"Abstract"

A proposed constructive model and its impact on triple jump race learning among faculty of physical Education female students at the university of Sadat city.

by

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The current study aimed to design a program based on the constructive model and investigate its impact on triple jump race learning among female students at the faculty of physical Education, university of Sadat city. Participants of the study included 40 female students, enrolled in the second year, faculty of physical Education, divided into an experimental group (N=20) and a control group (N=20). The researchers adopted the quasi-experimental, control group’s pre-post design. The experimental group received constructive learning whereas the control group received regular learning through the practical performance model. The findings revealed that there are statistically significant differences between the pre-post administrations of both groups on some physical variables and the skillful and numerical levels in favor of The experimental group’s post-administration.