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Need For Innovative Teaching Practices in Physical Education And Sports Sciences**Dr.Sateesh.Dongre**Physical Director
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Chitaguppa, Bidar
Karnataka**Abstracts:**

This paper intends to highlight the use of technological advancement in teaching physical education and sports sciences classes. There is a greater need for use of information technology (IT) in physical education and sports sciences tutorials. Through internet one can generate ample e-resources for study materials with little innovative practices the classes can be made effective. The students' need can be easily procured by using the search engines like google.com, rediff.com, yahoo . com, etc. Innovative teaching practices are the current needs of the professional growth in physical education and sports sciences professions. It becomes vital as regard to institutional growth in terms of quality and standards to attract the stakeholders of our professions. Innovative teaching practice is needed in higher education as the bodies like UGC, I NAAC, NCTE, are insisting norms and standards for teacher education to uplift the teaching standards in relation to students need. E-resources available on internet form the basis of this study. E-journals, E-learning sources, web sites, etc are presented to generate data of this paper and some of the sites like Walter McKenzie's Surf aquarium, Tennis Server, informaworld, etc. that could help in learning process are discussed with examples. The scope of research and sports marketing are also discussed. Use of IT in teaching physical education and sports sciences could be an effective means of innovative teaching practice. pertinent to knowledge acquisition, learning process, equipment purchases, experts' contacts and research process.

Introduction

The outgrowth of information technology in last two decades, given raise to ample opportunities for learners, opportunity seekers, teachers, researchers, businessmen, event managers, banking, etc. for getting the required information immediately. Any kinds of information are available through search engines like google.com, rediffmail.com, g-mail.com, yahoo.co.in, hotmail.com. Physical education and sports fields are not behind with their other counterparts in education system. The Governing bodies of higher education like NAAC, NCTE, and UGC are focusing mainly of e-learning and governance and grading the institutions that have excelled in student centred learning programmes. Most of the top grade institutions are making use of IIT to excel in research and learning process. UGC on other hand giving priority to computer education to student population in India, and funding the universities and colleges as regard to development of computer centres, e-learning, INFLIBNET, etc. Computerization of results, library, and creation of data bases of research articles, publications and development of e-library are some of the important aspects of UGC funding to uplift the standards of higher education in India. NAAC accreditation level goes up if the innovative teaching practices are adopted by the teachers. Students on the other hand are coming up with computer background at school levels and also pursuing computer programmes during their graduation and there is a greater pressure on teachers of higher education. Professional courses like engineering, medicine, law, management are already incorporating innovative teaching practices by using IT based learning process. Most of the researchers today have easy access to research articles in internet and updating the existing knowledge in relation to global level.

E-institutes and e-tutors emerged world wide and India is not behind among other countries. The new era of higher education on online had shown shortest and convenient root to the higher education aspirants. The institutes like UM Kolkotta, IGNOU, NUT Imperia, etc. are excelling in their online degree programmes Pushkarna (2008). In this context it becomes inevitable to physical education and sports specialists to upgrade their existing knowledge with that of other growing disciplines with the use of communication technology.

Methodology

The available e-resources on internet form the basis of this study e-journal, E-learning sources; web sites, etc. are presented to generate data of this paper. E-learning resources are discussed to bring in innovative teaching practices. E-journal sites and databases are taken to highlight the literature survey for research purposes. Web sites are presented to enhance knowledge as regard to physical education and sports sciences. Sports marketing sites are given to uplift updated knowledge of sports equipment and quality enhancement purpose.

Discussions

Utility of some of the e-learning resources are enlisted and discussed below:

1. <http://surfaquarium.com/CONTENT/health.htm> - Walter McKenzie's Surfaquarium top health and physical education resources online.
2. <http://www.teachpe.com/alevel.php> - Teach PE .com gives Performance Analyses of sports disciplines.
3. <http://www.pe4life.org/HealthCareCommActivists/index.cfm?section=4> - PE4life approach to physical education.
4. <http://www.ncbi.nlm.nih.gov/PubMed/> - scholarly website for researchers and sports performers
5. <http://www.nismat.org/> - Exercise physiology, sports medicine, sports nutrition, etc. site of Nicholas institute of sports.
6. <http://www.pponline.co.uk/lencyc/> - database of sports performances
7. <http://www.sport-fitness-advisor.com/ezine.html> - database for sport and fitness training programmes.
8. <http://www.tennis-server.com/A> good database for tennis learners, trainers, coaches and teachers.
9. <http://www.informaworld.com/A> site with excellent academic database for research

Walter McKenzie's Surfaquarium (WMS) site provides ample opportunities for learning physical education and sports students. Basically this module was developed by Walter McKenzie in 1995!! And his basic aim was to bring in innovative teaching practice and educate his students and learners in health and physical education. Initially, it starts with identification of personality traits with Big 5 personality test and ratings are also given. Online personality test can be taken by the user and individual or comparison with friends and like minded people can also be obtained through this web page. Even the questions asked on personality testing are simple and straight and one can find it easy to answer without any difficulty, the excerpts of the questionnaire is given below:

I see myself as someone who ...

1. ... Is talkative Disagree 1 2 3 4 5 Agree
- 2.... Tends to find fault with others Disagree 1 2 3 4 5 Agree

3.... Does a thorough job Disagree! 2345 Agree

The learning sources as regard to combined health information database has plenty of searchable information databases of health aspects different databases are linked in one place for getting information on health, diseases like diabetes, Alzheimer 's disease, deafness and communication disorders, etc.

Food pyramid gives good teaching materials for the teachers in physical education as regard to health and nutrition; we can create our own food pyramid by using weight, height and duration of physical activity. The food pyramid specifies the amount of food to be taken and their nutrient value.

Health finder is another database of WMS wherein the reader can search on identifying proper alphabet for example if we click letter A, abdomen strength appears first and we can get information regarding the development of abdominal strength through exercise programmes or similar type of health related issues regarding the subjected are available. Complete and updated version of Grace Anatomy is available online with illustrations. Human anatomy online gives animated versions of various systems and organs with detailed scholarly explanations it is a very good teaching aid.

Furthermore, this WMS web page gives classic database for physical educators and coaches more than 25 databases are related to health and physical education. Catchy sites for children namely games kid play, smart play, senses, etc. are interesting sites for children they can play and learn many things. Physical education professional can make use of PE central, PE4Life, PE LINKS 4U, School Menu.com, Alcohol and Drug information, Live healthier Live longer, etc. are very important e-resources to teach physical education and sports activities. PE4Life gives a video clipping about its activity and encourages people to get involved themselves in physical activity throughout life. PE links 4u is a huge professional web page has a scholarly touch of organization like NASPE Forum, can get information regarding journals, research, contacts, etc. It can answer unlimited queries regarding sport and physical education aspirants and researchers.

Teach PE.com provides ample opportunities with attractive quizzes and it is very interesting to the user. Quizzes in subjects like anatomy, fitness testing, training methods, etc. are given to support the learning process of the user. Sports performances can also be analysed in this database with interesting quiz programmes. A millionaire quiz programme is also available in the subject of circulatory and respiratory systems. Proper clues and answers are given for the quiz programmes. Informaworld™ web database is a very useful site for the researchers, students and teachers who are interested in research studies, innovative works, and updating of knowledge. It has a database of more than 1500 journals, 20, 000 books, reviews, etc. one can be registered user of this site which has links with famous databases like Taylor & Francis, Routledge, Psychology Press and Informa Healthcare. Most of the research articles' abstracts are available with references index. The libraries can become member of the database and all the users of the institutions can make use of the facility and get full text free of cost. This site is a boon for research scholars.

Tennisserver.com web site gives detailed information regarding tennis, gives free newsletters to the registered user, videos of basic skills of tennis, fitness development, tactics, strategies, etc. are all available on payment. Small video clipping of tennis is given directly in the web and user can view them.

There are variety of web pages are available on Sports fitness advisor, peak performance, sports equipment, sports organizations. Official sites of various sports (like FIBA, WBA, IVBF, ICC, Olympics, etc.) organizations are giving updated versions of international rules and regulations.

Purchasing of sports equipment is becoming easy through internet access. Big companies like Nike, Wilson, Yonex, Addidas etc. have their own web sites plenty of national firms have access to sports shopping through internet and credit cards. It is possible to identify best quality and make and prices are also given in the sites so that buyer can limit his purchases depending on funds available.

For individual development one can access universities on the Internet and try for contact programmes, resource exchange programmes, can find funding agencies for projects, approach authorities like UGC, NCTE, NAAC, etc. Fellowships like Commonwealth and Fulbright updated online service is available for post doctoral and doctoral research aspirants. The exams like TOFFEL can be attended online by paying prescribed fees.

Conclusions

- Based on the surveys following conclusions are derived at:
- The web pages available through search engines that can generate learning resources are the best way to innovative teaching in physical education. Knowledge updating is also possible through e-learning.
- The Walter McKenzie's Surf aquarium is one of the best e-resources as regard to health and physical education programmes are concerned. It also provides varieties of linkages to other physical education related database sources.
- Infonaworld™ is most effective site for research and knowledge aspirants and has linkages to databases like Taylor and Francis, and Routledge and it is boon for researchers.
- Tennis server site has access to tennis news, tennis classes, fitness management, training programmes, and is very useful for the learners oftennis,
- Sports marketing have taken tremendous turn by involvement of IT users. Sports organizations are able to give latest version of rules and regulations.
- Contacts with organizations, experts, academic bodies, universities had become more convenient and useful and enhanced scope of research.
- Use of IT in teaching physical education and sports sciences could be an effective means of innovative teaching practice pertinent to knowledge acquisition, learning process, equipment purchases, experts' contacts and research process

Recommendations

- Institutions should insist on the training of physical education personnel to develop competency in use of IT as related to physical education and sports.
- Greater funding can be provided in the form of projects to young talent to create Indian databases in physical education and sports.
- Importance should be given to the health, community development, sports skill learning, training higher level athletes by IT creators in India.

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2. [http://www .n ismat.org/](http://www.ismat.org/)

3. <http://www.pponline.co.uk/encyc/> <http://www.sport-fitness-advisor.com/ezine.html>
<http://www.tennisserver.com/>
4. <http://www.infonna.com/> <http://www.bartleby.com/>

