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IN-HOUSE PHYSICAL EDUCATION PROGRAM IN GOA

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ABSTRACT

The purpose of the Paper is to study and understand the In-house Physical Education program in the state of Goa in respect to the curriculum followed, the Physical Education teacher, and the infrastructure of physical education in schools of Goa. To collect information, ten Physical Education teachers from aided schools across the state of Goa were interviewed through semi-structured face to face interviews for the purpose of collecting data. Further the data was analysed and interpreted.

Keywords : In-house Physical Education, Physical Education curriculum, Physical Education teachers.

INTRODUCTION

Physical Education has become an important subject in today's education system, not only in terms of academics but also in one's health and overall development. The subject Physical Education in the past has been introduced with certain objectives, to achieve those objectives there are some factors which play an important role, the factors are as such; curriculum, stakeholders, support and infrastructure. While designing curriculum various factors should be considered and it has to be revised on a timely basis. The committee has to be set up to frame the curriculum. The committee shall consist of experts from the Physical Education field. The curriculum framed shall be revised after every 5 years and as per the demand occurs. On the other hand, to implement the curriculum, a Physical Education teacher shall be appointed. The appointment of a Physical Education teacher is based on the guidelines set by the NCTE. The Physical Education teacher shall be competent enough to implement the curriculum. Further availability of infrastructure is also very important to implement a framed curriculum. The Physical Education teacher shall be provided with adequate facilities and infrastructure in order to achieve various objectives of physical education. To achieve objectives of Physical Education, not only quality curriculum, good infra-structure or good Physical Education teacher is important but other stakeholders such as head of the institution, students and parents are also important part. A teacher's competitiveness is assessed on the basis of his organizing skills, managerial skills and most importantly the performance of the students in various games and sports organized by the Directorate of Youth and Sports Affairs and other associations from the state of Goa. It's the physical education teachers of the school who take the responsibility to bring healthy changes in the implementation of curriculum and also see that the policies and facilities made available by the government are availed by the school. Physical education teacher not

only acts as a teacher but he plays different roles such as a coach, a mentor, a manager, a discipline master, an instructor, an administrator and so on. To play these roles he shall be well motivated from within as well as from outside. The teacher's external motivation depends upon how the school's administration helps him in getting the facilities and the cooperation given during participation in tournaments.

Objectives of the Study

1. To study the In-house Physical Education Program in the state of Goa.
2. To study the role of Physical Education Teachers in Schools
3. To study the Physical education and sports infrastructure present in schools

METHODOLOGY

The present study is qualitative in nature. Semi-structured face to face interview was conducted to gather the data. The data was collected using purposive sampling technique from 10 Physical Education Teachers working in aided schools from Goa.

In-house Physical Education Program.

In-house Physical Education program was assessed on the selected areas which are discussed below.

Physical Education Curriculum in Schools of Goa

The physical education curriculum followed in schools is not specific. Every schools follow their own curriculum found appropriate by the respective physical education teachers in the school. It has been observed that many of the schools are unaware about the presence of specific Physical Education curriculum provided by the authority. Though the timely improvisation of the curriculum is needed, however, the same does not happen. The curriculum was last revised in the year 2005.

When the views of the physical education teachers were obtained towards the physical education curriculum carried out in schools, following opinions were obtained:

Participant 1 "I do not have any knowledge regarding presence of curriculum. During physical education classes students are mostly taught some games and yoga". He also added "We are a school of 600 students in the secondary level but we have only one Physical Education Teacher. I am not able to reach all the students when I have to take teams for competitions my regular classes are missed"

Participant 2 "I feel the Curriculum which is present is not in line with the latest trends in physical education, our views are also not taken into consideration while framing the curriculum and we are also not oriented for the same"

Participant 5 "Yes we try to follow the curriculum to some extent but when it comes to evaluation there is no seriousness towards the subject from students, other teachers and school Heads. Before examination most of our classes are taken by subject teachers to complete their portion"

The curriculum framing body in Goa that is State Council of Educational Research and Training (SCERT) should take maximum feedback from Physical Education Teachers while framing Curriculum. Council should update the curriculum from time to time and should conduct orientation sessions for the same as the teachers needs to be updated.

classroom teaching. Very few schools have sports equipment in proportion to students, this increases the waiting time during Physical Education class.

Participant 10 “We have basic sports equipment like balls, cones, etc. but feel that there is need to increase the number as the ratio is 50:5 which is not in line with the guidelines but we are in the process of upgrading it.”

At present every aided school is eligible to avail the facilities and schemes provided by the Government. The government provide grants and schemes to build infrastructure and purchase equipment.

CONCLUSION AND RESULTS

The objective of the study was to identify the in-house Physical Education program in aided schools of Goa. For this, the researcher interviewed the Physical Education teachers, the results are as follows.

The existing Physical Education curriculum needs to be updated in line with the modern trends. It has been observed that there is need for orientation/training to teachers for the same. The process of framing and improvisation should involve maximum experienced teachers. There is need to increase the number of physical education classes as the present classes are not enough to satisfy the needs of the students. The concerned authorities should have a mechanism in place to check the implementation of the curriculum. The infrastructure and the sports equipment available for the in-house Physical Education Program is also limited which needs to be updated. The role of Physical education teachers in the physical education program should be defined. The Physical Education should be viewed on par with other teachers and the notion of being a disciplinarian, hygiene master and Coach needs to be changed. The present Physical Education Program gives opportunity for sports competitions there is a need to increase the number of participants and games. The Goa state Sports Policy has been huge boost to sports in state. There is need for well-structured Physical Education Program in the state to keep up with the ever-changing world around.

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