Internet: A Tool for Enhancing Quality in Physical Education Programme

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1. Introduction

Today's era is an age of information. Thanks to the internet revolution. This borderless network of networks is growing and changing the way people do business, learn, prompt ideas, communicate, shop, exercise, hobbies, etc. The internet is imposing a completely new culture. Nations hence, are competing to take advantage of the "big bang" and to achieve a desirable position within the changes in physical education of the world. it should not be surprising, to hear that national physical education, health and sports have a top priority for internet.

Information technology in the form of computers and communication networks has been steadily increasing its impact upon Physical education. Information and Communication technologies (ICTs) have the potentials to transform the nature of education- The role of the student teacher, learning process and the curriculum. ICTs can definitely provide powerful tools to help students' access to vast knowledge resources, and upgrade their knowledge, as medium to organize globalization. Internet is increasing the frequency, speed, and efficiency of information exchange in every field- commercial, industrial, educational, scientific, political, religious, recreational, and physical education etc. Internet also overcomes the limits of time and space by enabling instantaneous access to information around the world. It increases enormously the number, intimacy and complexity of interactions made possible between individuals, organizations, facts, activities and fields of knowledge. Internet is an organized medium for bringing all existing social organizations into grater contact to release the maximum energy of society leading to unprecedented levels of social productivity and development.

The Internet serves as an evolutionary role and it brings people together through knowledge and collaboration. Such movement towards harmony, oneness and unity are steps along the way towards our evolutionary and spiritual destiny. Using the Internet, it gives an individual the knowledge of an expert; maybe even more than the professional expert.

2. What is the internet?

Definitions and link provided by the Internet Society(ISOC), the organization that oversees groups responsible for Internet Infrastructure standards, including the Internet engineering Task Force (IETF) and the Internet Board(IAB).

"The shared global computing network, A Network is based on standards including Internet Protocol (IP), Simple Mail Transfer Protocol(SMTP) and the Domain Name System(DNS) which enables global communications between all connected computing devices. It provides the platform for web services and the World Wide Web."

As phones connect people on a long distance, Internet interconnects computers placed distantly. a; the institutions of science, universities, libraries, etc. are interconnected by the Internet. The

cooperation of clients on long distances has increased significantly and using the network for educational purposes is common now days, large investments are being made in order to secure development towards such a fantastic vision as the world Wide Encyclopedia. The global network are created that would preserve the knowledge of mankind on a table for a long time.

How is Internet useful to Students of Physical Education?
Internet can encourage students to learn by providing opportunities to find out about and take part in physical education related activities.

- It develops and enhances their abilities to think in different ways so that they can select and apply skills, tactics and compositional ideas, and improve performance.
- Find out various information through Internet to enhance knowledge in the field of Physical education and application in areas of learning.
- Access images of performance enhancing knowledge of skill, strategy, choreography/composition, and physical training and conditioning on Internet.
- It increases their awareness of the changing world.
- To test reliability, accuracy and review and modify their work to improve the quality.
- It helps to gain confidence and independent working ability.
- Students can make use of world wide libraries on internet.

3. Role of Internet in Physical Education

1. First and foremost the internet helps to establish the I. T. based culture within the new generation community so that they can be prepared for the requirements of the coming century.
2. The students all over the world can get useful skills and knowledge through internet and thus contribute to their own and nation's development.
3. Internet also helps the students to update knowledge, as and when the new subject matter is updated on NET.
4. The facility of access to information from anywhere at anytime and to have choice of output gives mobility to the mind. 24/7 accessibility scheduling easy and allows a grater number of students to attend the text at the same time.
5. Through internet to access any of the research, related books, and instructional and educational books, and journals and other reference material across the country can be brought to the individual computer used by the students.
6. This also helps eliminating geographical barriers, which helps in opening up broader physical education options.
7. Helps in confidence building as quick reference materials are available.
8. It is flexible and convenient for the student to complete their projects and assignments with the ease of online availability of reference materials.
9. The part time student can easily assess material according to his/her free time.

4. Current Scenario

It has been observed, that the teachers working in the Physical Education Training Colleges do not use Internet and Computer in their routine teaching and administrative work. Why teachers are unable to use it? The answer to this is very simple that they are not taught to use Internet and Computer during their Teaching Training Programme. Internet and Computer should be a part of compulsory education for Training Teacher in Physical Education. We should think of introducing the Internet and Computer in teacher training programme in physical education.

5. What are the Problems in Present Scenario

Technology change seems to make many people apprehensive. The prospect of learning something new causes apprehension because;

- people dealing with something new and strange;

- they feel inadequate and unprepared;
- they do not know what to expect;
- They have rumors about difficulties and problems.

For some people this prospect may generate feeling of excitement whereas for others, it may cause anxiety. There are number of barriers to use new technology that seem to arise, they may be practical, Psychological or human barriers. Practical barriers include time, space and environment. Psychological barriers include fear of unknown self-doubt, fear of ridicule, negative motivation and fear of failure. Factors like communication style of teachers, caring, ego and personality of teacher can be included in human barriers. These barriers can be removed by:

- Making teaching more enjoyable and effective.
- Ensuring that barriers are clearly defined and agreed;
- Guiding learner on how to overcome the barriers;
- Looking at the instruction process from the point of view of learner; and
- Preparing a checklist of learning barriers and tick them off as teacher deal with them during the process of instruction.

6. Technology (Internet) Adoption in Physical Educational Institutions

Integrating the Internet in the classroom, pose many similar challenges to the teachers that demand problem-solving skills, creativity, imagination, resourcefulness, and determination. Model by Dr. Steve Yuen and Dr. Daniel Surry at the University of Southern Mississippi called "9 Levels of Web Usage"

Level 1: Use Web to surf for information
   Ex. browses for news and relevant sites
Level 2: Use Web to search for specific information
   Ex. use search engines and content directories for research
Level 3: Use Web to distribute information
   Ex. develop webpage or site to post notices, syllabi, calendar
Level 4: Use Web to link to specific information
   Ex. add links in websites to other sites, pages, articles in the web
Level 5: Use Web to provide segments of Instruction
   Ex. updates and expand website to include lecture notes, assignments, and presentations
Level 6: Use Web to compile information (assessment, evaluation)
   Ex. gives an outline quiz, conduct survey
Level 7: Use Web to provide entire instruction (with or without classes)
   Ex. online class
Level 8: Use to provide entire degree programme or curriculum
Level 9: used by student to disseminate knowledge

7. Conclusion

Using IT can be a joy and learning at the same time for teachers as well as students. But this change can be brought about only if professionals within physical education system use their imagination and creativity to maximum. It can provide more resources for students to think abstractly have concrete experience, problem solving and reflecting; and so helping in development of all the faculties related to learning and hence fulfilling the main objective of education of harmonious development by bringing out the best from our students.

Education is both retrospective and prospective. It is both conservative and progressive. Education transmits the culture of one generation to another. The rising generation has not only to be conveyed the activities but it has to be asked to make necessary changes in these activities and experiences to meet the new situations. An integration of the old must take place with the new ones. Education is continuous reorganization and integration pf activities and experiences. Education is a constructive

agency for improving one society. Brown has stated, education brings changes in behavior and if its main functions are to remain mere transmission or enrichment of culture, it will fall short of its role in a dynamic society. Education must also provide situations at all age levels but within the maturity and ability of the individual to stimulate a creativeness of mind which when explore new horizons and bring the vision of the future into a living reality. The choice of education media of education has significant bearing on quality of education.

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