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Relevance of smartphone in physical education and sports**Sharmila O.Sulkhan,**

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Now days we see a very common gadget which is smartphone. People were using it for all sorts of things, such as reading the news, listening to music, playing games and even online banking and so many more. Smartphone can improve your health and wellbeing and get you move ahead. Firstly, we heard the term app thrown around in recent times and wondered what exactly it is. Well, an app is a small piece of software which is designed to be used on Smartphones such as Androids or iPhones. In ICT world so many apps are available, from where we can find something which we can use in our everyday life. The good thing about apps is they are not just bound for use on iPhones. Today they can be used on iPod Touch's and iPods opening up an even bigger market of potential users.. Here I am explain some apps they are useful for physical education and sports as well as all that peoples who are interested in exercise , sports and games.

Technology in Physical Education is an interesting topic. What exactly the mean by Technology, which is then typically Followed up with the replacement of Physical Activity for some application of Online. We see the technology is all around us, it involves every aspect of Physical Education weather it is equipment's or related things.

In Physical Education and sports we improve the standard and importance of it by use of digital technologies. Technology becomes like any other tool in the PE teachers toolkit, useful for whenever the situation demands it. Advantage of the latest technology to enhance sports performance. This is the same thing we try to achieve in Physical Education. It the powers of technology to improve our understanding of human activity.

1)Flip Video Camera - The first and most essential tool for a Physical Education teacher. It is record video footage, making it a snap to film and analysis sporting techniques and game play.

2)MP3 Player/Recorder - With the abundance of MP3 players today you can utilized it within classroom to create podcasts or recordings own teaching that can be loaded the MP3 player for review at a later stage.

3) Mobile Phones -. It is now impossible to find a phone that is simply just a phone.

a. Calendar - we use the phones calendar as a diary for recording important dates and information.

b. Clock/Stopwatch - Use the inbuilt stopwatch and alarm to help organize and time training sessions.

c. SMS - Use it as an alternative to paper and pen during a sports session or camp and have students answer questions based on their participation.

d. Camera/Video Camera- Use it within all practical sessions as a way to film and analyses performance instantly.

4) TubeChop.com- It is a must for Physical Education teachers. The great thing about Tube Chop is that it allows teachers to select a certain section from a YouTube video and share only that section.

5) YouTube.com or Vimeo.com -physical skill and film it by use a Flip Video camera for uploading to YouTube. People from around the world watch and comment on the video.

6) Google Docs -Spreadsheet- By share a Google Docs spreadsheet to all the players a coach can see the work out and graph averages. This way to visualize players changes in heart rate activity in comparison with their peers.

7) Skype - Use Skype to make free phone and video calls to other Skype members all around the world. Connect to the textbook author in order to engage in face-to-face chat worlds apart.

8) Posterous.com - Simplest way to make an online digital portfolio of your sporting performance that can be reviewed and analyzed over time..

9) iPod Nike Sensor - attach a Nike Sensor to the players shoe which communicates and records their physical activity. We can view and track the training progress on website and compete against others from all over the world.

10) Geocaching- Geocaching is the free high-tech treasure hunt where you use your GPS receiver to find caches hidden by other players.

11) iPhone -

a. Run Keeper - utilize the free application called Run Keeper, which keeps track of your physical activity via the GPS. Simply go for a run/walk/ride/jog/ski while running the program and your activity will be recorded.

b. 100 Pushups - iPhone work as a coach to motivate and work you towards a training goal of 100 pushups. The application adjusts its training depending on how you feel and the results you achieve.

Students have leapt at the opportunities to utilize the technologies they use in their personal lives within the classroom. Technology and sport can be used hand in hand.

12)Yoga Postures- This unique application brings a collection of basic, advanced and rare Yoga postures, you will be stretching out the body in way that you never thought possible. This application makes flexibility easy to monitor and develop.

13)Calorie Counter Pro- This application is check your food intake. The application contains a database of over 300,000 foods; because of it can possible to monitor everything we eat. Players use it and select healthy alternatives.

14) MotionTraxx -This application to enhance player's workout it is music inspired workout and boost the energy, add fun, and help pace your movements.

15) Golf GPS- It is a useful application for the golf players. By using this application player can easily keep track of the shots which he play in the golf. Simply take his shot and the GPS will show him of the distance to the pin and just how far his last shot was.

Conclusion: Technology is a very beneficial tool kit for coaches, physical education teachers and sports players. They can improve the standard of sports and games as well as physical education by using these applications.

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