



TYPES OF TEACHING JOBS

Introduction

Physical education has long been recognized as a part of the teaching profession. Whether one plans to teach physical education in the traditional or school setting or intends to pursue a non-traditional path e.g. taking fitness or coaching class requires teaching ability. All types of teaching require an understanding of how people learn skills and under what conditions they can learn more easily and effectively. Patients, students, clients, club members and all other fitness or sports coaching consumers were expected to learn in their classes. Therefore, physical educators in all these settings should be prepared to meet individual needs and to assist them in achieving their goals. If teaching seems to be our career goal one must begin to identify the setting and the population with whom one wish to work. Basically, the setting for our work can be divided into school and non-school settings. Physical education teaching opportunities are diverse and the potential teacher can usually find an area that meets his or her interest.

Teaching Opportunities

| <i>School Setting</i> | <i>Non-school Setting</i> |
|------------------------------------|-------------------------------------|
| Elementary school | Community Recreational Program |
| Junior school | Industrial Recreational Program |
| High school | Commercial Sports Clubs |
| Higher Secondary school | Health Clubs |
| College and University | Military Personnel Programs |
| • Basic instructional program | Resort Sports Program |
| • Professional preparation program | Correctional Institutional Programs |
| Adapted Physical Education | |

Teaching in School Setting

Teaching opportunities in the school setting are available in public and private schools as well as higher educational institution. The popular pattern exist in India is that of elementary schools, primary school, junior school, high school, higher secondary school and professional preparation program at college and university level. There are also other opportunities for those who want to work with the handicaps.

1) Teaching in Elementary & Primary Schools

Elementary school and primary school encompass children enrolled in LKG grade to grade five. It is during these early formative years that a child is first exposed to a formal physical education program. Participation in a quality physical education program will instil in the child a love for physical activity and a favourable attitude regarding the importance of physical education.

Children at this age are typically motivated, eager and enthusiastic and, take pride in their progress. They enjoy being active and usually appear to have boundless energy. Physical education must instil in the child the ‘why’ of movement, and the ‘how’ of movement. The program should focus on the development of body awareness and fundamental motor skills. This is the time when solid foundation of movement experience can be provided as a base for the future physical development and achievement in various forms of physical activity including sports.

2) Teaching in Junior Schools

This age group mainly encompasses children who are studying in six to eight standards. The physical education program placed great emphasis on movement education, body awareness, quality of movement and relationships. The physical education curriculum focuses on refining the skill already developed and beginning the development of sports-related skills. It is also important that, during this period children should be given an opportunity to participate in a wide-range of sports activities rather than encouraging them to specialize in a few selected sports.

It is also desirable that the junior school physical education curriculum should include dance, gymnastics, individual activities, and aquatics as well as team

sports. Qualities of good sportsmanship, fair play, followership, and leadership should be encouraged.

3) Teaching in High Schools

High school in India incorporates grades nine and ten. At this level the physical educators help students to identify physical activities suited to their needs and interests and motivate the students to achieve their fullest potential. Development of physical fitness, skills, attitudes, and knowledge are the goals at this level. Students at this level are in the period of rapid growth and the physical educators need to recognize it. The changes are experiencing at this age and teachers must always be available when students seek for guidance and support during this time of transition.

The high school level students begin to specialize in certain sports activities. Many students seek additional experiences in sports. Intramural and interscholastic programs should be provided to meet these needs. It is also very important for the physical educators to ensure that his or her program is based on sound progressions.

4) Teaching in Higher Secondary Schools

This age group refers to those students in grades eleven and twelve. This group exhibits increases in physical, social, and emotional maturity. This is the crucial time of transition from adolescence to adulthood. The senior secondary school physical education curriculum is generally oriented toward lifetime sports or activities, although team sports may also be popular. It is critical that the physical education teacher takes into consideration the interests and needs of the students in planning the curriculum.

The trend is toward providing students with increased knowledge and understanding of physical education concepts. Intramurals, interscholastic, and sports clubs should be offered to senior higher secondary students. Additional opportunities to participate in sports and to develop expertise should also be provided.

5) Teaching in Professional Preparation Programs

The qualifications for teaching in professional preparation programs at college and university levels may include advanced degrees and acceptable academic record. The college teachers must be particularly well versed and competent in the field and must have desirable personality and non-academic traits such as good character. Individuals who aspire to teach professional

preparation programs may also teach theory courses in the sub-disciplines apart from activity and skills.

In addition to teaching responsibilities, teachers in professional preparation program are expected to conduct research, participate in department and college or university committees. These teachers are expected to write for professional publications, perform community service and work in the professional organizations.

Teaching in the Non-school Settings

There are many options available for physical educators who desire to teach. Teaching opportunities may be found today in commercial sports clubs, community centres, recreational centres for elderly person, correctional institution etc.

1. Teaching in Commercial Sports Clubs

Commercial sports clubs usually focus around a particular sport. Physical educators who desire to teach in such an organization should possess a high level of expertise in a particular sport. Teaching responsibilities may include private lessons as well as group lessons. Many commercial sports clubs also expect the teachers to assume managerial responsibilities at times as well.

2. Teaching in Health Clubs

Many physical educators also have opportunities to work in health clubs as a group fitness instructor and as a gym instructor. They mostly deal with the club's members and the form of instructions is either in the group or in private. These clubs mostly serve both the youth and the adult population. The adults are mostly joining as club member for general fitness and social reasons. The youths are focused on toning body and building muscles.

3. Teaching in Centres for Elderly

There is a great concern for the physical fitness of the elderly persons and their need to be physically active to maintain a state of optimum health. Today, the program for elderly persons by recreational agencies, retirement centres, and health care facilities has expanded. These program offer instruction in physical activities suited to the abilities and interest of the participants.

4. Teaching as Personal Trainer

Another popular non-school setting opportunity for physical education professional is to find individuals or family interested in health and fitness as a client and to train and monitor their development. This avenue has turned into a real business-like institution due to the growing awareness about the importance of maintaining health and fitness. And as the clients were mostly from highly influential family, the pay package is equal to or more than those working in the traditional school setting.

5. Teaching in Correctional Institutions

The method of treating criminals, delinquents, and individuals who have displayed antisocial conduct has changed greatly during recent years. Formerly it was thought that inmates in penal institutions should be regimented, disciplined, and forced to pay for their crimes or misdoings by suffering the rigid routines. Today, however, the authorities of prison, reform school, and juvenile home realize that activities may help in rehabilitation of these individuals. These institutions are where physical educators can take prominent roles by providing them an opportunity to work out with weights and other equipment to improve their physical condition.

Conclusion:

With this discussion we can conclude, a diversity of opportunities for individual's interest in teaching in the school settings, non-school setting, sport clubs, health clubs and other areas are provided. Career opportunity in physical education and sports may be limited only by one's imagination i.e. one's definition of physical education can serve to limit or expand one's horizon. There are many definitions of physical education given by different educationists. Physical education is an education for the development of whole some personalities of an individual such as physically, mentally, socially and emotionally fit citizenship through physical activities.
