



BHARATHIDASAN UNIVERSITY
TIRUCHIRAPPALLI-620 024,
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Programme : Bachelor of Physical Education

**Course Title: METHODS OF TEACHING IN PHYSICAL
EDUCATION AND EDUCATIONAL TECHNOLOGY**

Course Code : 21BPE22

Unit -I

**Teaching – Nature, Objectives,
Characteristics and Requirement**

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Meaning of Teaching Methods

- Teaching methods refer to the strategies, techniques, and approaches used by teachers to deliver knowledge, skills, and values to students.
- They serve as the bridge between the content and the learner, ensuring effective learning experiences.
- These methods can range from traditional lecture-based teaching to more interactive approaches such as group discussions, project-based learning, or experiential activities.

Importance of Teaching Methods

- ✓ **Facilitates Learning:** Teaching methods help cater to the diverse learning needs and preferences of students, making education more effective.
- ✓ **Engages Learners:** The right method keeps students motivated and engaged, enhancing their interest and participation in the learning process.
- ✓ **Improves Retention:** Interactive and student-centered methods often help improve knowledge retention and application.
- ✓ **Promotes Critical Thinking:** Certain methods, like problem-solving or inquiry-based learning, foster analytical skills and creativity.
- ✓ **Adapts to Learning Objectives:** Different methods align with specific educational goals, such as knowledge acquisition, skill development, or behavior change.
- ✓ **Encourages Inclusivity:** By varying methods, teachers can address the needs of diverse learners, including those with different abilities and cultural backgrounds.

Factors Influencing Teaching Methods

- **Nature of the Subject:**
 - Practical subjects (e.g., science, art) may benefit from hands-on methods.
 - Theoretical subjects (e.g., history, philosophy) may lean on lectures or discussions.
- **Student Characteristics:**
 - Age, maturity, and developmental stage.
 - Learning styles (visual, auditory, kinesthetic).
 - Individual differences such as prior knowledge, motivation, and abilities.
- **Learning Objectives:**
 - Cognitive goals (knowledge and understanding) may require lectures and discussions.
 - Psychomotor goals (skills) need hands-on methods like demonstrations or practice.
 - Affective goals (attitudes and values) may be best achieved through storytelling or role-playing.
- **Teacher Competence:**
 - Teachers' expertise, experience, and familiarity with various teaching methods.

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- **Available Resources:**
 - Access to technology, materials, and infrastructure.
 - Availability of tools such as multimedia equipment, labs, or internet access.
- **Class Size and Environment:**
 - Large classes may favor lectures, while smaller groups are better suited for interactive methods.
 - Physical space and layout of the classroom also play a role.
- **Cultural Context:**
 - Cultural norms and values may influence the appropriateness of certain methods.
- **Time Constraints:**
 - Shorter time frames may necessitate concise, direct methods, while longer periods allow for in-depth exploration.
- **Assessment Methods:**
 - Methods often align with how learning outcomes are evaluated, such as exams, presentations, or projects.
- **Technological Integration:**
 - The availability and use of tools like smart boards, e-learning platforms, or virtual reality.

Teaching Technique

- Teaching techniques can be defined as an integrated organization that includes a set of materials, devices, tools, and educational attitudes that the teacher uses to clarify an idea or to change a vague concept in order to contribute to a better state of the educational process.

Types of Teaching Technique

- ❖ Lecture method.
- ❖ command method.
- ❖ Demonstration method.
- ❖ Imitation method.
- ❖ At will method.
- ❖ set drill method.
- ❖ observation method.
- ❖ visualization method.
- ❖ dramatization method.