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The effect of Observational Practice on the Badminton Volley Service Learning : the Role of Self – Efficacy

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Abstract: In this study 80 male students was assigned – accessible sampling technique and homogeneous manner – based on self – efficacy level to 4 groups. The first group performed physical training, the second group performed observational practice task, the third practiced physically and observationally and the fourth group served as the control group. The experimental groups participated in a 1-day acquisition and performed the retention task, after 72 hours. Statistical analysis was performed using independent t – test, two – way analysis of variance by spss: 11.5 to test the performance of the groups in acquisition and retention tasks. The results showed that the observational and combined practices had a significant effect on the acquisition and retention of badminton volley service ($p < 0.05$) and those with high self – efficacy in acquisition and retention skills are successful.

Key words:

Observational learning, Physical self – efficacy, Acquisition, Retention.

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- 1 - Hebert and Landin
 - 2 - Shea, Wrigh, Wulf and Whitacer
 - 3 - Soohoo and Sonya
 - 4 - Self-efficacy

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 - 2 - Retention Test
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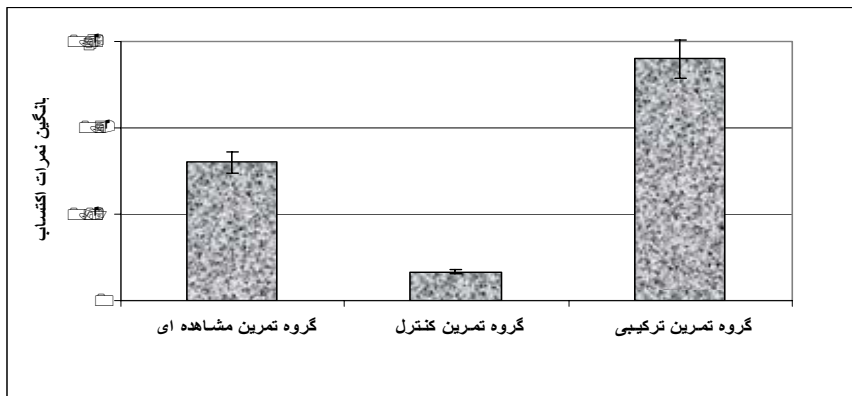
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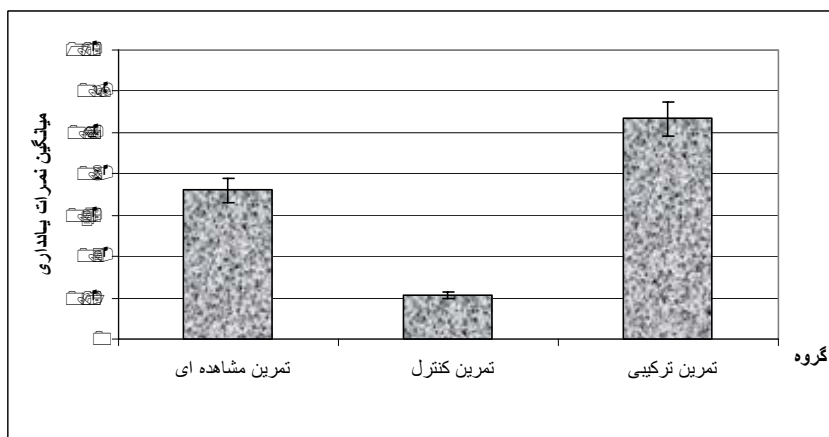
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1 - Black and White
2 - Sidaway and Hand

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1 - Mc Cullagh and Weiss

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