



The effect of perceptual–sensory exercises on perception of the sense of distance and time and skill performance in the skill of jumping on a jumping table

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Abstract

The objectives of the research are to identify the effect of perceptual sensory exercises on the perception of distance and time in the experimental group. And to identify the effect of perceptual-sensory exercises and developing the perception of distance and time on the performance of the jumping skill on the jumping table. The research hypotheses are that there are statistically significant differences in the perception of distance and Time in the experimental group between the pre- and post-measurements in favor of the post-measurement. There are statistically significant differences in the performance of jumping on the jumping table in the experimental group between the pre- and post-measurements in favor of the post-measurement. The researcher adopted the experimental design with one experimental group with pre- and post-measurement due to its suitability for solving the problem. The research population is represented by (20) players from the training center for education in Basra Governorate, and the research sample was (10) players. The experimental group was subject to practicing the prepared curriculum and (5) players for exploratory and stability experiments. The researcher concluded that the cognitive-sensory exercises were enjoyed. In accordance with the abilities and capabilities of gymnasts, cognitive-sensory exercises have a clear impact on developing the perception of distance and time among gymnasts. Members of the experimental group showed great interaction with the cognitive-sensory exercises because of the players' need for sensory-cognitive exercises to help them with communication, friction, and self-reliance. Developing the perception of distance and time affected the development of skill performance in jumping on a jumping table.

Keywords: Perceptual-sensory exercises, jumping jacks, gymnastics.