THE ROLE OF ICT IN VARIOUS FIELDS OF PHYSICAL EDUCATION

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ABSTRACT

The use of ICT in Physical education makes the science of sport come to life by linking both physical and mental activity. It also helps to create full-fledged students who are able to concentrate better on both practical and theoretical work. Besides, it helps students to develop a better understanding of their own body parts and that of the human body in general. It also raises the profile of Physical Education within the establishment by making the subject not only interesting, but also attractive and effective. Furthermore, it brings enthusiasm and motivation for both PE teachers and students.

With the infusion of ICT in PE, life-long learning can be supported through the collection of resources via the internet. According to Mike Rimmer, Head of Physical & Social development at the Buttershaw upper school in Bradford: “It’s the excitement of learning in a different way.”

INTRODUCTION

• Indian culture and traditional practices.

• Games and sports originated in different parts of India viz. Jallikattu, Gilli-Danda, Kancha, Kho-kho, Kabaddi, Mallakhamb, Wrestling etc.

• Physical education of India can’t complete without Yoga. Yoga evolves the relationship between body and spirit.

• Effect of globalization, variety of traditional practices intermingled due to the impact of globalization.

According to Waxman H.Lin & Mitchko (2003), teaching and learning with technology has had a significant impact on students’ outcomes when compared to traditional instruction

Concept of physical education

• Educate a body through physical activities.

• Physical education for overall human development.

• Human personality consisted on four major pillars viz. physical, mental, emotional and social.

• Physical education is the essential part of all educational system.

• Britishers introduced formal physical education concept in Indian education system.

• The first sports club in India is Hanuman Vyayam Prasarak Mandal, Amaravati but formal physical education started in India by YMCA, (Madras) Chennai by the effort of H.C.Buck.

• Post-independence the Ministry of Education & Culture, Government of India has established Lakshmibai College of Physical Education (LCPE) in August 1957. Today it known by Lakshmibai National Institute of Physical Education (LNIPE) a deemed university, which is contributing major role in providing excellent physical educationalists throughout the country.
Scope of physical education

• Physical Education can provide children, youngsters and old age people to develop their personality, expansion of knowledge, motivation to innovative creation and competence to live a physically active life.

• Career options in sports academy, health clubs, sports goods manufacturing companies, and in the areas of marketing.

• Also, there are opportunities as a commentator, sports journalist, sports trainer, school/college teacher (physical training), and many more.

• In the context of competitive sports physical education expands the ranges of study in anatomy, exercise physiology, biomechanics, sports psychology, event management etc.. There is huge scope to develop in field of physical education.

Meaning of ICT

• ICT Stands for "Information and Communication Technology."

• ICT refers to technologies that provide access to information through telecommunications.

• It is similar to Information Technology (IT), but focuses primarily on communication technologies.

• This includes the Internet, wireless networks, cell phones, and other communication mediums. Technology helps in collaboration and knowledge sharing not only with students, but also between teachers, managers and administrators.

• ICT represents one of the most useful tools to enhance curriculum if used correctly.

• ICT Not only helps in teaching and learning but also in various technological instruments worked on the principle of ICT.

Aims and objectives of ICT

1. Social Aims:

   It aims to equip learners with the appropriate social skills required to cooperate with fellow ICT learners for a more productive learning experience. Thus promoting better social understanding.

2. Utilitarian Objectives:

   One of the main aims of ICT is to help students to become competent and confident users who can use the basic knowledge and skills acquired to assist them in their daily lives. It makes them techno user.

3. Cultural Objectives:

   ICT aims to assist students to appreciate the beauty and diversity of culture. It also aims to help students become well-cultured citizens of the modern world.

4. Personal Objectives:

   ICT aims to assist students to grow personally by facilitating different methods of learning.
Tools of ICT

There are so many tools available worldwide, those are considered in ICT e.g. computer, laptop, cell phones, cell phone towers, video conferencing, radio, television etc.

Use of ict in various fields of physical education

- Physical education in Schools
- Physical education in college
- Physical education in Society

**Physical education in Schools:** Imparting schooling physical education to students, it is made easier task, as compared to past physical education. ICT tools helps to explain vast knowledge in precise time slot very effectively. Value of good habits, health education, environmental education, thorough knowledge about sports and games can be effectively transformed to the students through audio-visual aids.

**Physical education in college:** ICT tools helps in teaching and coaching skills, technics and tactics of various sports and games. It becomes very easy to teach difficult skill with proper scientific elaboration through ICT, e.g. in teaching of Fosbury Flop technique of high jump repetition and slow motion video help students to understand the movement effectively

**Physical education in Society:** Good habits and health instructions, importance of games and sports can be transfer at mass level through ICT. ICT tools can be helpful to spread the knowledge and importance about leisure activities also.

**Summary**

Overall summary of the above study is that the devices or objects used in information and communication technology are the tools of ICT. ICT has various levels of objectives viz. social, utilitarian, cultural and personal. ICT tools are very effective tools to imparting physical education in school, college and social level.