

Course Code	Course Name	Credits
26PE502	Educational Technology and Teaching Methods in Physical Education	04

Course Objectives

- Introduce the concept, need, nature, and scope of educational technology in Physical Education.
- Explain principles of teaching, teaching methods, and instructional procedures.
- Understand lesson planning, classroom management, and evaluation techniques.
- Apply audio-visual and digital technologies in teaching and sports instruction.
- Analyse the use of computers, software, and internet tools in Physical Education.
- Evaluate teaching effectiveness through feedback and self-assessment methods.

Learning Outcomes:

After the completion of the course, the students will be able to

- Understand basic concepts of teaching, learning, and educational technology.
- Apply various teaching methods and instructional strategies in Physical Education.
- Develop structured lesson plans with effective teaching procedures.
- Use audio-visual and technological tools for sports instruction.
- Analyse teaching effectiveness through student feedback and self-evaluation.
- Integrate computer-based tools and presentations in instructional delivery.

Unit 1 - Educational technology:

Need, Nature and Scope, Effective teaching and Principles of teaching Teacher's responsibilities, Phases and levels of teaching, A review of methods of teaching employed in physical education

Unit 2 - Introduction to teaching and method:

Meaning of the term teaching – Principles of teaching. 1.2 Methods of teaching in physical education – Lecture Method, Demonstration Method, Imitation Method, Command Method, Discussion Method, Project Method, Group – Directed Practice Method and Lead Up Method. 1.3 Teaching Procedures in Physical Education – Whole Method, Part Whole Method, Whole Part – Whole Method, Stage Whole Method. 1.4 Factors affecting Teaching Methods in Physical Education.

Unit 3 - Lesson plan:

Meaning, importance of lesson plan, Principles of lesson plan, Types of lesson plan Structure of lesson plan, various parts of a lesson plan, Feedback: student feedback on lesson content and lesson effectiveness, Teacher's self-evaluation. Techniques of presentation and class management skills.

Unit 4 - Initiating technology:

Use of Audio/Video technology, Image analysis, Technological devices used in Physical activity and sports (underwater camera, various, measuring tools, wind gauges, foul indicators, electronic gadgets, adobe Photoshop, Microsoft animation, laser beam technology, LCD display).

Unit 5 - Computer analysis:

Instructional software, using technology to improve instructional process Use of World Wide Web, Power point presentation, Assessing student learning

Reference:

1. Dick, W. F. (1980). Sports training principles. London: Lepus
2. Books. Harre, D. (1982). Principles of sports training. Berlin: Speculated.
3. Jensen, R. C. & Fisher, A.G. (1979). Scientific basis of athletic conditioning. Philadelphia: Lea and Fibiger, 2ndEdn. 1984).
4. Sports training, general theory and methods. Patiala: NSNIS.
5. Uppal, A.K., (1999). Science of Sports Training. New Delhi: Friends Publication.
6. SchlichMonfred(2003), Circuit Training for all sports, sports book publisher Toronto.