woman postural abnormalities - muscle does not have a positive



impact. Results have shown that psychological stress and anxiety a woman's rope is affecting students.

The findings of the research results Heydari (2009), Ridvani Asl and Nourbakhsh (2005), Josephi (1382), Kurdish (2000), Brian Rotnyak (2006) and Nyklson (2005) is inconsistent.

4- is comment physical education teachers about the impact of a woman's exercise rope fitness?

Table 4: Statistical Evaluation of The Results of The Fourth Question

Results	df	Binominal (sig)	Chi square	dependent variable	independent variable	Question
Approval	4	0.000 ^{a,b}	838.418 ^c	Fitness Business	Ropes Sports affect women	4

After analyzing the fourth research question, the question is ultimately approved. In other words, the exercise of a woman's fitness is positive rope. Results have shown that the structure of the rope woman postural abnormalities - muscle does not affect students. The findings of the research results Makiani (2011), Ridvani Asl and Nourbakhsh (2005), Josephi (1382), Khalaji and Imad (1381), Aghaee (1377), Ozer (2011), Kwan and Hong (2007), Nicholson (2005), Marlene Jeanne Wilson (2004) is inconsistent.

5- is comment physical education teachers about the impact of a woman's exercise rope fitness?

Table 5 - Results of Statistical Measure Fifth Question

Results	df	Binominal (sig)	Chi square	dependent variable	independent variable	Question
Approval	4	0.000 ^{a,b}	454.850 ^b	Leisure time	Ropes Sports affect women	5

After analyzing the five research questions, finally verified this question. In other words, a woman of Leisure time is positive rope exercise. Results have shown that a woman's rope fitness program affects students. The findings of the research results Makiani (2011), Ridvani Asl and Nourbakhsh (2005), Josephi (1382), Khalaji and Imad (1381), Kurdish (2000), Aghaee (1377), Ozer (2011), Cowan and Hung (2007), Nicholson (2005), Marlene Jeanne Wilson (2004) are consistent.



- 6- Whether differences between male and female physical education teachers southern Fars Province Office of Education in Elementary Schools Sports rope woman on the impact of cognitive abilities - a move students there is a significant quarter Elementary differences?

To compare the attitudes of male and female teachers on the use of each component of the rope woman T-test was used. The results suggest that the p-value, there are components of physical fitness and endurance Hearts 0.594, Stress, emotions and spirit, 0.833, Postural and muscular structure of 0.409. , Fitness 0.623. Leisure time and 0.082, considering sig 0.05 the p-value for all components of the rope woman is 0.05. Further and show that none of the components of the physical fruity amazing male and female coach's southern province there is any significant difference.

Conclusion:

In these study students for 30 weeks and every two weeks, each session lasting 20 minutes (hours for an academic year in school sports) programs received her rope. Since the students participating in the ropes of a woman, a great improvement in cognitive abilities - a move that, (to see physical education teachers) can be expressed these results are in contrast to the mature theory that describes the process of growth through internal factors (genetic) and external (environmental) controls and temporary environmental factors affect the growth and development of the control of hereditary factors ultimately responsible. A woman's rope can be used as a training program to be implemented in schools. One reason for the lack of growth in the cognitive abilities of students - a move related to the lack of proper training in this field. Another reason is use non-physical education teacher during exercise. The lack of space and adequate facilities for sports in schools, sometimes it's a little bell goes hours of the other lessons another reason could be the lack of children's cognitive - movement abilities. The findings also showed that the blonde woman the ropes and cognitive disabilities there is a significant relationship between student mobility. Fitness condition which allows the energy to do your daily activities, participate in a range of physical activity reduce the risk of injury to health at her. The five main components of fitness are required for optimal health: cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition (fat and muscle). The second group of sports-related fitness components is called power, speed, agility, balance and reaction time. Although sports-related fitness components are not necessary to maintain physical health through exercise or do heavy work, such as the implementation of the emergency among the most important comes up and then come. Research shows that children are one of the most active segments of the society but the level of physical activity they approached puberty, adolescence and youth have declined. Despite this, many children are advised to limit physical activity, do not pay. That's where the importance of Physical Education in school is more visible and should be considered.



It is a fundamental and essential to students' physical fitness and health and social power of those guarantees. Student body should have the power and efficiency capable of doing the tasks and their daily activities without feeling tired and the ability to have free time to deal with unexpected events acquired such a person will stay away from diseases and physical defects and failings and endurance, agility, flexibility and speed characteristics of the students. The findings also revealed that the woman rope between sports and fitness and endurance factors cardiac - Vascular students there is a significant relationship. Ethical Aspects of Sports for the desires and motivations of children and young people to be guided by this, he was on the right track. Actions and expectations affect students' needs are biological and instinctive play of the game, field training and orientation for valuing interest all the excitement and emotion and the innate tendencies of students and concepts of the friendship, cooperation Eisar patience, perseverance to learn unconsciously. The pleasure of the meaning of position play and exercise of moral values, coordinate and communicate the relationship between exercise and fun bridge to help students in personal life and believes in ethical principles provided. In order to improve the health and well-being of sport and physical activity as a necessity in everyday applications is of special importance.

There are many psychological benefits of exercise for children, including depression, anxiety, providing a shield for coping with stress and enhance self-esteem and mental benefits of exercise. The findings also revealed that the woman rope exercise and psychological stress and emotions, there is no significant relationship between students. It is recommended to perform the exercises along with other exercises used to achieve those factors, such as group games.

The use of heavy backpacks, sit back, and inappropriate standard bench, wearing tight shoes, immobilization and poor mobility, poor nutrition, neglect of exercise, lack of schools and physical education teacher, specializing in the ring, including the causes of postural abnormalities. Results of studies in recent years show that more than 80 percent of Iranian female students in poverty due to severe motor impairments weak spectral structure of the stature of earthly the plight are compared with international standards. However, in the meantime, the boys and 3.8% of them in middle school do not have a definition of these disorders suffer. In addition, genetic disorders, orthopedic injuries and diseases related to lifestyle factors, such as poverty, mobility, bad habits, bad patterns, body language, body weight gain, body fluid status and important role in the pathogenesis of these disorders are poorly covered. Screening programs to identify students with postural abnormalities, arranging training for physical education teachers and coaches in training, assessment and treatment of disorders of the stature of the standard solutions of the table and benches and making schools, including the Host prevention and treatment of advanced centers structural abnormalities such programs been taken to reduce these statistics. The health and wellbeing of people in society, one of the most important indicators developed countries. The future of any society, the dynamics of mental and physical health of the community depends upon teenagers and young, healthy and strong so that there are a community's greatest national resources. The findings also revealed



that the woman rope exercise and postural abnormalities of structure - there is no significant relationship between the students in the muscle. It is recommended that physical education teachers with appropriate training to students in good habits of body prevent from Aberrations stature. During the survey, identified unfortunately, children are not fully active and animated, so it is necessary to take the kids to sports to improve health and health promotion them helpful. Also, sorry girls during puberty, then, that the process involved in sports than boys, in addition to the negative impact it will have on maternal health, the result of future events dealing with it, even with medical treatment is not compensable. The importance of the track officials and custodians, with the backing and participation of parents in the development of a quality culture with a focus on exercise and physical activity in the minds of the students, are the main activities. Already said that roping, an excellent way to burn body fat, since the program's Rope Fitness woman will be children hence it is necessary to provide specialists in physical education facilities students to do the exercises, postures Ideally keep you. Education can be a huge contribution to the optimal filling time students not only in summer but all year round if the first is "the beginning of each school year for the entire year to plan taking into consideration all the possibilities of student properties, and second, "according to various aspects of the cost of these programs, exercises such as rope work woman to fill the time do. Because of her rope exercise can serve as an incentive to fill leisure and student achievement hence it is necessary to provide a specialist physical education facilities to students with school and learn proper exercise, proper and efficient to use it in their spare time to learn well.

Suggestions:

Due to the rope's cognitive abilities woman - motion effect is proposed to be the woman to rope in students' motor activities and sports use. And for the acquisition of cognitive skills - motor requires very little features and these features can be easily prepared, such as rope, it is recommended these schools provide education to the students develop these skills. Ropes woman's ability to influence the development of perceptual - motor children need to develop programs and scientific principles to the development of the first and third grade students tripod is recommended cognitive abilities and physical education teachers to grow - moving from the primary school to teach her the ropes in different ways elsewhere.

A woman is holding a rope training for physical education teachers so they can also learn the basics of the sport, it's a good skill to teach his disciples. Other projects proposed to be physical education (gymnastics, second grade, third, tennis, fifth grade, sixth grade track and field) studies done for primary schools.

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