



## **Purposes and Admission of requirements of Post Graduate Preparation**

### **Introduction**

The simple meaning of post graduate professional preparation is a training program of master degree level in physical education and it is the addition of graduate level. The master degree itself includes the essence of master (specialization) in particular area of this field.

So it is noted that, if an individual wants specialized professional preparation then he has to proceed for master level of professional level. Such specialization is- Sports Biomechanics, Physiology of exercise, Sports management etc. and universities offer M.Phil & PhD Degrees at the level of post graduate study.

### **Purpose of Post Graduate Study**

The following purposes are drawn for the postgraduate level professional preparation in physical education and sports science.

**1. Expatiation in one of the area :**

The curriculum of postgraduate level course should incorporate the concept of specialization and expatriation in one of the area of physical education. It means to develop high degree of competency in area. Such as Biomechanics, sports psychology, sports management etc.

**2. To provide high quality leader :**

Postgraduate study provide highly quality leader with control over the frontiers of knowledge related to physical education and sports concluding with a degree of human relationship dedicated to the service humanity.

**3. To become a good research expert :**

Post graduate study provide ability to conduct applied research taking problems and complied research required within the area of specialization.

**4. To published standard literature :**

In post graduate level additional training will be given to publish standard literature and related field of area.

**5. To become a successful organizer :**

In postgraduate study, trainees need to develop the abilities to organize various conference, seminar, workshop, refresher course, etc. through association and emphasizing curriculum development with research project.

**6. To produce full time professional :**

It aims to provide continued and full time professional and develop professional growth through the attainment of scholarship.

**7. To develop problem solving capacity :**

To develop ability to locate problem, study, analysis, interpret and then make evaluation from conclusion and recommendation from both on personal experience and experience of others.

**8. To provide best control over all activities and equipments :**

At post graduate level leaders should give trainees to handle huge machinery of human engineering in school, college, universities and coaching center.

**9. To promote high communicative abilities :**

It also helps to assist each individual to develop communicative abilities such as – speaking, writing, reading, at higher level and promote critical thinking.

**10. To promote high confidence :**

The various types of experience should be provided to develop the professional confidence, which may be implemented through the inclusion of internship as a part of professional preparation at post graduate level.

**11. Experience of theory and practical knowledge :**

It should provide the practical experience to its trainees so that they may be able to serve properly and they must be experienced with the theoretical basis of fundamental techniques of various physical education and sports activities.

**12. Knowledge of pedagogical techniques of teaching :**

It should include the contents like learning to adopt the various pedagogical techniques (teaching methods) and stages of various kinds of teaching (class room and field teaching) in different teaching situation.

**13. To provide knowledge of test and measurement :**

Graduate study in physical education provides knowledge of elementary method of test, measurement & evaluation of physical education programmed

**14. Knowledge of laboratory and library :**

It should include various laboratory experiences and teaching skills and techniques especially to use as laboratory equipments. The library experience is also an added feature, which provides the learning of professional use of library. The understanding of library systems and techniques helps the professionals to use the library with economy of time.

**15. Develop habits attitude and technique :**

The professional knowledge and ethics develop personal habits, attitude and techniques of technical preparation for professional practice.

**Admission Requirements in Post Graduate level preparation in Physical Education**

Following are some of the postgraduate courses running in physical education with different names and structure.

**Such Post Graduate Courses are**

1. M.P.Ed. (Master in Physical Education/Sports Sciences/Physiotherapy/Sports Medicine, Yogic Science (two years degree) with dissertation.
2. Master of Physical education (M.P.Ed.) Two years with dissertation

### 3. Master of education (Physical Education)

**Eligibility-** Graduation in physical education, B.P.ED (2 years course) B.P.ED (integrated 4 years degree course) B.P.E (3 years course) B.Sc (P.E., H.E., and Sports) from recognized university, with 50% marks and 45 % for those who have represented interuniversity or state in sports.

#### **Doctoral/Post Doctoral Level:**

1. Master of Philosophy in Physical education (Durations are according to university rules) with dissertation.

2. Doctor of Philosophy in Physical Education (Durations are according to university rules)

**Eligibility :** Post graduation in physical education (two years course) with 55% marks for General category and 50% for SC & ST category students.

#### **Method of Instruction**

*According to Muska Mosston (1966)*

“Method of instruction is a style of teaching. It is defined as set of decisions made in conjunction with the teaching act. The shift from one style to another is facilitated by the transfer of certain of these decisions from the teacher to the students”.

##### **Advantages-**

- Very specific learning targets
- Students are told reasons why content is important - helps to clarify lesson objective
- Relatively easy to measure student gains

##### **Disadvantages-**

- Can stifle teacher's creativity
- Requires well-organized content preparation and good oral communication skills

#### **Anatomy of Method Instruction:**

During the teaching/learning process, all teaching decisions can be assembled into three categories comprising the anatomy of teaching styles.

- Pre impact or planning phase
- Impact or execution phase
- Post impact or evaluation phase

##### **Pre impact or planning phase-** (preparation)

- Whom to teach
- What to teach
- Where to teach (starting, stopping, duration, rhythm, interval)
- Quality
- Quantity
- Communication
- Teaching style
- Anticipated learning style
- Class climate
- Evaluate procedure and materials

**Impact or execution phase**-(delivery/instruction subject matter)

- Implementing all pre impact decisions
- Adjustment

**Post impact or evaluation phase**-(evaluation of subject matter/ performance of instruction)

i. About feedback

- Reinforcement (immediate/delayed)
- Correction (immediate/delayed)

ii.Evaluating Data

- Instrumentation
- Frequency
- Norms

**The Common Methods of Instructions are-**

- Lecture method
- Demonstration method,

### **Lecture Method**

Lecturing is perhaps the oldest teaching strategy and still the most widely used in colleges and universities throughout the world (Mc Keachie 1980). Through this method the physical educator tries to explain the technicalities of the concerned physical activity orally. The person who gives lecture is called lecturer. He tries to explain new materials, challenge theory and share possible applications in the real world.

**For effective use of ‘Lecture Method’ following essentials should be kept in mind**

- The lecturer must possess up to date knowledge of the concerned activity.
- Lecturer style of description and explanation should simple, lucid, pleasant, and understandable.
- Lecturer should have the ability to attract the students
- Lecturer should be well versed in the effective use of ‘Teaching Maximums’-such as- from known to unknown, from simple to complex.
- His language should be simple, easy and understandable.

### **Characteristics of Good Lectures-**

- Good teacher- Student interaction
- Good two way communication
- Good questioning and discussing
- Shared responsibility for active learning
- Variety of supporting media
- Limited notes
- Lasting not more than 10 to 15 minutes

### **Demonstration Method:**

It is a method essential used in command method. In this method the instructor gives brief instruction in the particular skill and demonstrates that skill in front of the students.

While using demonstration method the following things must be kept into consideration

- Demonstration should be correct and flawless.
- Demonstration should be accordance with physical, mental, and intellectual level of the students.
- Brief oral description should precede the demonstration.
- In the beginning of demonstration should be slow, but it should gain speed gradually.`
- Demonstration of the important parts of the skill should be repeated.
- In demonstration the cooperation of the students should also be sought, it means that talented students should be made to be demonstrate in front of other students.
- Practice the skills by students and correction should be made.

### **Use of Technology**

The integration of technology in education is no longer a “new” idea. Because technology has become such an integral part of society, it is necessary to integrate its use in education in a variety of ways. Using technology students have the ability to enhance the learning experience of students and research information within just a few minutes to help learn about any subject possible in depth.

Chalk board  
Pencil board  
Graph board/paper  
White board  
Flip chart  
Marker Pen

### **Modern Technology :**

Desktop  
Laptop  
Internet  
Projector  
DVD/CD/Floppy  
Mobile  
Audio/video recorder

### **Effects of Technology on Classrooms and Student**

Change in student and teacher roles  
Increased motivation and self-esteem  
Technical skills  
Accomplishment of more complex tasks  
More collaboration with peers  
Increased use of outside resources  
Improved design skills/attention to audience

## **7. Professional relation**

Referring to the general principles of democratic relationships, attempt has been made to identify some of the essential professional relations to be maintained by leaders in physical education and sports. Such relationship are-

1. Relationship with Administrators
2. Relationship with Colleagues (Professional and others)
3. Relationship with Administrative Personnel
4. Relationship with Student/Other Client groups
5. Relationship with Community

### **1. Relationship with Administrators**

Whatever (teaching or non-teaching) career one intends to join, it is of highest importance to understand the need and mechanism of maintaining relationship with administrators of organization. Sometime physical education program does not get priority in terms of finance or place or other resources. But teachers in these settings must be able to understand, principles appropriate for allocation of resources.

### **2. Relationship with Colleagues (Professional and Others)**

Physical educators generally are expected to maintain relationship with colleagues from stream of physical education as well as colleagues from various streams other than physical education. A teacher can overcome these limitations if he recognizes the importance of being an integral part of the faculty and takes initiative to participate in group activities.

A new staff must be able to put special efforts in establishing relationship with other staff of physical education. Some special guidelines are discussed below-

- honest in respecting limitations of other
- respecting and appreciating the performances
- sharing the work load on mutual bases
- understanding the professionals as a 'person'
- abiding by written rule of department
- respecting traditions and rules
- non-threatening in putting new proposal
- commanding and not demanding respect
- assuming others role in emergencies
- seeking satisfaction from a group work
- accepting team dynamics
- sharing professional information for all growth of every one and,
- feeling pride for other achievement than being jealous.

### **3. Relationship with Administrative Personnel**

Democratic human relations must be applied in dealing with administrative staff of the organization. Such as secretaries, assistants and store keeper and other service providers as human being in need of self-respect parallel to those of sports and other teaching staff. Most of the physical educational programmers' need support of field and laboratory staff.

#### **4. Relationship with Student/Other Client Groups-**

An effective physical educator must be capable of critical thinking and should be skillful in understanding and applying democratic principles in building relation with clients/students. An ideal relationship with clients may include policy with regard to maintaining discipline, giving award and appreciation.

He is also expected to-

- recognize values and ethical conduct,
- motivation
- smart operation
- punish or correct understand behaviour
- advise on personal and professional matters
- counsel and guide

#### **5. Relationship with Community :**

A physical educator in first few weeks in job is expected to settle with the community. But it is some time hard to maintain relationship with community sports organization due to the lack of time, resources, energy or other commitments. It is wise to choose some activities for personal as well as for the satisfaction of community.

#### **Conclusion**

The above mentioned purposes enable to understand the professional views of post graduate level professional preparation course. The professional preparation is an academically oriented profession. It implies to the acquisition of academic and scientific body of knowledge that gives support to projects, programs and procedures of professional intervention. Therefore, professional preparation at the University level must give access to this body of knowledge. Nevertheless, this constitutes only a necessary condition when we consider that the university is under the influence of two revolutions.

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