

## Omani PE Candidate Self-Reports of Learning Strategies Used to Learn Sport Skills

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**Abstract :** The study aims at determining self-regulated learning strategies used by Omani physical education candidates to learn sport skills. The data were collected by a self-regulated learning theory questionnaire. The sample of the study comprised of 145 undergraduate physical education students enrolled in the department of physical education at the College of Education, Sultan Qaboos University. The findings of the study revealed that the most commonly used strategies for learning sport skills by Omani physical education candidate are 'the effort learning strategies, planning learning strategies and evaluation learning strategies'. However, the reflection learning strategies, self-monitoring and self-efficacy learning strategies were revealed as the least used strategies by the PE candidates in learning and acquiring sport skills. Based on these findings, suggestions and recommendations for future research were provided.

**Keywords :** learning strategies, physical education candidates, self-regulated learning theory, Oman

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