“Abstract”

Mastery learning and its Impact on the performance level in Discus Throw competition

by

Eman Ibrahim Elsisi1

The current study aims to design an instructional program based on mastery learning and investigating its effect on the skillful and the digital performance level of the participants', discus throw. The researcher used the quasi-experimental design with an experimental group studying through mastery learning and a control group studying through the traditional / regular learning. The participants of the study included 40 female students selected purposefully from 2nd year students, Faculty of physical education, Sadat City University. They were divided into an experimental group (N=15) and a control group (N=15) the results refer to that the mastery learning proved effective and successful in helping students of the experimental group to improve their performance level in discus throw. Statistically significant differences appeared in favor of the experimental group students due to the use of mastery learning.
Assistant professor in Department of athletics, Faculty of Physical Education, Sadat City University, Egypt