

The Impact of Multimedia Integration in Teaching Programs Among Students

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Background: The action research was conducted during the 2009-2010 academic year, following a pilot study in 2008-2009, during which the research tools were examined (Pinchas & Katz, 2008). The research compares two study groups in the course "Fitness and Health Instructors and Training Minors in the Gym." In the experimental group, teaching incorporates the DVD in question, while the control group continues traditional learning. The research has pioneering value from two main aspects:

- 1) To the researchers' knowledge, this is the first time a DVD has been integrated into the teaching program of the "Fitness and Health and Training Minors in the Gym" course.
- 2) In general, there are few studies integrating multimedia in physical education, hence the need to develop a program for the "Fitness and Health Instructors and Training Minors in the Gym course."

Objectives:

- 1) To examine the effects of multimedia integration, including DVD, on the learning process in both theoretical and practical aspects.
- 2) To examine students' attitudes toward multimedia use.
- 3) To receive student feedback on DVD as a learning tool.
- 4) To develop a curriculum for the course integrating DVD as a teaching tool.

Method: 32 undergraduate PE students from Kibbutzim College participated in the study. All students were second-year students and participated in the "Health and Fitness Instructors and Training Minors in the Gym" course taught by Dr. Yigal Pinchas. Students were divided into two groups according to their registered study group. 17 students in the experimental group belonged to class B1, and 15 students in the control group belonged to class B2. The teaching program was tested in a college classroom, and upon completion, students were asked to provide feedback on the DVD and teaching program. Practical tests were conducted in the gym by an external examiner.

Research results showed that student feedback on the DVD was highly positive, with about 94% considering continued use in the future. The DVD was found to have a significant positive impact on the experimental group's achievements compared to the control group in writing personal training programs and practical examination.

Discussion and Conclusions: The action research shows that thanks to the integration of DVD and the unique teaching program, students were more involved in the learning process. Learning factors such as motivation, involvement, and taking responsibility were reflected in practical achievements. Additionally, the teaching program met the expectations and needs of student teachers. It is recommended to continue developing such DVDs and integrate them into the training process of other practical subjects, such as ball games (handball, volleyball, football, and basketball), athletics, gymnastics, swimming, and more. Developing such DVDs could benefit researchers, practicing teachers, and especially learners.

References

- Pinchas & Katz, 2008. Using a Multimedia Learning Resource to Enhance Understanding Of Daily Exercise: Practical Considerations. Proceedings of 1 International Pre-Olympic Conference of Sports Science and Sport. Engineering. *Vol I: Computer Science in Sports Nanjing, P. R .China, August. 5-7, 2008.*pp 417

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