

マレーシアにおける身体運動文化としてのスポーツ教育の研究
— マレーシアにおける特色あるスポーツ種目の理解 —

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A study of traditional and cultural sports education in Malaysia
—Understanding of sports item with trait in Malaysia—

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Abstract

The research of sports education of physical arts as national traditional culture is important. Both the traditional sports education and the modern sports education are executed in Malaysia. Understanding a traditional sports education in Malaysia serves as a reference to the development of the sports education in Japan.

Sports education in Malaysia is not only for human daily needs but also for the races unity. Without the unity among races in Malaysia, a strong nation will no be born. Unity is the only way to make one nation without it. By using sport, indirectly communication among different races can be able to take place and the no more gaps among themselves. Understanding traditional sports education is important to educate the historical background and the directionality of education in the future in both Malaysia and Japan.

In this study, the material to understand Malaysian traditional sports education was offered.

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Introduction

Geographically, Malaysia consists of southern Malay Peninsula and northern Borneo Island. Malaysian population consists of multi-racial people that is predominantly 60% Malay, 30% Chinese, 5% Indian and other minority races like the Arabs and other natives.



The research of sports education of physical arts as national traditional culture is important. Sport education in Malaysia is not only for human daily needs but also for the races unity. Sport is a medium to unite people from different background as being stated in the Razak Statement 1956. In the Razak Statement 1956, it is being said that all Malaysian citizen have their right to earn a proper education system and be united under one roof as the process of learning being conduct. Without the unity among races in Malaysia, a strong nation will no be born. Unity is the only way to make one nation without it. Younger generation won't be able to appreciate the concept of pride in for their country. By using sport, indirectly communication among different races can be able to take place and the no more gaps among themselves. Also to educate Malaysians about the need of being together in spite of their differences.

In Malaysia, sport and health education are being conduct together without being separated. The word INTEGRATION is widely being use in Malaysian Sport Education. It means that, while learning sport the health education also being teach indirectly during ones lesson. Therefore the sport education and health education are being combined under one roof. It is called Physical and Health Education.

The Objective of Sports Education

The Objective of Physical Education

The main aspect in physical activities is to help students to be more energetic. This type of learning can be divided into three main streams.

1. To built cognitive ability.
2. Able to understand the aspect of alertness.
3. Able to apply it in daily life.

The Objective of Health Education

To help students to gain knowledge about health, then train them to have positive thinking about health and can undergo a good health lifestyle with physical fitness including coordination and motor learning.

Coordination as follows

1. Balancing
2. Nimbleness
3. Strength
4. Time of respond
5. Quickness

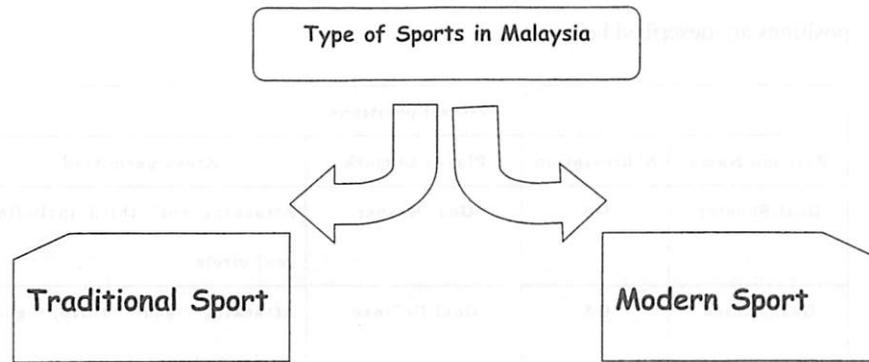
Principle in motor learning as follows

1. Based on health
2. To endure the capacity of Cardiovascular
3. To endure the capacity of Muscles
4. Strength
5. Flexibility
6. Body composite

Type of Sports in Malaysia

In Malaysia sports education both of traditional sports and modern sports

are adopted. Especially, the importance of traditional sports is recognized.



As for modern sports of Malaysia, soccer, basketball and badminton, etc. are played same as Japan. However, the traditional sports item of Malaysia is similarly executed. Typical traditional sports are Sepak Takraw, Congkak and Batu seremban.

Sepak Takraw as traditional sports

Sepak Takraw is basically a cross between football and volleyball, played on a badminton court with a takraw(hand-woven ball). Three players on each side of a 5 feet high net get three chances to kick, knee, shoulder, and head to the opposing team without using hands or arms. Weight of takraw is 170g~180g. The circumference 40cm and there are 12 holes, and the size is considerably smaller than the handball.



Congkak as traditional sports

Congkak is an indoor game once popular only among the women. But

with the increase in its popularity, young boys are beginning to pick up the skill involved in playing the game. The game comprises a congkak board which is a block of wood carved with two large holes called the homes at both ends. It comprises of a boat-shaped implement some of which are elaborately carved to resemble mythical birds. Each congkak has two parallel rows of 8 or 10 holes, each recess containing 8 or 10 seeds or marbles. The end of the carved board has a receptacle referred to as *rumah* or house. The aim is to get rid of all the seeds on your side by moving them across over your enemy while placing each seed or marble into your own house as you pass. The last seed to be deposited continues by scooping up the remaining seeds in the hole until it lands in an empty one whereby the other player starts his turn. The game ends with the winner either the one with the most seeds in his house or the first to empty his row of holes.

Two players are needed in this game in which they fill up the holes with either pebbles, marbles or rubber seeds. All winnings are placed in the homes and the player who collects the most seeds becomes the winner. The game involves skill and mental alertness and in cases where the players are both skillful, the game would take several hours to finish.



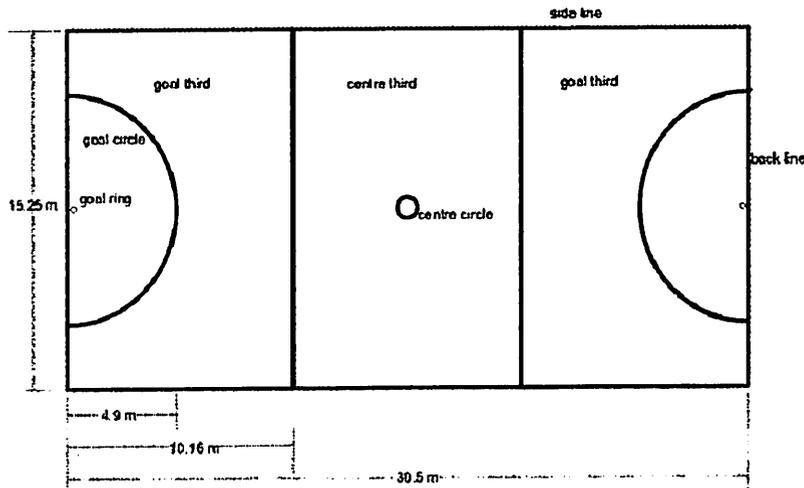
Batu seremban as traditional sports

Batu seremban is easier game to play compare to Congkak because it only needs five round objects to play with. The objective of the game is to throw one of the round objects at a time and sweeping another on the floor simultaneously catching the one you threw earlier on. This game is enjoyed by all people.

Netball as modern sports

The game of Sepak Takraw is enjoyed by men. There was an age when the women were not able to enjoy outdoor sports historically in Malaysia. Netball is modern sports for women.

A netball court is slightly larger than a basketball court, being 30.5m long and 15.25m wide. The longer sides are called side lines and the shorter lines called back lines. The court is divided into three equal areas. A 90cm-diameter center circle is located in the center of the court. A 4.9m-radius semi-circle on each base line is called the goal circle. The court lines are not more than 50mm wide. The goal posts are 3.05m high from the top of the ring. The rings have an internal diameter of 380mm and are located 150mm forward from the post. The rings are made of 15mm diameter steel.



There are seven players on each team, who are given nominated, named positions. (Some junior/training variants have only five players per team.) Each player must wear a "bib" showing one of the abbreviations below, indicating that

player's position. Each player is only allowed in certain areas of the court: a player in a section of court that is not part of their playing area is deemed "offside". The positions are described below:

Netball positions			
Position Name	Abbreviation	Player to mark	Areas permitted
Goal Shooter	GS	Goal Keeper	Attacking goal third including goal circle
Goal Attack	GA	Goal Defense	Attacking goal third, goal circle, and center third
Wing Attack	WA	Wing Defense	Attacking goal third and center third, not the goal circle
Center	C	Centre	Everywhere except goal circles
Wing Defense	WD	Wing Attack	Defensive goal third and centre third, not goal circle
Goal Defense	GD	Goal Attack	Defensive goal third and centre third, including goal circle
Goal Keeper	GK	Goal Shooter	Defensive goal third, including goal circle

By the combination of the above, only the Goal Attack and Goal Shooter are able to score goals directly. A ball that passes through the hoop, but has been thrown either from outside the circle or by a player not the GA or GS, is deemed a go goal. Furthermore, a shooter (GA or GS) may not shoot for a goal if a free pass has been awarded for an infringement such as stepping, offside, or using the post.

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要 約

日本におけるマレーシアのスポーツ教育の認識は、十分であるとは言いがたい。マレーシアの学校教育において実施されているスポーツ教育は、身体運動文化としての要素を多く含んでおり、現代的なスポーツ教育と伝統文化としてのスポーツ教育の両方が取り入れられ実施されている。

基本的にスポーツ教育の授業において、「You can teach them anything that you can, as long as it will not hurt or bring harm towards them.」の考えのもとに、与えられた環境を工夫して利用する能力が問われることになる。日本の学校におけるスポーツ教育が、創造性を培う重要な教育だと考えられているように、マレーシアのスポーツ教育も伝統的な身体運動文

化を踏襲しながら、特色のあるスポーツ教育の展開を考える必要がある。特に歴史的・宗教的背景から、閉鎖的であった女性のためのスポーツ教育が今後大きく変化する可能性が高い。