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Role of leadership and its training in physical education

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Abstract

Leadership in Physical education is very important so that so that he can lead and control the groups/ teams at play fields. He must be in position to guide the student to detect their physical defects. A good leader can make his students understand psychologically regarding the complexes on the playground. He is able to find out the postural defects and remedial measures and know how to treat these defects with physical exercises. He must be conversant with physical activities in general and should have mastery over some games. He also develops confidence, sense of discipline and ability to take decisions. A good leader in physical education takes the teams for competition from one place to another. They organize practice matches for various teams/ groups. All players have the opportunity to lead the team. They enjoy while taking the teams for picnic and hiking etc. They are able to organize the sports meet in small groups and at the school/college level and have confidence.

Keywords: psychological, confidence, discipline

Introduction

Physical education is not an exception where qualitative leadership is required because leadership is a reflection on the profession and reflects to indicate the nature and aspiration of the profession. It means Physical education is a profession cannot progress without qualitative and striving leadership. Leadership is the ability to build up confidence and zeal among people and to create an urge in them to be lead. To be a successful leader one must possess foresight, drive, initiative, self-confidence and personal integrity. Different situations may demand different type of leaderships. Leadership is an important element in directing functions of a group, an organisation or management. Wherever there is an organised group of people working towards common goals, some form of leadership becomes essential. "The power of the leadership is the power of integrating". A leader stimulates what is best in a group, unites and concentrates scattering. A group leader provides channel to unutilized energy and creativity in the group. Marry Parker Follet has rightly expressed: "The leader is the person who influences the most, is not who does great deeds, but he who makes we feel that I can do great deeds. In other words of the great English Soldier Field Marshal Montgomery, "The capacity and will of an individual to rally men and women to a common purpose" is leadership. In other words, leadership is the act of influencing other people to cooperate towards some common goals which they come to find desirable. This act is performed by a very few in society.

Definitions

The definitions of leadership given by some famous authors, experts and experienced heads of various organisations, professions, management and establishment are mentioned below.

1. "Leadership is the exercise of authority and making of decisions" states Durlin. R.
2. "Leadership is the ability to secure desirable actions from a group of followers voluntarily, without the use of force", states Alford and Beaty.
3. "Leadership is the activity of influencing people to strive willingly for group objectives", expressed R. Terry.
4. "Leadership is the initiation of acts which results in insistent pattern of groups interaction directed towards the solution of mutual problem", stated Hemphill. J. K.
5. "Leadership is an art, a science, or a gift by which a man is enabled and privileged to direct the thoughts, plans and actions of his fellowmen by honourable and legitimate means for noble and altruistic ends", expressed by Frederic E. Wolf.

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Leadership is a dynamic process that caters to the needs of the members of the group. Further, it emerges in the interaction of individuals with one another. Without right leadership, no home, community, discipline, institution, and finally nation can move on the path of success. It means that the welfare as well as progress of society or a profession depends upon qualitative leadership. Therefore the leader is said to “give the lead” he makes acceptable suggestions, shows the right path, acts as a model for others, give commands, which are respected and carried out.

Nature and Characteristics of leadership

An analysis of the definitions cited above explores the nature and characteristics of leadership as stated below:

1. Leadership is a personal quality.
2. It exists only with followers. It is implied that if there are no followers, there is no leadership.
3. It is the willingness of people to follow that makes person a leader.
4. It exists only for the realization of common goals
5. It involves readiness to accept complete responsibility in all situations.
6. Leadership is the function of stimulating the followers to strive willingly to attain objectives of the profession/group.
7. Leadership styles do change under different circumstances.
8. Leadership is neither bossism nor synonymous with management.

Qualities of Leader

Progress in any field depends upon the quality of profession leadership available. When any leader is striving to promote his profession, he is promoting himself directly or indirectly. Though the qualities of leadership are innumerable yet the word “LEADERSHIP” itself contains the qualities of a great successful leader. Each letter of leadership can be abbreviated in the following manner:

L: Loyalty

E: Enthusiasm, Endurance, Engaging personality

A: Alertness, Adjustment

D: Discipline, Dependability, Desire to help others

E: Energetic, Earnestness

R: Reliability, Right thinking

S: Sincerity, Sympathy, Self-control

H: Health, Honey, Humour

I: Intelligent, Impartiality, Interest in teaching

P: Patience, Personality, Public relations

Physical Education as a Profession

“I admit that your vacation is laborious, but I utterly deny that it is tragic or deplorable, as you call it. To be a school master is next to being a King. In the opinion of the fools it is humble task, but it is the noblest of occupations”, said Erasmus (1456-1536).

Dorothy Westly-Libson states that any field may be termed as a profession, if it has the characteristics/or fulfils the criteria given below.

1. The performance of a service to the public.
2. The possession of a unique body of scientific knowledge and technical skill.
3. The requirement of a highly specialised and usually formal preparation.
4. The regulation of standards of the admission to practice by members of profession.

Abraham Flexner proposed the different criteria for a profession: “It should be learned in character and definite in purpose, possessed of a technique, capable of being transmitted through an orderly and highly specialised educational discipline and organised in a brotherhood with increasing elements of altruistic motivation. Any fully developed profession can be tested to the following criteria:

1. **Pace with times:** Are the physical educators up to date in their acquisition of knowledge and skill?
2. **Efficiency:** Are they efficient in their performance and service?
3. **Relevance:** Are the roles and services rendered by physical educators suitable to the needs and problems of community and its structure.
4. **Structure:** Are the activities and theories of physical education well organised and disciplined?
5. **Approach:** Are they honest, fair and dedicated to their profession?

No doubt, present Physical education is proudly recognised as a worthy profession. A careful study of test criteria to test the strengths and weakness of any profession indicates that much remain to be accomplished. Perhaps, besides other factors, the most important professional handicaps still exist which need to be taken care of? The handicaps are follows:

1. There is lack of national policy of professional training and programmes. If anything of this sort is in existence then there is overlapping.
2. Sufficient material, moral financial and legal support of the govt. and public is not available to the professional organisation.
3. In school or colleges a sound physical education is programme is either lacking or is being miss-utilised.

Brief History of Leadership training in Physical Education

The period between 1900-1920 is termed as the period of Semi-professional approach. During this period the athlete and the trainer became somewhat aware to the need for systematic training. During the period 1960-1980 there was a lot of research undertaken to introduce new techniques of performing skills in different games and sports.

In the modern society there is great emphasis on leadership. Leadership is a basic trait of an individual’s personality. A society seeks leadership constantly because under the guidance of a good leader nation can progress. Progress in any field is related to quality of professional leadership. Leadership is a partly learned attribute. Progress cannot be achieved only by chance but through the efforts of all concerned individuals under the leadership of a good leader. The basic function of a leader is to motivate and inspire his followers.

Conclusion

The conclusion of this study was that leadership plays an important role in the life of the people. A leader leads the team for achieving the goal. It is also very helpful for the individuals who are not related to games and sports. A good leader takes the team for competition from one place to another. It is helpful for the players to enhance their performance in games and sports. A good leader always enjoys his/her leadership without biasness. A leader learns how to organise the sports meet in small groups and at the school/college levels. A leadership quality helps in general life also.

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