



Teaching as a career and basic qualities of a successful teacher

Introduction

Teaching and coaching opportunities for physical educators have broadened from the school setting to non-school setting and, from school-aged populations (5-18 years) to people of all ages, ranging from pre-schoolers to senior citizens. Further, physical education has long been recognized as a part of the teaching profession, and to understand physical education as a teaching profession, it is important to know the requisite educational background and basic qualities to do well in the chosen profession. In this lecture the basic qualities to become a successful teacher as a part of professional preparation for a career in physical education and sports will be discussed.

Professional Preparation in Physical Education

The process of preparation for a career is referred to as professional preparation. It is the attainment of the knowledge necessary to be an educated person as well as the knowledge essential to understand the discipline of physical education. Professional preparation also includes maximizing strengths and developing abilities with reference to one's chosen career. In addition to gaining the knowledge and skills necessary to become a successful practitioner, professional preparation may be thought as a process of increasing personal marketability. From this perspective professional preparation includes not only the coursework and academic qualification but also related to career experiences as well.

TEACHING AS A CAREER

Teaching Physical Education

Teaching offers many rewards, regardless of whether it takes place in a traditional method or an alternative way, it also offers an opportunity to help in setting people's lives and promoting healthy lifestyles. Certainly personal interests, likes, and dislikes influence one's decision to enter the teaching profession. Many people choose to study physical education because of their love for sports and perhaps the desire to transmit this love to others. The opportunity to go outdoors, to work out and stay physically fit, and to have fun are often given as the reasons for entering into the teaching profession.

Process of choosing physical education as a Career

Choosing a career is a decision making process that involves gathering and evaluation of the information about the alternatives available to us. And the most important factor influencing in choosing a career are the strength, interest, goal, and preference. Having a realistic perception of one's strength and abilities is important in finding a satisfying career. Information about oneself-like ability, interests, goals and preferences – should be matched to the characteristics of once prospective career. Matching assets with career requires an understanding of the nature of career we are considering. An excellent way to find out about potential careers is to talk to practitioners. Most people would be happy to talk with us about their career and their perceptions.

Physical Education teacher's basic qualities

There are many important characteristics to be considered when selecting a teacher as a profession. And to a great extent, the type of job description will determine the technical skills that will be required, example, if the setup involves more in sports coaching for performance

than, competency in this area will be desired. In order to obtain high quality teacher, several specific characteristics or qualities must be considered:

1) **Personality**

In nontechnical terms, personality can be viewed as an individual's way of behaving, experiencing and thinking. These qualities are of prime importance for determining whether or not a person should be selected for a teaching position. Emotional stability is an important personality attribute for physical education teacher. Self-control, acceptance of disappointment and criticisms, adaptation to changing situations, patience and ability not to worry about trivial things are the examples of qualities that physical educators need to possess.

2) **Flexibility and Warmth**

Acceptance of differences and varying moods requires one to be flexible. Capitalizing on learning situations develop suddenly or with times requires a teacher to be flexible. Warmth means accepting each student as a person and having a sincere interest in them. Warmth permits the teacher to nurture even the student with strange and impulsive actions.

3) **Health and Fitness**

Maintaining enthusiasm and handling the pressures associated with teaching job of physical education requires a satisfactory level of mental and physical fitness. Besides, one of the main objectives of physical education program is to develop physical fitness and the leader has to set the example. Vitality and endurance affect one's manners, personality, attractiveness, and disposition. Failure to have the necessary strength and endurance could mean the inability to perform tasks that are essential.

4) **Intellectual Ability**

It is desirable and important to have better intelligence only then they can successfully apply the principles of learning in their discipline. Mastery of techniques, the methodology changes based on research findings and, implementing new approaches requires above average intellectual ability. To be a good teacher one must be intellectually competent. They should be able to think and reason logically and apply knowledge effectively.

5) **Communication Skills and Creativity**

A teacher must be able to communicate effectively, both orally and writing to make an activity program come alive and to meet individual needs requires a creative person. A successful program is usually characterized by innovations and creative ideas in organizational pattern, practice procedures and skill development. Being able to describe clearly what we want is extremely important.

Qualifications and Training:

- 1) **Professional Preparation:** From the standpoint of successful programs, an adequate professional preparation is of prime importance. Regarding personality qualifications, the leader with a thorough preparation is worth much more than the one with poor professional preparation.
- 2) **Experience:** The true value of experience is that it should lead to better performances of the program by tackling same error effectively. Experiences should be varied. Personal participation in the activities, teaching skills to various age-groups and working in camp are examples where experience can be obtained.

ADDITIONAL TIPS

1. Confidence:

A teacher must be instil confidence and 'followership' by having a clear vision, showing empathy and being a strong coach. To be recognized one has to show up assertiveness, yet always tries to maintain sound upbringing, which underscores kindness and generosity. The two work well together in gaining respect."

2. Inspiration:

People always say I am a self-made man. But there is no such thing as self-made; they are driven. Teachers were expected to offer motivation, great inspiration and fantastic advice.

3. Passion:

We must love what we do. In order to be truly successful in something, we must be obsessed over it and let it consume us. No matter how successful we might become, we are never satisfied and constantly push to do something bigger, better and greater.

4. Personableness:

We all provide something unique to this world, and we can all smell when someone is not being realistic. The more we focus on genuine connections with people, and look for ways to help them-rather than just focus on what they can do for us-the more likable and personable we become.

5. Innovation.

In any system innovation is essential for not only success, but also for survival. The innovators are our leaders. We cannot separate. Whether it is by thought, technology or organization, innovation is our only hope to solve our challenges.

6. Positivity.

In order to achieve greatness, we must create a culture of optimism. There will be many ups and downs, but the prevalence of positivity will keep things going. We have to truly believe in making the impossible to possible.

7. Insightfulness.

Insightfulness is the wisdom which can be improved with time, if we pay attention, but it has to exist in our character. It's inherent. When our insight is right, we look like a genius. And when our insight is wrong, we look like an idiot.

Conclusion

Selecting a career pathway to the many available options requires careful consideration of many factors. Choosing a career involves the process of decision making and, to make informed decisions, information must be gathered from appropriate sources and evaluated. Our personal strengths, interest, goals, and preferences are the most important consideration in choosing a career. Lastly, planning for successful career demands the understanding of the nature of the work to be performed and the requirement for the job.
