



## REVIEW OF RESEARCH



### USE OF PRACTICAL BASED TEACHING METHODS IN PHYSICAL EDUCATION

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#### ABSTRACT :

*Physical education is the subject for the study for the primary, secondary, higher secondary and up to post graduation level. Teachers of physical education should use different methods to teach theory part with different innovative and activity based methods. A good teacher can show results with any method he uses and an intelligent pupil can easily pick up the concepts in physical education, when the teacher uses the art of teaching skillfully.*

**KEYWORDS :** Physical education , different methods , teaching skillfully.

#### INTRODUCTION :

The teacher's problem is to show results so he / she have to select the best method. It should be the best in the sense that it can be used most conveniently and may also produce the desired results. A sound knowledge of methods and approaches may nevertheless help him in selecting a useful method. It also contributes to improve his art of teaching. The present research paper provides the information and knowledge about the practical based teaching methods and approaches in physical education.

#### OBJECTIVES: -

- 1) To know the efficacy of practical based teaching methods in Physical education
- 2) To identify the feasibility of practical based teaching methods in Physical education.
- 3) To create the awareness about use of practical based teaching methods in Physical education.

- 2) There is no significant difference between the mean performance of the trainee from group 'C' and that of group 'E'

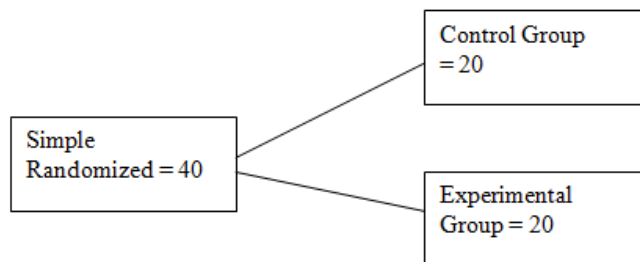
#### Sample -

The sample used in the experiment was simple randomized. For the present study, researcher has selected 40 students of the B.P.Ed. Class. Each group consisted 20 students / trainee.

#### HYPOTHESIS -

- 1) There is a significant difference between the mean performance of the trainee from group 'C' and that of group 'E'.



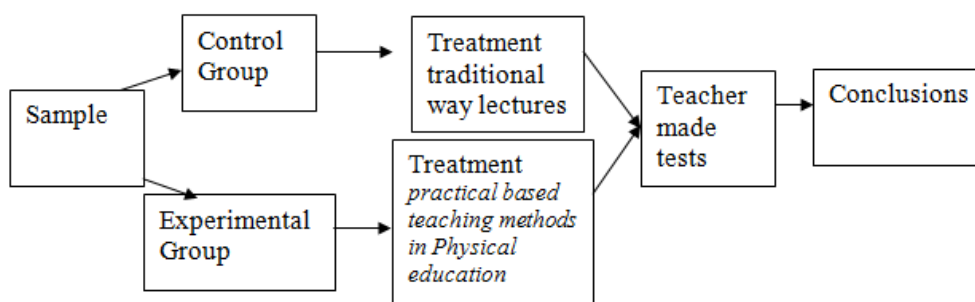


### TOOLS

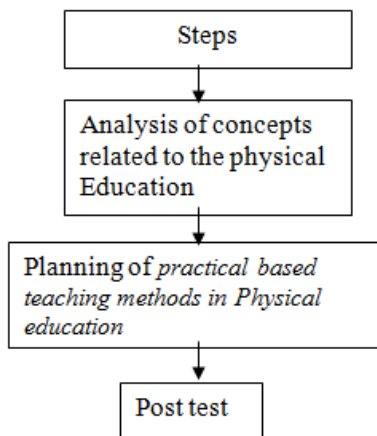
For the data collection researcher has used teacher made test to obtain reliable data.

### METHODOLOGY

In the present research, researcher followed the experimental method. Group 'C' was given treatment of lectures only for teaching primary basic concepts of Physical Education and Group 'E' was given treatment of use of practical based teaching methods in Physical education. Trainee's performance data thus gathered and analyzed by using Mean S.D. and 't' value etc statistical tools.



### Practical based teaching methods in Physical education for teacher trainers -



Following table shows the effectiveness of practical based teaching methods in Physical education

G r o u p	No. of Trainee	M e a n	t v a l u e
C	20	12.5	8.12
E	20	26.3	

By calculating 't' value is significant at 0.1 level, so the null hypothesis rejected.

### CONCLUSIONS -

- 1) Practical based teaching methods in Physical education is more effective to learn and understand the various concepts in Physical education
- 2) Teacher – trainers are more attentive and take interest in learning Physical education concepts.
- 3) Achievement of the teacher–trainers were increased by using practical based teaching methods in Physical education
- 4) Practical based teaching methods in Physical education created great interest in learning concepts in Physical education.

### RECOMMENDATION -

- 1) In teacher – training colleges, teachers should know the various practical based teaching methods in Physical education
- 2) It is noticed that, in teacher-training colleges, teachers couldn't use practical based teaching methods in Physical education.
- 3) It is necessary to acquaint the teachers of physical education with these practical based teaching methods in Physical education

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