

## PEDAGOGY AND RESEARCH IN PHYSICAL EDUCATION

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### INTRODUCTION

#### What is Pedagogy?

Pedagogy is recognised as an important profession of teaching especially at a school or college or university activities of educating or instructing or activities that impart knowledge or skill was carefully programmed good classroom teaching.

The Physical Education & Sports in pedagogical research using both qualitative and quantitative methods, focusing on three major themes, teachers, coaches and professional education, policy, pedagogy, equity and identity, and young people, sport and social inclusion, from sociological and social psychological perspectives and with strong links to mainstream Physical Educational research embraces sport, physical education, physical activity and health initiatives as they occur both inside and outside formal education, and throughout the individual lifespan

Now days there is all change in all fields. All fields have modern touch. Everyone is in hurry to get information and to learn in very little trying at our place with our own suitable time.

Here I am going to give the new strategic thinking in sports through use of Information Technology in Physical Education and sports to develop our Personality through Physical Education.

Technology and Information and Communications Technology (ICT) has an application in Physical Education (PE) in schools. It is firstly important to define these.

ICT can be defined as information technology that is claimed to improve thinking, communication and problem-solving skills through the use of software and input devices In addition, ICT is the combination of computer, video and telecommunications technologies e.g. multimedia computers, networks and services.

**Aim & Object of the study**

- To motivate the teacher to find out new teaching method in Physical Education & Sports.
- To study the various challenges before teaching profession in Physical Education & Sports.
- To improve the use of new research techniques of learning in Physical Education & Sports.
- To motivate the teacher to learning new awareness research in Physical Education & Sports.

**Key of the Study:**

*Improving athletes performance configurations and enhancing training strategies, Competitive preparation, physical fitness, happy human life. Self study physical fitness. Make people sports aware of education & increase in the quality. Increase in scientific knowledge.*

**RESEARCH METHODOLOGY**

I want to show how we use Information Technology in Physical Education and able to develop our personality in short time. Research Method Survey and Observation Method IT in physical education & Sports

This course was presented in a highly adaptable manner in order to address the different needs of each people as well as to account for the varied tools available online and for use in the classroom. Technology changes at a rapid pace and the course was updated during the years to accommodate changes in availability and features of online tools as well as for the capabilities of the peoples to adapt the material taught.

Peoples were provided with reference information that became relevant during the course or as learners or students requested. This included items such as food portion reference material, cardiovascular training programs outside the scope of the class yet relevant to the overarching theme. Learners were also made aware of the college resources for needs not addressed by the class or available from the instructor.

Teaching Innovation Physical Education has long been relegated to the realm of gyms and playing fields with little technological influences outside of records keeping. This course embraces technology as the mode in which to learn about movement and ones physical capabilities. The use of Sakai through Owl Space allows students to reflect on their learning and application of their learning as their bodies change through more than just class time.

Several aspects of the Sakai implementation at Rice University made teaching more efficient and productive. The ease with which students can access resources for the class out of the classroom is an obvious benefit to a physical education course. Textbooks and lecture cannot provide the same benefit as visual demonstrations and practice and the course page allowed students to access videos online, and created for the class, to reinforce their learning of concepts taught in the class.

Additionally the Way Fit provided a teaching tool that a single instructor would never be able to reproduce with consistent and repeatable demonstration of exercises and movements. The scoring used by each game was a useful measure of success or improvement that was tracked and maintained by the console and easily accessible to each student.

This class was able to take students who had never exercised outside of sports from complete novices to experienced fitness enthusiasts. They became capable of reproducing the movements necessary for successful completion of a fitness program as well as knowledge of the muscles trained for each exercise and how to recognize incorrect movement patterns in others. The amount of repetition required for the acquisition of those skills would not have been possible or as accessible solely through instructor lead learning. In small groups, students controlled the pace or selection of the learning modules which best suited their learning styles. This feature of the course allowed for a highly adaptable learning environment tailored to each student within the constraints of the small groups.

Digital classroom instruction, instructor reinforcement, in-class and out of class assignments, and online resources, all a mixture of technology-based and traditional tools of instruction ,culminated in a rich learning environment for the students who participated in this course.

#### Screenshots notes





These images demonstrate the types of exercises students performed during the class as well as a quick view as to the class set up and students working in groups.

### Conclusion

Making a unique contribution to balanced development and living; movement being essential for and integral to, what it means to be human; Learning focused on movement and students need to be engaged in it; Medium for developing skills across diverse areas of endeavour; fostering a pedagogy based around critical thought and action; encouraging students to understand movement and make meaning from it to enhance individual and collective lifestyles We can use such type of various instrument to teach Physical Education and sports to students and needy persons and can save time of them.

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