

The Use, Importance and Adaptation of Innovative Teaching Strategies in Physical Education at Degree College Level of Khyber Pakhtunkhwa

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Abstract: The aim of study was to investigate the perception of physical education teachers and students about the use, importance and adaptation of innovative teaching strategies in physical education at the degree college level of Khyber Pakhtunkhwa. The study was qualitative in nature but due to some limitation, the researcher adopted a quantitative method with a simple survey to carry out the research work. All the teachers and students at the degree college level at Khyber Pakhtunkhwa were taken as a population. Multi-stage random sampling technique with stratified sample technique was used to investigate teachers and students perception regarding the importance of innovative teaching strategies regarding health and physical education and the adaptation of innovative teaching strategies. Close ended questionnaire was for the data collection. Inferential statistics one sample T-test, was used for the data collection. It has been concluded that teachers and students agreed upon the importance of innovative teaching strategies regarding health and physical education at the college level. It was that the concerned authority may have repeated and systematic evaluation policy to maintain and further improve the quality of innovative teaching strategies to meet the information needs of users.

Key Words: Importance, Use, Adaptation, Innovative Teaching Strategies, Teaching Physical Education and students

Introduction

The word “teaching” is an art of communicating knowledge and information. A good teacher performs with his/her mind and soul to convey the message as required. Some people believe that teachers make the way of communicating information exciting and interesting which makes listeners or the students motivated and indulge in their subjects ([Safia and Siddiqui 2013](#)). Learning at primary and secondary schools and higher education levels has different requirements. Teaching strategies at different levels have a different impact on the students.

Earlier the process of conveying information was only based on face-to-face lecturing between the instructors and students, it although had no match to teacher and students

attachment and had a great level of attention for the learners. It had been used for centuries and produced the worlds’ great scientists and philosophers and still applicable in modern times ([Orlich et al. 1998](#)). However, with the advent of the latest technologies introducing distance learning through live lecturing using audio-visual aids have greatly improved the way of modern learning. The author further stated that in the twentieth-century method, the learners had a passive way of learning noting points from the lectures even without understanding and they had no chance of revision if missed for any reason. In this method, the teacher is considered the only source of knowledge which had a chance of detraction or miscommunication from

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the main ideas “receiving delivered knowledge.

Educationists of modern age found that lecturing has the limitations of some of the students may lose concentration if the teacher is not alive enough to focus on every one of them. Studies have reported such cases that students feel sometimes as they did not exist in classrooms ([Entwistle, 2013](#)). In addition to traditional [Rutten et al., \(2012\)](#) traditional method relies on restricted contents which are not enough to boost the interest of the learners. It also matters of fact that only one standard method is not enough for the fulfillment of the individual’s needs from different backgrounds, having complications or unclear ideas about the subject. Most of these students need further clarification of the events in the learning process. In this modern world where we have access to the latest technologies at every step of life, we do need to apply it to improving quality in health and physical education. It may be possible by bringing some necessary changes in the teaching-learning process. To increase the understanding of learners the teachers may provide an innovative schedule centered environment. It would have an ultimate effect to improve the learners’ level of understanding ([Laurillard, 2013](#)).

To make the teaching more realistic, a new fragment in teaching like Group Projects, individual projects, field trips, internet access, group discussion, crossword puzzles, multimedia presentation, audio-video aids, library research on topics or problem, diagrams, tables, graphs, charts may be used ([Saldaña, 2015](#)). These innovative teaching techniques can create actual learning atmosphere and productivity. Implementation of innovative strategies is the need of the day especially in Sports Sciences and physical education teaching ([Morgan & Hansen, 2007](#)).

Briefly mentioned, above are the reasons that motivate the researcher to conduct a study about the perception of physical education professionals about the importance, use and adaptation of innovative teaching strategies in

physical education at the degree college level of Khyber Pakhtunkhwa.

Study Objectives

Assessment of students and teachers opinion about the value importance of innovative teaching strategies at college level in Khyber Pakhtunkhwa. To judge the perception of students’ and teachers’ adaptation of innovative teaching strategies at college level in Khyber Pakhtunkhwa.

Literature Review

The main purpose of education is to develop a student’s character, skills and knowledge ([Bakarman, 2005](#)). Therefore, education is to make awareness and develop skills, which is not limited to our formal school or textbook processes. Individual personal life experience also adds to his or her education. Education is the main player in the development of every successful society of modern ages, since early childhood where the primary education develops the sense of learning and develops personality as it moves on through secondary and higher levels ([Avalos, 2011](#)). Research at various stages of identity the individual needs of every society and higher education is specialized for this purpose.

According to [Mesoudi, \(2009\)](#) theoretical and practice have an equilibrium which is dependent on higher education in specialized fields. It works as a power source to energize and explore the socio-economic and cultural development of a country. In today’s world, we have been transforming quickly and learning and skills developments have been shifted greatly. As students are the primary beneficiaries of education systems so they are the main source that is affected by the modern ways of teaching and research. Therefore, they should be provided with quality education, plus the innovative ways of learning which can help them gain better knowledge needed for their grooming ([Odden, 2011](#)). Ultimately it enables learners to apply their knowledge in their

professional lives. Educational trips, seminars, workshops, group discussions are becoming an essential part of regular learning. Specifically, field trips are highly specialized for a particular educational purpose and students learn more practically as compared to routine classwork formalities (Putnam & Borko, 2000).

Teaching is aimed not only to convey and share information with the students. The main thing in teaching students is how to learn and change the student's mind from "want me to study" to "I want to learn", from passive to active learning. So the students will free from the passive learning environment and will take initiative in learning to promote their self-learning habit gradually (Street, 2016).

Baylor and Ritchie (2002) have tried to answer that how effectively can technology add to the individual abilities of students and researchers. However, they also conclude that technology should not be considered as a single independent variable instead of students personal reasoning, critical thinking towards unseen problems and their ways to find solutions can be polished through higher education.

To determine the impact of any particular technique, we need to understand the way to implement in routine or formal learning designed by the educators, information about the assessment type to evaluate students' abilities. This way the students are assessed for their problem-solving abilities which are ultimately needed to perform well in their school environment. Thus technologies are used to improve the ways of learning, presenting and sharing personal ideas which after all encourage students' achievements. Hammond and Berry (2005) suggest that technologies involvement upgrades teachers' ways of communicating knowledge and improving students' performances.

In the context of pre-technological education, the teacher was the sender student was the receiver and the educational material was information. The teacher has used the "chalk-and-talk" method for the delivering

message. This gave the impression that teaching is surrounded by personal behaviors and the same ideas kept implemented for decades (Dator, Sweeney, & Yee, 2014).

The teacher is to control the instructional process, deliver content to the students and emphasize on promoting factual knowledge. Previously the teaching was a passive way of communication where a teacher narrated and students listened carefully and Students can hardly concentrate for 15-20 minutes in such lectures. In the latest innovations in teaching "learning" and the "learning environment" are the two active players for sharing information (Rahman, 2011). Similarly, some others believe that when technologies are used precisely then it develops skills, making teaching an inspiration and can effectively complement the conventional ways of learning (Chen, Liu, & Jiang, 2002).

It has been confirmed by the old schools that teacher was the main source of knowledge and acts as an actor in their teaching method; on the other hand, the role of learner was neglected. Now a day in teacher education courses the information technology has been assimilated in many ways. Such as CDROMs, Video Discs, Teleconferencing, E-mail, and Micro Computers, One of these technological applications is Computer Assisted Instruction (CAI) (Hattie, 2012). In the uprising of information, technology has been provided several benefits of unique educational programs. Many educational bodies have introduced CAI as a supplement to formal educational systems. Some of them can be quoted as narrated earlier by (Hargreaves, 2001).

In the past five decades, Computer Assisted Instruction (CAI) has effectively been in use for educational purposes. Though this is not new, however, is becoming more frequent and available to every student in modern times. These technologies are providing a better learning environment and helping students better than formal lecturing (Tauber & Mester, 2007).

In other words for the fruitful results the student's interest and desire in necessary if they are not even if the teacher talks how carefully, the results will fruitlessly. Therefore, teachers should try to make students interested in the topic and make the enthusiasm of students to participate in the teaching process ([Häussler & Hoffmann, 2000](#)). Multimedia can present imaging and movies along with the sounds providing visual graphics for a listener thus stories are memorized more easily as compared to reading from a book or listening to a teacher at the blackboard. This way has not only provided motivation but also innovative ideas to present the contents in a precise manner. Controlled use of these technologies has been appreciated in the teaching of motor skills has readily been accepted by researchers for their effective presentations ([Beatty, 2013](#)).

In the current times, multimedia usage has improved the style of presentation in professional fields including colleges of physical education. It has revived the classical methods of teaching making it lively and more informative ([Shaoyan and Yunjian, 2012](#)). Innovative ideas are more appreciated as compared to formal education; the great scientist Einstein stated: "Imagination is more important than knowledge, as it is a source of innovation". Excellent teachers can capture the innovative ideas of the students, polish it and bring into practical form. Through the use of multimedia in teaching, we can achieve the desired results and can find limitless resources as compared to textbooks.

With a simple and little mouse, teachers can avoid the use of multiple exchanges of tape recorders, video recorders, overhead projectors, etc. which increase the output of information, speed up the pace and increase the density of the classroom. It also saves the time of the teacher which he spends on writing on the blackboard. Multi-media teaching is now steadily adapted to meet the modern student's desires for knowledge. The use of multimedia technologies can provide clear knowledge to the students and a new expansion by huge information capacity which shows by all kinds of

media. Multimedia are one of the innovative audio-visual technologies readily being used in education program in the college of health and physical education. Teaching initiations must have facilities for these latest technologies.

Hypothesis of the Study

There is significant importance of innovative teaching strategies at college level in Khyber Pakhtunkhwa as perceived by the teachers and students.

The teachers and students are significantly involved in adaption of the innovative teaching strategies at college level in Khyber Pakhtunkhwa.

Method and Material

The current study aimed to investigate the perception of physical education teachers and students about the use, importance and adaptation of innovative teaching strategies in physical education at the degree college level of Khyber Pakhtunkhwa. The study was qualitative and due to some limitation, the researcher adopted a quantitative method with a simple survey to carry out this research work. All the teachers and students at the degree college level at Khyber Pakhtunkhwa were taken as a population of the study. Multi-stage random sampling technique stratified sample was used to investigate teachers and students perception regarding the importance of innovative teaching strategies regarding health and physical education and the adaptation of innovative teaching strategies. Inferential statistics one sample T-test was used for the data collection. It was concluded that teachers and students agreed upon the importance of innovative teaching strategies regarding health and physical education at the college level. It was recommended that the concerned authority may have constant and systematic evaluation policy for further improving the quality of innovative teaching strategies to meet the information needs of users

Data Analyses

There is significant importance of innovative teaching strategies at college level in Khyber

Pakhtunkhwa as perceived by the teachers and students.

Table 1. Tailed Test shows the Importance of Innovative Teaching Strategies at College level KPK.

Teachers and Students		Frequency	Valid Percent	Cumulative Percent
Valid	Teachers	83	8.5	8.5
	Students	894	91.5	100.0
	Total	977	100.0	

The table shows the frequencies and percent of students and teachers in the sample. The above table indicate that the frequency of teachers is

83 and percent is 8.5. The frequency of students is 894 and percentage is 91.5.

Table 2.

One-Sample Statistics				
	N	Mean	Std. Deviation	Std. Error Mean
Importance of Innovative teaching strategies (ITS)	977	3.6489	1.11463	.03566

Table 3.

One-Sample Test						
Test Value = 3						
	T	Df	P-value	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
Importance of Innovative teaching strategies	18.197	976	.000	.64893	.5789	.7189

The above table shows that there is significant importance of innovative teaching strategies at college level in KP province. The mean value of response is 3.65 which is greater than the testing value 3.00 (3.65 > 3.00), $t(976) = 18.197$, $p < 0.05$, so it is concluded that according to the view of teachers and students that there is significant

importance of innovative teaching strategies at college level in KPK.

The teachers and students are significantly involved in adaption of the innovative teaching strategies at college level in Khyber Pakhtunkhwa.

Table 4. One Tailed Test Showing the Adaptation of Innovative Teaching Strategies at college level kpk.

One-Sample Statistics				
	N	Mean	Std. Deviation	Std. Error Mean
Adaptation of innovative teaching strategies (ITS)	977	3.9724	.85426	.02733

One-Sample Test						
Test Value = 3						

	T	Df	P-value	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
Adaptation of innovative teaching strategies	35.578	976	.000	.97236	.9187	1.0260

The above table 4 shows that the teachers and students at college in KPK significantly want to adopt innovative teaching strategies in teaching learning process. The mean value of response is 3.97 which is greater than the testing value 3.00 ($3.97 > 3.00$), $t(976)=35.578$, $p < 0.05$, so it is concluded that the teachers and students of KPK at college level want to adopt innovative teaching strategies in teaching learning process.

Discussion

Findings of the study revealed that vast number of respondents had very considerable awareness of the benefits of multimedia presentation in learning process and regarded use of multimedia as effective strategy helpful in giving a chance of self-expression and help to maximize the student's attention towards the lecture. This was exactly in agreement with the judgments of [Mayer and Moreno \(2003\)](#) use of multimedia give chances to customized instruction, cooperation, input and innovative connection between the teachers and taught. Likewise, results of the study conducted by indicated that use of multimedia helps in learning and enhance the basic skills level of knowledge of swimming between the two groups for the experimental group. [Conciauro, Guglielmi&Sorrentino \(2000\)](#) the use of innovative technology provided many unique benefits and helps in learning motor skills. Use of multimedia presentation was perceived by maximum number of respondents which is supported by the study of [Shaoyan and Yunjian \(2012\)](#) found that through the use of multimedia technology we can change traditional teaching method and make teaching procedure glowing in college physical education. Major portion of the population agreed that multimedia presentation bound the teacher to his topic which has very positive impact upon student's learning.

The study revealed that maximum number of population perceived that individual assignments improves involvement level of students in learning process and group assignment develops the sense of cooperation among student. [Bruning and Horn \(2000\)](#) indicated that assignment is considered as very effective tool to develop numerous qualities like writing skills, judgment of writing capabilities and respond question. Same findings have been portrayed by [Tynjälä, P., MasonandLonka \(2001\)](#) learning is accomplished and made probable through the essential element of assignment work. Importance of discussion in learning health and physical education at college level was assessed through some questions and vast number of the populace showed agreement that group discussion build self-confidence among students through expression of their thoughts and view. Same findings have been found in the study of [Beatty \(2005\)](#) students gain enough knowledge about topics as everyone shares their knowledge in group discussions. Group discussion clarifies the concept of the students and Interaction may be developing through group discussion.

Result and Conclusion

It has been concluded that teachers and students agreed upon the importance of innovative teaching strategies regarding health and physical education at college level. According to their responses, innovative teaching strategies like use of multimedia, group discussions, quiz and field trips provide advantages for both teachers and students in making the teaching and learning process effective one, as for as the use of innovative teaching strategies is concerned very apologetically, it is not available and significantly needs to be provided. The teachers in the

discipline of health and physical education at college level do not feel it their responsibility to train the youth for future practical life apart from educating them they just believe in doing their jobs of just teaching the text books while use of innovative teaching strategies is adjudged as very important tool to make the learning very effective which most of them are not adopting due to non-availability. On the other hand the perception of teachers and students regarding the adaptation of innovative teaching strategies

is very encouraging. Mean scores of the replies presented in the tables did not conceal any substantial variance of opinion among teachers and students regarding use of innovative teaching strategies in health and physical education at college level because of unavailability. The study also substantiated that almost all the respondents agreed upon the adaptation of innovative teaching strategies in health and physical education at college level.

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