



## CAPABILITIES AND QUALITIES OF PHYSICAL EDUCATION DIRECTOR

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### ABSTRACT :

*Diversions and sports exercises have turned out to be prominent. As of late reasonable acknowledgment has been given in our nation for games. A tyrant body has been made to fuel the mindfulness towards games and rounds of both genders at all levels and ages including urban and country set-ups. It is an open door for the young people to show their physical ability and aptitudes. Sports and recreations enlarge the psychological skyline of the members. They increment the general force of the individuals who participate in games and improves the resolve through the advancement of the body. The games exercises help in encouraging and building up a nationalistic standpoint among the adolescents. The consequences of the different rivalries in the Olympic game are of a profound enthusiasm to individuals everywhere throughout the world. The Olympic has thought given the Olympic diversions and interesting spot in universal connections. Correspondingly, the republic and Asian diversions, are best models in extending the standpoint and expel boundaries in the middle of countries.*

*Gigantic physical training modified can go far in streamlining the wrinkles on the ethical, physical and mental elements of our general public. In the event that the majority of our residents achieve great physical wellness of the body and amicability in physical capacities, we will have a Nation of solid and sound people. It is a pity that dominant part of our alumni go with distinction and qualification at the expense of their wellbeing. It is amusing that the alleged mental or scholarly enhancement is accomplished to the detriment of a miserable disregard of wellbeing and abuse of body and its resistance.*

**KEYWORDS :** Games and sports exercises, Olympic amusements, Education.

### INTRODUCTION

It is currently all around concurred that physical training ought to be the essential piece of general instruction. Any arrangement of physical training has , along these lines, to fit in with the general instructive strategies and methods of the land. In India instruction all in all is experiencing radical changes to serve the necessities of the individual and the general public, and this pattern is reflected in physical training likewise, and it is being re-sorted out with distinct points and destinations of instruction. As needs be, the accentuation isn't simply on showing physical exercises yet on accomplishing the objectives of training through these exercises. Except if physical training significantly adds to the absolute improvement of the student and empowers her to fit in tastefully with the general public around him, there will be no legitimization for its consideration in the present example of our instructive framework.



### Qualifications and Qualities of physical Education Director

A fruitful executive of physical training is one who makes himself fundamental in the life of an establishment. This would not be accomplished by minor specialization in physical training, yet it must be worked around the individual characteristics of an executive.

Coming up next are the Qualifications set somewhere near the Physical Education Committee, Bombay (1945-46) for a director training chief.

1. She must be instructively able to educate at any rate one homeroom subject, for example, Anatomy, physiology, cleanliness, standards of director training, and so forth, in a degree school.
2. Her general training must be, for example, to empower her to decide the impacts of the aggregate of work both physical and mental, that each student under his ready to hold up under.
3. In counsel with the study hall chief, he should likewise have the option to encourage understudies concerning how the last could convey their work over various study hall subjects, and the play area exercises, so the understudies could grow well-adjusted and incorporated characters.
4. He must be in a situation to recognize the reasons for backwardness in her students any place it is available, and to manage to them the essential physical or mental adjustment either independently or in collaboration with other chief concerned.
5. Where mental rectification is required for the understudies he ought to be capable enough to comprehend the unwanted buildings which the understudies may have created. Further, she should realize how to manage these edifices on the play area.
6. He must almost certainly discover postural and healing imperfections in his students, either all alone duty or in encouragement with the therapeutic official of the establishment. He ought to have the learning of treating these deformities with physical exercise.
7. He must most likely collaborate with the restorative official of his school in leading the therapeutic assessment of his understudies and should be in a situation to assist the medicinal official with the wellbeing history of each student under his consideration.
8. He must have ability to comprehend the orientation of follow-up work that might be endorsed and should be able to watch and record the advancement of his understudies under the recommended treatment.
9. His information about close to home, open and school cleanliness ought to be, for example, to empower him to promptly the school experts on measures they ought to receive as an issue of normal or even in instances of crisis.
10. He should be acquainted with physical exercises by and large and ought to have dominance over some individual and gathering contentious amusements.

### Qualities:

1. proficiency: For conferring preparing in different exercises of physical instruction, the physical training executive ought to have satisfactory information of most extreme exercises. He ought to be able to exhibit and dissect various exercises. He ought to be capability in some of them.
2. Ability to design: A physical instruction executive needs to design a few projects in and outside the foundation. He will be fruitful in this work, on the off chance that he has capacity to plan as per the recommended goals and accessible material.
3. Personality: physical instruction chief is the focal figure of entire physical training.

The greater part of the understudies feel pulled in towards his character and enthusiasm for physical exercises. The strong and solid collection of physical training executive can guarantee physical advancement through physical exercises. Besides, during the time spent playing out his multi-faceted obligations, she needs to go through a few unfavorable circumstances. Here his well-manufactured, sound and lithe body stands her in great stead.

Character isn't bound uniquely to build, yet incorporates mental and scholarly characteristics moreover. Physical training chief ought to be rationally adjusted and have control on his senses .He ought to be objective in his methodology. He ought to be a men of assurance, firm unflinching, self-assurance and inventive reasoning

#### **CHARACTER:**

Character is a fundamental piece of one's character. As a result of specific shortcomings of physical instruction chief, individuals convey misinterpretations in regards to physical training .He can evacuate these confusions with sterling characteristics of her character. It is this character, which assumes a noteworthy job in making her instructing great. To instill characteristics of character at the in first occasion, she should be a good example of high character, He turns into a perfect for the understudies and they feel pleased in impersonating him. There is a truism "just like the educator so are the understudies". Subsequently it is fundamental that physical instruction chief ought to be a men of high good character and have the characteristics of unprejudiced nature ,equity, genuineness ,dedicated, cool minders, restraint, great lead and resistance.

#### **LEADERSHIP:**

Initiative is an all inclusive nature of any calling. The pioneer needs to guide and lead his understudies in different fields the correct way. The understudies taking an interest in various customized of physical instruction, camps, cookout, competitions, athletic meets and so forth ,continuously work under the initiative of physical instruction executive It is thusly, fundamental that, she ought to have every one of the characteristics of authority, for example, independence, capacity to take choices, innovativeness, self-assurance, basic reasoning and clearness in idea and activity. His mentality ought to be majority rule. He needs to Mack pioneers out of accessible understudies, in that capacity he himself ought to be a decent pioneer.

#### **FAITH IN PROFESSION:**

Confidence makes a man to be exceptionally dynamic which is certain progression to progress. By and large the physical instruction executives flop in the productive association of their work since they have no confidence in their calling. This cynical reasoning makes feeling of inadequacy in them which is unsafe in the improvement of their own character. So physical training chief must have full confidence in there calling. At exactly that point will most likely put ther essence in their work.

National and worldwide expert organist particles attempt to advance proficient development among the executives as a rule. These bodies as well, plan set of principles or employment outline, and so on ,so as to fortify proficient morals, But sadly no particular exertion is made to characterize set of principles for physical instruction chief either by the state association or national associations. Particularly, in Karnataka the Commissioner for Public Instruction, in a manual for physical training executive at the school level, recommends obligations and obligations. These are given underneath:

#### **METHODOLOGY**

Techniques for Administration of test and accumulation of Data. The information was gathered by the specialist during time of the subjects at their separate schools. The chose subjects were required to amass in a homeroom for gathering information. The examiner gave brief outline of the test and made the goals of the examination clear. The specialist at that point arranged with respect to the filling of the poll and expected them to look for amass in consideration of equivocalness. The specialist reproduced for fair reactions from the subjects. The day by day preparing timetable was not contrasted during the procedure of information Collection. The slowly filled in polls were gathering back with for future activity.

### STATISTICAL TECHNIQUES USED

In compatibility of the General goals 1, the autonomous t test was connected to locate the out the distinction between physical training chief of country and urban of degree schools of North Karnataka with burnout and its measurements (I. e. non-achievement, depersonalization, passionate weariness, rubbing, task shirking, removing, disregarding and accommodating).

### DEFINITION OF TERMS OF DIMENSIONS

1. Non-achievement It alludes to the inclination to abstain from attempting endeavors for accomplishing wanted objectives.
2. Depersonalization-It alludes to sentiments of enthusiastic solidifying, self accusing, insensitivity and not self minding.

### RESULTS:

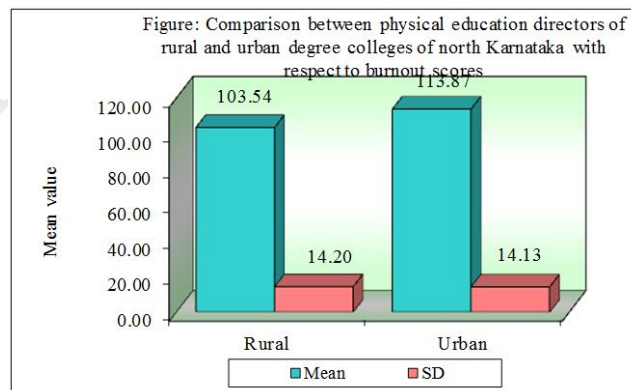
#### Differential statistics with independent t and one way ANOVA

In this segment the examination is of the Location (Rural and Urban) and Types of Management (supported, unaided and government) as for burnout and its measurements (I. e. non-achievement, depersonalization, enthusiastic weariness, grating, task evasion, separating, disregarding and agreeable) of Physical Education Director of Degree Colleges of North Karnataka by applying the free t test, one way ANOVA pursued by Turkeys different shot methods and the outcomes are displayed in the accompanying area.

**Table: 1 The results of t test between physical education director of rural and urban degree colleges of North Karnataka with respect to their burnout scores is presented below**

Location	Mean	SD	SE	t-value	P-value	Signi.
Rural	103.54	14.20	1.16	-6.3144	0.0001	S
Urban	113.87	14.13	1.15			

From the results of the above table it can be seen that, a significant difference observed between physical education director of rural and urban degree colleges of North Karnataka with respect to burnout scores ( $t=-6.3144$ ,  $p<0.05$ ) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the physical education director of urban degree colleges have significant higher burnout scores as compared to physical education director of rural degree colleges of North Karnataka. The mean score is also presented in the following figure:



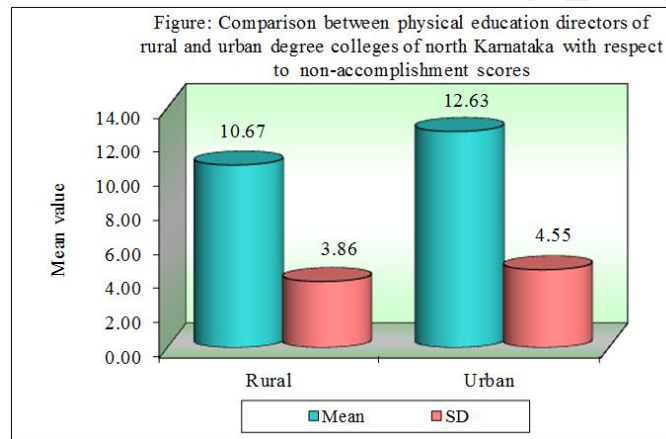
**Hypothesis:** There is no significant difference between physical education director of rural and urban degree colleges of North Karnataka with respect to their burnout scores.

To achieve this hypothesis, the independent t test was performed and the results are presented in the above Figure.

**Table: 2 The results of t test between physical education director of rural and urban degree colleges of North Karnataka with respect to dimension of burnout i.e. non-accomplishment scores is presented below**

Location	Mean	SD	SE	t-value	P-value	Signi.
Rural	10.67	3.86	0.32	-4.0378	0.0001	S
Urban	12.63	4.55	0.37			

From the results of the above table it can be seen that, a significant difference is observed between physical education director of rural and urban degree colleges of North Karnataka with respect to dimension of burnout i.e. non-accomplishment scores ( $t=-4.0378$ ,  $p<0.05$ ) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the physical education director of urban degree colleges have significant higher non-accomplishment scores as compared to physical education director of rural degree colleges of North Karnataka. The mean score is also presented in the following figure:



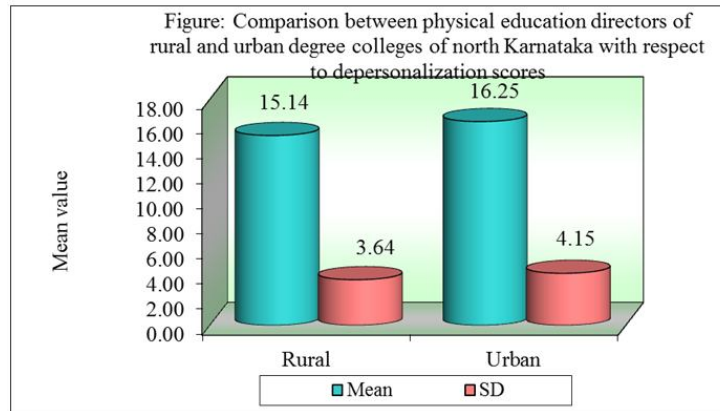
**Hypothesis:** There is no significant difference between physical education director of rural and urban degree colleges of North Karnataka with respect to the dimension of burnout i.e. non-accomplishment scores. To achieve this hypothesis, the independent t test was performed and the results are presented in the above figure.

**Table: 3 The results of t test between physical education director of rural and urban degree colleges of North Karnataka with respect to the dimension of burnout i.e. depersonalization scores is presented below.**

Location	Mean	SD	SE	t-value	P-value	Signi.
Rural	15.14	3.64	0.30	-2.4712	0.0140	S
Urban	16.25	4.15	0.34			

From the results of the above table it can be seen that, a significant difference is observed between physical education director of rural and urban degree colleges of North Karnataka with respect to dimension of burnout i.e. depersonalization scores ( $t=-2.4712$ ,  $p<0.05$ ) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the physical education director

of urban degree colleges have significant higher depersonalization scores as compared to physical education director of rural degree colleges of North Karnataka. The mean score is also presented in the following figure;



**Hypothesis:** There is no significant difference between physical education director of rural and urban degree colleges of North Karnataka with respect to The dimension of burnout i.e. depersonalization scores To achieve this hypothesis, the independent t test was performed and the results presented in the above figure.

#### CONCLUSION:

The physical training executive of urban degree schools have noteworthy higher Non-achievement, Depersonalization, Emotional weariness, Friction, Task evasion, Distancing, Neglecting, Easy going scores when contrasted with physical instruction chief of rustic degree universities of North Karnataka.

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The physical training executive of supported, unaided and government degree universities of North Karnataka have distinctive burnout scores. The helped and unaided degree schools of North Karnataka have comparable burnout scores. Helped and unaided degree schools have critical higher burnout scores when contrasted with government degree universities.

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