# An Overview About The Role Of ICT In Physical Education

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Abstract

Facts and communications generation (ICT) refers to all of the generation used to handle Telecommunications, broadcast media, intelligent building management structures, audio visual processing And transmission structures, and network-based totally manipulate and tracking capabilities. This paper outlines and Reviews the role of statistics and Communications era in physical training associated with numerous Factors. The emergence and use of records verbal exchange generation (ICT) in this century is a Full-size development affecting the coaching and mastering of bodily schooling and sports activities. ICT Applications can enhance the learning manner in bodily schooling less complicated and correct. The scholars and the academics can each benefit

KEY WORDS: ICT, ANALOG, DIGITAL , ATHLETES

Introduction

Records and verbal exchange era is the technology required for the processing of Statistics and other information. It's miles the combination of telecommunication and pc technological know-how For the capture, garage, and transmission of information to any nook and corner of the arena. Basically ICT has to parts –laptop era and communication era. Computer Era offers the idea for processing of facts to transform it into beneficial facts.

Conversation era also referred to as telecommunication era; consist of digital Gadgets and structures for communication over long distance .The teachers are now loose to apply various facilities of the laptop and conversation Blessings each in study room and at their homework. The improved effective and lesser fee

Computers and different records devices are made school rooms for simplest transactions. The teaching aids such us liquid crystal display projector and different audio visible gadgets make school rooms Fantastic. The students can interact with experts and professors of other institutions with the Help of interactive academic initiatives. A number of gaining knowledge of tools simulations and Educational software are available in the internet teachers can now able to show students to Outdoor locations laptop era has made the dream of distance mastering a truth.

Education is now not restrained to lecture rooms. Although college students and teachers are not in the identical Premises, they are able to thoroughly communicate with others. There are many on line instructional Publications whereby college students are not required to attend instructions or be bodily gift for lecture .They can analyse from the consolation in their homes and adjust timings as in keeping with their convenience . As an example publications like yoga was formerly taught through an teacher in a small room with Limited novices but now the era is superior in order that tremendous numbers of newbies can use Net for mastering unique Yogasana.

Applications of ICT learning:

For the physical educators the use of technology is used to enhance the teachings and method is important. The contemporary use of technology is supposed to boom accessibility to facts and coaching method effectiveness. Following are some of the applications that are used to enhance the teaching and learning relate to physical education.

1. Computers can produce files lesson plan to attach rankings control. It helps in classification of athletes according to their capabilities and talent by using evaluating their overall performance.

2. Computer learning enjoy are utilized in motion analysis (e.g dart fish software program) motor analysis normally indicates the sequence of movements involved in arms ,legs, wrist movement to beautify performance of athlete.

3. Computer can used to develop hassle solving potential and creativity away athletes. By means of playing video games , ability and guidelines can be found out and evaluated.

4. Computer facilitates in making schedules of matches , time table, and can also be used in the score management.

5. Chats through internet improves conversation with exerts and colleagues and other contributors. Chat lets in physical educator to communicate with a cluster /scholar/athletes.

6. Video conferencing provides an interesting and novel approach for sports colleges coaches to share plans and policies for the coaching skill .

7. In the field related to exercise physiology software application an help us to determine the changes occurred in the Latic acid level that gets accumulate in the muscles minute by minute.

8. Computers can also be used to determine the body fat percentage , oxygen level consumption, the related gas percentage that ar used to determine the fitness of any athletes and can also be used to determine the volumetric flow rate of any athletes.

9. The experienced fitness professionals with the help of computer can write a program related to the fitness of any individual and this will help us to make any software related to fitness and will help us to do our job related to make any individual fit by entering data of any person. After the software is made if we install this software on any machine and this will help us to do the test related to physical stability and the result that we have obtained can be compared and stored in the system and the obtained data can be compared with the data of the fitness program. This will help us to determine which appropriate exercise best suits according to persons outcome and will make the person fit by following the fitness program provided by the fitness program.

10. On the basis of the biophysical needs that are provided by the software program designated by the programmer with the help of medicinal clinic that are used in heath enhancement, any individual can be given specialised training program by the fitness trainer of coach.

11. Computer can also used for the conversion of analog data into digital data with the help of analog to digital convertor( health rate , pulse rate ) to determine the physical condition of any athletes as digital data is easy to understand as compared to analog data.

Drawbacks of conventional learning

The limitless access to information provided to college students by computers can present challenges and disadvantages directly related to computer usage in institutions of higher education. Financial difficulties may make it difficult for some students to access important coursework, while other students may use computers to plagiarize or cheat.

1. For online learning courses or classes requiring network access, technical issues can cause major problems. A lost or stolen computer might prohibit a student from logging onto a discussion forum. And, according to a 2012 article in "The U.S. News & World Report," students who do not set up proper security settings on personal computers used for college education might be victims of identify theft.

2. When students replace paper and pen with a computer for education, handwriting skills may suffer. Adult learners benefit from increased brain activity when writing new information by hand, particularly in subjects such as math and chemistry. Most computer word processing programs include a spelling and grammar check, and students might rely too heavily on the computer to correct spelling and grammatical errors.

3. Financial problems may prohibit some students from owning a computer, placing them at a disadvantage. Low-income college students are less likely to have easy access to a computer and may not have learned basic computer skills that other students learned at a young age. This puts them at a disadvantage when college classes require heavy computer usage, according to a 2008 article published in the "American Academic," a publication on the American Federation of Teachers' website.

4. Using computers to cheat is a widespread problem in universities and colleges, as reported in the article,"Cheating in College is Widespread -- But Why?," published on the National Public Radio's website in July 2010. Students might search online for answers to test questions or have answers sent to their computers by other students. Students are able to access huge amounts of information via computers and may present that information as their own. Plagiarizing may be difficult for universities to prove or identify because of the broad scope of the Internet and difficulty of finding all possible sources of information.

5. Many areas of the physical education curriculum will undoubtedly be improved by the application of the motion analysis system, both in research and teaching. The collecting of data has been made simpler by the use of digital video cameras. These findings can then be used to create an interactive multimedia presentation that will help students better comprehend the value of decomposing skills into their component parts and the effects of subtle technique variations. Students can observe and analyse motion that has been collected using the visual analysis software.

This specific technology can assist teachers in monitoring students' progress towards their motor skill goals, providing opportunities for feedback, and evaluating students' learning .To assist kids get better, using a digital video camera to record students' performances in sports like table tennis might be a beneficial tool. The addition of motion analysis software has given students a useful auxiliary resource. For instance, a 'robot - pong', a unique technical device that distributes ping pong balls at varied direction and speed, is utilised to face a pupil during a training session. The physical education teacher can then closely examine the actions using the digital camera. The goal of this is to enhance table tennis instruction and learning. Each week, digital video clips were utilised to emphasise correct and improper procedures. The students were then given the chance to assess their own techniques as well as those of others using the "déjà vu" resource. In the context of Mauritius, various state colleges that are currently developing a pilot Candidates for the Cambridge O level Examination are being presented as part of a ministry of education experiment. The project's teachers will need to employ video cameras to capture students' performance during the practical exam and upload the recordings to Cambridge University.

A laptop, an overhead projector, and the appropriate screen have already been distributed to each participating college in the pilot project. Soon, these schools will have digital video cameras and internet connection capabilities.

Students have the chance to play games like Dance, Dance Revolution, Fx Cycles, and Nintendo Wii Fit while still doing physical activity.To improve the experience, these games can also be used in conjunction with other technologies. The Nintendo Wii Fit uses a small balancing board that users stand on to perform exercises. The participants imitate the stretches and muscle-building exercises after being given instructions on the screen. The Wii Fit tracking tool demonstrates how well the programme is working. As a result, it might be a useful PE tool. Teachers shouldn't, however, view video games as being equal to conventional exercises. It should be viewed as an addition to regular exercise, not a substitute.

6.  conventional studying approach is viable inside a Classroom or in a campus
7.  it's far more pricey
8.  it may accommodate limited range of novices
9.  fixed timings must be observed by all students
10. Systematic manner of learning is used

Additives of ICT

There are six components in ICT

1. Human beings

Human beings are the people that are using the ICT and can be classified into different types based on the knowledge of the ICT. Some are naïve user who only uses the ICT for daily uses where other have enough knowledge of computer and are called as programmers who function is to develop a software so that naïve users can use it easily.

2. Records

Information is the raw fabric of any ICT gadget and this is processed with the aid of the gadget to provide the statistics which is the output produced by using the gadget. The data is then used by the users for the communication purpose.

3. Procedures

Procedures decide what needs to be completed and while. It also Covers the passing of statistics or records among specific Human beings. The data should be delivered to the people in an efficient way and in the readable form.

4. Hardware

Hardware these are the bodily additives that make up the ICT machine. If you may touch it, then it is hardware. Hardware Includes input gadgets, garage, processor, output device and Conversation devise.

5. Software program

Those are the computer programs which provided the step-by step instructions to get the process completed. The software program are used by the programmer to deliver the information to people through software interface and athletes need not to know any detail about the software program.

6. Information

Information is obtained when we process the data. That is when we apply processing on data we get the useful data from the raw data and that useful data is called as information.It is the output from an ICT gadget

Blessings of ICT in bodily training

1. It facilitates to create complete-fledged students who are able to Listen higher on both practical and theoretical paintings.

2. It allows students to develop a better understanding of their very own frame components and that of the human body in Preferred.

3. All through ICT gear, pupils can benefit from instantaneous Comments to enhance their observational and analysis Abilities.

4. Fashionable improvement in the performance degree of the Majority of the students' paintings, as they conflict their way to Look outstanding in particular if their overall performance can be Analysed on virtual video machine.

5. It is able to be used to model or demonstrate what you are Teaching. Therefore it acts as a brilliant coaching device for Studying new talents and enabling your students to reach The "mastery section" of ability development.

6. The use of technology e.g : video recording, lets in for Instant remarks about scholar performance. This

Offers children advantageous reinforcement as they may be Accomplishing a task and improves motivation.

Conclusion

ICT packages can enhance the getting to know system in bodily Training easier and correct. The scholars and the lecturers

Can both benefit. It's far an fundamental part of training. Teaching aids such us liquid crystal display projector and other audio visual Gadgets make lecture rooms excellent. The scholars can have interaction With professionals and professors of different institutions with the assist Of interactive academic projects.

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