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## Management model for study physical education and sports at school, college and university level

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### Abstract

*As the saying goes –*

*“Those who do not find time for exercise will have to find time for illness”.*

*In most of the schools, physical education is part of the curriculum. Apart from maintaining physical fitness, it includes training & development and care of the human body. It helps a person sharpen overall cognitive abilities and motor skills through athletics, exercise and various other physical activities. Seeing its benefits for the body and its effect on life, the importance of physical education can't be ignored. I think physical Education is a part of the entire system of Education and also school education. A programme of physical Education is successful if the needs, capacities, capabilities and interest of the students are given due importance and they are being given chance to flourish in such an environment where they feel the kings of the states and can perform freely. Physical education inculcates in children the importance of maintaining a healthy body and teaches them the importance of regular fitness activity in daily routine, which in turn keeps them happy and energized in their day-today lives.*

*"Physical Education when well taught, can contribute more to the goals of general education than can any other school subject. Physical education plays a great emphasis on our lives they play leading role in attaining a holistic life. They also play basic*

*and leading role in the school education system (S.E.S.) and how to make school physical education in line with the trends and direction of school education is a practical and urgent problem which lies in front of many physical educators. Based on the above debate, we can say that it becomes an imperial duty for the school administration to impart and manage physical education programs in such a way that it can reach to its decedents.*

*The researcher tries to make further research on the problem of physical education model concept and strategies of the constructional physical education program by summarizing the documents, interviewing the experts, logic inference and so on. At the same time, researcher tries to give a management model of physical education program which if implemented at school level it will develop the physical education program to a great extent. By applying this model, we make theoretical basis to better complete physical education goals and improve teaching quality and can enrich the theoretical basis of our school physical education program management model (P.E.P.M.M.).*

**Keywords:** physical education, teaching model, teaching strategies, construction of teaching method.

### Introduction

## Sport management

Sport management involves any combination of skills related to planning, organizing, directing, controlling, budgeting, leading, and evaluating within the context of an organization or department whose primary product or service is related to sport or physical activity. Sport managers carry out these skills in a variety of organizational settings (for example): college sports; professional sports; amateur sports (Olympics); sport marketing and management firms; sport communications and news media firms; corporate sponsorship and advertising firms; sporting goods firms; arenas, stadium, and civic centers; community recreation sports programs; social service agency sports programs (YMCA, YWCA); private club sports programs; and military sports programs etc.

- Why is it needed by organizations?  
There are three key reasons why organizations need management—
- To Establish objectives
- To Maintain balance among stakeholders, and
- To Achieve efficiency and effectiveness.

### Approach

Strategy is human being's psychological activity, is people's whole general thinking under certain circumstances, and is based on the analysis under certain circumstances. It is not only targeted and planned, but also a behavior of something similar to art and displays perception in certain circumstances. It is a dynamic process of system decision-making activity in teaching process and pre-planning of the whole teaching activity after summative thinking. As an integral part of teaching design, it is an integration of many teaching method for adapting the needs and accomplish teaching goals under certain

circumstances and make timely adjustment under the changing of situation. Chinese scholars have multiple views of the implication of physical teaching strategy. From a holistic point of view, physical education strategy can be defined as: a dynamic process of system decision-making activity in physical education teaching. It is a whole pre-planning of the whole activity by thinking comparatively, which based on physical education discipline. As an integral part of physical education design, it is an integration of many teaching method for adapting the needs and accomplish teaching goals under certain circumstances and make timely adjustment under the changing of situation.

## Planning

- Planning, according to Drucker (1973) and Gomez-Mejia & Balkin (2012), is the ongoing process of developing the business's mission and objectives and determining how they will be accomplished. It includes the broadest view of the organization (e.g., its mission) and the narrowest (e.g., a tactic for accomplishing a specific goal).
- It is concerned with the impact of decisions. Planning is the fundamental function of management from which the other four (controlling, directing, organizing, and staffing) stem.
- The key planning terms are vision, mission, goals, objectives, and action strategies. They are defined below.
  - a) Vision. Vision is a directional and motivational guidance for the entire organization. Top managers normally provide a vision for the business.

- b) Mission. Mission is the organization's reason for existing. It is concerned with scope of the business and reflects the culture and values of top management.
- c) Goals. Goals are specific statements of expected results that further define the organization's objectives. They are expected to be SMART: Specific, Measurable, Attainable, Rewarding, and Timed.
- d) Objectives. Objectives refine the mission within the organization including market standing, innovation, productivity, physical and financial resources, profitability, and management and worker performance and efficiency. They are expected to be general, observable, challenging, and untimed.

### Action strategies

- Development of action strategies is a fifth level of planning. Strategies describe who, what, when, where, and how activities will take place to accomplish a goal.

### Organizing

Organizing is establishing the internal organizational structure of the organization. The focus is on division, coordination, and control of tasks and the flow of information within the organization. This function allows managers to distribute authority to job holders.

### The Analytic Meaning of Physical Education Strategy Desires to carrying out the new standard

It is very important for a physical education teacher that he should have a magnet in his heart and compass in his mind. When carrying out the new standard, teachers have considerable rights of options and decision. And this definitely requires the teachers to convert their ideas to adapt the demands of new standard. Physical education strategy can help teachers to understand and discuss wholly the relationship of theory and practice and the relationships and influences among different factors in the practicing process.

Figure 1: Improving Teacher Quality



Source: Compiled by author

### Improving teaching quality

With the development of study research, there has been a change of how to improve the study, direction, and goal of teaching quality. The range of physical education is enlarging from features of sports technology, methods of technology practices, and physiological characteristics to applied psychology and sociology. Thus the study of physical education strategy plays a very important role which based on the system decision-making activity and dynamically processed guidance thinking that can contain multiple disciplines. The study of the effect among different teachers by American educators also approves this point of view.

### **The combination of promoting physical education theory and practice**

Theoretically speaking, physical education strategy can help us to recognize and discuss the interactional effect from various factors from a whole perspective. And the diverse appearances will help us to grasp the essence and regularity of physical education dynamically. Practically speaking, physical education strategy is not only the specification of theoretical system, but also abstraction of much education process after synthesizing on the practical experience. It contains the unity of system's completion and simple operation and is easy for people's understanding, mastering and applying. Therefore, the study of physical education system is the bridge and link that related physical education theory and practice and will contribute to change the situation of the separation of physical education theory and practice.

### **Theoretical Basis**

#### **Subject education: the education foundation of physical education strategy**

Physical subject educational thinking is a full construction of human being's good quality which comes from philosophical analysis and raise the idea about respecting students are the subjects. It will contribute to the development of promoting students' personality freedom, the development of autonomy, initiative and creativity. The essence is to fully respect and exert educator's subject, cultivate people of subject, and it reflects the times of modern education which trains pioneering and innovative talents. The principle position and subject of students can be divided into four categories: students are the subject of learning, association, daily life and self-development. But under the limitation of being students, the subject position, quality and pattern are still in the weak phase of temporary period.

### **Learning-oriented**

For teaching, the essence of teaching is to let student master learning method. Therefore, we should apply independent study, research study and cooperative study, which new curriculum emphasizes on as the explanation of educational

concept that based on creativity-oriented is constructing three orientations physical education strategy.

**Learning:** Independent study, research study and cooperation study are three learning methods under the curriculum reform of innovation-oriented educational philosophy. The three learning methods include their own different meanings: firstly, independent study refers to students to rule their own study which has the quality of initiative, independence, effectiveness and relativity. Secondly, research study is a learning method based on the carrier of questions and quality of active exploration, as well as the process of finding our questions,

exploring questions and acquiring conclusions under the guidance of teachers in learning and social life. Thirdly, cooperation study by group study in teaching and enables students to carry out study together. In the actual learning situation, through the three learning methods focus on their different sides, but they all have a mutual support and complementary relationship.

**Program concepts:** The essence of this physical education reform is the changes in physical education connotation, and teachers' curriculum concepts will definitely have certain changed. It will display in the following parts: Firstly, the focusing point is shifting from physical education content to students' experience, and put students' health in the first place of curriculum, avoid combining curriculum and sports in order to make sure students' development. Secondly, the focusing point is shifting from physical education teaching objectives and plan to the value of physical education process itself, which to combine teaching objectives and plan to teaching process and teaching situation in order to promote the development of the creativity between teachers and students. Thirdly, the focusing point is shifting from the combination of teachers, students, materials and environments to a complete cultural system which contains the four above factors that have the quality of integrity, dynamic and growth. Fourth, the focusing point is shifting from explicit knowledge to the combination of explicit and tacit knowledge in order to find out a harmonious unity under the relaxed, free and creative educational environment and teaching atmosphere.

The following principles should be followed for a successful management in physical education & sports.

### Principles

- Democratic manner
- Financial conditions of school
- Facilities available in school
- Interest of the students
- Maximum participation
- Ability of students
- Based on daily activities
- According to the aim
- Classification of students
- Progressive programs
- Co-relation with other subjects

The physical education programs differ from institution to institution and from individual to individual so, physical education programs should be carried out through the following procedure.

### Types of physical education program

#### 1. Pre-School Physical Education Program

- a) For normal growth & development of children
- b) Child's development-socially, physically, emotionally &

Mentally during this stage

- c) It involves outdoor play & Indoor play
- d) Development in fundamental movements
- e) Develop social skills

#### 2. Elementary School Physical Education Program

- a) Stress on Movement education
- b) At this stage students become aware more physically & mentally.
- c) It stress on Perceptual motor development.
- d) Music, Science, History & arts etc.
- e) Should meet needs of children



### **3. Physical Education Instruction Program**

- a. Varsity program at high level
- b. Scientific, theoretical & biomechanical approaches that affect human movement are clearly understood.
- c. Demonstration films by video, projectors, disc, computers etc.

### **4. Secondary School Physical education Program**

- a. The high, middle & senior high school
- b. Should be based on developmental tasks
- c. Different variety of activities as gymnastic, self-testing activities, rhythm & Dance, aquatics
- d. Should provide thorough understanding of human body and its impact
- e. Rules & Regulations
- f. Instruction should be progressive
- g. Instruction should be fundamental & interesting
- h. Instruction should involve definite standards.
- i. Instruction should involve more physical activity
- j. Each student should have a thorough medical examination

### **5. Trends & Innovation Ideas in Secondary School Physical Education Program**

- a. Personalized, individualized and cooperative learning.

- b. Emphasis on performance, competency, goal settings etc.
- c. Concentrating career & leadership opportunities.
- d. Specialized lectures & Group experience such as camping, tracking, wilderness

### **6. College & University Physical Education Program**

- a. Instructional in nature
- b. Program should be available to all students
- c. It should not be repeated from early level
- d. Advancement in skills
- e. Innovative features
- f. Should provide a wide range of course like dance & outdoor pursuit
- g. Should stress on study science and Practice human movement
- h. Should focus on life time activities
- i. Program should be offered by certified faculty

Students accomplish a task in the form of team work, they have a clear division of responsibilities, cooperate with each other, focus on training cooperation, sharing spirit and make preparation for the adaptation and development in the social group. By adopting the students-based principle, the group members will learn and exercise cooperatively and make progress through cooperate and exchange ideas between members, helping each other, overcome difficulty by lending good and making up the shortcoming



### **Teachers and students relationship/understanding**

The relationship and understanding between the student and teacher is of very importance, it plays the same role as did two wings of a bird help him in flying by flocking together. Action model is the most commonly used direct teaching method in physical education. It is the demonstration of specific actions in order to establish the performance of learning actions in mind, and a method of the structure and method of learning essence. The purpose of physical education is to let the students to learn and master some certain motor skills, while the learning of primary school students' skill need to be feel directly. Therefore, the right action model in physical education teaching does not only give students the direct necessary experience, which in order to raise the efficiency of mastering actions, but also increase the learning interest, stimulate students' self-study realization, and are good to form the correct power setting. It can clearly be seen that the demonstration of teachers play a key role in achieving good teaching effect. Some demonstration with purpose can help students to establish correct action concept in their minds. The purpose of teachers' demonstration is to form clear memorable image by observing teachers' actions and to

make it internalization, and after thinking process, to establish correct action concept. Thus, teachers should clear out the problems in every demonstration. Such as: demonstrate what, how to demonstrate according to the educational task, educational steps and make decisions by students our condition. For example: when teaching new materials to students, in order to establish a complete action concept, teachers could make a complete demonstration first and to let students to observe and understand the whole image, structure and process of the action, and combine the teaching requirements, decomposing the actions and demonstrate models slowly. In this way, the complete demonstration makes necessary preparations to the key demonstration and makes the action of key demonstration more clear and outstanding in order to help students to understand quickly the content of teaching materials and reach the teaching objects. Correct demonstration can make students to feel the physical differences, intensity difference, skill and beauty of physical actions at the same time, which gained a satisfying sense. This will produce a lot of interest of physical skills. Therefore, teachers' demonstration must be good, which is the example of actions. Generally speaking, it

should be precise, lively, graceful and elegant. Only in this way, can students feel the feeling of teachers' beautiful and enjoy the encouragement under the action. Under the influences of the correct demonstration of teachers, student will have a trying mental atmosphere, thus this can arise the enthusiasm of learning action skills and make sure the accomplishments of teaching tasks.

New strategies are needed while dealing with the students of High, Higher, College and University level. New methods should be adopted to cope up with these adults, as changes take place in their physical behaviour, social behaviour, and psychological behaviour & over all attitude of an individual. So if we deal and handle this situation in a proper way by applying proper model of sports management we can get best performers among them and can serve the cause in a better way.

### **Conclusions**

Researching on physical education strategy meets the needs of physical education theoretical development, and it can promote the combination of teaching theory and practice, which is good for the rising of teaching quality. It is also the needs of carrying out the new standard. Constructing physical

teaching strategy based on the idea of independent study, research study, cooperative study and new standard. The construction of physical teaching strategy encompassed on students' learning. Further proper management is needed to handle the affairs of physical education and sports activities among the

different students of different institution. It is very important for the competent authorities that the above give model of management should be adopted for overall development in the physical education & sports sector.

### **Suggestion**

From the above study it is concluded that the competent authorities should formulate such management program which will be specific in nature and fulfill the needs of the physical education purpose. Recently, the study of physical education strategy is in the primary step, and we need great attention of study researchers and different leader's great support in strengthening the studying word in physical education strategy. Further we need that the activities should serve the true purpose of physical education. On the physical teaching strategy, under the theoretical guidance of the teaching idea and teaching design, we focus on the whole function. At the same time of constructing the basic theoretical frame, we should enlarge the study to developmental theory and applying theory. In the study process, we constantly summarize the teaching experience from teaching methods and teaching pattern. From the biological links between parts and the whole, we learn theory from teaching experience and enrich the content of physical education strategy.

In the physical teaching strategy, we should focus on learning, understanding philosophy, social sciences and natural sciences, educational and enable them to meet the requirements of our times. Furthermore advanced research in the field of physical education & sports should be given priority so that physical education will achieve the highest position in the society.





People should change their perception regarding physical education that it is the activity of an idle person, instead of that they should be made aware of its benefits of adopting physical education in their life as it is the only way & means to attain a holistic life.

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