



## **Under-Graduate preparations of professional personnel of theory, Teaching practice and competencies**

### **INTRODUCTION**

An under graduate professional curriculum should consist of experiences in general education, general professional education and foundation science. The curriculum experiences should include teaching practice, field experience, laboratory experience, library and research experience .A temporary period of teaching in an institution undertaken under supervision by a person who is training to become a teacher.

Perhaps, the most crucial aspect of personal preparation of a teacher is his own preparation and planning of the lesson plan. In fact, he should have a full blue print of the lesson on his mind. How he will start the lesson, what are the main points, what procedure he will adopt and what sequence he has to follow plays a very significant role. Mental rehearsal of the whole lesson plan and comprehending the difficulties he may face, will certainly give boost to his confidence and he will able to fulfil his task with effortless ease and in flawless manner.

### **DEFINITION OF THEORY**

Theory in the preparation of educators of adults has seldom been addressed in the same place or time frames. Theory is a doctrine or scheme of things which terminates in speculation or contemplation without a view to practice. Theory focuses on knowledge that comes from theoretical analysis.

### **TEACHING PRACTICE**

Practice teaching is that phase of the curriculum in which a student performs the functions of his specialized area for a period of time as an experience teacher. The quality of teaching practice will depend on the control the school and college has over the situation. It should result in mutual benefit i.e. the welfare of children and students teacher.

The duration of practice teaching generally depend on the number of lessons to be taken and the rate of growth of the student's teachers. However the duration must be long enough to help the student's teacher experience. The problem in teaching recognize his strength and weakness as a teacher ,understand the problem of the learners, work with different age group, teach a variety of activities and develop confidence essential for teaching well.

The professional of physical education and sports are generally found in teaching profession in India. Teaching practice means, the knowledge of various teaching techniques, methods, skills and their appropriate application adequately. The teaching practice should be designed for the curriculum of professional preparation curriculum for classroom teaching practice as well as field teaching practice.

The following point should be kept in mind, while designing the teaching practice to the curriculum of professional preparation:-

1. It should include the basic concept of teaching physical education and sports.
2. It should include the knowledge of fundamental skills and information regarding various games and sports.
3. The knowledge of physical education activities and their conduct, concept, purpose and significance, should also be included.
4. Teaching practice gives an idea about the selection and presentation of subject matter, class formation, teaching aids etc. for effective teaching and should include in the curriculum of the professional preparation of physical education.
5. The practical knowledge in accordance with the theoretical concept should be experienced during the professional preparation.
6. The curriculum content should provide an opportunity to improve personnel and professional qualities to become an ideal professional.
7. Through teaching practice the understanding of individual difference should be developed among the trainees.
8. The learning of various teaching stages of different professional skills should be the part of the curriculum.

## **PRACTICAL ASPECT**

The practical experiences have prime importance in the curriculum of physical education professional preparation at the undergraduate level. As physical education and sports is a field of practicals oriented, which also requires field experience of various activities and disciplines. So selection of curriculum is important, in view of relevant field experience.

It includes on the job experiences that prepare the students practically before they take up full – scale employment. They will help them to apply whatever they have learnt at the institution into action in real situations. These are also known as professional laboratory experiences. These experiences will have the students understand children and how their lives can be modified.

The following aspects in curriculum contents should be placed as:-

- a) Guide children in matters relating to health
- b) It should be included in the learning of various physical education and sports skills.
- c) It should include the experience of various physical education activities such as- formal activities, informal formal activities, rhythmic activities, callisthenic activities, freehand drills or with equipment drills.
- d) The opportunity of officiating at competitive sports meets should be provided as field experienced.
- e) To study and survey various professional places, equipments, style of educational processes, working and organizational set up of various professional organizations through educational tours should be placed in the field experience.
- f) The field experience in the form of participation in various physical education and competitive sports activities should be provided.

- g) The intramural and extramural activities should be included as field experience through curriculum.
- h) Field experience in the form of organization of various physical education activities such as –demonstration, exhibition, picnic, excursions, play day, sports day, annual day, expeditions festivals of national importance, fair and etc. should also be included in the curriculum.
- i) The experience of adventurous activities (air, water and mountaineering activities) like tracking, hiking, camping, climbing, Para sailing and water sports needs to be included.
- j) The field experience in the areas of sports industry, sports journalism, sports physiotherapy, health education, first aid, corrective physical education should also be included.

## **PROFESSIONAL COMPETENCIES TO BE DEVELOPED**

It is defined as a skill insight, understanding, qualifications, fitness or ability which is used to meet a situation in life intelligently. Professional competence is the ability to perform the duties of one's profession to an acceptable quality. This is a skill one acquires by going through training in the relevant field and participates in an activity that promotes one's ability to be a competent professional.

**The students at under graduate level must develop competency in the following areas:-**

- **SKILLS :**  
The students must possess above average skills in various activities and the ability to participate in a few activities.
- **COACHING :**  
They should have ability to give training and conditioning, possess the correct philosophy of coaching and teaching, ability to prepare teams for competitions.
- **OFFICIATING :**  
They should have a good knowledge of the rules of various games and sports, their application and interpretation. They should know how to blow whistles, show signals, fill score cards etc.
- **ADMINISTRATION OF BUDGET:**  
Selection and purchase of equipment, money management etc.
  - Maintenance of emotional control.
  - Conduct of intramural and extramural activities
  - Assistance in health education work
  - Organizing recreational programs
  - Administration of adapted physical education programs
  - Officiating and organizing tournaments
  - Arranging mass physical education and exhibition programs
  - Maintaining public relations

**The principle of professional competence and due care imposes the following obligations on all professional accountants:**

1. To maintain professional knowledge and skill at the level required to ensure that clients or employers receive competent professional service
2. He has to act diligently in accordance with applicable technical and professional standards when providing professional services.
3. He has to provide competent professional service that requires the exercise of sound judgment in applying professional knowledge and skill in the performance of such services.
4. The maintenance of professional competence requires a continuing awareness and an understanding of relevant technical, professional and business developments.
5. He should have diligence to act in accordance with the requirements of the assignment carefully, thoroughly and on a timely basis.
6. A professional accountant shall take reasonable steps to ensure that those working under the professional accountant's authority in a professional capacity have appropriate training and supervision.
7. Where appropriate, a professional accountant shall make clients, employers or other users of the accountant's professional services aware of the limitations inherent in the services.

**List of professional competencies that can be enhanced and maintained are :**

- **Interpersonal Skills**
  - Communication Skills
  - Negotiation, Perception and Adaptability
  - Coping Techniques
  - Conflict Management & Resolution
  - Persuasion Skills
  - Team Building
  - Affirmation Skills
  - Self-Awareness
- **Communication Skills**
  - Written Communication
  - Verbal Communication
  - Electronic Communication
  - Listening Skills
  - Presentation Skills
  - Facilitation Skills for Groups or Meetings
  - Tact and Diplomacy
  - Selling Style and Persuasion Skills
  - Body Language and Nonverbal Messages
- **Technical Expertise**
  - External Awareness of Your Academic Discipline
  - Internal Awareness of Your Academic Discipline
  - Financial Understanding and Management
  - Project Management

- Technology Updates
- Customer Focused Orientation
- Computer Literacy
- **Conflict Resolution**
  - Analysis and Perception Skills
  - Managing Agreement
  - Negotiation Skills
  - Resolution Focus
  - Creativity
  - Communication Skills
  - Counseling Skills
  - Stress Recognition Skills
  - Process Management Skills
- **Time Management**
  - Personal Knowledge and Awareness
  - Self-Direction and Motivation
  - Goal Setting Ability
  - Decisiveness
  - Decision-Making Process
  - Organizational Ability
  - Prioritizing
  - Delegating
- **Goal Setting Skills**
  - Personal Motivation
  - Self-Awareness and Values
  - Creative Thinking Skills
  - Decisiveness
  - Planning and Strategy
  - Vision and Imaging Skills
  - Prioritizing
  - Goal Setting Process
- **Executive Development**
  - Political Awareness
  - Social Awareness
  - Vision and Long-Range Planning
  - Mission & Strategic Alignment
  - Creative Thinking
  - Courage
  - How to do Crisis Management?
  - Intuitive Skills
  - Leadership Skills
  - Delegating
  - Financial Analysis
  - Building Coalitions

## **CONCLUSION**

Personal preparation refers to an individual's preparedness for teaching. The first step for a teacher is to pay attention to his appearance and dress. How he looks like and how he dresses up has direct impact on the mind of the pupil. A careless appearance and inappropriate or shabby dress will create negative impression and the teacher will not be able to command respect and attention from the class. A teacher should not only have impressive appearance but should also be physically healthy and mentally sound. He should possess a healthy state of body and mind. If he is not feeling well physically, he will not be able to teach effectively and properly. Physical elements not only effect his movements and manners but reflect in his attitude and behaviour as well. Perhaps, the most crucial aspect of personal preparation of a teacher is his own preparation and planning of the lesson plan. In fact, he should have full blue print of the lesson on his mind. How he will start the lesson, what are the main points, what procedure he will adopt and what sequence he has to follow play a very significant role. Mental rehearsal of the whole lesson plan and comprehending the difficulties he may face, will certainly give boost to his confidence and he will able to fulfil his task with effortless ease and in flawless manner.

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