

Survey of Methods of Teaching Physical Education in High Schools of Chikodi Taluka

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ABSTRACT

For the overall development of a child, along with academics, which develop his mind, a child should participate in physical activities such as sports and exercises as well. Although, researches in the field have shown that physical education should be made mandatory in schools as it develops positivity, improves the attitude and fitness of the students, yet, due to various constraints, many schools are not really able to implement this. Lack of funds, increased emphasis on academics to up the scores in order to avail government funding; there are various reasons behind this policy of the schools for not making physical education compulsory. The aim of this study is to examine the methods of teaching followed while teaching Physical Education in High Schools of Chikodi taluka. The sample comprised of 125 teachers teaching Physical Education and 146 students. A Questionnaire was prepared by investigator to collect the data from the teachers. The survey shows many teachers follow Command Method while teaching Physical Education in High Schools of Chikodi taluka.

1. Introduction

Physical education is an integral part of the total education of every child in kindergarten through high school. Quality physical education programs are needed to increase the physical competence, health-related fitness, self-responsibility and enjoyment of physical activity for all students so that they can be physically active for a lifetime. Physical education programs can only provide these benefits if they are well-planned and well-implemented. Here's what quality physical education programs can do for students.

According to the National Association for Sport and Physical Education.

Improved physical fitness Improves children's muscular strength, flexibility, muscular endurance, body composition and cardiovascular endurance.

Skill development Develops motor skills, which allow for safe, successful and satisfying participation in physical activities.

Regular, healthful physical activity Provides a wide-range of developmentally appropriate activities for all children.

Support of other subject areas Reinforces knowledge learned across the curriculum. Serves as a lab for application of content in science, math and social studies.

Self-discipline Facilitates development of student responsibility for health and fitness.

Improved judgment Quality physical education can influence moral development. Students have the opportunity to assume leadership, cooperate with others, question actions and regulations, and accept responsibility for their own behavior.

Stress reduction Physical activity becomes an outlet for releasing tension and anxiety, and facilitates emotional stability and resilience.

Strengthened peer relationships Physical education can be a major force in helping a child socialize with others successfully and provides opportunities to learn positive people skills. Especially during late childhood and adolescence, being able to participate in dances, games and sports is an important part of peer culture.

Improved self-confidence and self-esteem Physical education instills a stronger sense of self-worth in children based on their mastery of skills and concepts in physical activity. They can become more confident, assertive, independent and self-controlled.

Experience setting goals Gives children the opportunity to set and strive for personal, achievable goals.

The aim of this study is to examine the methods of teaching followed while teaching Physical Education in High Schools of Chikodi taluka. The sample comprised of 125 teachers teaching Physical Education and 146 students.

A Questionnaire was prepared by investigator to collect the data from the teachers.

The survey shows many teachers follow Command Method while teaching Physical Education in High Schools of Chikodi taluka.

2. Objectives of the Study

- 1) To find out the Opinion of the Lecturers towards teaching of Physical Education in High Schools of Chikodi taluka.

- 2) To find out the Opinion of the students towards learning of Physical Education in High Schools of Chikodi taluka
- 3) To find out the Methods of Teaching followed in teaching of Physical Education in High Schools of Chikodi taluka

No OF TEACHERS	Method of Teaching
102	Command Method
29	Imitation Method
15	Explanation Method

The data given in Table -2 clearly shows that 102 teachers of total sample follow the Command Method, where as 29 teachers of total sample follow Imitation Method and 15 teachers follow Explanation Method while teaching of Physical Education in High Schools of Chikodi taluka.

3. Tools Used for the Study

A Questionnaire was constructed by the investigator to collect the information regarding the opinion of teachers and students towards teaching and learning of Physical Education in High Schools of Chikodi taluka. Information was collected regarding Methods of Teaching of Physical Education in High Schools of Chikodi taluka.

4. Sample for the Study

The Sample for the study consisted of 125 teachers teaching of Physical Education in High Schools of Chikodi taluka. 146 students studying in various High Schools of Chikodi taluka were randomly selected by the investigator.

5. Statistical Treatment and Analysis of Data

The Opinion scores of teachers and students were arranged into frequency distribution and their Means and Standard Deviation were worked out and is given in Table-1

Groups	N	M	SD
LECTURERS	125	76.92	10.37
STUDENTS	146	79.12	13.28

91.2% OF teachers and 91.1% students have favorable Opinion towards teaching and learning of Physical Education in High Schools of Chikodi taluka. These findings satisfy the first two objectives of the study

6. Data Regarding Methods of Teaching

The Data was arranged in tabulation form given in Table -2 Information was collected regarding Methods of Teaching of Physical Education in High Schools of Chikodi taluka. These collected is in the form of Qualitative nature.

7. Suggestion of the Study

For Teachers

- 1) Teachers should attend various Refresher Courses, Seminars and Workshops to update the recent trends in Pedagogy of Physical Education.
- 2) Teachers should facilitate the teaching of Physical Education instead of lecturing the content.

For Students

- 1) Students should learn the practical aspect of and Physical Education enjoy in their life.
- 2) Students should upgrade their knowledge regarding Physical Education to lead a successful life in the society.

8. Conclusion

Physical education which is commonly a part of the curriculum at school level includes training in the development and care of the human body and maintaining physical fitness. Physical education is also about sharpening overall cognitive abilities and motor skills via athletics, exercise and various other physical activities like martial arts and dance.

For moulding better citizens teachers have to play a pivotal role, teachers shape the future of tomorrow in the classroom today. The only way to make the teaching and learning of Physical Education effective is to shift the focus from theory centric approach to practical centric approach of Pedagogy. Thus Teachers have to change their Pedagogy according to the needs of the 21st century learners.

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