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Effects of In-Service Training Teaching Skills on Speed and Muscular Strength and Endurance of Male Physical Education Teachers Working In Rural and Urban Areas

M. Konguvel

Part-time Research Scholar, Department of Physical Education, Karpagam University, Coimbatore, India

Dr. V. Perumal

Professor, Department of Physical Education, Karpagam University, Coimbatore, India

Abstract: Human resource development is key to the success of any organization as the smooth and efficient running of any institution depends on how well employees are equipped with relevant skills to perform their tasks. A teacher just like any other employee is from time to time developed through in -service training. With the emerging, trends in education in rural and urban areas quality of teachers has become increasing. The purpose of this study was to investigate the effects of in service teacher training on the performance of secondary school teachers in rural and urban areas. The schools used as sample units were systematically selected. Teachers who have had in-service training were purposely selected until the sample size was realized. Forty subjects completed the entire study. Subjects were selected from salem district rural and urban areas in each 20 numbers. Healthy boys within the age group 12-15 years. Rural and urban area school training period was delimited to 6 weeks. Training was performed 3 days per week for six weeks. Testing occurred before and after the twelve weeks training regimen. The training program for each session lasted for sixty minutes totally. Pre and post intervention testing involved 50 meter dash, modified sit-ups. Descriptive statistics such as means, standard deviation and t ration were used. The findings of this study revealed that, in-service training has several positive effects on the performance of rural schools. All these effects have a direct input towards better performance of teachers. Therefore in-service training is a very important undertaking in improving the performance of rural area schools.

Keywords: Speed, Muscular strength and endurance, In-service training

1. Introduction

An in-service program is a professional lecture, where professionals are trained and discuss their work with others in their peer group. In-service program also refers to some programs offered to enlisted members of the military while they are in service. In-service programs also refer to educators, where they discuss methods and cases and workloads. This is a study of how an intensive in-service training program affected the teaching performance of teachers of physical education in salem district schools. The training program which was part of effort to improve physical fitness in salem district schools incorporated elements that were recommended by in-service educators for effective results. There has been considerable interest in the effectiveness of in-service education of teachers (INSET) as a means of improving teaching and student outcomes. This is evident in previous research on in-service education (Fullan 1993; Hall & Hord, 1987; Huberman & Miles; 1984, Ingvarson & Coulter 1987; Joyce & Showers, 1995; Little, 1989; Sprinthall, Reiman & Theis-Sprinthall, 1996). Despite the extent of this research there are still complaints that much in-service training is ineffective (Dalín, 1993; Feiman-Nemser & Floden, 1986; Robertson, 1992). Ingvarson, (1988) found those who fund or attend ineffective in-service training programs begrudge the wasted effort and resources.

2. Aim

The main purpose of this study was to determine the effects of in-service training teaching skills on agility and muscular strength and endurance of male physical education teacher working in rural and urban areas.

3. Methodology

To assure that the sample of subjects taken from salem district rural and urban areas represents the population, we could test every subject in the population and choose only those who fall around the mean of the entire population. This technique is usually pointless because doing so mean we could just as easily have tested the entire population on our independent and dependent variables. Therefore in order to make sure all possible subjects have an equal opportunity to be chosen, to choose a group twenty students from rural and twenty student from urban were participated in this study and Healthy boys within the age group 12-15 years. The

selected two groups in each 20 subjects were under went in-service training programme The scheduled program was one hour per day in the evening of five days per week for a period of six weeks.

4. Analysis of the Study

Variables		Mean ± S.D	Std. Error Mean	M.D	't' Ratio
Speed(in seconds) Urban Areas	PRE-TEST	8.34±0.55	0.14	0.70	5.73*
	POST-TEST	7.64±0.39	0.10		
Speed(in seconds) Rural Areas	PRE-TEST	8.16±0.34	0.08	0.76	7.89*
	POST-TEST	7.39±0.28	0.0739		

*Table 1: Significance of Mean Gains / Losses between Pre and Post Test of In-Service Training on Speed of Male Physical Education Teachers Working In Rural and Urban Areas
Significant at 0.05 levels*

Table shows the obtained 't' ratio's for pre and post test mean difference in urban area Speed (5.73), rural area speed (7.89) respectively. The obtained 't' ratio is when compared with the table value of 2.14 for the degrees of freedom (1, 14) it was found to be statistically significant at 0.05 level of confidence.

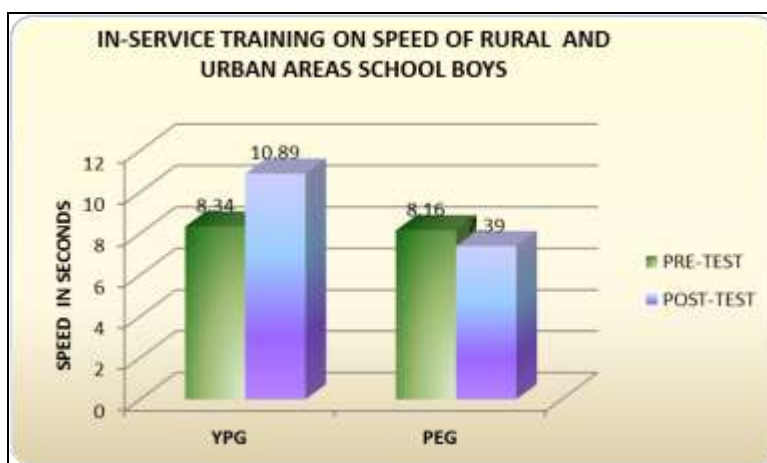


Figure 1

Variables		Mean ± S.D	Std. Error Mean	M.D	't' Ratio
Muscular Strength endurance in Urban Areas (in numbers)	PRE-TEST	36.53±3.04	0.79	4.33	14.28*
	POST-TEST	40.86±3.06	0.79		
Muscular Strength endurance in Rural Areas (in numbers)	PRE-TEST	36.46±3.60	.93	5.40	22.97*
	POST-TEST	41.86±3.79	.98		

*Table2: Significance of Mean Gains / Losses between Pre and Post Test of In-Service Training on Muscular Strength and Endurance of Male Physical Education Teachers Working In Rural and Urban Areas
Significant at 0.05 levels*

Table shows the obtained 't' ratio's for pre and post test mean difference in urban area muscular strength and endurance (14.28), rural area muscular strength and endurance (22.97) respectively. The obtained 't' ratio is when compared with the table value of 2.14 for the degrees of freedom (1, 14) it was found to be statistically significant at 0.05 level of confidence.

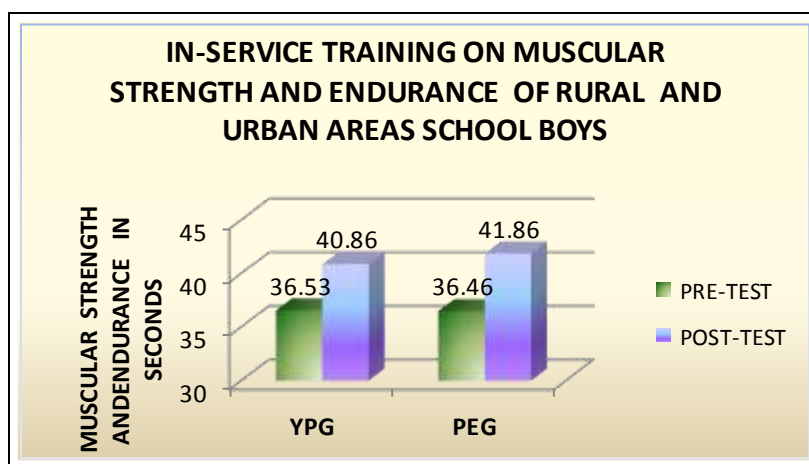


Figure 2

5. Result

1. In service training improved the speed and muscular strength and endurance for rural area physical education teacher thought the students of rural area school boys.
2. In service training improved the speed and muscular strength and endurance for urban area physical education teacher thought the students of urban area school boys.
3. In service training improved the rural areas school boys speed and muscular strength and endurance better then the urban area school boys

6. Conclusion

Rural areas school boys showed the better improvement on speed and muscular strength and endurance due to in-service training. The rural area teacher thought the teaching method is betterment of in-service training.

7. References

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