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## **Role of Skill Development in Physical Education**

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### **Abstract**

*We see many peoples achieve their goals effortlessly and we surprisethat how they do that? This is where skills development comes in. Why skills development is an important part of goal achievement, and how to go about doing it. We all have hundreds, maybe thousands of skills: communication skills, leadership skills, work skills, self-help skills, study skills, time management skills, sports and recreation skills, decision-making skills, conflict-resolution skills, reasoning skills and lots of others. Although aptitude for learning these many skills varies greatly, each of us must learn every skill we acquire. No one is born with them. But each of us could undoubtedly learn plentiful extra about each of these skills. It is a life-time process of learning the fundamentals and refining useful skills. Skills are the mark of an actual, refined, educated, talented, responsible person.*

### **What is Skills Development?**

Skills development is a process of identifying our skill gaps, and developing and enhancing these skills. It is important because our skills define our ability to execute our plans with success. As we get more skillful, we will feel more confident and get more opportunity.

We need the correct skills to build our goal. Without the correct skills, We will only irritate ourselves, waste our time, and spend a lot of time dealing with basic issues caused by the lack of knowledge or lack of skills, as opposed to continuing in our goal. While difficulty and struggle is part and parcel of any goal pursuit, without the right skills, we find our self-struggling more than necessary. This struggle is unnecessary and doesn't help us move forward.

### **Why Skills Development is Ignored :**

There are 2 big reasons:

Initially, people are often mesmerized by what others have talented without recognizing what they went through to get there. We see their awards and successes, and make gross assumptions about what it takes to succeed. Then we become upset when we attempt the goal.

Also, some of us can be deeply self-critical. We see that how successful others are, likewise the top coaches, internet gurus, award-winning players, champions of the society — and conclude that we can never attain the same. We feel that these people are someway blessed with some superior power that we don't have. Skills development is where we turn from beginner to trainee, to intermediate to senior, and then expert. And hereafter, having the ability to overcome our goal.

If you are starting in a new goal, it's about structure your skills first. Most people improve their ability through many hours of hard work. The best coach wasn't born with coaching skills, he learns that. The best musician wasn't born with the skill to play musical instruments; he learns it. All these are skills that are developed intentionally. And yes we can do the same too.

### **Skills Development: Hard and Soft Skills**

In developing your skills, I'd like you to consider 2 groups of skills:

**Hard skills:** Skills relating to any specific task; they are usually easily measurable. They tend to be knowledge-based, such as expertise in a subject, certification, and technical skills. Master in sports, skills in XYZ games, measurements, and rules and regulations are all hard skills.

**Soft skills:** Skills relating to personality, such as communication, leadership, time management, stress management, decision making, adaptability, ability to deal with adversity, and networking are soft skills. Now it is clear why hard skills are important. But many people miss out proceeding soft skills. For example, a writer may insist he is great at writing but get 0 book sales. Supposing his writing skills are top-notch, maybe he lacks certain soft skills necessary for success, like networking, pitching, and self-marketing.

### **How to Start Developing Skills:**

#### **1) Start with the core or basic skills**

If you're starting in a goal from ground zero, such as learning programming when you don't know anything about that skill. I recommend to start with core or basic skills first. Core skills are skills you unconditionally need to succeed in your goal. They have a direct influence on your success. Secondary skills are of lower importance vs. the core skills. While they accentuate your success, your expertise in them does not make or break your goal. What defines a core or secondary skill? It depends on your goal. As long as the skill has a serious impact on your goal, it is considered a core skill.

#### **2) Divide into few steps**

If you learn coaching, then identify the sub-skills that would make a good coach, including listening skills, questioning skills, understanding, and patience. By giving free sessions, taking a coaching workshop, reading books, and most importantly, working with people.

#### **3) Learn from the finest**

One of the best ways to learn is to learn from the best. That's because you can understand from someone who get their wisdom rather than carry on unguided. Here are some tips: People you know, who have experience in this area? Approach them for advice. Ask them: How should you build your skill in this area? Do they have any tips for you? What should you watch out on? Engage a coach. you can shave hundreds of hours off your learning curve compared to if you had struggled and dealt with these issues alone.

**Get a mentor:** If there a senior in your firm or your network of contacts who would be ready to mentor you?

Study experts in the industry. Who are the experts in your field? Study them and understand what makes them so good at what they do.

#### **4) Research for developing the skills**

Research to collect different visions and viewpoints. The internet has made information more reachable than ever.

**Books:** Books are great sources of information as they are really very organized methods of content, generally a collection of the author's best wisdom on the subject. Online courses have become a huge thing in recent years. Here are some free course portals, including from renowned universities.

#### **5) Attend trainings**

Courses and workshops are great ways to quickly develop skills. Some workshops with a lot of activities allow for experiential learning, which means you get hands-on practice rather than learning through theory via reading.

### **6) Take action**

With all that complete, it comes down to doing or practicing. When you know how good you are, your blind spots, the gap between hypothesis and authenticity, and your space for improvement. Though the action part is undoubtedly the scariest stage of all, it is the most rewarding stage because that's when you learn the most, get out of your comfort zone, and start your learning. Allocate time to practice each day.

### **Conclusions:**

Skill and capacity learned thoughtful, systematic, and continuous effort to effortlessly and adaptively take out difficult activities or job functions involving ideas, things. See also competence. Start developing your skills and soon you will see the sufficient rewards of your labor.

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