

# HABITS OF RECALL AND ITS RELATIONSHIP TO THE MOTOR COMPOSITION OF THIRD-GRADE STUDENTS IN THE GYMNASTIC RHYTHMICS

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**ABSTRACT:** (*Habits of intelligence and their relation to the kinetic composition in the applications of the third class rhythmic gymnastics*)

1- *The first chapter introduces research: Changing the outlook on education from old methods based on memorization, indoctrination and repetition to the self-education of students, how they seek knowledge, and seek to discover and develop them to serve their societies. Students in general and university students, in particular, to keep pace with these developments and facilitate their learning.*

**Research objectives are:**

- 1 - *Recognition of the degree of recollection*
- 2 - *Identify the relationship of recall kinetic composition*

**The research hypotheses are:**

*There was no significant relationship between memorization and kinetic composition*

**Areas of research are**

- *Human Field: students of the third phase of the morning study at the University of Baghdad.*
  - *Time domain: 23/10 to 19/4*
  - *Time domain: University of Baghdad College of Physical Education and Sports Sciences, Minister of Education / Girls.*
- The definition of terms: The researcher showed some of the terms in the research and gave the concept appropriate to them.*
- 2 - *Research Methodology and Procedure: This section contains the methodology of the research used, the sample, the tools used, the questionnaire form, the steps of the implementation of the research 'registration form points and statistical means.*
- 3 - *Presentation and Discussion of Results This section contains the presentation of the results of individuals and the sample of the research in the variables investigated.*
- 4 - *Conclusions and Recommendations: This section contains the conclusions of the researcher through his study and ended up with several recommendations.*

## 1.1 INTRODUCTION TO RESEARCH PROBLEMS

Gymnastics is a rhythmic sport one of the important activities of the student as it helps to develop their physical, motor and scientific capabilities through the introduction of information to the brain and output by the performance of motor movement the researcher noted through the follow-up to the study of gymnastic rhythms that there is weakness in the recall skills and recovery performance mobility[1].

## 1.2 RESEARCH OBJECTIVES

- 1 - Recognition of the degree of recollection.
- 2 - To recognize the relation of the memorization to the kinetic composition.

## 1.3 RESEARCH HYPOTHESES

There is no significant relationship between memorization and kinetic composition.

## 1.4 RESEARCH AREAS

- 1 - Field: University of Baghdad College of Physical Education and Sports Science Education Girls College of Physical Education and Sports Sciences / Waziriya.
- 2. Time domain: 23/10 to 19/4/2018.
- 3 - Human Field: students of the third phase of the morning study at the University of Baghdad College of Physical Education and Sports Sciences / Waziriya.

## DEFINITION OF TERMS

The habits of remembering: It is a form of activity, in the beginning, is subject to the will and feeling, but it became an automatic repetition and help habits to save time and effort and it is likely to continue after the disappearance of the original goal, which plays an important role in the process of education, Similar attitudes () (sane, 1978: 64).

## 2. RESEARCH METHODOLOGY AND FIELD ACTION

**2.1 RESEARCH METHODOLOGY:** Based on the nature of the research problem and its objectives, the researcher used the descriptive method in the survey method to suit the nature of the study. After the descriptive approach, the most appropriate methods of study are the correlations between the variables and the detection of the individual differences between them. The scientific expression that deals with the phenomenon of the phenomenon as it is in reality and their identity as a precise description and express quantitative and qualitative expression qualitative expression describes the phenomenon and put their characteristics either quantitatively quantitative expression number to explain the size or size of this phenomenon or degrees of association with other phenomena[2].

**2.2 RESEARCH COMMUNITY:** The research community identified the students of the third stage in the Faculty of Physical Education and Sports Sciences Baghdad University Waziriya (97) students were selected (10) students randomly for the preparation of the experiment pilot and (30) students to lead the main experiment as show in table (1).

**Table (1): Research methodology and field action**

| Preparation | Exploration | The research sample | research community |
|-------------|-------------|---------------------|--------------------|
| 54          | 10          | 30                  | 97                 |

## TOOLS AND DEVICES USED IN RESEARCH

- 1. Sources and references, interview, questionnaire, an expert questionnaire on determining the validity of the scale

2. Registration forms, electronic calculator,

## 2.3 FIELD RESEARCH PROCEDURES

### 2.3.1 Measure the habits of remembering

After reviewing the sources and references addressed in this topic, the researcher chose the criteria for the memorization habits of (SihamOreibi Zayed) as shown in Appendix 1, where the scale is made up of a five-dimensional scale (always applied, (34) and the lowest score (68) with a theoretical average (204) degrees. In order to verify the validity of the scale for individuals Research Sample. The researcher presented the criteria to a group of specialized experts (Appendix 2) in psychology, mathematical psychology, testing, measurement, and Gnostic analysis. M and suggestions about the validity of the measure and after collecting the forms yielded results agreement by experts (85%) the validity of the scale and AI became ready to be applied to the sample preparation for the purposes of statistical analysis of the paragraphs of the scale.

**2.3.2.** Statistical analysis of the measurement of the habits of the measurement criteria. In view of the opinion of the

experts to the application of the scale, which includes the amendment of some paragraphs, the researcher applied the scale to the sample of (54) students on (6/3/2018) The ability to excel and the internal consistency of the paragraphs for the purpose of ascertaining that the modified scale paragraphs still enjoy their bias and internal consistency.

**2.3.2.1** Distinguishing Ability: To verify the standard capacity of the scale paragraphs, the two groups method was used. This method is the appropriate method for distinguishing the paragraphs. The researcher arranged the score of the paragraphs from the lowest to the top and assigning 50% of the higher grades (340) students and the lower grades (68). This is the highest percentage of differentiation. Accordingly, we used the T test for the independent samples between the upper and lower groups[3,4]. After the data were processed Because the value of T is calculated higher than the values the table is shown in the table (2).

**Table (2): Distinguishing Ability**

| s  | High Group |       | The lower group |       | Calculated T value | Statistical indication |
|----|------------|-------|-----------------|-------|--------------------|------------------------|
|    | x          | h     | x               | h     |                    |                        |
| 1  | 4,74       | 0,447 | 2,48            | 1,451 | 8,833              | Spiritual              |
| 2  | 4,63       | 0,492 | 2,89            | 0,801 | 9,625              | Spiritual              |
| 3  | 4,85       | 0,362 | 2,33            | 1,301 | 9,691              | Spiritual              |
| 4  | 3,19       | 0,483 | 1,71            | 0,903 | 7,33               | Spiritual              |
| 5  | 4,37       | 0,492 | 2,59            | 1,185 | 7,199              | Spiritual              |
| 6  | 4,41       | 0,501 | 1,78            | 1,05  | 11,746             | Spiritual              |
| 7  | 4,48       | 0,509 | 1,78            | 0,94  | 12,782             | Spiritual              |
| 8  | 4,59       | 0,501 | 2,55            | 1,51  | 9,255              | Spiritual              |
| 9  | 4,74       | 0,447 | 2,48            | 1,252 | 8,833              | Spiritual              |
| 10 | 4,93       | 0,465 | 2,44            | 0,974 | 12,767             | Spiritual              |
| 11 | 4,7        | 0,465 | 2,48            | 0,975 | 10,684             | Spiritual              |
| 12 | 4,85       | 0,362 | 2,33            | 1,301 | 9,691              | Spiritual              |
| 13 | 4,3        | 0,645 | 2,26            | 1,403 | 7,16               | Spiritual              |
| 14 | 4,56       | 0,506 | 2,07            | 1,174 | 10,083             | Spiritual              |
| 15 | 4,41       | 0,501 | 1,78            | 1,05  | 11,746             | Spiritual              |
| 16 | 4,54       | 0,447 | 2,73            | 1,115 | 10,258             | Spiritual              |
| 17 | 4,59       | 0,572 | 2,11            | 0,847 | 12,61              | Spiritual              |
| 18 | 4,7        | 0,465 | 2,48            | 0,975 | 10,684             | Spiritual              |
| 19 | 4,48       | 0,509 | 2,11            | 1,121 | 10,005             | Spiritual              |
| 20 | 4,44       | 0,506 | 2,48            | 1,014 | 8,998              | Spiritual              |
| 21 | 4,63       | 0,492 | 2,52            | 1,221 | 8,335              | Spiritual              |
| 22 | 4,52       | 0,509 | 2,67            | 0,877 | 9,488              | Spiritual              |
| 23 | 4,74       | 0,447 | 2,37            | 1,275 | 9,114              | Spiritual              |
| 24 | 3,22       | 0,577 | 1,85            | 0,864 | 6,853              | Spiritual              |
| 25 | 4,26       | 0,447 | 2,63            | 1,149 | 6,872              | Spiritual              |
| 26 | 4,44       | 0,506 | 2,48            | 1,014 | 8,998              | Spiritual              |
| 27 | 4,26       | 1,81  | 0,447           | 1,075 | 10,907             | Spiritual              |
| 28 | 4,37       | 0,492 | 1,81            | 1,001 | 11,901             | Spiritual              |
| 29 | 4,44       | 0,506 | 2,44            | 1,05  | 8,915              | Spiritual              |
| 30 | 4,48       | 0,509 | 2,11            | 1,121 | 10,005             | Spiritual              |
| 31 | 4,78       | 0,424 | 2,41            | 0,931 | 12,045             | Spiritual              |
| 32 | 4,59       | 0,501 | 2,52            | 1,014 | 9,529              | Spiritual              |
| 33 | 4,22       | 0,424 | 2,19            | 1,331 | 7,577              | Spiritual              |
| 34 | 4,52       | 0,509 | 1,96            | 1,018 | 11,663             | Spiritual              |
| 35 | 4,78       | 0,424 | 2,63            | 1,334 | 7,973              | Spiritual              |
| 36 | 4,26       | 0,447 | 2,63            | 1,149 | 6,872              | Spiritual              |
| 37 | 4,52       | 0,58  | 2,19            | 0,879 | 11,517             | Spiritual              |
| 38 | 4,44       | 0,506 | 2,07            | 1,107 | 10,119             | Spiritual              |
| 39 | 4,41       | 0,501 | 2,44            | 1,013 | 9,028              | Spiritual              |
| 40 | 4,74       | 0,447 | 2,41            | 0,971 | 11,343             | Spiritual              |
| 41 | 4,48       | 0,509 | 2,22            | 0,934 | 11,083             | Spiritual              |
| 42 | 4,78       | 0,424 | 2,81            | 0,834 | 10,906             | Spiritual              |

|    |      |       |      |       |        |           |
|----|------|-------|------|-------|--------|-----------|
| 43 | 4,85 | 0,362 | 2,74 | 9,84  | 10,461 | Spiritual |
| 44 | 4,52 | 0,509 | 2,59 | 1,338 | 6,992  | Spiritual |
| 45 | 4,59 | 0,501 | 3    | 0,877 | 8,194  | Spiritual |
| 46 | 4,81 | 0,396 | 2,30 | 1,203 | 10,333 | Spiritual |
| 47 | 3,41 | 0,572 | 1,7  | 0,912 | 8,221  | Spiritual |
| 48 | 4,33 | 0,48  | 2,48 | 1,282 | 7,028  | Spiritual |
| 49 | 4,37 | 0,492 | 1,78 | 1,05  | 11,617 | Spiritual |
| 50 | 4,37 | 4,492 | 1,74 | 0,984 | 12,418 | Spiritual |
| 51 | 4,63 | 4,592 | 2,44 | 1,281 | 8,274  | Spiritual |
| 52 | 4,48 | 0,509 | 2,85 | 0,818 | 8,786  | Spiritual |
| 53 | 4,67 | 0,48  | 2,37 | 1,275 | 8,755  | Spiritual |
| 54 | 3,33 | 0,62  | 1,78 | 0,892 | 7,443  | Spiritual |
| 55 | 4,22 | 0,424 | 2,63 | 1,149 | 6,76   | Spiritual |
| 56 | 4,30 | 0,465 | 1,81 | 1,039 | 11,325 | Spiritual |
| 57 | 4,26 | 0,447 | 2,52 | 1,255 | 6,806  | Spiritual |
| 58 | 4,85 | 0,362 | 2,52 | 1,301 | 9,691  | Spiritual |
| 59 | 4,37 | 0,492 | 2,59 | 1,185 | 7,199  | Spiritual |
| 60 | 4,48 | 0,509 | 1,78 | 0,974 | 12,782 | Spiritual |
| 61 | 4,3  | 0,465 | 2,26 | 1,403 | 7,16   | Spiritual |
| 62 | 4,74 | 0,447 | 2,37 | 1,115 | 10,258 | Spiritual |
| 63 | 4,44 | 0,506 | 2,48 | 1,014 | 8,998  | Spiritual |
| 64 | 4,63 | 0,492 | 2,52 | 1,221 | 8,335  | Spiritual |
| 65 | 3,22 | 0,577 | 1,85 | 0,864 | 6,853  | Spiritual |
| 66 | 4,26 | 0,447 | 1,81 | 1,075 | 10,907 | Spiritual |
| 67 | 4,78 | 0,424 | 2,63 | 1,334 | 7,973  | Spiritual |
| 68 | 4,22 | 0,424 | 2,19 | 1,331 | 7,577  | Spiritual |

The value of the table (1,684) was below the level of 5% and the degree of freedom 52.

**INTERNAL CONSISTENCY:**

The consistency coefficient was used to determine the homogeneity coefficients of the measurement vertebrae. In order to verify the homogeneity of vertebrae of the measuring habits after the adjustments, the researcher used the consistency coefficient by using Pearson correlation coefficient between the paragraph scores and the total measure of all sample members. Of consistency because the calculated correlation coefficient values were higher than the tabular values as shown in Table (3).

Table (3) shows the internal consistency of the measurement parameters of the habits of the memorization (correlation coefficients between the degree of the paragraph and the degree of the scale)

| الدرجة الاحصائية | الدرجة الاحصائية | الدرجة الاحصائية | الدرجة الاحصائية | الدرجة الاحصائية | الدرجة الاحصائية | الدرجة الاحصائية | الدرجة الاحصائية |
|------------------|------------------|------------------|------------------|------------------|------------------|------------------|------------------|
| 1                | 0,711            | 37               | 0,711            | 10               | 0,711            | 22               | 0,711            |
| 2                | 0,711            | 38               | 0,711            | 11               | 0,711            | 23               | 0,711            |
| 3                | 0,711            | 39               | 0,711            | 12               | 0,711            | 24               | 0,711            |
| 4                | 0,711            | 40               | 0,711            | 13               | 0,711            | 25               | 0,711            |
| 5                | 0,711            | 41               | 0,711            | 14               | 0,711            | 26               | 0,711            |
| 6                | 0,711            | 42               | 0,711            | 15               | 0,711            | 27               | 0,711            |
| 7                | 0,711            | 43               | 0,711            | 16               | 0,711            | 28               | 0,711            |
| 8                | 0,711            | 44               | 0,711            | 17               | 0,711            | 29               | 0,711            |
| 9                | 0,711            | 45               | 0,711            | 18               | 0,711            | 30               | 0,711            |
| 10               | 0,711            | 46               | 0,711            | 19               | 0,711            | 31               | 0,711            |
| 11               | 0,711            | 47               | 0,711            | 20               | 0,711            | 32               | 0,711            |
| 12               | 0,711            | 48               | 0,711            | 21               | 0,711            | 33               | 0,711            |
| 13               | 0,711            | 49               | 0,711            | 22               | 0,711            | 34               | 0,711            |
| 14               | 0,711            | 50               | 0,711            | 23               | 0,711            | 35               | 0,711            |
| 15               | 0,711            | 51               | 0,711            | 24               | 0,711            | 36               | 0,711            |
| 16               | 0,711            | 52               | 0,711            | 25               | 0,711            | 37               | 0,711            |
| 17               | 0,711            | 53               | 0,711            | 26               | 0,711            | 38               | 0,711            |
| 18               | 0,711            | 54               | 0,711            | 27               | 0,711            | 39               | 0,711            |
| 19               | 0,711            | 55               | 0,711            | 28               | 0,711            | 40               | 0,711            |
| 20               | 0,711            | 56               | 0,711            | 29               | 0,711            | 41               | 0,711            |
| 21               | 0,711            | 57               | 0,711            | 30               | 0,711            | 42               | 0,711            |
| 22               | 0,711            | 58               | 0,711            | 31               | 0,711            | 43               | 0,711            |
| 23               | 0,711            | 59               | 0,711            | 32               | 0,711            | 44               | 0,711            |
| 24               | 0,711            | 60               | 0,711            | 33               | 0,711            | 45               | 0,711            |
| 25               | 0,711            | 61               | 0,711            | 34               | 0,711            | 46               | 0,711            |
| 26               | 0,711            | 62               | 0,711            | 35               | 0,711            | 47               | 0,711            |
| 27               | 0,711            | 63               | 0,711            | 36               | 0,711            | 48               | 0,711            |
| 28               | 0,711            | 64               | 0,711            | 37               | 0,711            | 49               | 0,711            |
| 29               | 0,711            | 65               | 0,711            | 38               | 0,711            | 50               | 0,711            |
| 30               | 0,711            | 66               | 0,711            | 39               | 0,711            | 51               | 0,711            |
| 31               | 0,711            | 67               | 0,711            | 40               | 0,711            | 52               | 0,711            |
| 32               | 0,711            | 68               | 0,711            | 41               | 0,711            | 53               | 0,711            |
| 33               | 0,711            | 69               | 0,711            | 42               | 0,711            | 54               | 0,711            |
| 34               | 0,711            | 70               | 0,711            | 43               | 0,711            | 55               | 0,711            |
| 35               | 0,711            | 71               | 0,711            | 44               | 0,711            | 56               | 0,711            |
| 36               | 0,711            | 72               | 0,711            | 45               | 0,711            | 57               | 0,711            |
| 37               | 0,711            | 73               | 0,711            | 46               | 0,711            | 58               | 0,711            |
| 38               | 0,711            | 74               | 0,711            | 47               | 0,711            | 59               | 0,711            |
| 39               | 0,711            | 75               | 0,711            | 48               | 0,711            | 60               | 0,711            |
| 40               | 0,711            | 76               | 0,711            | 49               | 0,711            | 61               | 0,711            |
| 41               | 0,711            | 77               | 0,711            | 50               | 0,711            | 62               | 0,711            |
| 42               | 0,711            | 78               | 0,711            | 51               | 0,711            | 63               | 0,711            |
| 43               | 0,711            | 79               | 0,711            | 52               | 0,711            | 64               | 0,711            |
| 44               | 0,711            | 80               | 0,711            | 53               | 0,711            | 65               | 0,711            |
| 45               | 0,711            | 81               | 0,711            | 54               | 0,711            | 66               | 0,711            |
| 46               | 0,711            | 82               | 0,711            | 55               | 0,711            | 67               | 0,711            |
| 47               | 0,711            | 83               | 0,711            | 56               | 0,711            | 68               | 0,711            |
| 48               | 0,711            | 84               | 0,711            | 57               | 0,711            | 69               | 0,711            |
| 49               | 0,711            | 85               | 0,711            | 58               | 0,711            | 70               | 0,711            |
| 50               | 0,711            | 86               | 0,711            | 59               | 0,711            | 71               | 0,711            |
| 51               | 0,711            | 87               | 0,711            | 60               | 0,711            | 72               | 0,711            |
| 52               | 0,711            | 88               | 0,711            | 61               | 0,711            | 73               | 0,711            |
| 53               | 0,711            | 89               | 0,711            | 62               | 0,711            | 74               | 0,711            |
| 54               | 0,711            | 90               | 0,711            | 63               | 0,711            | 75               | 0,711            |
| 55               | 0,711            | 91               | 0,711            | 64               | 0,711            | 76               | 0,711            |
| 56               | 0,711            | 92               | 0,711            | 65               | 0,711            | 77               | 0,711            |
| 57               | 0,711            | 93               | 0,711            | 66               | 0,711            | 78               | 0,711            |
| 58               | 0,711            | 94               | 0,711            | 67               | 0,711            | 79               | 0,711            |
| 59               | 0,711            | 95               | 0,711            | 68               | 0,711            | 80               | 0,711            |
| 60               | 0,711            | 96               | 0,711            | 69               | 0,711            | 81               | 0,711            |
| 61               | 0,711            | 97               | 0,711            | 70               | 0,711            | 82               | 0,711            |
| 62               | 0,711            | 98               | 0,711            | 71               | 0,711            | 83               | 0,711            |
| 63               | 0,711            | 99               | 0,711            | 72               | 0,711            | 84               | 0,711            |
| 64               | 0,711            | 100              | 0,711            | 73               | 0,711            | 85               | 0,711            |

The University of Baghdad Waziriya was determined the dynamic composition adopted in the decisions of the article of the chapter Dasialol and the series (optional collars) For these configurations.

**3.1 EXPLORATION EXPERIMENT:** In order to obtain accurate and reliable results, the researcher conducted the tests of the pilot experiment on a sample of (10) female students on 15/3/2018 and for the purpose of the exploratory experiment

**3.2 SCIENTIFIC FOUNDATIONS:**

First: Sincerity of the measure: Honesty is one of the most important indicators and concepts in the evaluation of the tools of the scale, and the true measure (the measure that succeeds in measuring what was put for it). For the purpose of verifying honesty, the researcher used two methods:

- Validate the content you're excited from when we introduced the metric to a group of experts and specialists[5].

- The validity of the proposed configuration was verified when the researcher used the ability of excellence and internal consistency where the results resulted in all the paragraphs of the scale have the power of distinction and internal consistency and this refers to the validity of the scale experimentally.

Second: Stability of the scale: To verify the stability of the scale, the researcher used the half-split method, which split the paragraphs of the scale into individual paragraphs and the other pair and found a correlation coefficient of 0.892 and this correlation represents the stability of the classification of the scale and to obtain the stability of the scale as a whole, - Barwan, where the degree of stability coefficient of the scale of 0.942 Balakm and this indicates that the scale enjoyed a high degree of stability as in Table (4).

**3. PERFORMANCE EVALUATION OF THE MOTOR COMPOSITION:** After interviewing the school of material) in the Faculty of Physical Education and Sports Science

**Table (4): Shows the value of the stability coefficient of the measurement of the habits of the recall**

|   |                             |                        |
|---|-----------------------------|------------------------|
| The value of the stability coefficient after correction | Stability coefficient value | The scale              |
| 0,942   | 0,892                       | Habits of Recollection |

**THE MAIN EXPERIENCE:**

The researcher conducted the main experiment on (4/4/2018) on the main research sample of (30) students, where she distributed the measurements on the sample and with the assistance of the auxiliary work team, where the researcher distributed the meter on the sample in the theoretical halls of the Faculty of Physical Education and Sports Science Baghdad University For the female ministers at ten o'clock after the collection and review of the data were processed statistically to reach the research objectives.

**STATISTICAL MEANS:** The researcher used the following statistical means:

1. The mean of the simple correlation coefficient Pearson T. for the independent samples of equal number.

**Table (5): The statistical description shows the results of the individuals and the sample of the research in the investigated variables**

| distribution | Torsion coefficient | standard deviation | Mediator | Arithmetic mean | Variables                       |
|--------------|---------------------|--------------------|----------|-----------------|---------------------------------|
| equinoctial  | 0,234-              | 17,626             | 235      | 233,62          | Habits of Recollection          |
| equinoctial  | 0,457-              | 1,246              | 7        | 6,81            | Performance of kinetic motility |

**2. Percentage.**

View, analyze, and discuss results, Description of the results to be examined in the variables investigated, View, analyze, and discuss results, Results and individuals search in selected variables, as shown in the table (5).

In Table (5), the sample of the sample was randomly assigned to a weighted distribution of the variables. The torsion coefficient did not exceed (+1). This indicates that the sample distribution was normal.

**Table (6): The significance of the differences between the arithmetic mean and the mean is indicated for the measurement of the habits of the study**

| Statistical indication | Calculated T values | standard deviation | The middle of Math | middle of Math | Measure habits of recall |
|------------------------|---------------------|--------------------|--------------------|----------------|--------------------------|
|                        | 9.204               | 17.626             | 233.62             | 204            |                          |

The significance of the mean T for the deviation of the calculated statistical variables of the mean and the arithmetical mean

The T tabular value (1.699) was below the level of 0.05 and the degree of freedom 29.

Between the table (6) the arithmetic mean and the standard deviation in the research sample in the scale of the habits of denunciation and for the purpose of reducing the differences between the arithmetic mean of the research sample and the mean for the purpose of the researcher calculated the value T one sample to achieve this purpose and identify the reality of the recall in the sample of the research The results in Table (6) The mean value of the mean (233,62) with a standard deviation (17,626) and when compared with the arithmetic mean below 0.05 and 0 29. This means that there is a significant difference between the arithmetic mean and the mean. The University of Baghdad enjoys a good degree of memorization the arithmetic mean is higher than the mean. The researcher attributes this to the nature of the rhythmic gymnastics game, which has a special character in the performance of the musculoskeletal skills. Therefore, it requires abilities in the habits to recall the skills, constructive recall and dance movements with accompanying music, considering the beauty of movement and its harmony and smoothness. In learning the kinetic composition in the rhythmic gymnastics by the material school includes several methods that change the students in the search for better performance and recall the nature of the skills they have taken in previous lectures and summing up to form a series Creative and creative way to make quick and correct decision to overcome the deleted and learn new movements with the repetition of those movements, they gain habits alternating decisions critical decisions that must be true to complement those movements and that such behavior must lead to self-confidence and perseverance and order In the absolute validity of the types of activity of the rhythmic gymnastics to find the relationship between the relationship between the habits of the recall and its kinetic composition, the researcher called the simple correlation coefficient (Pearson) as shown in Table (7).

**Table (7): shows the correlation coefficient values between the study habits and the kinetic composition in the sample in the sample**

| Statistical significance | T Value table | T value calculated with recall habits | Variables           |
|--------------------------|---------------|---------------------------------------|---------------------|
| Proactive content        | T 306         | T 698                                 | Her work is plastic |

Table (7) shows that the correlation coefficients calculated between the habits of the memorization and the kinetic values are below the level of significance of 0.05 and the degree of freedom (28) indicating that there is a significant correlation between them and the researcher attributed this to the habit of repetition associated with the feeling of reassurance and satisfaction. When he performs the plasticity of the motor and considers another steadfast, this work becomes easier (Hughes 1959: 92).

And that the performance of plastic kinetic in the rhythmic need to energy continuous recalling not skill of a special nature in the performance of the nature of the mechanism to avoid the problems that occur during the performance of skill and this is confirmed by de Bono ((the study of the examination for the purpose of what may be the purpose of understanding and decision-making first the problems)).

Given that the nature of the gymnastic skills and special accompaniment of the tools need to speed in the cognitive facilities during the performance[6].

During the mistakes that occur in the performance, we must repeat exercises and correct errors, i.e., repetition of the fabricated exercise and get them to something of success strengthens some of the actions and falls what is not useful and that the calculation of the habit to be and to the involuntary (Jemige).

As there are some positions during the performance facing the mistake or not to remember.

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**APPENDIX (1) Measures the habits of memorization in its final form**

| S  | Paragraphs   | Apply to |    |        |          | Does not apply |
|----|--|----------|----|--------|----------|----------------|
|    |  | ALL WAYS | On | MAY BE | Scarcely | Never          |
| 1  | I recall the subject matter several times a week and times short time  |          |    |        |          |                |
| 2  | Best of study in the early morning                                     |          |    |        |          |                |
| 3  | I use perforated papers file when taking notes                         |          |    |        |          |                |
| 4  | Print search on the computer when they need to take prepared           |          |    |        |          |                |
| 5  | I understand the laws, rules and equations and then save it            |          |    |        |          |                |
| 6  | Mastered the material before moving on to another article              |          |    |        |          |                |
| 7  | I repeat, read the article at least three times so absorbed            |          |    |        |          |                |
| 8  | I stop immediately and draw myself a question during Isthidkaar        |          |    |        |          |                |
| 9  | I rely on symbols and abbreviations for information retrieval          |          |    |        |          |                |
| 10 | Use the chapter headings in order to help me to recovery               |          |    |        |          |                |
| 11 | Completed my duties on time  |          |    |        |          |                |
| 12 | Resorted to fraud when the questions are difficult                     |          |    |        |          |                |
| 13 | I am self-Baltzmaa after I finished mnemonics                          |          |    |        |          |                |
| 14 | Whole notes, and I'm working on a review at the same time              |          |    |        |          |                |
| 15 | I imagine that I explain the article to someone else                   |          |    |        |          |                |
| 16 | I answer all the questions even if you do not know her during the exam |          |    |        |          |                |
| 17 | Best review since the beginning of the semester periodically           |          |    |        |          |                |
| 18 | Start by answering the easy questions and then difficult               |          |    |        |          |                |
| 19 | I recall my duties under a structured schedule time                    |          |    |        |          |                |
| 20 | Bring all school supplies when Alibdebalastzkar                        |          |    |        |          |                |
| 21 | I use drawings and constantly during the mnemonics                     |          |    |        |          |                |
| 22 | Mobile closed during mnemonics   |          |    |        |          |                |
| 23 | Fasten information is something impressive to me called                |          |    |        |          |                |
| 24 | I rely on the search for to the internet information do I need         |          |    |        |          |                |
| 25 | Identify important information for easy retrieval                      |          |    |        |          |                |
| 26 | Taking a break after returning from college and then brought my duties |          |    |        |          |                |
| 27 | I make sure to take part of the discussion during the lecture          |          |    |        |          |                |
| 28 | I focus on the headlines and sub-conclusions                           |          |    |        |          |                |
| 29 | I compare between the different information to see                     |          |    |        |          |                |

|    |  |  |  |  |  |
|----|--|--|--|--|--|
|    | similarities and differences   |  |  |  |  |
| 30 | I can retrieve the information in the same order Astzla  |  |  |  |  |
| 31 | I use writing during the audit to install what retrieve it                                       |  |  |  |  |
| 32 | Start answering the questions that need less time than others                                    |  |  |  |  |
| 33 | I recall my lessons in my room and on my desk  |  |  |  |  |
| 34 | I formulate questions about the topic and then answer them Ostzl                                 |  |  |  |  |
| 35 | I recall my duties intermittently to ensure absorption   |  |  |  |  |
| 36 | Summarize the important points of the material being called                                      |  |  |  |  |
| 37 | I review my duties before the exam only  |  |  |  |  |
| 38 | Read the questions carefully and test scores point on important concepts and then start solution |  |  |  |  |
| 39 | Best Istidhkaar in good lighting and room temperature  |  |  |  |  |
| 40 | Interested in arranging homework and research  |  |  |  |  |
| 41 | Automated computer hired to solve mathematical and statistical issues                            |  |  |  |  |
| 42 | Draw diagrams, tables and drawings that planned by Professor on the blackboard                   |  |  |  |  |
| 43 | I understand the terminology and new words through imagining the position in which he talked     |  |  |  |  |
| 44 | I put questions of substance that I expect the task and answer them during the review            |  |  |  |  |
| 45 | I recalled my duties before going to college   |  |  |  |  |
| 46 | Classify synonyms for easy retrieval   |  |  |  |  |
| 47 | I review my remarks after the lecture and read it out loud                                       |  |  |  |  |
| 48 | Start the answer to the question is difficult to think about it at first                         |  |  |  |  |
| 49 | I return to the ideas of the President after the completion of Istidhkaar                        |  |  |  |  |
| 50 | I recall my duties in Hadi and free from noise place   |  |  |  |  |
| 51 | Use the stylus to mark the colored phosphor on important information                             |  |  |  |  |
| 52 | Ask about things that do not understand  |  |  |  |  |
| 53 | I discuss my outstanding in the article that I find it difficult to absorb                       |  |  |  |  |
| 54 | Best of study on my own  |  |  |  |  |
| 55 | I put my list for retrieval of contradictions  |  |  |  |  |
| 56 | Best review with my colleagues because it increases my enthusiasm and retrieval of material      |  |  |  |  |
| 57 | I try to avoid daydreaming during the review   |  |  |  |  |
| 58 | I answer the questions that I am sure of the answer  |  |  |  |  |
| 59 | He gave each question and the length of time commensurate with the degree and Answered           |  |  |  |  |
| 60 | Adon all what it says professor in my record during the lecture                                  |  |  |  |  |
| 61 | Rephrase your Astzl my style   |  |  |  |  |
| 62 | I listen to quiet music while Istidhkaar   |  |  |  |  |
| 63 | I try to find out the reasons that lie behind the facts and interpretation                       |  |  |  |  |
| 64 | Best of study at the University Library  |  |  |  |  |
| 65 | I am a mental picture of something when I called up  |  |  |  |  |
| 66 | Fasten new ideas Balkadimh   |  |  |  |  |
| 67 | I take a lot of stimuli during exams   |  |  |  |  |
| 68 | I can Altmiabzban the most Affhmah and less important topics                                     |  |  |  |  |