

**“MAA” OMWATI COLLEGE OF EDUCATION
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Notes

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Professional Preparation

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Introduction of Foundation of Professional program

Professional preparation is indeed a complex and dynamic process because it involves a number of interacting elements, which change in time.

Professional preparation programs need to be formative instead of informative and prepare professionals capable of using scientific thinking and method to solve practical problems of intervention.

In the beginning, the guiding principle was "learn to execute movements to be able to teach them". In this phase, the goal of the professional preparation was to form a skilled performer by means of curriculum with emphasis on subject matter oriented to practical activities.

Physical ~~st~~ education not only strengthens the body, but also enhances our knowledge. There is a saying: - Civilize the mind and make savage the body. In order to civilize the mind one ~~just~~ must first make ~~&~~ savage the body. If the body is made savage, then the civilized mind will follow.

Components of professional preparation :-

Social needs, labor market, institution's physical and administrative structure, body of knowledge, teaching staff, proposal of undergraduate program, and the student staff can be considered some of the elements that participate and influence the preparation of professionals.

Historical perspective :-

As mentioned before, professional preparation is a complex process. It implies, before all, a philosophy that clearly defines the professional profile of the the graduates.

We can conceive the professional competence as the capacity to solve a problem in a given situation with high performance, which involves the application of a set of professional knowledge, skills, sensibilities and attitudes.

Because of the diversity of problems and specificity of situations, competence cannot be a capacity described by a stock of finished and accomplished resources. (Fleury & Fleury, 2001).

⊗ Competence is a dynamic capacity that implies flexibility and adaptability.

An analysis of the historical process of professional preparation in physical education, with didactical purposes, shows some very characteristic phrases.

In the beginning the guiding principle was "learn to execute movements to be able to teach them".

Preparation of physical Education in USA, USSR & UK.

If there is to be a system for maintaining health in a population let it be one that works well. In Britain most schools encourage but do not insist on the children playing games to keep them active, and many do go on playing games into middle age, many don't but it cannot be really be elitism that deters them.

Because of its achievements in International sporting competitions, the U.S.S.R holds a leading position in the international sports movement. In the socialist countries; especially the U.S.S.R, it is believed that elite athletics and mass participation in sport are compatible and complementary.

In the United States, teacher ~~preparation~~ preparation in physical education originally had close links to medicine. A program of study would commonly include anatomy, physiology, health, first Aid, history and philosophy, educational psychology, and various physical skills - from gymnastics through dance, games and sport.

Within the UK, physical education finds itself, as a curriculum subject, in a contested space with felt pressures from competing discourses and policy areas.

Beginning of professional preparation in the world

At the beginning of the twenty-first century, the requirements for physical education teachers vary somewhat by state, since education is governed at that level rather than by national standards.

The national association for sport & physical education (NASPE) has published guidelines for beginning teachers in an attempt to provide some professional leadership. These guidelines are not binding on either institutions preparing teachers or on state governments, where the responsibility of licensing teachers rests. In a collaborative effort with one of the major accrediting agencies for teacher preparation programs, the National Council for Accreditation of Teacher Education (NCATE), NASPE has created guidelines for programs seeking accreditation in the preparation of physical educators for initial certification.

Under-Graduate preparation of professional personnel :-

Health education means different thing for different people because it is an abstract term. Some people regard it as a matter which is being related to the public or people at large, while for some, it is a means through which they ~~get~~ get various kinds of information relating to health and diseases. In simple terms, it can be said that anything with the help of which one can get information relating to any aspect of health is known as Health Education.

The main objective of health education is to generate a kind of awareness in the people for their health. They are being provided the information about various kinds of diseases and the method with the help of which they can be treated.

Learning and Teaching Methods :-

- ① Individual study is an important element in the university curriculum and should be planned with the same care as other forms of learning. In the undergraduate curriculum especially, it is good practice to suggest specific tasks, rather than relying entirely on students to decide how best to use their study ^{time} ~~time~~.
- ② Group learning is also important. Students learn from each other in ways that they cannot learn alone or from staff and the inclusion of group ~~projects~~ projects and activities can considerably enhance the curriculum.

- ③ Online learning is increasingly important in many curricula and needs to be planned carefully if it is to make an effective contribution. Online materials can be a valuable support for learning and can be designed to include helpful self-assessment tasks.

POST-GRADUATE PREPARATION.

Learning experience refers to any interaction, course, program or other experience in which learning takes place, whether it ~~occ~~ occurs in traditional academic settings ~~in~~ (schools, classrooms) or non-traditional settings (outside of school locations, outdoor environments), or whether it includes traditional educational instructions or non-traditional interactions.

PROFESSIONAL COMPETENCIES TO BE DEVELOPED

More than ever before, employers and graduate schools expect today's graduating college student to be prepared for their competitive environments from day one. During challenging economic periods, such as the current one, this need is even more prevalent, since employers and graduate schools have limited or no resources for on-the-job professional and career development programming.

The four professional development core competency areas are :-

- ① Communication literacy
- ② Personal and professional management

- ③ Critical thinking & problem solving skills
- ④ Technical literacy.

Teacher And Teaching

Physical education teachers are usually employed to teach children from the 'kindergarten' level through high school. They promote physical activity and well being through a variety of physical activities and sports.

Basic Qualities of a successful teacher.

■ Traits of great physical Education Teachers :-

→ Interpersonal skills

This includes the ability to make genuine connections with others, to see things from their perspective, and to be sensitive to the emotional need of others.

Great physical Education teachers intuitively understand how to convey respectfulness, positivity and cooperativeness.

→ Collaboration

PE teachers collaborate with students' academic teachers to align physical exercises with the content they are learning in other classes.

They recognize that all students have varying athletic abilities and that sometimes, activities need to be modified to accommodate the topics being addressed by their teachers.

→ Enthusiasm

Students are much more excited about going to class when they know their teachers is too.

→ Athletic Ability

It is important to set a good example of health and wellness for the students. PE teachers should also be reasonably skilled at playing the sport they're teaching to the students.

Types of Job Roles Physical Education Teacher.

- ① Physical Education Teacher :- It is a professional who is responsible for developing exercise-based learning to teach students about sports and health.
- ② Sports Coach :- It is the person who is responsible for training, instructing and directing the operations of a particular individual or a sports team as a whole.
- ③ Health coach :- A health coach is a mentor who is responsible for providing food and lifestyle changes to the people to help them stay fit and attain a healthy lifestyle.

Types of Teaching jobs in physical Education

- Public schools
- private schools
- Government schools
- Charter schools
- Fitness Center
- Online health coaching

Scope of Physical Education

Physical Education is an integral part of general education through activity oriented and well planned programmes they organize different physical activities like drill & marching, etc. which are directed towards physical, mental, emotional, social, intellectual and moral development of the child. Following are the scope of physical Education :-

- ① **Corrective Exercises** :- It helps to remove the deformities in the body of a child. Sometimes these defects are there because of defects in muscle development and for the we use light corrective exercises.
- ② **Games and Sports** :- Various team games like hockey, football, cricket, basketball, etc and individual events like athletics, wrestling, boxing, judo and archery are included in the programmes of physical Education.
- ③ **Rhythmics** :- Gymnastics, dance, mass physical training and Dumb bell, etc. are rhythmical activities ~~are~~ necessary for rhythm & balance. Rhythmical activities are also included in the programmes of physical Education.
- ④ **Self Defence Activities** :- Hiking, Trekking, Judo, Karate and Self defense activities are included in the programmes of physical Education.

⑤ Yogic Activities: Yogic activities such as Asana, pranayama, Kiryas, etc are included in physical education.

④ # Role of teacher Education Institutions in In-service Education.

It is designed to promote the continuous professional development by providing planned efforts to promote the professional growth and development of teachers. It includes all those courses and activities in which a serving teacher may participate for the purpose of extending his professional knowledge, interest or skill.