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Physical education as a leader, teacher and coach

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Abstract

Every profession considers the development and application of a Professional Code of Ethics and Conduct (PCEC) as a means of maintaining acceptable professional standards. As for the teaching and leadership profession, teachers are supposed to exhibit a high level of professionalism, responsibility, integrity, competence, character, respect and honesty. Such moral virtues are imperative for Physical Education (PE) teachers since their work involves close interactions with students in and outside the classroom and school contexts. The purpose of this study was based on secondary sources. In this paper observed that the most common assumption about leadership is that 'leaders are born not made'. These who hold this view maintain that qualities like initiative, courage, intelligence and humor, which together predestine a man to be a leader, are inborn. The people have "natural potential" for leadership which varies from person to person, and it requires "environment" for an individual to grow into a leader. Without followership, there is no leadership. Coaches we must first consider their philosophy and how it will guide their practice that is called as coach". We have consider that the coaches must be committed to the athletics and their learning. they must be hand to guide practice, to work with individuals and to teach strategies, techniques, values and sportsmanship- day- to- day rain are shine. The coaches' commitment is just one piece of the puzzle though, as the athletics commitments are equal important issue. Physical Education enables a person to facilitate one's duties and responsibilities to oneself, to the family, to the society and to the Nation and help him to live a successful and meaningful life that inspires and guides the younger generation. Both the laypersons and professional educators believe firmly that the effectiveness of an educational programme is largely determined by the quality of teachers as they interpret, imbibe and transmit knowledge and intellectual traditions from generation to generation.

Keywords: Physical education teacher, leader and, coach

Introduction

Leadership is a burning issue in our physical education concept. So this like, leadership is a comprehensive term the definition and interpretation of which differs from situation to situation. Leadership refers to "the behavioral process of influencing individuals or groups toward set goals. The most common assumption about leadership is that 'leaders are born not made'. These who hold this view maintain that qualities like initiative, courage, intelligence and humor, which together predestine a man to be a leader, are inborn. The people have "natural potential" for leadership which varies from person to person, and it requires "environment" for an individual to grow into a leader. "Without followership, there is no leadership". Kamlesh ML (2000) [4]

Physical education and sports, leadership, as pointed out above, chiefly consists of teacher, sport scientists, student leaders and administrators. The physical education leadership is distinctly different from the leadership in any other field of human Endeavour. With multifarious responsibilities to discharge as skill-teacher, performers, demonstrators, instructors, directors, organizers, administrators, researchers, managers and controllers etc. in various situations and contexts, physical education leadership is an embodiment of dynamism and an instrument of human resource development. Kamlesh ML (2000) [4]

Leadership in Sport graduate and Physical Education option prepares sport coaches and physical education teachers who wish to extend their content, leadership knowledge and pedagogical for improved professional practice in coaching settings and physical education. Frame work is designed to prepare coaches and physical educators to be leaders of, and advocates for quality physical education and sport programs. The program emphasizes academic excellence, the development of critical and analytical abilities, the pursuit of

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knowledge, and the application of theory into practice so students will assume positions of leadership within the profession. It is significant that physical education leadership is build up through well-developed training courses involving both theory and practice. The charismatic performers (outstanding sports person) may not necessarily opt for physical education as a career. Physical education leadership, therefore, is evolved rather than charitably bestowed. Kamlesh M L (2000) ^[4]

Sports coaching its mean’s Technical, mental understanding and life skills through sports which build on from the physical education lesson are teamwork, fairplay that is called as the sports coach. Some time we will consider the himself the age and appropriate provision in the field work.

Importance of the Leadership in Physical Education

The leadership serves several important purposes like, in the first place, it reduces the load of work on the physical educator who performs multifarious duties in the physical education field so in this concept was very necessity and the growth of leadership is effectively incidental and arranges the commitment learning. In the second importance of the inadequate strength of the regular physical education staff increase but this staff will be perfect knowledge in the this period and leader is must learn to be responsible citizens are it necessary to give more practice knowledge of the leadership features.

Leadership sport is a intended influence to direct and coordinate voluntary activities of the members of an organized group toward the accomplishment of group that is called leadership. We have observed the sum factors on leadership like attitudes, motivation, commitment, satisfaction and potential to student behavior.

Importance of the Coach in Physical Education

The coach is one of the most important concepts in our physical education concept. Coaches we must first consider their philosophy and how it will guide their practice in the sports field. We have observed that the coach must be committed to the athletes and their learning.

Statement of the Research Problem

The first part has been between the conceptual background and the objectives of the empirical studies presented in this paper. The second part of the concept describes the starting point and rationale for the as Teacher, Leader and as a coach of the three studies we conducted.

Objectives of the Study

- 1) To overview the importance and selection of the leadership and Coaches in physical Education.

Result and Discussion

Physical Education Teacher as a Leader

Importance of the Leadership

There are two main considerations in harnessing student leadership like, Quality of human stuff and positions likely to fall for them. The student-leaders may be required some importance like

- Act as squad, class or group leaders during teaching lessons, serve as activity pioneers-for organizing classes and demonstrating skill,
- Lead warming up or conditioning sections
- Position themselves as referees, umpires, table officials, linesmen during competition
- Take care of equipment and facilities
- Run errands for teachers,
- Help the teacher during testing and evaluation programme,
- Extend help and support to performers as in gymnastics
- Strengthen public relations- maintenance of bulletin board, publicizing programmes,
- Lead teams and athletic squads.

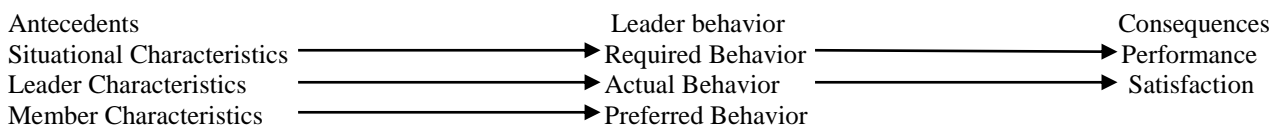
Physical Education experts recommend several methods of selecting student leaders

- At primary school stage, the teacher himself should nominate student-leaders for various position in different situations taking into account worthiness-skill, ability, health and physical attributes, courage, initiative, interest, aptitude etc....
- There are several situations are positions where it would be worth to rotate leadership among deserving students.
- Educationists with democratic outlook prefer election rather than selection or nomination of leaders.
- The eclectic approach is considered to be the best. In this approach, objective selection criteria- based on qualities, qualifications, norms and standards- are applied for assigning individuals to leadership position.

Different types of leadership in physical Education

- A. The Participatory style of management
- B. The Authoritarian style
- C. The Anarchic Style

Multidimensional Model of Leadership for Sports



In this model shows that we have classified that in three concept like, Antecedents, Leader behavior and consequences. The situational characteristics and member characteristics are inverse relationship between the required behavior and preferred behavior and these indicators are directly consequences on performance and satisfaction.

Physical Education Teacher as a Coaches

“Coaches we must first consider their philosophy and how it will guide their practice that is called as coach”. We have

considered that the coaches must be committed to the athletics and their learning. They must be hand to guide practice, to work with individuals and to teach strategies, techniques, values and sportsmanship- day- to- day rain are shine. The coach’s commitment is just one piece of the puzzle though, as the athletics commitments are equal important issues. The Coaches are a developed the maximum participation and team building, and commitment this two own field of the study.

Primary coaching skills

Role of Coach

- Advisor: Advising athletes on the training to be conducted and suitable kit and equipments in the field.
- Assessor: Assessing athlete's performance in training and in competition.
- Counsellor: Resolving emotional problems on the basis that sharing anxieties can be both relieving and reassuring.
- Friend: over the years of working with an athlete a personal relationship is built up where as well as providing coaching advice you also become someone, a friend it is a easy understanding and cooperating in the sports concept.
- Fact finder: Gathering data of national and international results and to keep abreast of current training techniques.
- Instructor: instructing athletes in the skills of their sport
- Motivator: maintain the motivation of all the athletes the whole year round.

Physical Education Teacher as a Teacher

Expectations based primarily on gender limit student abilities to develop to their full potential. While this teacher is all the activities involve the sports, cultural and guide and coaching so that's way physical education teacher is a leader and coaches and a Teacher.

In order to ensure gender equity in elementary physical education, the teacher should:

- Make it clear that all students are expected to be equally active participants.
- Provide opportunities for both female and male students to assume leadership roles.
- Encourage and respect the interests and abilities of both genders.
- Model equitable interaction with students.
- Make sure that all school communication is in gender-fair language.
- Encourage cooperation between genders
- Encourage sharing in small groups

Considerations of Teachers

In order to ensure gender equitable practices, teachers might ask themselves;

- Do I ensure that expectations concerning behavior are the same for females and males
- Do I ensure that discipline practices are comparable for males and females
- Do I avoid using feminine terminology when addressing male students in order to motivate them to be tougher?
- Do I ensure male and female students share responsibilities equally
- Do I make it clear to all students that all physical activities are gender neutral

Characteristics of an Effective Physical Education Teacher

In the world of physical education, educators are faced with many challenges classroom teachers are not. They see multiple classes in a day, instruct multiple grades, transition quickly between groups, and work in an environment where children are encouraged to be active. All of these factors contribute to the importance of a physical educator to be on the top of their game. So what makes an effective physical education teacher? The answer is surprisingly simple; it all

comes down to management. Physical educators have to manage children, the class space, and time. In addition, physical educators have to manage themselves to be effective teachers.

- Physical educator can work towards giving positive feedback for good behavior, thus showing these types of students that her attention is elicited by on-task behavior.
- Teacher must "obtain the student's attention" and "communicate tasks verbally" as well as use demonstration
- The first area of management is of the children. Each student that physical educators see for just a short time every day or every other day has to be their top priority.
- Teacher make curriculum meet individual children's needs is to provide tasks that build upon themselves, so as a student masters a skill, they can move on to a task that is one step harder

The Following are the most preferred Characteristics to be developed in a student teacher like,

- Understands students emotions by their emotional maturity
- Personal and social responsibilities, upholds social values to keep up social maturity.
- Fair, and treats students equally and patiently is non-judgmental through moral judgment.
- Warm, kind, friendly, sociable, familiar, earns students trust, humble, dynamic, disciplinarian and confident.
- Encouraging, supportive, democratic, flexible, cooperative, respectful of students values their opinions, and enjoys helping others.

Importance of an Effective Teaching:

Education enables a person to facilitate one's duties and responsibilities to oneself, to the family, to the society and to the Nation and help him to live a successful and meaningful life that inspires and guides the younger generation. Both the laypersons and professional educators believe firmly that the effectiveness of an educational programme is largely determined by the quality of teachers as they interpret, imbibe and transmit knowledge and intellectual traditions from generation to generation. The importance of teacher in the process of education is of great value.

Difference between Teacher Effectiveness and Teaching Effectiveness

The term teaching implies the effectiveness of teaching within given unit, where as the term teacher effectiveness refers to individual teacher performance. Teacher effectiveness is a nebulous concept as no universally acceptable formula can be given to define 'an effective teacher' Questions like what makes teachers effective.

What are the qualities and characteristics of effective teachers? How can these qualities be identified? These questions remain unanswered satisfactorily even after several years of research in this area conducted in different countries by large number of educationists. Until and unless these questions are successfully answered the right type of pre-service and in-service training to accomplish the dream of molding effective teachers would not be possible.

Conclusion

The physical education leadership is distinctly different from the leadership in any other field of human Endeavour. In this paper already we have discussed as a physical education

teacher is a managed in the entire field because he is mentally and physically actives in all the fields. They see multiple classes in a day, instruct multiple grades, transition quickly between groups, and work in an environment where children are encouraged to be active. All of these factors contribute to the importance of a physical educator to be on the top of their game. So what makes an effective physical education teacher.

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