

Use of Technologies in Physical Education at College Level

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Abstract – Physical Education plays a Critical role in educating the whole student. Physical Education contributes directly to development of Physical Skill and fitness. It is also helps students to make informed choice and understand the value of having a physically active lifestyle. The benefits of physical education can affect academic learning and physical activity of College student. The healthy and physically active students will before likely to be willing to learn, be alert, and successful. Computers are not just passive instruments added to the class room and they are not neutral black boxes. Computer is a versatile technological instrument that can be used in fostering children’s thinking and learning ability.

Most modern college system are intended to equip students with the knowledge, skills, capacities and values along with the enthusiasm to maintain a healthy lifestyle into adulthood. Activities included in the program are designed to promote physical fitness, to develop motor skills to instill knowledge and understanding of rules, concepts, and strategies, and to teach students to work as part of a team, or as individuals in a wide variety of competitive activities.

INTRODUCTION

Physical Education plays a Critical role in educating the whole student. Physical Education contributes directly to development of Physical Skill and fitness. It is also helps students to make informed choice and understand the value of having a physically active lifestyle. The benefits of physical education can affect academic learning and physical activity of College student. The healthy and physically active students will before likely to be willing to learn, be alert, and successful. In the college physical activity, may enhance the development of a positive self-esteem also the ability to have many challenges. Quality physical education programs in our colleges are essential in development motor skills, physical fitness and understanding of concepts that foster lifelong healthy lifestyles.

TECHNOLOGY

Modern Technology is a powerful instrument which can be used for successfully achieving a number of educational goals. They stimulate and support various teaching-learning processes and activities. Computers may have profound effect, not only upon the nature of education itself. Computers are not just passive instruments added to the class room and they are not neutral black boxes. Computer is a versatile technological instrument that can be used in fostering children’s thinking and learning ability.

SIGNIFICANCE OF THE STUDY

The purpose of the study is to determine the level of usage of computers by college physical education department as well as the level of knowledge that physical education teacher have regarding the use the technology. It gives insight as to the attitudes of physical education teachers towards the use of computers in the physical education setting. The study aims to develop a solution to get more physical education departments to use the computers for the maximum benefit of the students.

IMPLEMENTING THE USE OF TECHNOLOGY IN THE PHYSICAL EDUCATION CLASSES

Technology is an integral part of life and will become increasingly so in the future, as teachers and society become more comfortable with various technologies, it is likely that technology will be implemented in all areas of the educational curriculum. Physical education has been exploring the implementation of various technologies for quite a long time. The explosion of the internet has inspired teachers to use the web technologies to access resources, connect to professional organizations, engage in communication and supplements class materials.

At Our government colleges we should use technology in all phases of our physical education program, for student grading in sports, fitness grading, recording fitness scores, recording the students profiles, Event Videos and Still Pictures, Matches videos, Internet accessing, etc. This is something that will not happen overnight but we must make strides towards implementing computers and technology into our colleges.

Physical education is naturally a movement – visually class ideally suited to technology. We should use word processing, spreadsheets, power point, videos databases, Netscape, internet and emails to find and communicate about activities; we make lessons and presentations about our program with the help of PowerPoint and videos to make physical education class very effective and interesting programs for the students.

This world is changing and technology is advancing rapidly and therefore it is important for our students to have knowledge and understanding about computers and use of computer in physical education. This idea need to be adopted by all colleges and all educational institutions made mandatory in the curriculum for professional development.

CONCLUSIONS

Physical education should provide opportunities for students to participate in activities that promote fitness and well-being. Implementing best practices into the physical education curriculum can contribute to the understanding and application of a healthy life style for students. Technology applied in the physical education curriculum can provide an opportunity for improved instruction and enhanced student learning in physical education. The study showed that students not only enjoyed working with computer technology but also preferred this interactive instructional method to a lecture method of instruction. The use of technology within the physical education program seemed to motivate students to engage with the material presented.

Most modern college systems are intended to equip students with the knowledge, skills, capacities and values along with the enthusiasm to maintain a healthy lifestyle into adulthood. Activities included in the program are designed to promote physical fitness, to develop motor skills to instill knowledge and understanding of rules, concepts, and strategies, and to teach students to work as part of a team, or as individuals in a wide variety of competitive activities.

The student also seemed to be aware of their fitness and physical activity habits and the changes that they needed to make in their healthy life styles. They

also expressed positive attitudes towards the use of technology in their physical education class. The study observed that the outcome will be positive when the effective physical educator uses the appropriate technology with sound pedagogical strategies and applicable content in their curriculum.

Key words: Physical education, Modern technology
Health life style

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