

APPLICATION OF INTERNET IN PHYSICAL EDUCATION

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Introduction

- The expansion of the Internet (a government-sponsored electronic network) to nondefense-related uses has caused an explosion of communications.
- Internet is a global system of interconnected computer networks that promotes free flow of information.
- It is a network that consist of millions of private and public; academic, business and government network of local global scope that are linked by copper wires, fiber-optic cables and wireless connections technologies.
- The internet provides various information resources and services which can be used by physical educators for teaching and learning.

Student-Teacher **Interaction** & Peer Interaction

- Internet has allowed students to be in touch with their teachers or fellow students 24X7.
- Physical education teachers share experiences with other professionals via the internet which are integrated into teaching lessons.

Students **explore new knowledge** as they surf the web for assignments, chat with fellow students and play games online.

- With a number of chat apps, social media, emails and a lot of other communication facilities, they can interact with their classmates or teachers all the time.
- Helps in optimizing PE class teaching, stimulating students' motivation and interest, deepening their understanding of movement concept and skill mastery, as well as improving PE teaching quality.

The internet can be used to **maximize the effectiveness of their learning process** of physical education.

- Presenting information in new innovative ways for better understanding of readers.
- PowerPoint presentation
- Digital Signs & Web Portals replace Posters
- Digital bulletin boards save paper and allow you to display videos and audios to attract attention
- Navigating tools during cross country races.

Allows **Faster Update of Information**

- It is not only a huge storehouse of knowledge and happenings in the world but also allows us to update or modify information whenever we want and as many time as we want.
- Students have the possibility to email their questions or comments concerning their questions concerning issues in health and audition fitness, physical education programmes, courses to their physical education teachers and academic staff.

Internet is used to access list of professionals in the same area of study and share information.

- Access to the Internet, combined with the development of commercial network providers has allowed individuals, schools, and organizations to communicate with each other.
- The World Wide Web (WWW) supports graphics, audio, video, and hypertext links (the ability to connect from one computer site to another), as well as standard text used in PE

News Streaming

- Fastest medium for news dispersal.
- A number of WWW sites relate to sports, fitness, health, and recreation.
- anytime and from anywhere they want as well as have access to detailed and accurate versions of coaching.
- Medical schools are now on the WWW and provide excellent information as well as videos of various human systems.

Chat and video conferencing through the internet

- Colleagues gather together to intimate groups and discuss issues related to physical educations.
- Interactive chat improves communication with experts and colleagues and community members.
- Video conferencing allows two or more people at different locations to see and hear each other at the sometime.
- The communication technology offers new possibilities for sport colleges, libraries including formal instruction to share strategies for coaching sport skills.

Used for self assessment

- BMI, WHR, Heart rate calculators
- Stress and other online psychological assessment tools.
- Norms for self assessment.
- Testing procedures made available.
- Fixing intensity and volume for fitness workout.

Downloading e-resources

- Software for movement analysis.
- Rules and regulations of games and sport.
- Training strategies.
- Findings of latest research.
- Nutritional supplements.

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