

An Investigation into School Boys' Interest and Game Situation Performances using TGFU Model Incorporated within Styles B, E and H of Mosston and Ashworth Teaching Styles as Training Regimes

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Abstract

The study was designed to investigate the school boys interest and performance in 3 versus 3 field hockey game situation using three training regimes. The three training regimes were made of Teaching Games for Understanding Model (TGfU) incorporated with B, E and H teaching styles from the Spectrum of Mosston dan Ashworth Teaching Styles. The training regimes were labelled as Style B: Tactical (SBT), Style E: Tactical (SET) and Style H: Tactical (SHT). The study was carried out during the Physical and Health Education classes. The study employed interviews with semi focus groups and reflection notes to probe the boys' interest in the training regimes. This study also used balanced factorial and '3x3' within subjects design as research methodology to determine the effect and sustainability of the training regimes based on the boys performances in 3 versus 3 game situation. The sample of 108 school boys (12-13 years old age) was divided equally into groups of High Skill Boys (HSB), Medium Skill Boys (MSB) and Low skill Boys (LSB). An application of Multivariate test of MANCOVA, ANCOVA and two way repeated measures of ANOVA were used. Findings gathered from interviews with semi focus groups and boys reflection notes indicated that they enjoyed the tactical elements of the game as well as the mini game situation. The findings showed that at post test one, there was significant improvement in ball control, decision making and skill execution in 3 versus 3 game situation using the SBT, SET and SHT training regimes. As for decision making and skill execution SET training showed sustainability from post test one to three for MSB. While SHT training regime showed sustainability from post test one to three in skill execution for LSB across three post tests. As a conclusion, SET suitable as training regime to upgrade MSB performances in decision making and skill execution in a game play. SHT also suitable as a training regime to upgrade LSB performances in skill execution in a game play.