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**A Review of New Challenges of Teacher Education in Physical Education:  
A Meta – Analysis**

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**Abstract:** A review of prior research and reports on the current status and developments of Physical Education on the international scenario propels the investigator to make a study on new challenges of Teacher – Education in Physical Education. The present study aims at tracing out the recent trends of Physical Education existing worldwide, which are to be incorporated in teacher – training in Physical Education. The meta-analysis as a method of summarization of the results of prior research works has been taken up by the scholar. 11 remarkable studies have been meta-analyzed resulting in 35 issues of trends and challenges of TEPE. 19 issues are analyzed of which 9 ones are accentuated with respect to their scenario in practice in India. In going to meta-analyze the issues of challenge, Physical Education has been discovered as the subject of lucrative opportunities (a profitable profession).

**Key Words:** *Challenges, Fitness, New Trends and Lucrative Profession.*

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**Introduction:**

If “Education is the manifestation of divine perfection already existing in man” then certainly Physical Education is the substantiation of that perfection. In the 21st Century – Physical Education goes beyond the theme „an integral part of total education“ and manifests itself as a vast education along with its multi-dimensional approach – from traditional school settings to home, community, work-site, commercial setting, medical setting and corporate setting and became a major issue in the application side of the splendiferous development of Science and Technology. In Berlin Physical Education World Summit (Nov, 1999) with the patronage of IOC & UNESCO the so-called „Berlin Agenda“ called for investment in

initial and in-service professional training and development for well-qualified educators and support for research to improve the effectiveness and quality of Physical Education.

Under these circumstances the present study with the perusal of prior research and reports aims at exploring the current bents of Physical Education, that are to be incorporated in teacher-training curricula in Physical Education for the effectiveness of that particular discipline in all spheres of ethnic existence.

Challenges- According to the Technical Report for the World Health Organization on the status of Physical Education in school worldwide the challenges are Empowering teachers to adjust to current practices, Financial support from various agencies, Improving community understanding and awareness of accepting children with disabilities, The role of regular Physical Education teacher as a provider and the specialist one as a trainer and facilitator, Focusing on attitudinal change of teachers, To keep it into our mind that APE programme is not only the responsibility of the welfare groups of our society but also of the regular teaching environments, Emphasis on the need for quality research into many aspects of inclusion with disabilities in Physical Education

In connection with the Teachers Perceptions of In – service Teacher Training to Support Curriculum Change in Physical Education, the Hong Kong Experience of the Chinese University of Hong Kong. Stated that the Challenges are Positive attitude and commitment of the teachers to this profession and curricular change, A collaborative venture among the involving university scholars, successful school teachers, educational curriculum officers and the other stakeholders, Organizing a number of seminars, workshops and conferences in regard to Physical Education and its curricular change, The active role of professional leader in curricular change and development of teaching professional.

In this regard the responsibilities of the Head of the Institution should be taken into consideration such as to create consensus on the school and what it's trying to become, to identify, promote and protect shared values, Monitoring critical elements of the Institution improvement effort, ensuring systematic collaboration throughout the school, to encourage experimentation, active and valued participation of the potentials, cohesion with the faculty member, quality production and formative application for the development of the society and nation.

#### **Messages on New Physical Education-**

“New Physical Education runs on Fitness specifically on health related physical fitness”

“Fitness for life is what Physical Education needs to be focused on to maintain life style”

“Efficient body functioning leads to active and productive mind”

“Class-room exercise in connection with time and space management makes learning lively”

“Movement in Morning classes for economic use of aired Oxygen for the latent Potential ”

“Collaborative games, zip lining, classroom discussion for the kid to makes them smarter.”

Considering the draft report of the National Council of Teacher Education regarding Curriculum Framework for Quality Teacher Education, there are two angles of viewing Physical Education Curriculum such as an integral part of teacher education programmes at all levels and as an education for preparing teachers of Physical Education. Universalization of Physical Education activities in schools rests on three „mantras“ which are converse with basics of Physical Education, understanding the relationship between general education and Physical Education and organization of games, sports and physical activities. The National Association for Sports and Physical Education suggested the Physical Education Teacher Evaluation tool as an Instructional Guideline for the Physical Education Teachers. The incorporation of Teacher Training in Physical Education includes the followings for the development of quality Physical Education teacher:

- Videotaping and reviewing one’s own class for self-assessment and necessary correction.
- To study and prioritize the points to be emphasized during instruction.
- Asking the colleagues to observe the class for suggestion.
- Confidential feedback from the students regarding fulfilment of their requirement

Besides this there is Adapted Physical Education bearing the new trends, ideas and some responsibility for the society. Special Education as a specially designed instruction to be conducted not only by the welfare groups(disabilities welfare groups) of our society but also by the home, hospitals, educational institutions and other settings. To consider Physical Education as a direct service to all students with disabilities. To provide these service there is the demand of qualified professional for providing special education and need for the scientific, logical, systematic, progressive process of implementation of programme. The developmental programme required to build Adapted Physical Education Training upon Traditional Teacher-Training in Physical Education, to adopt Adapted Physical Education as a vital part of undergraduate Physical Education teacher preparation programme and one to three theory courses and one to two practical experiences in regular Physical Education Teacher – Training Programme. Quality Education in the field of Physical Education-Quality Physical Education promotes integration and understanding among the different

indigenous people through its playful nature. It Alleviates poverty through sponsorship of highly organized institutional sports competitions promoting lucrative business opportunities on the part of the people. The elevated programme provides educational integration and cultural understanding by promoting sound – mind- and-sound-body – principle among the entire populace. The bonding brings the special population to the normal population. Physical Education should be deemed to be an Eclectic Science that emerges from the cognizance of the need to educational, cultural and societal development of ethnic existence. It is very important to train the teachers in playing multiple roles – as a representative of society to change and guide the students, Harvesting the fruits of knowledge generating from science and technology, Emphasis on value education due to the increase in erosion of family, single-parent families, latchkey children and so forth, Should articulate effectively the concerns and commitments of education, Should be functional and excellence oriented To establish a sound symbiosis between body and mind the usability of Physical culture, Yogasanas, Meditation, Pranayama, Aerobics etc. has got its importance and become an emerging discipline of business where the Corporate sectors fix their eyes on the mirror of fitness training for further. There are different study centre in India where fitness related professional training are giving such as Indira Gandhi Institute of Physical Education and Sports Science, Lakshmibai National University of Physical Education (LNUPE), Netaji Subhas National Institute of sports (NSNIS), Patiala, Tamil Nadu University of Sports and Physical Education.

**Meta – Analysis:**

The results of prior research, reviews and reports give us an analytical view in the form of current trends of Physical Education and their scenario in practice in India.

<b>Trends / Challenges</b>	<b>Scenario in Practice</b>
Inclusion and Disabilities (APE)	A number of institutions have developed pre-service Adapted Physical Education teacher training programmes.
Attitudinal Change of Teachers	Evaluation of attitudinal training becomes very problematic in teacher training programmes.
Need for Quality Research	According to UGC, it is now mandatory to conduct RET for entrance into Ph.D. programmes.

Collaborative Venture	Coordination among various agencies and institutions is yet to be achieved.
Organizing Seminars, Workshops and Conferences	Several educational institutions are now successfully conducting seminars, workshops, and conferences.
Focus on Fitness	Greater emphasis is placed on competition rather than fitness.
Universalization of Physical Education Activities in Schools	According to WHO's technical report, in many Indian schools Physical Education is considered a non-educational fun activity and inferior to academic subjects.
Teacher Evaluation	Although its necessity is deeply felt, teacher evaluation still remains a matter of concern.
Adapted Physical Educators and Advocacy for Parents	No such application has been implemented.
Practical Experiences in Regular Physical Education Teacher Training Programmes	In recent years, many regular Physical Education teacher-training programmes have introduced this course.
Teaching Non-Traditional Sports to Students	More and more non-native sports need to be incorporated.
Emphasis on Health and Nutrition	Recently, most elementary schools have specified health classes for students.
Massive Importance of Technology	Use of ICTs in Teacher Education Programmes (TEP) is yet to be emphasized.
Physical Education as an Eclectic Science	In most schools, it is still treated as a non-educational fun activity.
Teachers Playing Multiple Roles	A few concrete steps have been taken in the last three decades to operationalize qualitative improvements in Teacher Education Programmes (TEP).
Emphasis on Value Education	Greater emphasis is required in teacher education and curriculum planning.
Concerns and Commitments of Teachers to the Changing Needs of Society	Teachers are expected to adapt themselves according to changing social needs and educational demands.

Physical Education Should Be Performance and Excellence-Oriented	More focus is needed on excellence-oriented Physical Education programmes.
Emphasis on Self-Supporting Professional Courses	In India, there is a lack of such provisions in teacher training and general undergraduate programmes.

In India Physical Education can no longer afford to remain „a sleeping titan“. „Update or perish“ is the need of the time. Challenges for up-dation emanate from two aspects – developments in various sectors of our national life and pressure, endogenous and exogenous. Out of 35 issues of challenges 19 ones are analyzed in which 9 issues are Adapted Physical Education (APE), Attitudinal change of teachers, Collaborative venture, Running on fitness, Teacher evaluation, Massive importance of technology, Physical Education as an Eclectic Science, Self – supporting courses of Physical Education and Performance and Excellence oriented Physical Education need due accentuation with respect to their present scenario in practice.

### Conclusion:

The study intended to highlight new trends and challenges of Teacher Education in Physical Education and in going to highlight those, Physical Education has been discovered as man’s cherished possession as it satisfies man with lucrative gifts. There may be more and more cherishing opportunities in Physical Education provided we ponder over it in general and professional education in Physical Education.

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