

The Effect of Teaching Physical Education Styles on the Achievement of Students' Life Skills

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Abstract

The purpose of the current study was to examine the effect of using two physical education teaching styles (reciprocal and guided discovery styles) on physical education students' life skills achievement. The sample was consisted of (20) undergraduate physical education students from the Faculty of Physical Education at The University of Jordan. The participants enrolled in a required undergraduate course of basketball level (3) class during the second semester of 2006/2007 Academic year. The results of data analysis indicated that students achieved more life skills when they learned by the reciprocal style than when they learned by the guided discovery style of teaching basketball. The results also indicated that the reciprocal group scored significantly higher in the dimensions of communication skills, social skills, and psychological skills; while, the guided discovery group scored significantly higher in the dimensions of physical and sport skills, and thinking skills.

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