

飛碟球、曲球和直球訓練法對保齡球初學者技能學習之影響

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研究生：洪焜毅

指導教授：林清和

中文摘要

本研究主要的目的旨在探討：一、比較飛碟球、曲球與直球等訓練法對保齡球初學者動作品質的差異；二、比較飛碟球、曲球與直球等訓練法對保齡球初學者技能保留的差異。研究對象 60 名中國文化大學的一般普通體育課男性學生，受試者平均身高(174±4.12)；平均體重(70±5.91)；平均年齡(20±0.74)，受試者隨機分派至：飛碟球組、曲球組及直球組，每組各 20 人。各組受試者依各組實驗訓練課程的實施分別以直球五週、飛碟球七週及曲球九週的動作技能學習以保齡球的飛碟球、曲球與直球技能為測驗項目，進行前測、後測和保留測驗。以二因子混合變異數分析飛碟球、曲球和直球訓練結果的差異、動作技能保留的差異，結果發現：一、直球組在後測的動作品質優於飛碟球組與曲球組的動作品質。二、直球組在保留測驗的動作品質優於飛碟球組和曲球組的動作品質。

關鍵詞：飛碟球、曲球、直球、動作品質

Effects Of Spinner, Hook and Straight Trainings On Performance Of Novices Bowling Players

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Student: Kun-Yi Hung

Advisor: Ching-Ho Lin

Abstract

Purpose of the study: First, compared the discrepancy of skill performance between these three kinds of specific training which are spinner, hook and straight. Second, compared the discrepancy of skill retention among “Spinner”, “Hook” and “Straight” these three kinds of specific training. Subjects of this study: Sixty general male of the PCCU Physical Education. The average age, height and weight of these students were 20 ± 0.74 yrs, 174 ± 4.12 cm and 70 ± 5.91 kg. respectively. These sixty subjects were divided into three groups by random. The training period of each group was: straight five weeks, spinner eight weeks, hook nine weeks and once a week. The examination of skill performance training was divided into three parts: Pre-test (after 1 week training), Post-test (after 5 7 9 week training) and Retention test (after 6, 8, 10 week training). Baseline data was analyzed by using two-way ANOVA and was compared by LSD. The result indicated spinner, hook and straight these three kinds of training programs had significant effect to enhance bowling skilled quality. The result of this study: The skill performance of straight in the Post-test and Retention test was more outstanding than hook and spinner. These data concluded had the spinner, hook and straight training could enhance the novices bowling player’s skill quality. The straight skill quality and retention outcome to novices is easy and suggest coach can use it to build bowling player interested.

Key words: spinner, hook, straights, skill learning quality