



"APPLICATION OF INTERNET TO RESEARCH IN PHYSICAL EDUCATION"

Dr. Satender B. Singh

Sharadrao Pawar Arts & Comm. College, Gadchandur.

Teh. Korpana Dist- Chandrapur.

ABSTRACT

The term Internet has been coined from two terms interconnection and network. The Internet is the world's largest computer network, the network of networks, scattered all over the world. A network is simply a group of computers that are connected together for sharing resources and information.¹ In basic terms, when two computers are connected together they form a connection which is called as local area network (L.A.N.), when two local area network's are connected with each other the configuration obtained is called Internet (with a small I). The Internet (with a capital I) refers to the largest connection ever made. It is the connection, which allows computers to communicate and transfer data to each other across the whole world. The Internet comprises thousands of computers connected together by different means. On any given day, it connects more than thirty million users in over hundred countries across the world.²

There is no single, generally agreed upon answer to this question because the Internet is different for each of us.

1. It is an ocean of resources It is a set of computers talking over fiber optics, phone lines, satellite links and other media.² It is a place where you can talk to your family around the world.

Waiting to be mined.³ It is a place to do research for your thesis or a business presentation.

4. It is a place where crackers and other shady characters lurk, waiting to create havoc.

5. This is unlimited commercial opportunity.⁶ It is a world – wide support group for any problem or need.⁷ It is a gold mine of professionals in all fields sharing information about their work.

8. It is hundreds of libraries and archives that will open to your fingertips.⁹ It is the ultimate time waster.¹⁰ It is the technology of the future which will help make our lives, and those of our, brighter.

KEYWORDS: *communicate and transfer data* , Bharat Sanchar Nigam Limited (BSNL).

GETTING CONNECTED TO THE INTERNET

There many ways in which one can connect to the Internet. The two main ways are

- Dial-up access
- Directed or Dedicated access.

The option one chooses depends on the type and quality of access one wants and the price somebody is willing to get that access. In India, Bharat Sanchar Nigam Limited (BSNL) is the biggest Internet service provider (ISP).

DIAL-UP ACCESS : This type of Internet connection is by far the most common way that individuals use to connect to the Internet. In this type of connection a connection is made to the Internet via a modem and a



regular telephone line. The major advantage of dial-up connection is that it is less expensive as compared to dedicated connection. This is the least expensive means to access the Internet. An individual user can easily offer this type of connection. Another advantage of the dial-up connection is that it requires very modest hardware and software resources. Although dial-up connection is the least expensive they have certain disadvantages. The major disadvantage is their slow speed and low reliability. Regular telephone lines are used that may be very busy during peak hours thus slowing the process. The telephone lines are not reliable also; a little disturbance may break the connection to the Internet. In such a case the user will have to dial again.

Hardware requirements -

- A computer
- A Modem – any speed will work, but higher the baud rate better it is. A 56 Kbps modem is just fine.
- A phone line – The regular phone line will work just fine, but when you are using the modem anyone trying to call you on the phone will get a busy signal. This can be a problem.

Software Requirements -

- Communications software – This is a computer program that lets your computer talk to your modem. There are a number of communication software available.
- Web browser – If you want to access the World Wide Web (WWW) you need a browser program. Microsoft Internet Explorer, Netscape Navigator and Mosaic are the most popular web browser
- In addition to this software you may also need FTP software and IRC software.

DIRECT OR DEDICATED ACCESS :-

This option provides full Internet access by dedicating a leased phone line between an individual and an Internet Service Provider (ISP). The direct connection is very expensive and difficult to set up and manage. Therefore individuals are not suited for the use, only organizations are best suited to take the advantage of this type of connection. Most individuals neither require the dedicated or leased line and nor they can afford it. The dedicated connection has many advantages. The major advantage is the speed and better reliability. With the direct connection you do not have to dial to connect to the Internet. The computer is always connected to the Internet. The only disadvantage of the dedicated connection is that the cost of communication is too high. Also a dedicated connection is more complex and difficult to maintain.

Hardware requirements -

- A computer
- A leased line connection for setting this type of connectivity. Modems are not required, but the cost of leased line offsets this saving. The cost of leased line depends on the transmission speed of the line.

Software Requirements -

- Web browser – If you want to access the World Wide Web (WWW) you need a browser program. Microsoft Internet Explorer, Netscape Navigator and Mosaic are the most popular web browser.
- In addition to this software you may also need FTP software and IRC software.

HOW THE INTERNET WORKS

With the help of a modem you dial and get connected to the Internet Service Provider (ISP). The Internet Service Provider is connected to the Internet servers. When you are using the Internet browser software to navigate the Internet, your computer sends in commands to the ISP. Internet sites then receive

the information you sent them. Then the ISP returns the information sent by the Internet sites to your computer.

THINGS REQUIRED TO ACCESS THE INTERNET

- A Computer :- The computer must have sufficient computing capacity (Microprocessor speed measured in Megahertz MHz), and sufficient random access memory (RAM), to support the use of the multimedia aspects of the Internet.
- A Modem :- Modem stands for modulator demodulator or the capacity of the computer to dial and talk to another computer via a phone line.
- Communications Software :- Software is a program, which resides on the hard disk. The software enables your computer to send and receive information.

NEED FOR THE STUDY

Research scholar wanted to know the significance of Internet to research in Physical Education. That was why the scholar selected this topic for the study. The Research scholar wanted to know that, if the Internet contains sufficient information related to different areas of research in Physical Education such as:

1.Yoga.2.Health Education.3.Nutrition.4.Anatomy.5.Sports medicine.5.Kinesiology
6.Exercise Physiology.6.Sports Psychology

The research scholar wanted to know that, if the Internet contains information about the rules and regulations of various games and sports.

STATEMENT OF THE PROBLEM

The statement of the problem was "Application of Internet to Research in Physical Education".

PURPOSE OF THE STUDY

The purpose of the study was to analyze different aspects of information helpful to research in Physical Education available on the Internet.

OBJECTIVES OF THE STUDY

The study was carried out with the following objectives in view :-

1. Exploring the Internet and finding out web sites related to different areas in Physical Education.
2. Collecting the data regarding the contents and structure of various web pages.
3. Analyzing the contents and structure of web pages and evaluating them with special reference to Physical Education and sports.

HYPOTHESIS

It was hypothesized that Internet does not contain sufficient information regarding research in Physical Education.

DELIMITATIONS

1. The study was delimited to application of Internet to research.
2. The study was further delimited to Internet based information on Physical Education.
3. The study was further delimited to Internet based information on Sports.
4. The study was delimited to the web sites related to subjects such as:
1.Yoga.2.Health Education.3.Nutrition.4.Anatomy.5.Sports medicine.6.Kinesiology
7.Exercise Physiology.8.Sports Psychology.

The study was further delimited to at least three web sites related to each of the above-mentioned subjects.

LIMITATIONS

The information available on the web sites may change with the passage of time.

REVIEW OF RELATED LITERATURE

There is no dearth of literature on Internet in general. However very little work seems to have been carried out on surfing the Internet for home pages/web sites and their application to research in Physical education. Information contained in some of the papers is presented below: -

The Internet and electronic mail increasingly offer the research community opportunities that it did not previously have. Access to information has increased as has access to and discussion with those working in similar areas. One other aspect of 'cyberspace' which presents enormous possibilities to the research community, currently in its infancy, is the use of the Internet to reach individuals as research subjects.⁴

Using the Internet for psychological research: Personality testing on the World Wide Web. The objective of the study was to investigate the safety and reliability of internet websites selling and providing medical information regarding herbal substitutes for Viagra. Using keywords 'Herbal' and 'Viagra', websites selling and providing medical information regarding herbal substitutes were identified. The top 50 sequential sites were assessed for safety and reliability against the Health on the Net (HON) criteria. All sites fell short of the HON requirements. In conclusion, acquiring medical information and herbal substitutes for ED from the internet is convenient and easy. However, patients should be cautious as safety and reliability of this approach is poor.⁵

The technology acceptance model and the World Wide Web. Search engines do not index sites equally, may not index new pages for months, and no engine indexes more than about 16% of the web. As the web becomes a major communications medium, the data on it must be made more accessible.⁶

METHODOLOGY

The procedure used for the study included a detailed study of different books and journals. Some newspapers and magazines were also used to get the required and related information about Internet and the working of Internet. Information on some important terms related to Internet was also collected by this method.

The procedure of the study also included information collected through the Internet concerning various web sites related to Physical Education and Sports. A detailed study of web pages and home pages of various web sites was done to see that whether the Internet contains information related to topics and subjects, which play an important part in research in the area of Physical Education and Sports.

The procedure included the detailed study of web sites concerning subjects related to Physical Education and Sports, Such as: 1.Yoga.2.Health Education.3.Nutrition.4.Anatomy.5.Sports medicine.5.Kinesiology
6.Exercise Physiology.6.Sports Psychology

Some web sites containing rules of various sports and games were also studied in detail.

COLLECTION OF DATA

The data was collected by surfing (moving from one web page to another) the home pages and web pages of various web sites related to the areas of research in Physical Education such as, 1.Yoga.2.Health Education.3.Nutrition.4.Anatomy.5.Sports medicine.5.Kinesiology6.Exercise Physiology.6.Sports Psychology For this purpose Search Engines namely, <http://www.yahoo.com>, <http://www.google.com> and <http://www.dogpile.com> were used to locate the web sites containing the required information.

The web sites were selected on the basis of purposive sampling. The research scholar selected web sites, which contained most detailed and related information on the above subjects of research. The research scholar found many web sites related to the topics, but selected only those web sites for the study, which provides good information. The research scholar didn't used for the study, the web which, charge money (Paid web sites) to provide information. This means only those web sites were used for the study, which provide free information.

ANALYSIS OF DATA

The data collected by the procedure stated earlier was analyzed with special reference to Research in Physical Education and Sports.

In this chapter the information provided by some selected web sites on the topics such as Anatomy, Exercise Physiology, Sports Medicine, Sports Psychology, Kinesiology as taken into consideration as to what the web pages of these sites contained and what information they provide in regard to Physical Education and Sports.

This chapter also contains the information about the application of these web pages to various areas of research in Physical Education and Sports.

NUTRITION

<http://www.lifeclinic.com>

1. This page provides comprehensive and understandable news as to how nutrition plays an important role in the health of an individual.
2. This web page provides a very good information on healthier food choices, what to eat and when to eat.
3. This web site also provides information about nutrition and diet for patients suffering from diseases like cancer, hypertension, diabetes etc.
4. This web site also has an internal search engine and a person can search for any topic concerning by typing in the key words in the space provided and pressing the "GO" button.
5. This web site also provides information about weight management and some weight loss plans.
6. This web site also provides information on topics such as Diabetes, Nutrition, blood pressure, Cholesterol, Senior care etc.

TABLE NO 1
Application of <http://www.lifeclinic.com> to research work.

<ul style="list-style-type: none">• Research work related to<ul style="list-style-type: none">• Weight Management<ul style="list-style-type: none">• Fitness• Balanced diet<ul style="list-style-type: none">• Minerals• Vitamins• Nutrition

<http://www.nutritionatoz.com>

1. This web site provides detailed information on Nutrition.
2. The home page of this web site contains a list of topics such as Nutrition, Vitamins, Minerals, Malnutrition, Metabolism, Carbohydrates etc.
3. On clicking these topics other hyperlinked pages open which contain detailed information about the topic.
4. The web site also provides information about height charts.

TABLE NO 2

Application of <http://www.nutritionatoz.com> to research work

<ul style="list-style-type: none">• Malnutrition• Metabolism<ul style="list-style-type: none">• Fats• Height and weight relationship
--

<http://www.vegsoc.org/info/basic-nutrition.html>

1. The web page on Nutrition provides information on various topics concerning Nutrition.
2. This web page also contains an internal search engine which helps in finding topics inside the web site.
3. The web page contains various hyperlinked topics such as, introduction, protein, carbohydrates, dietary Fibre, vitamins, minerals etc.
4. On clicking these hyperlinked topics, information related to the topics is displayed.

TABLE NO 3

Application of <http://www.vegsoc.org/info/basic-nutrition.html> to research work.

<ul style="list-style-type: none">• Dietary Fibre• Minerals Vitamins<ul style="list-style-type: none">• Vitamins• Carbohydrates<ul style="list-style-type: none">• Protein• Fats and Oils
--

YOGA

<http://www.lifepositive.com/yoga.html>

1. This web page on yoga provides almost each and every information related to yoga.
2. This page also has a search engine by which any term or word on the site or on the World Wide Web could be searched.
3. This web page provides detailed information on asanas, techniques, and instructions for practicing yoga.

4. This web site also contains a photographic representation of various asanas and poses.
5. This web site gives information on the Philosophy of yoga, diet plan for an individual practicing yoga.
6. The web site also provides knowledge about the Physiological, Psychological and Spiritual benefits of yoga.

TABLE NO 4

Application of <http://www.lifepositive.com/yoga.html> to research work

<ul style="list-style-type: none">• Research work related to:<ul style="list-style-type: none">• Meditation• Asanas/Poses• Physiologic Benefits of yoga• Psychological Benefits of Yoga• Spiritual Benefits of Yoga<ul style="list-style-type: none">• Yogic diet• Ashtang Yoga• Philosophy of Yoga

<http://www.focalpointyoga.com>

1. This web site on yoga provides a lot of detailed information on yoga.
2. On the top of the web page there are various buttons such as workshop schedule, yoga teacher training, Research service, yoga information, related links etc.
3. On clicking these buttons with the mouse pointer the information related to the topic clicked is displayed just below the buttons.
4. On clicking the buttons "Yoga information" the information related to yoga is displayed just below the buttons and some more buttons appear to the left of the web page.
5. These buttons on the left contain topics such as what is yoga, Yogic physiology, Pranayama, Advanced practice, Nutrition, ayurveda, Meditation, Asanas / Poses etc.
6. On clicking these buttons detailed information concerning the topic is displayed.

TABLE NO 5

Application of <http://www.focalpointyoga.com> to research work

<ul style="list-style-type: none">• Research work related to:<ul style="list-style-type: none">• Yogic Philosophy• Pranayama• Advance Practice
--

- Nutrition
- Ayurveda
- Meditation

<http://www.yogawiz.com>

1. This web site on yoga provides thorough information on yoga.
2. The home page of this web site contains a list of topics.
3. On clicking these topics the related information of that topic is displayed.
4. This web page provides information about Yogic therapy, Breathing exercises, Meditation, Ashtang yoga, Hatha yoga, Basics of yoga etc.
5. This web site also provides an inbuilt search engine which helps a user to search the topics by name inside the web site as well as the World Wide Web.

TABLE NO 6

Application of <http://www.yogawiz.com> to research work

- Research work related to:
 - Yoga Poses
 - Yogic Therapy
 - Health Issues and Yoga
 - Breathing Exercises
 - Meditation
 - Spiritual Benefits

HEALTH EDUCATION

<http://www.health.state.ny.us/healthaz/>

1. This web page on health education gives detailed information on various health topics.
2. This web page provides alphabetical list of various terms related to health and fitness.
3. On clicking these terms with the mouse pointer detailed information related to that topic is displayed.
4. On the left side of web page a list of the contents of the site is given.
5. This list of contents contain topics such as family and community health, disease and conditions, health and safety in homes, work place and outdoors, healthy life and prevention etc.
6. On clicking these topics detailed explanation of the topic is displayed.
7. This web page also contains an internal search engine so as to search topics inside the web site.

TABLE NO 7

Application of <http://www.health.state.ny.us/healthaz/> to research work

<ul style="list-style-type: none"> • Research work related to: <ul style="list-style-type: none"> • Healthy lifestyle • Community Health • Disease and Prevention
--

<http://www.healthfinder.gov>

1. This web site contains an internal search engine and by entering the key words in the space provided one can search the web site.
2. This web site provides information on prevention and wellness.
3. The web site also provides a health library where an individual can search the topic alphabetically.
4. Te web site displays the English alphabets A to Z, and by clicking any of these alphabets all the topics starting from the alphabet selected are displayed.
5. On clicking these topics other web page containing information related to that topic is displayed.

SUMMARY, CONCLUSION AND RECOMMENDATIONS

On analyzing the data collected from the Internet, the research scholar found that the Internet is a source of immense knowledge and information. A person with a little knowledge of computers and Internet can access this vast source of information and knowledge.

In the starting of the study the research scholar hypothesized that the Internet does not contain information related to research in Physical Education, but after analyzing the contents of web sites on the World Wide Web, the research found that the Internet contains a lot of information on the subjects related to research in Physical Education.

CONCLUSIONS

The following conclusions may be drawn within the limitations of the present study: -

1. The Internet is vast area of knowledge.
2. With a little knowledge about using the Internet, a person can access the bulk of information available on the Internet.
3. Internet can be a very useful tool for research work in field of Physical Education.
4. The Internet is an instant source of vast information and the information is available all the time whereas books and other print media are not readily available.
5. In the end it can be concluded that the Internet contains information, which is useful to research in Physical Education and Sports.

RECOMMENDATIONS

In the light of the conclusions found, the following recommendations may be drawn: -

1. Every individual doing a research work should have a basic knowledge of computers.
2. Every research worker should at least know the basic concepts of Internet, so that he is able to explore and retrieve the vast amount of information available through the Internet.

REFERENCE

Albert L. Lederer,; Donna J. Maupin, April 2000.

- Alehis leon, mathews leon, "Internet for every one", (Published by leon press, Chennai and Vikas publishing house New Delhi, A-25, Nelson Road, 1998)
- Andrew Max field, "Criteria for evaluating health related web sites" National Institute of Occupational Safety and Health, Washington, Bmj 1999
- Anil Sharma – "A Journal of Physical Education and Allied Sciences", Vol. 2, No. 1, Published by National resource and Documentation center. March 2005
- Bar-Lian, J and Lazinger, S.S. – "Setting up a web home page: a case study in design by perusal", Paper presented at online information 95, The 19th International information meeting, London, Dec. 1995
- Brakel, P A, - "Extending scholarly communication a personal home page on the World Wide Web", South African journal of library and Information Science 64 (4) 1996
- Buchanan T.; Smith J. L. "British journal of psychology", Volume 90, Number 1, Feb 1999
- Christian Crumlish, "The ABCs of the Internet Second Edition", (BPB Publication B-14 Connaught Place New Delhi-110001)
- Clyde, Laurel A – "The library as Information provider", The home page electronic library 146Dec. 1996.
- Elliot, J and Scoot, RL, -"A World Wide Web / Mosaic home page of the U. S . Department of Energy", 1(1) 1994.
- Elsiever science B.V. Cited on <http://www.science direct.com/science>
- Kahle, B. –"Preserving the Internet: An archive of the Internet may prove to be a vital record of historians, business and governments", Scientific Americans, 276,1997
- Kesavan, R Venkata and Shukla, KH. – "Internet : A global Library for business management an d research. Papers presented at caliber : 99", 1999, Nagpur, Information on library network center 1999.
- King David L., "Library home page design. A comparison of page layout for front ends to ARL library Web Sites", College and Research Libraries 59 Sept.1998
- "Learning with Computers" (NIIT 2001)
- Lorenzen E A.– "Internet surfing for job search success Technicalities", 15(1) January 1995
- Manish Dixit, "Internet: An Introduction" (Tata Mcgraw Hill Publishing Co.Ltd. New Delhi)
- Mc Donald , R M – "The media center home page essential design considerations", Ohio Media Spectrum, 49(1) Spring 1997
- Mc Nutty, T – "Ten note worthy sites for disability information", Library Hi- tech news, 134 July- Aug.1998.
- Scherer, Kathy, "Journal of College Student development", College life On-Line: Healthy and unhealthy Internet use. No. 6, Dec. 1997
- Sociological Research Journal Online, December, 1997.
- Sunil Dutt and Dipankar., "Journal of Exercise and Physiotherapy", vol.1, No.1 and 2.published by Exercise fitness and health Alliance, Patiala 2005
- Syskill & Webert, "Identifying interesting web sites", department of Information and Computer Science, University of California.