

# AN ANALISTICAL STUDY OF HEALTH AND SPORTS PROGRAMMES OF B.ED COLLEGES IN MANGALORE UNIVERSITY

Smt. Jayashree Nayak, Physical Education Director, MGM College Kunjibettu Udupi, Udupi District, Karnataka State, 576101

## Abstract

Physical education teacher can engage the students and contribute his services to make the children physically fit. While looking at the need of Physical education, the researcher has taken up the study to analyse the sports programmes of B. Ed. Colleges working under the umbrella of Mangalore University. Thus, a teacher can help future generation with regard to sports promotion. Hence, an analytical study of sports programmes in B. Ed. Colleges of Mangalore University has been taken up. There are altogether 13 colleges under Mangalore University at the time of study 13 colleges. But only 12 colleges have responded to the study. This study focused on Physical education personnel, Health programs and Sports programs.

Key words: B.Ed. Colleges, Health, Education, Sports

## Introduction

The physical, mental and social aspects must all be considered together physical education, when well taught can contribute more to the goals of general education. In recent years the validity of requirement has been debated in many institutions. Most colleges and universities have some sort of requirement in physical education. Hun sicker surveyed the service programs in colleges and universities and found that 90 per cent had some form of requirement. It is a duty of each and every teacher to train the children and achieve educational goal. In the absence of physical education teacher, a subject teacher can engage the students and contribute his services to make the children physically fit. While looking at the above need, the researcher has taken up the study to analyse the sports programmes of B. Ed. Colleges working under the umbrella of Mangalore University. Thus, a teacher can help future generation with regard to sports promotion. Hence, an analytical study of sports programmes in B. Ed. Colleges of Mangalore University has been taken up.

Mangalore University has about 50 professional colleges. They are B. Ed., B. P. Ed., M. P. Ed., Law Colleges, Hotel Management, and so on. The present study is regarding the health and sports programmes of B. Ed colleges in Mangalore University, which includes three districts, i.e. Udupi, Dakshina Kannada and Coorg. There are 13 B. Ed colleges in Mangalore University. Among them two are situated in Udupi, ten in Dakshina Kannada and one in Coorg district. Among 13 B.Ed colleges coming under Mangalore University only 12 colleges responded to the questionnaires circulated. The content analysis and descriptive analysis were carried out to analyse the data collected.

Since facilities for physical education play an important role in achieving educational aims and objectives, they should be provided in adequate manner and measure. But here the investigator felt that the facilities provided were insufficient which are very essential to conduct sports programmes in B.Ed., colleges. Therefore, an attempt was made to study the health and sports programmes that are available in B. Ed., colleges under Mangalore University.

## Analysis and Interpretation of Data:

The purpose of the study was to survey the health and sports programmes of B.Ed Colleges affiliated to Mangalore University. Critical and careful analysis of the collected data and its interpretations are of greater importance for the success of research work. The data pertaining to the health and sports programmes available at present, in the B.Ed colleges chosen for this study, collected by administering questionnaire were classified under the following major heads with the relevant tables and appropriate discussions.

1. Physical education personnel, 2. Health programs, 3. Sports programs

The data shows the number of Colleges in Mangalore University. Out of 13 B.Ed Colleges 12 colleges responded to the questionnaire. So, only 12 colleges were taken for study. i.e. 92 percent of B.Ed colleges were taken for study.

Data reflects that from 1940 to 2003 there were only 4 colleges established. Later from 2004-2007 there will be tremendous changes in increasing number of B.Ed colleges to 8. It is mainly due to the demand of teachers training. It may be the number of schools increased and teachers were not sufficient to fulfill the vacancies arose in schools. The data highlights that out of 12 B.Ed. colleges only one college comes under government sector. Two colleges i.e., about 17 percent of colleges are run by management with grant in aid. Nine colleges i.e. about 75 percent were private without grant in aid. It shows that the colleges started later 2003 were given the permission without grant and the private colleges are main sources of teachers training institution. As per data 83 percent are having students strength is more than 80. Though the intake of college is 100, two colleges did not put an effort to fill all the seats. It may be due to the popularity of newly started colleges and also most of the colleges established in rural area where students were attracted less compare to urban areas. The data reveals out of 12 Colleges 9 Colleges i.e., about 75 percent are situated in urban area. There is only one college located in Semi-Urban and 2 colleges i.e., 17 percent of total are situated in rural places which indicate that the attraction towards the colleges in urban areas is comparatively more.

Any amount of programme, planning and provision of facilities will be a mere waste in the absence of adequately trained teachers in proper ratio. The physical education director should possess qualifications both general and professional. The data indicates that 4 Physical Education Directors are very young between 25 and 30 years and also 4 Physical Education Directors fall between 31 and 40 years. Remaining 4 Physical Education Directors between 40 and 50 years. It shows the old established colleges having permanent Physical Education personnel with UGC scales, where as remaining colleges were started recently where the young Physical Education personnel are working. As per data 7 Male Physical Education Directors i.e., about 58 percent, 5 Female Physical Education Directress are working in various colleges. It shows that the number of male Physical Education Personnel in B.Ed Colleges is dominating.

Data indicates that out of 12 Physical Education Directors 4 are having bachelors degree in physical education and 8 are having masters degree in physical education and it is also noticed that there is one Physical Education Director having additional qualification of masters with Phd and one Physical Education Director masters with NIS respectively. It reflects that most of the Physical Education Directors are having master's degree in B.Ed colleges which is required for fulfill the UGC norms.

The data also shows that out of 12 Physical Education Directors, 3 have excelled at the District Level performance during their studies, two at the State Level, two at the National Level, four of them i.e., about 33 percent achieved in sports at the university level and only one has failed to cut the mustard. It proves that the Physical Education Directors should be achievers in sports at one or other level during their studies

The data reveals that 5 Physical Education Directors i.e., about 42 percent are appointed on permanent basis, 4 Physical Education Directors i.e., about 33 percent on temporary basis and 3 Physical Education Directors i.e., about 25 percent are appointed on contract basis. It appears though Physical Education is compulsory in schools and colleges, very few are appointed on permanent basis. They may be the colleges established decades of years ago.

The data indicates that out of twelve physical education directors, 8 i.e., about 67 percent are having less than ten years experience as physical education director. One is having less than twenty years and three physical education directors having service between twenty one and thirty years. It shows that the old colleges established before 2003 have appointed the Physical Education Directors on permanent basis and three colleges are grant in aid colleges. Here the remarkable note is there will be one physical education director having less than twenty years of service who appointed in newly started college and also the person works as temporary basis.

Health and physical education programs organized by physical education directors with the help of other staff members are required to fulfil the requirement of physical education curriculum in B.Ed. colleges. In Mangalore University, nine colleges have introduced physical education as a area of specialization in B.Ed. colleges. It shows that 75 percent of the colleges have given good response and encouragement by introducing physical education. As a result of this the trainees who undergo B.Ed. degree will be aware of health and physical education and motivate the students when they go to the school after the completion of their B.Ed. degree and also it may be easy to organize and conduct health and physical education programs in the school even in the absence of physical education director.

### **Conclusion**

Organising sports programmes and physical education classes in B. Ed., colleges have very valuable contribution for future generation (budding sports persons). Teachers have to be trained well to organize sports activities, health activities and so on. Then a subject teacher can help the physical education teacher in all respects. With the strength of 400 to 500 in the school, a single physical education teacher cannot give justice to all children. A teacher is bound to work for the prosperity of the co curricular activities.

**References:**

- Grow, H. M., Saelens, B. E., Kerr, J., Durant, N. H., Norman, G. J., & Sallis, J. F. (2008). Where are youth active? Roles of proximity, active transport, and built environment. *Medicine & Science in Sports & Exercise*, 40(12), 2071-2079.
- Limstrand, T. (2008). Environmental characteristics relevant to young people's use of sports facilities: a review. *Scandinavian journal of medicine & science in sports*, 18(3), 275-287.
- Pascual, C., Regidor, E., Martínez, D., Calle, M. E., & Domínguez, V. (2009). Socioeconomic environment, availability of sports facilities, and jogging, swimming and gym use. *Health & place*, 15(2), 553-561.
- Prins, R.G., van Empelen, P., teVelde, S.J., Timperio, A., van Lenthe, F.J., Tak, N.I., Crawford, D., Brug, J. and Oenema, A., (2010). Availability of sports facilities as moderator of the intention–sports participation relationship among adolescents. *Health Education Research*, 25(3), 489-497.
- Tucker, P., Irwin, J. D., Gilliland, J., He, M., Larsen, K., & Hess, P. (2009). Environmental influences on physical activity levels in youth. *Health & Place*, 15(1), 357-363.
- Voss, L. D., Hosking, J., Metcalf, B. S., Jeffery, A. N., & Wilkin, T. J. (2008). Children from low-income families have less access to sports facilities, but are no less physically active: cross-sectional study (EarlyBird 35). *Child: care, health and development*, 34(4), 470-474.

