

# General Contribution of ICT in Physical Education

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## Abstract

To beautify the gaining knowledge of and performance, using era is broadly utilized in current world. The area of sports activities isn't always left at the back of at the same time as making using numerous today's technological equipment. The function of information, verbal exchange and era (Information and Communication Technology - ICT) has been broadly utilized by researcher's within side the recent beyond during the world. Therefore, using ICT, together with different changes, appears to be vast in current era. However, in India notwithstanding the large capability provided via way of means of ICT, their real use appears to be restricted to best elite establishments and sports activities persons. Here in this newsletter we attempt to carry out clarity approximately numerous ICT equipment and the capability.

**Keywords:** Information Technology, Communication Technology, ICT, Information and Communication Technology

## Introduction

The use of Information and Communication Technology (ICT) in Physical Education (PE) makes the technological know-how of game come to lifestyles through linking each bodily and intellectual hobby. It additionally allows creating full-fledged college students who're capable of pay attention higher on each sensible and theoretical painting. Besides, it allows college students to broaden a higher knowledge in their very own frame components and that of the human frame in general. It additionally increases the profile of PE within side the status quo through making the concern now no longer handiest interesting, however additionally appealing and effective. Furthermore, it brings enthusiasm and motivation for each PE instructors and college students. ICT is likewise very vital with regards to high school administrative paintings. In fact, facts can without problems be accrued and shared for analytical purposes, e.g. digital data of overall performance of athletes. ICT additionally promotes coaching and gaining knowledge of within side the college agency through converting the character of gaining knowledge of itself. Students are prompted and are capable of hold close critical principles that formerly eluded them. By growing their capabilities to suppose in exclusive methods college students can pick and practice abilities, approaches and ideas, to assess and boom overall performance. Moreover, with the infusion of ICT in PE, lifestyles-lengthy gaining knowledge may be supported via gathering of assets through internet. Furthermore, models, predictions or even speculation may be made through college students with the arrival of ICT. Access to pictures of nice performances may be acquired via video filming. Hence,

college students are capable of assessment their paintings and regulate it to enhance the nice. Through ICT gear reliability, assessment and accuracy of movements also can be executed.

### **1. Contribution in PE Institution**

ICT similarly presents a completely dependable supply of communiqué amongst humans within side the institutions. The use of email, fax, Facebook or maybe Skype will permit short and direct communiqué amongst PE staffs or even college students in different faculties on fixtures, conferences and lots of different applicable matters. Therefore, accuracy of records does now no longer rely handiest at the busy college secretary. Throughout ICT gear, students can advantage from instant remarks to enhance their observational and evaluation abilities. As they familiarize with the software program, they're capon a position additionally to factor out the applicable factors for advantageous method. The principal advantage, however, stay the overall development within side the overall performance degree of the bulk of the students' paintings, as they warfare their manner to appearance superb especially if their overall performance may be analyzed on virtual video gadget. There are many accurate alternatives to be had to bodily educators with regard to generation. Many of that technology are without problems on hand and are without problems included into the curriculum.

### **2. Contribution in Physical Education Classes**

Some technological gear pedometers Theses equipment additionally known as step counters are mechanical sensors used to matter steps and might without problems be included in PE training. They deal with motivation, assessment, and advocacy. Furthermore, they're transportable and may be worn beneath heath the belt and be stored the complete day. Today, it could be stated that the pedometer has turn out to be an identified proper device for measuring bodily hobby. Students can put on a pedometer and get hold of instant and non-stop remarks concerning their hobby degree (Beagle, Pancras, Vincent, 2001). Using pedometers at college also can show to father and mother that scholars are accomplishing a positive degree of bodily hobby. By the use of the pedometers college students may be capable of see development toward set aim and therefore may be greater prompted within side the training. Heart Rate Monitors primarily based totally absolutely at the pupil capacity degree and present day degree of health, the coronary heart price display makes gaining knowledge of greater college students cantered. It additionally presents instant remarks that may make college students paintings harder (Bian, Partridge, King, Andon, Boyer, 2007).

### **3. Contribution in Proper Analysis of Fitness Level**

As health degree increases, sportsmen sense that their cardiovascular gadget is operating and might set individualized aim to paintings greater effectively. The heart price display may even offer actual time facts to be able to permit college students to peer how exclusive sports and sports have an effect on the coronary heart price. Hence the coronary heart price display is a handy equipment that permits college students to apply updated generation (Kirkwood, Manon, 2002). Charts of most coronary heart price may be made for every pupil and song boom or lower of their coronary heart price. Digital Video Camera and Visual Analysis Software The use of the movement evaluation gadget will simply beautify many regions of the bodily schooling curriculum each in studies and coaching. Using virtual video digital digicam has certainly simplified the gathering of facts. These effects can then be imported to perform interactive multimedia presentation to offer college students with a higher knowledge of the

significance of breaking abilities into additives and the effects of diffused version in strategies (Ladda, Keating, Adam, Toscana, 2004).

#### 4. Contribution in Proper Visual Analysis

The visible evaluation software program permits college students to view captured motion and to analyses them. This precise generation can assist instructors to govern pupil's development toward motor abilities dreams; offer remarks possibilities and assessing college students gaining knowledge of (Florentine and Castelli, 2005). Using virtual video digital to file students' overall performance in desk tennis for example, may be a beneficial device to assist college students enhances their strategies. With the addition of movement evaluation software program, students have an expert supportive device. For example at some stage in an education session, a 'robotic pong', that's technological device that distribute ping pong balls at various route and speed, is used to stand a pupil. The PE trainer can then use the Digital video digital digicam to investigate the movements greater closely. This is executed with a purpose to enhance the coaching and gaining knowledge of desk tennis. Digital movies have been used weekly to pressure on right and unsuitable strategies after which the students have been given the virtually possibility to assess their very own strategies and the method of others through the 'déjà vu' resource. In the Mauritian context, a few nation faculties that are operating on a pilot assignment installation through the ministry of schooling are providing applicants for the Cambridge O degree Examination.

Teachers concerned on this assignment could have to utilize video cameras at some stage in the sensible exam to file college students' overall performance after which ship them to Cambridge University. Each university concerned within side the pilot assignment has already obtained a laptop, an overhead projector and its respective display screen. Digital video cameras and net connection centres will quickly be to be had in those faculties. Special simulation and games inclusive of dance, dance revolution, ex. cycles and Nintendo Wii Fit offer possibilities for college kids to be bodily lively and concurrently playing themselves those video games also can be mixed to different technology to beautify the experience (Di Giorgio, 2004). Concerning the Nintendo Wii Fit, paintings outs are executed on a small balanced board that game enthusiasts stand on. The gamers get hold of commands from display screen and mimic the stretching and muscle constructing sports. The Wii Fit monitoring characteristic indicates development the use of the gadget. Therefore, it could be a precious PE device. However, instructors ought to know no longer recollect gaming gadget equal to standard sports. It ought to be taken into consideration as a complement and a now no longer a substitute of conventional sports.

#### 5. Contribution in Physical Education Research Work

Methodology refers to a scientific research of a trouble to acquire vital facts. When studying facts, precious proof can be acquired through the use of numerous indicators. A survey technique regarded to be maximum suitable in preference to an Action studies to us because of elements like time constraints, value of implementation, and excessive price of absenteeism at some stage in third time period and unrealistic expectations. Sampling the nice of a green survey isn't always handiest primarily based totally on suitable instrumentation however additionally on an appropriate sampling approach that has been decided on? The choice of sampling approach turned into ruled through the criterion of suitability. The desire for this approach followed turned into associated with the dreams of the survey - the time

constraints, the facts series methods and the methodology. All those elements had been taken into consideration to make certain validity. The non-opportunity pattern of 378 college students of Form Four turned into selected for our survey which happy the minimal pattern of Form Four college students. The predicted general populace of Form Four college students turned into 19,179 which constitute the wide variety of college students sitting for SC this year. We selected specially Form Four college students due to the fact the survey needed to be completed at some stage in time period three and at some stage in this era Form five and six college students normally shine through their excessive absence rates. Hence, 66 college students of Form Four have been randomly decided on from 5 Form Four training in every college. PE instructors have been additionally focused for our survey to be meaningful. For a complete populace of 325 PE Teachers, we decided on a minimal pattern of 176 in keeping with the given software program for sampling calculation. PE instructors who have been decided on to fill questionnaires have been from respective faculties wherein individuals of our institution paintings and PE educators who're following Diploma, BEd, MEd and PGCE publications on the MIE. Methods and tools for data collection of the survey has been primarily based totally on quantitative observations.

### Conclusion

This decade is characterized with the aid of using fast technological advances. Being within side the virtual era, era has accounted for many adjustments within side the instructional sector. These adjustments variety from the approach education is delivered, to the attitudes on how studying takes place to the quantity of collaboration and understanding sharing among now no longer most effective students, however additionally among teachers, managers and administrators. ICT represents one of the maximum beneficial equipment to decorate curriculum if used correctly. Throughout ICT equipment, students can advantage from immediate comments to enhance their observational and evaluation skills. As they familiarise with the software, they may be coping a position additionally to factor out the applicable factors for fantastic technique. The main advantage, however, continue to be the overall development within side the overall performance stage of the bulk of the students' work, as they war their manner to appearance amazing specifically if their overall performance might be analysed on virtual video system.

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