



Teaching of Physical Education: Issues and Future Trends

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Abstract

The aim of present study is to discuss the issues and future trends of teaching physical education. For the purpose of study data is elicited from an interview conducted with four expert teachers. The four issues namely time, teaching method, perception towards physical education and future trends in teaching and learning physical education were identified after conducting an analysis of the interview transcript. Physical education is important for child's development from the cognitive, social and physical health aspect. Based on the data obtained, a new teaching method must be devised to prevent the lack of interest in learning physical education in the classroom.

Keywords: *Cognitive, Future trends, Perception, Physical Education, Teaching Methods.*

1. Introduction

Physical education is that education which aims at the physical, spiritual, and emotional development of a child (1) Barber, Eccles and Stone (2) claim that students who are active in sports have greater achievement in academic performance compared to students who are not active in sports. Baily (3) supports this notion that physical education enables to enhance student's self-confidence, self-esteem, social skill, cognitive development and academic achievement. Thus it can be deduced that there is a close relationship between academic achievement, child's behaviour and physical education.

2. Background Of Problem

Physical education is a subject that involves physical activity and the knowledge of awareness to health issues (4). Topics like physical education and health education are taught in physical education class. As per the syllabus in physical education class, the teacher teaches the assigned topics in classroom as well as conducting physical activities outside the classroom.

In the Indian education scenario, teachers still use the textbook to teach in classroom. The textbooks provided by NCERT and CBSE (5) have a lot of information but it is portrayed in text. Therefore teachers need to spend more time to explain or demonstrate the relevant topics.

The perception of teachers in teaching physical education is important as physical education is subject that assist a child in the development and growth over years (1). Thus responsibility of a teacher is huge in delivering the relevant information to the students. In more a teacher is interested in teaching, more he can motivate students in their learning process.



In this paper, four issues are discussed based on the interview. From the finding the four issues are time factor, teaching method, students reaction during physical education class and future trends in teaching physical education.

3. Result Of Finding

Analysis of interview was done using thematic analysis. Thematic analysis is an independent qualitative descriptive approach and can be defined as a method used for identifying, analysing and reporting patterns based on a theme within the data (6). The present research used thematic analysis to analyse the interview transcript and identifying the issue to be encountered by the physical education teacher.

A. Time

Based on the findings the, the duration of physical education class is only 10 minutes once a week which is two period of each class. According to respondents the time allocated is insufficient to teach the syllabus designed for the subject. According to the respondents, duration of physical education class comprises of two periods of 35 minutes each. The subject teacher is required to teach several topics pertaining sport skills as well as health topics. A respondent mentioned that he spends 35 minutes to teach the relevant theory and remaining 35 minutes the student's practice sports skills. The syllabus of the subject must be taught 42 weeks inclusive of public holidays and exam weeks.

B. Teaching Methods

When respondents were asked about their teaching method, 3 out of 4 respondents use the text book in teaching of physical education. One respondent uses textbook and power point only. The respond are as below.

Researcher

“How do you teach physical education in your class? Do you use any material to help you in teaching?”

Respondent 1

“I use a reference book to find out extra note for my students and I also refer the examples of exercises in that book for my students.”

Respondent 2

“I often use a reference other than the textbook so that more information will be provided to the students. Also students are more attracted towards learning.

Respondent 3

“Instead of textbook I prefer teaching aids which increases interest among the students towards learning.

Respondent 4

“I use the textbook and power point slides when I teach this subject.in those classes where LCD is installed I can use power point to teach. However, in class rooms where LCD facility is not available I use textbook there.”

From the answers of respondents it is clear that teachers still use traditional teaching methods in the 21st century.

C. Student's Reaction during Physical Education Class.

The teachers are best individual to observe every reaction of students in class during the lecture (7). One of the interview question is “What are the students' reaction when you are teaching in physical education class?”



Basically, all the respondents gave the same answer, whereby most of the students are bored and feel uninterested to learn the subject when taught in the classroom. One of the respondents said that mostly the students do not like to bring physical education book to school and this action portrayed the students' lack of interest in the subject. However, when the teachers teach the topic by using some teaching aids, the students are focused and show interesting the topic being taught. The interview question and the respond from respondents are shown as below.

Researcher

“Based on your observation, what is the students’ reaction when you are teaching during the physical education class?”

Respondent 1

“Students do not take this subject seriously because they are aware that it is not a core subject for examination.

Respondent 2

“In case of using textbook students feel boring. But when I use teaching aids situation is different students show more interest and class situation seems different.

Respondent 3

“The students feel boring when I use textbook in the classroom. On the other hand, they are more attracted and focused when I include some teaching aids in my lesson.”

Respondent 4

I use textbook and PowerPoint. In case of the textbooks students pay little attention. However while using teaching aids like power point students show serious focus towards the studies. Thus, new teaching aids are needed to assist the teachers to teach during the physical education class.

D. Future Trends In Teaching And Learning Physical Education

The above data reveals that currently teachers still uses the traditional method in the teaching process and the outcome may show negative results. However, the respondents suggests that they are willing use other method in their teaching process for a more interesting and enjoyable lesson (8). The respondents suggest that by integrating multimedia elements like video in teaching process may provide positive impact to the students’ interest for physical education. The example respond is shown as below.

Researcher

“Do you think video clip can help you in your teaching process? Why?”

Respondent 1 and 2

“It is very helpful. For example, if we use video to teach about the topic of cardiovascular, I think the lesson will become more interesting because the topic is shown in visual method. besides it encourages the students to know about the topic.

DISCUSSION

From the interview conducted there are four things identified



Firstly teachers have insufficient time to cover all the topics in the syllabus by using the traditional teaching method. Integrated technology teaching and learning process is much different than face to face in class in terms of student's interest and enjoyable to the physical education subject (9). Besides it will enable the respondents to complete their syllabus within time.

Secondly teaching method is important to increase students' interest and encourage them to be involved in the physical education activities. The comments from the respondents show that they apply traditional teaching method in the classroom. The traditional teaching methods tend to encourage passive learning and the students may not be able to critically apprise the new knowledge. As such appropriate teaching media is important in encouraging students to interact during teaching and learning in the classroom.

Thirdly, the students' reaction during lesson is the best way to reflect dissemination of information.

For it maintaining the motivation of the students during the lesson is essential . Teachers have to use the appropriate teaching technique or motivational strategies to engage the students who are less interested in this subject (10). These strategies not only engage students in the on-going class activity but also assist the teacher to achieve the teaching objective.

Fourth, technology is widely used in the education field and this trend is growing rapidly because technology provides greater impact in improving the teaching –learning quality in the classroom. Mobile learning is actively being used in the education field. The respondents provides positive feedback and comment that integration of the mobile device in teaching and learning process enables to change the classroom environment to become more enjoyable and interesting.

Researcher

“Do you think mobile device can help you in teaching this subject .”

Respondent 1

“ I feel it is helpful because if we have the tablet we can easily show examples to the students but there is a problem, tablets can't be provided to all the students and the screen is too small.”

Respondent 2

“I think it will be more attractive because the mobile device can be used outside the school hour also.”

Respondent 3

“I feel it is useful and interesting because it is a new teaching method and students will enjoy the dynamic teaching material.”

Respondent 4

“Mobile device is portable and I can bring it to the field and show the video to the students on the spot”

The comments above illustrate that mobile device is helpful and useful. However there are some problems like screen is too small and tablet can't be provided to all students. One of the solutions to overcome this problem is using Google remote desktop.



Conclusion

This paper illustrates the thematic analysis of interview data which was conducted by the researcher with four respondents. Based on the interview data obtained four issues were identified, time constrain, teaching method, students perception towards physical education and future trend in physical education. There is a limited time for teachers to teach all the required topics during the physical education lesson and teachers need to use the correct teaching method to teach the students in the allocated time. Unfortunately teachers still use the traditional method and lot time is used in dissemination of knowledge. To overcome this problem, new teaching method has to be applied to change the classroom environment during the physical education lesson. Currently, mobile

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