



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 -IV

Education Technology

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Meaning of Education

- Education is the process of acquiring knowledge, skills, values, attitudes, and habits through various methods such as teaching, training, research, and self-learning. It fosters intellectual and personal development, preparing individuals to contribute positively to society.

Meaning of Educational Technology

→ Educational technology refers to the use of tools, techniques, and strategies, including digital technologies, to improve the teaching-learning process. It combines resources like multimedia, software, and communication platforms with pedagogical methods to enhance learning outcomes and accessibility.

Types of Education

- Education can be broadly categorized into three types based on the structure, purpose, and method of delivery:
- **Formal Education,**
- **Informal Education**
- **Non-Formal Education.**

Formal Education

- Formal education refers to a structured and systematic form of learning that takes place in institutions such as schools, colleges, and universities. It follows a specific curriculum and is delivered by trained educators.
- **Characteristics of Formal Education**
- Structured and organized.
- Curriculum-based with defined objectives.
- Conducted in formal institutions.
- Leads to certification or degrees.
- Delivered by trained professionals (teachers, lecturers).
- **Examples**
- Primary and secondary school education.
- College and university degrees.
- Professional courses like engineering, law, and medicine.
- **Advantages**
- Provides standardized learning.
- Offers recognized qualifications.
- Prepares learners for careers and professional growth.
- **Limitations**
- Rigid structure may not suit all learners.
- Focused more on academics, sometimes overlooking practical skills.

Informal Education

Informal education refers to learning that occurs naturally, without a structured curriculum, typically through daily experiences, self-directed activities, and interactions with others.

- **Characteristics of Informal Education**

- Unstructured and spontaneous.
- Occurs outside formal institutions.
- Learner-centered and voluntary.
- No certification or degrees are involved.
- Happens through personal experiences, observation, and experimentation.

- **Examples**

- Learning to cook from a family member.
- Acquiring knowledge through books, podcasts, or online resources.
- Gaining life skills from travel or social interactions.

- **Advantages**

- Flexible and adaptable.
- Encourages lifelong learning.
- Focuses on practical and experiential knowledge.

- **Limitations**

- Lack of systematic assessment.
- Knowledge gained may not be recognized formally.

Non-Formal Education

- Non-formal education refers to organized learning activities that take place outside the formal education system. It is typically short-term, need-based, and designed to meet specific goals or skills.
- **Characteristics of Non-Formal Education**
- Flexible structure and curriculum.
- No age restrictions; open to all.
- Often skill or goal-oriented.
- May or may not lead to certification.
- Delivered by various organizations (NGOs, community centers).
- **Examples**
- Adult literacy programs.
- Vocational training or skill-development workshops.
- Online courses or MOOCs (Massive Open Online Courses).
- Health awareness campaigns or environmental education.
- **Advantages**
- Accessible and inclusive.
- Focused on practical and specific needs.
- Flexible in terms of time, place, and pace.
- **Limitations**
- May lack standardized accreditation.
- Limited resources in some cases.