

“Technology will shape the future of Physical Education”

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Abstract:

Introducing technology into Physical Education. This usually turns into quite an interesting discussion about what exactly do they mean by technology which is then typically followed up with concern over the replacement of Physical Activity for some sort of online alternative. Technology is all around us, it involves every aspect of Physical Education, from the shoes the students wear to the sports equipment used during the game. The introduction or emerging of digital technologies in Physical Education does not seek to replace physical activity; it aims to help explore physical activity.

Using technology to manage student data can provide valuable information to the teacher, parent and student regarding student progress toward program standards and objectives. Many pieces of technology, such as heart rate monitors, pedometers and active games, have the ability to track performance, allowing students to document and monitor their progress. However, physical educators must consider the reliability and validity of such devices when selecting the technologies to use.

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Introduction

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Background Behind Technology

Technology has become an important part of work and home environments throughout the country, and that's apparent among the youth population. In a recent study of families with children between ages 6 to 13, the average family home had two or three televisions, 99% had a DVD player or VCR, 88% had a video game and 85% had a computer. More than half of the families studied also had Internet access, providing children with exposure to a wealth of information never before imagined

Major Technology Trends in Physical Education

- 1. Personal Access to Mobile Devices**
- 2. Internet Connectivity**
- 3. Use of Video for Class work and Homework**
- 4. Mobile Devices for Schoolwork**
- 5. Using Different Tools for Different Tasks**
- 6. Paying Attention to the Digital Footprint**
- 7. An increase Interest in Online Learning**
- 8. Gaming is Growing, and the Gender Gap is Closed**
- 9. Social Media in Schools**

Technology in the classroom.

- 1) If used correctly, will help to prepare students for their future careers, which will include the use of wireless technology.
- 2) Integrating technology into the classroom is definitely a great way to reach diversity in learning styles.
- 3) It gives students the chance to interact with their classmates more by encouraging collaboration. technology in the classroom, school with wireless networks,

Using technology to promote physical activity

Pedometers

Pedometers count and monitor the number of steps taken throughout the day. Most pedometers provide a fairly accurate count of steps taken during ambulatory activities such as walking, jogging, and running.

Accelerometers

Accelerometers record body acceleration minute to minute, providing detailed information about the frequency, duration, intensity, and patterns of movement. Counts from accelerometers are used to estimate energy expenditure.

Using technology to promote physical activity

Heart Rate Monitors

Heart rate monitors are used primarily to assess and monitor exercise

intensity. These devices are especially useful for monitoring exercise intensity

of individuals in cardiac rehabilitation programs and highly-trained, competitive athletes. Because heart rate is linearly related to oxygen uptake, it can be used to estimate the individual's exercise energy expenditure

Combined Heart Rate Monitoring and Accelerometer

The prediction of energy expenditure during physical activity is improved by 20% when data from heart rate monitors are used in conjunction with accelerometer measures of physical activity

Global Positioning System and Geographic Information System

Global positioning system (GPS) uses 24 satellites and ground stations as reference points to calculate geographic locations and accurately track a specific activity

Interactive Video Games

Although interactive video games like Dance Dance Revolution (DDR), Wii Sports, and Wii Fit were designed to create more engaging game play, studies show that these games increase energy expenditure and may produce positive health benefits

Technology in physical education is designed to supplement, not substitute for, effective instruction.

With the infusion of technology into our lives, turning physical education classes into video arcades or health clubs remains a primary concern. When used in physical education, gaming can provide a gateway toward exposing students to new types of lifetime physical activities and can foster enjoyable physical activity experiences.

Technology in physical education should provide opportunities for all students

When implementing technology, teachers must continue to adhere to the best practice of maximizing participation and success. All students – not only a few – should benefit from technology.

Conclusion

Health and physical education programs throughout the world are challenged to provide meaningful and relevant learning experiences for children and youth. As the world is ever changing, a broader global/international perspective of health and physical education pedagogy is needed. It is self-evident that we can and need to learn from one another from throughout the world. Increasingly, we live in a time where exchanges of information are instantaneous and models of best practice can be accessed through global networks designed to share such programs. The rapid movement of ideas, concepts, and successful models of best practice is a reality of living in a globalized society.

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Dr. Sundar Raj Urs, Associate Professor, Bangalore University

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