

## Misconceptions in the application of the concept of physical education and sports to students of the Bachelor of Sports Science at the Arab American University \_ Jenin Palestine

"المدرجات الخاطئة في تطبيق مفهوم التربية البدنية والرياضية لدى طلبة  
قسم علوم الرياضة في الجامعة العربية الامريكية - جنين/ فلسطين"

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## Abstract

The study aimed to identify the misconceptions in applying the concept of Physical and Physical Education to the students BA of the Department of Sport Sciences at the Arab American University-Jenin, as well as to identify differences in the level of misconceptions among students according to the variables (gender, level of study, place of residence, daily practice of sport). The researchers used the descriptive approach to suit the objectives of the study. The study was conducted on a sample of (67) male and female students. The results showed that the level of erroneous perceptions among the students was very low, as well as the absence of statistically significant differences at the level of ( $0.05 \alpha \geq$ ). The results of the study were based on a descriptive approach, The researchers recommend that the concept of physical education and sports be further strengthened as a comprehensive health system that includes all categories and segments of society. It is not limited to athletes only through the publication of newsletters. Scientific periodical on the subject of physical education and its importance for university students.

### ملخص

هدفت الدراسة الى التعرف على المدركات الخاطئة في تطبيق مفهوم التربية البدنية و الرياضية لدى طلبة قسم علوم الرياضة في الجامعة العربية الامريكية- جنين، وكذلك التعرف الى الفروق في مستوى المدركات الخاطئة لدى الطلبة تبعا لمتغيرات (الجنس. المستوى الدراسي. الممارسة اليومية للرياضة. مكان السكن). واستخدم الباحثان المنهج الوصفي وذلك ملائمته لأهداف الدراسة، وأجريت الدراسة على عينة قوامها (67) طالبا وطالبة، وطبق عليهم استبانة عدلها الباحثان، وأظهرت النتائج أن مستوى المدركات الخاطئة لدى الطلبة جاء بدرجة منخفضة جداً، وأيضا عدم وجود فروق دالة إحصائية عند مستوى ( $\alpha = 0.05$ ) تبعا لمتغير الجنس والمستوى الدراسي وكانت هناك فروق دالة إحصائية في متغير السكن وجاءت لصالح مناطق الضفة الغربية، ويوصي الباحثان بزيادة تعزيز مفهوم التربية البدنية والرياضية كنظام صحي وشامل يشمل جميع فئات وشرائح المجتمع وانه غير مقتصر على الرياضيين فقط من خلال إصدار النشرات العلمية الدورية حول موضوع التربية الرياضية وأهميتها للطلاب الجامعي.

## **Introduction and importance of research:**

The sport did not stop at the social phenomenon, but developed through the march of civilized man as a social system and a cultural complex with a bright educational face, through the frameworks and forms of social and cultural movement and physical activity, and developed frameworks and the theory of physical education and sports by promoting the activity of human mobility throughout history between All of them were combined in a professional framework, which was the beginning of pure education. Then the pioneer's approach evolved to the frameworks of movement in man, which called for highlighting the academic cognitive face of the organized field of physical and athletic education in an attempt The study aims at finding a theory to balance the professional and academic directions in physical education and sports, and also to highlight the problematic elements of the theoretical framework of the system and its development, which are the sub-materials and sub-researches that constitute the cognitive structure of the academic system of education and sports, and their relation to the professional and semi- Allied or associated with physical education such as health and recreation.

The sport activity in its various types of fields of education and education with the foundations and rules and objectives of multiple integrated with the educational processes where the physical education has become one of the most important modern science, which began to increase popularity in the level of professional and recreational, and moved physical education purposes and fundamentals and concepts of the scientific stage of the field as the rest of science, Has become in this modern era of areas that have expanded significantly at the social level, having increased the public awareness of the value of health and recreational and educational, and has become a human activities intertwined in the conscience of people Amos different age and culture, where it is granted that physical activity has become one of the important factors to gain a better level of health for all ages (Kholi,Al shfeie 2005).

The importance of the study is that it explains the philosophy and objectives of physical education and sports and helps students in the science of sports

to acquire physical skills, sports and educational and social behaviors through their understanding of the importance of physical education.

### **The study Problem:**

Through the work of the researchers lecturers in the Department of Sports Science at the University noted the existence of some misconceptions about the concept of theory in physical education and sports, being limited only to play and entertainment and it is a collective and individual games involving the nature of recreation and neglect the important aspect of which is the academic side of scientific and health And related to many different sciences, which they have to apply the modern aspect of the concept of physical education and sports theory where these misconceptions have played a large role in the failure to apply the theory correctly and required and hence came the problem of research.

### **Objectives of the study:**

- 1- identify To the misconceptions in the application of the concept of physical education and sports theory to students of the Department of Sports Science at the Arab American University.
- 2- Identifying the difference in the misconceptions in applying the concept of physical education and sports theory to the students of the Department of Mathematical Sciences at the Arab American University according to variables (Level of study, gender, daily practice of sports, place of residence).

### **Study questions:**

- 1 - What is the level of misconceptions in applying the concept of physical education and sports theory to BA students in the Department of Sports Science at the Arab American University?
- 2- Are there any statistically significant ( $0.05\alpha \geq$ ) differences in the level of misconceptions in applying the concept of physical education and sports theory to BA students in the Department of Mathematical

Sciences at the Arab American University depending on the variables (level of education, sex, daily practice of sport, place of residence)?

### fields of study:

- 1- Human Field: Bachelor students of the Department of Mathematical Sciences at the Arab American University.
- 2- The Place field: Arab American University - Palestine - Jenin.
- 3- Time domain: The research procedures were started until the distribution and unloading of the questionnaire in the period between (22/2/2018) - (10 \ 4 \ 2018).

### Terms of study:

**percipient:** Is a mental perception of the individual determines his position of a particular phenomenon or thing, which is the abstraction of the idea gathered in the individual as a result of the repetition of a particular position may be true or wrong attitude. (Kojak, 1977)

**Perceptions:** The perception that is formed by the members of the research sample as a result of their response to the paragraphs of the questionnaire prepared in the present research, whether positive or negative.(\*)

### Method and procedures:

**The Approach:** The researchers used the descriptive analytical method to suit the nature and objectives of the study.

**The community:** The research community consists of (480) students in the Department of Mathematical Sciences at the Arab American University.

**The sample:** The study was conducted on a sample of (67) male and female students and they constituted (15%) of the community size .

**The Study tool:** The researchers designed a questionnaire consisting of (24) paragraphs divided into 3 areas and after reviewing and reviewing the theoretical literature and research and studies related to this subject was presented to a group of experts and arbitrators, and after

confirming the validity and validity of the questionnaire, The study tool in its final form consisted of two parts. The first section included personal data about the student who filled out the questionnaire. Section II: It consists of (24) paragraph divided into (3) fields : **the field of development and growth, the health and psychological field, scientific field**, The response to the paragraphs of the questionnaire according to the scale of Likert's (1,2,3,4,5), (Highly agreeable, highly agreeable, moderately agreeable, highly disagreeable, very disagreeable) in favor of positive paragraphs (scientific field, paragraph (4) and paragraph (8) in the health and psychological field, (5,4,3,2,1) Scientific field (1, 2, 3, 5, 6, 7, 8, 9, 10), health and psychological (1,2,3,4,5,6) , 7) and development and growth (1,2,3,4,5,6).

### **Scientific transactions:**

**Verity of Tool:** The tool was confirmed by presenting it to a group of experienced and competent in this field. Some amendments were made to the clauses of the tool as suggested by the arbitrators. There was agreement between them on the validity of the tool for the application and it measures what was set for measurement.

**Stability of the tool:** The researchers calculated the stability of the study tool in an internal consistency method, by calculating the stability equation Alpha Cronbach.

### **Study variables:**

- **Independent variables:** (level of education, gender, daily practice of sport, place of residence).
- **The dependent variables:** The responses of the members of the research sample on the areas and paragraphs of the identification of misconceptions in applying the concept of physical education theory and sports in the study.

## Statistical treatments:

Statistical data were processed using computer using the Statistical Package for Social Sciences (SPSS). Where the numbers, percentages, computational methods, and standard deviations of the sample were extracted. The hypotheses of the study were examined by the following analytical statistical tests: t-test, one-way analysis of variance, The researcher used the coefficient of stability cronbach Alpha to calculate the stability of the tool.

## View and discuss the results:

**The first question: What is the level of misconceptions in applying the concept of physical education and sports theory to BA students in the Department of Sports Science at the Arab American University ?**

To answer this question, the researchers calculated arithmetical averages, standard deviations and the relative importance of the areas of misconceptions in the application of the concept of physical education and sports to BA students in the Department of Mathematical Sciences at the Arab American - Jenin, where the following table shows the results of this analysis. Table (2) Mathematical averages and standard deviations of the areas of misconceptions in the application of the concept of physical education and sports in the students of the Department of Mathematical Sciences at the Arab American University - Jenin arranged in descending order.

<i>The Rank</i>	<i>the level</i>	<i>percentage</i>	<i>Standard deviation</i>	<i>Mean</i>	<i>Fields</i>	<i>Figure</i>
<b>1</b>	very low	31.60	0.39	1.58	health and psychological field	<b>2</b>
<b>2</b>	very low	31.00	0.41	1.55	scientific field	<b>1</b>
<b>3</b>	very low	30.00	0.36	1.50	development and growth field	<b>3</b>
	very low	30.60	0.27	1.53	<b>Total</b>	

It is noted from Table (2) that the level of the total degree of misconceptions in the application of the concept of physical education and sports in the students of the Department of sports Science in the Arab American University - Jenin was very low, with an average of (1.53) percentage (30.60%), (1.50) in percentage terms (30.0%), with a mean of

(1.58 to 1.50). The first rank was in the health and psychological field with an average of (1.58) and a percentage of (31.60%), And **the authors attribute** this result to the existence of a great awareness among students towards the correct perceptions of the concept of theory They have a knowledge and scientific structure, interest and a high culture of the concept of physical education and sports theory, as well as the recent courses offered by the Department of Sports Science at the university as the course of modern entrance to physical and physical education, and modern teaching methods that follow the modern scientific method because of their prominent role in expanding the correct perceptions And reduce the misconceptions of the students of the department in all fields.

The fields of misconceptions in the application of the concept of physical education and sports among the students of the Department of Mathematical Sciences at the Arab American University - Jenin were analyzed according to the paragraphs as follows:

### First: The scientific field

Calculation averages were calculated, and standard deviations for scientific field paragraphs and table (3) show this.

Table (3) The means and the standard deviations of scientific fields are arranged in descending order.

The Rank	the level	percentage	Standard deviation	Mean	Paragraph	figure
1	Middle	%55.40	1.50	2.67	The sport system has laws under a sponsored umbrella and Legal cover	4
2	Low	%43.20	1.23	2.16	Sports hinders educational attainment	6
3	very low	%35.80	1.17	1.79	Physical education is not necessary for university students	5
4	very low	%30.20	0.84	1.51	Physical education teachers are not educators	9
5	very low	%29.80	0.96	1.49	Physical education should not be considered as academic such as Other materials	10
6	very low	%29.00	0.74	1.45	Teaching physical education does not require a professionally qualified person	8
7	very low	%27.20	0.60	1.36	Specialization in Physical Education means learning and practicing sports only	7

8	very low	%25.60	0.65	1.28	Physical education is not connected to theory	3
9	very low	%21.80	0.42	1.09	Physical education is not related to other sciences	2
10	very low	%21.20	0.30	1.06	There is no scientific basis for sports education	1
	very low	%31.00	0.41	1.55	<b>The scientific field</b>	

It is noted from Table (3) that the level of the scientific field of erroneous perceptions was very low. The mean (1.55) was (31.0%). The paragraph level was very low and average. The mean ranged between (2.67 - 1.06) In the first rank, paragraph (4) " **The sport system has laws under a sponsored umbrella and Legal cover** " with an average of (2.67) and a percentage of (55.40%). The last rank in paragraph (1) "**There is no scientific basis for sports education**" And by percentage (21.20%). **the authors attribute** this result to the fact that a good proportion of students have the knowledge that sport is a system that has its own regulations and laws and has an umbrella sponsored by the Ministry of Youth and Sports and the Ministry of Education. And has a future and considered this paragraph positive where the views of students towards them on middle. **the authors attribute** That most of the students in the department are Arabs from within and the Jews do not allow them to register inside the institutions and the system that is concerned with sport inside Israel and they are marginalized. And that the sport is related to many sciences and scientific basis, which explains the interest of the department to focus on the modern scientific Courses related to sports such as the provision of Courses rehabilitation injuries, and the science of movement and physiology of sports training and other scientific courses.

## **Second: The health and psychological field**

Calculation averages were calculated, and standard deviations for health and psychological field paragraphs and table (4) show this. Table (4) The means and the standard deviations of health and psychological fields are arranged in descending order.

The Rank	the level	percentage	Standard deviation	Mean	Paragraph	figure
1	Middle	%58.20	1.69	2.81	Sports for all is comprehensive and healthy	8
2	very low	%34.40	0.77	1.72	The exercise of sports activities and the femininity of girls are incompatible	5
3	very low	%34.00	0.78	1.70	Exercise is not necessary for Elderly	6
4	very low	%32.60	0.76	1.63	Girls do not exercise because they do not need strong muscles	4
5	very low	%31.60	0.80	1.58	It is difficult to achieve happiness and a sense of health through exercise	7
6	very low	%27.80	0.72	1.39	Physical education win and lose in tournaments only	3
7	very low	%24.40	0.49	1.22	Physical education exercises and games only	2
8	very low	%23.60	0.46	1.18	Physical education effort and sweat only	1
	very low	%31.60	0.39	1.58	<b>The health and psychological field</b>	

Table (4) shows that the level of the health and psychological field was very low, with the mean of (1.58) percentage (31.60%), and the level of paragraphs between the very low and average, the averages ranged between (2.81 - 1.18) The first rank is paragraph (8) which is "**Sports for all is comprehensive and healthy**" with an average of (2.81) and a percentage of (58.20%). The last rank in paragraph (1) is "**Physical education effort and sweat only**" with an average of (1.18) and percentage (23.60%). A positive paragraph **the authors attribute** this result They are convinced that sport is beneficial for health and is for all categories and ages for adults, young people, males and females. This confirms their awareness of the concept of physical education and sports theory. This is supported by organizing activities and sports programs for all university students. Health through various programs supervised and sponsored both within the campus of the university or outside and in cooperation with the community, raising the awareness and awareness of students in this area, while students emphasize that sport is not only sweat and effort, but a clear message to spread love and brotherhood Exchange of experience and competition, as well as a recreational field and various activities that promote the overall health of all members of society, athletes or others. This indicates that physical and physical education in the concept of theory is applied by a large part of the students of the Department of sports Science at the Arab American University.

### Third :The development and growth field

Calculation averages were calculated, and standard deviations for The development and growth field paragraphs and table (5) show this.

Table (5) The means and the standard deviations of health and psychological The development and growth fields are arranged in descending order.

The Rank	the level	Percentage	Standard deviation	Mean	Paragraph	figure
1	Low	%41.80	1.19	2.09	There is no relation Between sport and politics	4
2	very low	%35.00	1.02	1.75	Religious assets alienate from exercise	5
3	very low	%30.20	0.68	1.51	The high level of sport does not reflect the progress and prosperity of countries	3
4	very low	%26.20	0.63	1.31	Exercise outside the university is a waste of time	6
5	very low	%24.40	0.55	1.22	Physical education has no philosophy	2
6	very low	%21.80	0.29	1.09	physical education has no history	1
	very low	%30.00	0.36	1.50	<b>The development and growth field</b>	

Table (5) shows that the level of the field of development and growth was very low, with the mean (1.50) percentage (30.0%), and the level of paragraphs between very low and low, the averages ranged between (2.09 - 1.09), The first rank was in paragraph (4) "There is no relation Between sport and politics" with an average of (2.09) and a percentage of (41.80%), The last rank in paragraph (1) is "Physical and physical education without history" with an average of (1.09) percentage (21.80%). **the authors attribute** this result That some students have the opinion that politics interferes with and controls the affairs of sports, as a significant number of the students of the department are among the Arabs of the interior 48 where they are subjected to continuous harassment in the exercise of their activities and there are restrictions imposed by the Israeli government in their areas and there are racial discrimination and therefore they have another opinion That the policies may play a role in sports, while the majority that the sport has a history and assets and reinforced this concept they have courses in which the section recognizes the history of sports as in the course of the entrance to physical education and history, and

the course of philosophy of physical education that established these concepts and perceptions correct The students of the department.

**The second question: Are there any statistically significant ( $0.05\alpha \geq$ ) differences in the level of misconceptions in applying the concept of physical education and sports theory to BA students in the Department of Mathematical Sciences at the Arab American University depending on the variables (level of education, sex, daily practice of sport, place of residence) ?**

**First: gender Variable:**

Table (6) Results of the T test for the differences between the averages of the fields of misconceptions in the application of the concept of physical education and sports among the students of the Department of sports Science at the Arab American University / Jenin according to the gender variable.

Significance	Value (t)	Standard deviation	Mean	the number	the gender	The field
0.002	3.18	0.30	1.40	34	Male	The scientific field
		0.45	1.70	33	Female	
0.603	0.52	0.34	1.60	34	Male	The health and psychological field
		0.44	1.55	33	Female	
0.739	0.33	0.36	1.48	34	Male	The development and growth field
		0.37	1.51	33	Female	
0.170	1.38	0.23	1.49	34	Male	Total
		0.31	1.59	33	Female	

**Second: level of education Variable**

Table (7) Mathematical Meanings Standard Deviations The fields of misconceptions in the application of the concept of physical education and sports among the students of the Department of sports Science at the Arab American University / Jenin according to the variable of the level of education

Standard deviation	Mean	the number	the level of education	The field
0.35	1.49	16	first year	The scientific field
0.44	1.53	17	Second Year	
0.36	1.56	17	third year	
0.49	1.61	17	Fourth year	
0.34	1.59	16	first year	

0.40	1.50	17	Second Year	The health and psychological field
0.43	1.69	17	third year	
0.38	1.53	17	Fourth year	
0.41	1.53	16	first year	The development and growth field
0.34	1.47	17	Second Year	
0.39	1.45	17	third year	
0.33	1.53	17	Fourth year	Total
0.26	1.54	16	first year	
0.30	1.50	17	Second Year	
0.28	1.57	17	third year	
0.28	1.55	17	Fourth year	

Table (7) Results of the analysis of the single variance of the averages of the areas of misconceptions in the application of the concept of physical education and sports among students of the Department of sports Science in the Arab American University / Jenin depending on the variable level:

Significance	Value (f)	Average squares	Degrees of freedom	Total squares	Variance Source	The field
0.869	0.24	0.04	3	0.12	Between groups	The scientific field
		0.17	63	10.84	Within groups	
			66	10.97	Total	
0.500	0.80	0.12	3	0.37	Between groups	The health and psychological field
		0.15	63	9.63	Within groups	
			66	9.99	Total	
0.891	0.21	0.03	3	0.08	Between groups	The development and growth field
		0.14	63	8.53	Within groups	
			66	8.61	Total	
0.906	0.19	0.01	3	0.04	Between groups	Total
		0.08	63	4.91	Within groups	
			66	4.95	Total	

**Third: place of residence Variable:** Table (8) Results of the "T" test for the differences between the averages of the fields of misconceptions in the application of the concept of physical education and sports among the students BA of the Department of sports Science at the Arab American University / Jenin according to the variable of place of residence.

Significance	Value (t)	Standard deviation	Mean	the number	place of residence	The field
0.000	4.51	0.41	1.75	32	Areas of the West Bank	The scientific field
		0.31	1.36	35	Areas of the interior (48)	
0.000	5.18	0.35	1.80	32	Areas of the West Bank	The health and psychological field
		0.31	1.38	35	Areas of the interior (48)	
.215	1.25	0.36	1.44	32	Areas of the West Bank	The development and growth field
		0.36	1.55	35	Areas of the interior (48)	
0.000	3.85	0.27	1.66	32	Areas of the West Bank	Total
		0.23	1.43	35	Areas of the interior (48)	

The results in Table (6) indicate that there are no statistically significant differences at the level of  $(0.05\alpha \geq)$  between the averages of the areas of misconceptions in the application of the concept of physical education and sports in the BA students of the Department of sports Science in the Arab American University / Jenin due to gender variable, Except in the scientific field was a significant and came in favor of females; the authors attribute this result For a strong scientific competition in all subjects, as well as the interest and encouragement of the university administration and the female section to encourage them to increase the science as well as the outstanding level offered by students academically and the strong desire to learn and excel on their male colleagues

The results in Table (7) indicate that there are no statistically significant differences at the level of  $(0.05\alpha \geq)$  between the averages of the fields of misconceptions in applying the concept of physical education and sports in the students of BA the Department of sports Science at the Arab American University / Jenin according to the variable of the level of education; **the authors attribute** this result This indicates that most of the students enrolled in the department at all levels have a love and a culture of sport, which gave them a great background on the concept of physical and physical education in the Palestinian environment both within the occupied territories and in the West Bank. This indicates the prevalence of sport in all its activities as a culture among all segments of society.

The results in Table (8) indicate that there are statistically significant differences at the level of significance  $(0.05\alpha \geq)$  between the averages of the areas of misconceptions in the application of the concept of physical

education and sports among the students of the Department of Sports Science at the Arab American University / Jenin, And it came in favor of students in the West Bank; **the authors attribute** The sport has become a fertile ground for the physical and physical advancement and development of many university students, especially students of the Department of Sports Science at the university to collect and cover the cost of study especially for the students of the West Bank, As for the Arab students(48) Israelis have been harassed in sports in their areas because of racism and are turning to play and professional sport in West Bank areas and clubs.

### Conclusions:

- The level of correct perceptions of BA students in the Department of Sports Science at the Arab American University was high; This indicates the level of awareness and the knowledge and knowledge structure enjoyed by the students of the department in applying the concept of physical and physical education theory.
- The convergence of answers between the gender in the scientific field was in favor of females.
- Students in the West Bank were better in Application correct perceptions in physical and physical education.

### Recommendations:

- necessity to increase the awareness of students and strengthen their concept of physical education, which constitute a basic system of different games have their laws and regulations and umbrella sponsored.
- Increase and reinforcement e the concept of physical education and sports as a comprehensive health system covering all categories and segments of society and not limited to athletes only.
- Issuing periodic scientific bulletins on the subject of physical education and its importance to the university student.

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