



## **Preparation of the specialized physical education teacher**

### **INTRODUCTION**

Physical educators should have the requisite educational and professional qualifications and should be well trained person as per the level of the learners. Physical education activities are strenuous and therefore demand the members of this profession be in a state of buoyant, robust health in order to carry out their duties with efficiency and regularity. Physical educators are supposed to build healthy bodies. Therefore they should be good testimonials for their teaching. Unless the individual has a firm belief in the value of his or her work and desire to extend help the benefits of such endeavour to others, he or she can never be assets to the teaching profession.

In the field of physical education, when we talk about specialized physical education teachers we mostly refer to those who deals with special population (differently abled group) or those who trained the specially talented individuals in a particular sports aiming for high performance and achievement in their chosen sport. In today's lecture let us concentrate on those aspects related to the role of a teacher-coach in performance oriented areas.

### **General Qualifications for Specialized Physical Education Teacher**

Physical education is based on the foundational sciences of anatomy, physiology, biology, kinesiology, sociology, psychology, and research, teacher in this field should be well versed in these areas.

It is essential that physical educator always shows and stresses fair play, good sportsmanship and sound values.

The physical education teacher should also possess an acceptable standard of motor ability.

He or she must enjoy working with people, since there is a continuous association in/with an informal atmosphere.

- Specific/Special Qualifications for Teaching
- Specialized physical education teacher must know his/her sport or subject well.
- He or she must take a personal interest in each of his trainees or students.
- Teacher or coach must be an original thinker and creative in his/her methods.
- Outstanding teacher must be fair and honest in dealing with students.

### **Meeting the Needs of Special Population**

**Purpose:** To serve special populations like those with physical or mental disabilities, both through therapeutic recreation service in treatment settings and through community based programs serving individuals, with a broad range of disabilities

While all people need to diversify recreational opportunity, those with disabilities are especially difficult to meet these needs in constructive and varied ways, partly because of their physical or mental impairments limit their participation and partly because of society's reluctance to help them engage in activity to their full potential. Yet, physical activities are of even greater

importance to many disabled persons. It is well understood that a great number of disabled individuals do not work and have overwhelming amounts of free time – and thus have a critical need for appropriate program. This is one of the important areas of physical education where the experiences and knowledge of physical education can be used. It is also important for physical educators to have sincere interest in the people he is working with: one must enjoy teaching, participating in activities, helping other realize the thrill of participation, encouraging citizenship traits conducive to democratic living

### **Selecting Coach/Trainer Duty as Teaching Profession**

Many prospective physical educators aspire in career to be a coach. And some of these prospective coaches seek a dual career as a teacher and as a coach, while others desire solely to coach and view teaching career as a means to spot and identify special talents in their chosen sports so as to attain their ultimate ambition of being a coach. Often, individuals seek coaching careers for their love of sport, their own previous involvement on athletic teams, and the enjoyment they derived from participation. The desire to continue this involvement and association with athletics, perhaps to share some of what one has learned through athletics is a strong motivating factor in selecting a coaching career.

### **Benefits and Drawbacks of Coaching**

Like teaching, a coaching career has several disadvantages and advantages. Many intrinsic motivations are associated with coaching. The opportunity to work with athletes and strive side by side with them to achieve their full potential, the excitement of winning and the satisfaction associated with giving the best and the respect accorded to a coach are some of the intrinsic benefits of coaching.

The drawbacks associated with coaching are also not limited. The hours spent in practice and coaching for their competition are most visible indications of the amount of time involved in coaching. Untold hours may be spent in preparing practices, reviewing the results of the games and planning for the next encounter, counselling athletes, performing public relations work, recruiting etc.

### **Coaching Responsibilities**

Some of the most common duties and responsibilities associated with coaching job are discussed briefly:

- In conducting practice/training and coaching for the game/competitions the coach should instruct the athletes on more advanced skills and strategies necessary to perform at a high level.
- The coaches spent untold hours in evaluating practices and the results of competitions, and then using this information to plan for the forthcoming practices and competitions.
- Recruiting potential talents occupies a tremendous amount of time, for example phoning to prospective athletes, arranging for meeting, talking with parents, scouting contests for potential athletes etc. are required.
- A coach is expected to reflect a positive image and exemplify the values associated with the sports. The actions of the coach as the team wins or loses will influence the public's opinion of the sports program.

- The coach, because of the close relationship that develops from many hours of working together with his or her athletes toward common goal often undertakes the role of counsellor or assumes the role of a surrogate parent.
- Coaches must also fulfil many professional responsibilities. Coaches must attend sporting and rules clinics so that they are aware of the current trends and the latest rule changes in the sport.
- Essential Characteristics of Specialized Physical Education Teacher

### **Organizational Skills**

Organizational skills are very important in establishing the learning environment and facilitating student involvement in activities. To be effective the teacher must ensure that the lesson to be presented relates to the stated objectives, meets the needs of the individual learners, and is presented in a logical, systematic manner. Lessons or classes are planned to ensure that students receive maximum opportunities to practice relevant skills and experience sport success. Actively supervising and monitoring the student performance and providing them with appropriate feedback are the characteristics of successful teachers.

### **Communication Skills**

Communication skills needed by the teacher include verbal and nonverbal expression skills, written competencies and ability to use the various media.

- The ability to speak clearly in a pleasing manner is essential. The ability to give clear, precise directions and explanations and use terminology and vocabulary that is appropriate to the activity and the level of the learners.
- Effective teachers are aware of the influence of their nonverbal behaviours on the students and learning process.
- Written communication skills are essential, especially in the planning and evaluation phase of teaching. The ability to communicate well with the supervisors, participants, and other interested will help to establish a more successful program.
- Expertise in the use of various instructional media techniques is a quality of effective teachers. Appropriate use of media can enhance and accelerate student learning.

### **Motivation Skills**

The ability to motivate students to perform their potential is the goal of every teacher. Skilful teacher will use appropriate reinforcement techniques to maintain student involvement and promote a high level of student effort. These may include checklists, award systems, and verbal and nonverbal feedback. The successful teacher continually updates their lesson in an effort to meet student needs and to make the relevant material to be presented.

### **Human Relations Skills**

Effective teachers possess superior human relations skills. They listen to students and accept students as individuals and treat them the same way. They strive to instil in each student a sense of self-worth. He or she shows concern for the well-being of each student with opportunities that will enhance their self-confidence. The ability to establish and maintain rapport with students

and staffs and readiness to acknowledge one's own mistakes are also characteristics that many successful teachers possess. A sense of humour is a welcome attribute as well.

## **CONCLUSION**

Teaching may be defined as those interactions of the teacher and his learner that make learning more successful. A teacher's ability to communicate effectively with learners, structure the learning environment to maximize learning opportunities, assist learners in the analysis of skill, and accurately evaluate learners' performance and provide necessary feedback directly influences the amount of learning that occurs. To improve the learning process, researchers attempted and identify characteristics that are commonly possessed by effective teachers. They have divided the skills or characteristics comprising the teaching process into several broad areas, those are – organizing, communication, motivation and human relations skills. Although many of these skills appear to be hereditary quality for certain individuals, all of them can be developed or improved by individuals who desire to become more effective teachers. And this hold true whether one is teaching in the school setting or non-school setting.

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