Surveying the effectiveness of selected of the sixth grade's health and physical education program according to Bloom's learning domains in male students

Talebi, Nahid¹, Samadi, Ali², Mohammadpour, Behnam³

1. Assistant Professor, Physical Education and Sport Sciences Department, Faculty of Humanities, Shahed University, Tehran
2. Assistant Professor, Physical Education and Sport Sciences Department, Faculty of Humanities, Shahed University, Tehran
3. M.A in Sport Management

Abstract

Purpose: The aim of the present study was to survey the effectiveness of selected of the sixth grade's health and physical education program according to Bloom's learning domains (cognitive, affective and psychomotor) in male students.

Methodology: In a semi experimental design, a total of 60 sixth-grade male students served as subject in this study. They randomly assigned to experimental (n=30) and control (n=30) groups and treated for 10 weeks, two session per week. In experimental group the physical fitness and health section of physical education and health program of sixth grade were executed according to teacher’s handbook in a theoretical and practical manner, the control group has been administered in classic pattern including warm up, running and group games. Effectiveness of the program in cognitive and affective domains evaluated using a researcher-made questioner. In psychomotor domain a combined exercise test and AAHPERD health related physical fitness test were used.

Result: the result of MANOVA showed there were significant difference between experimental and control group in cognitive and affective domains (p<0.05). Moreover, between groups comparison of various aspects of cognitive and affective domains, using t test, showed that except for perception (p=0.056) and applying (p=0.052) in cognitive domain, in all aspects scores of experimental group were significantly higher than the control group (p<0.05). Factor by factor comparison of different aspect of psychomotor domain (combined exercise test, 540 m run, flexibility, sit up, modified pull up, and body fat percentage), using t test, revealed that except for body fat percentage (p=0.378), experimental group had better physical performance than the control group (p<0.05).

Results: finding of this study approve that in male students in comparison with classical pattern of physical education class, new health and physical education program of sixth grade may be more effective with regard to Bloom's learning domains.

Applied remarks: comparing to classical pattern, new health and physical education program of sixth grade may have favorable outcomes in various aspects of learning in male students.

Keywords: Health and Physical Education Program, Bloom's Learning Domains, Sixth Grade Students