Chapter VI

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Summary

Education is a process of human empowerment for the achievement of better and higher quality of life. It tells man how to think and how to make decisions. Training of a human mind is incomplete without education. Only through the attainment of education, man is enabled to receive information from the external world; to acquaint himself with past history and receive all necessary information regarding the present. Without education, man is as though in a closed room and with education he finds himself in a room with all its windows open towards outside world.

Physical education and sports are the important areas in general education, which develops physical, mental, emotional, cultural and social aspects of human beings. The dictum “A sound mind in a sound body” and “Health is Wealth” are all accepted by one and all. Physical education is a necessity for the health and well-being of every student. As a unique and essential part of the total education program, physical education can significantly enhance all aspects of development including health, physical
fitness, movement knowledge, academic performance, goal setting, self-esteem, stress management and social skills.

Physical education is generally associated with competitive sports or development of muscles or body building or military drill. Physical education is rightly recognized as integral part of Education. It is obvious that Physical education and Education should both work harmoniously in the total process of Education. Physical education should help to develop skills and attitudes, which will be conclusive to the wise use of leisure time, and provide opportunities for emotional control, living according to acceptable social standards and self expression.

Physical education is an educational process that aims at the human performance and enhancement of human development through the medium of physical activity selected to realize this outcome. Physical education is not only concerned with the physical outcomes that accrue from participation in activities but also disciplining the mind and spirit of an individual by learning and participation.

Technology provides knowledge to produce goods offers service and meets the present and potential human needs. It increases human output and problem solving skills. The technology should contribute to social development of a nation. Technology
brings about changes in attributes, values and life styles of people. Technology has been used more and more for material gain, acquisition, consumption and consumerism. It promotes scientific, social and economic development of a nation.

The vision of technology as a powerful tool for teaching and learning will not be realized under the present educational organizations where traditional instructional practices are being followed. Educational institutions are considered as community centers and ‘Learning organizations’ open throughout the day and year, not only expands support for public education but may be the only way to realize sufficient cost savings to make technology affordable. Technology provides knowledge, competencies, skills and opportunities for students to succeed in a technology society. Science and technology provide a new shape to the world. They have about a growing discontinuity with the past.

As teaching is a complex activity, it needs systematization for an effective delivery of information. Otherwise, the learning may not be effective. To ensure better information delivery, teachers have to understand the dynamics of the teaching learning process. As yesterday’s knowledge becomes obsolete today, teachers have to cope with new changes and ideas in the field of education. New technologies new methods and practices help the teacher design
the instruction in an effective way. In recent times, technology has totally revolutionized the educational system and as a result, new ideas, methods and practices emerged to make the instruction effective and meaningful. Particularly multimedia courseware has totally revolutionized education, paving the way for new approaches and techniques in the teaching – learning process.

In this contest the researcher made an attempt to develop and evaluate the multimedia courseware in teaching kinesiology for physical education major.

The study was designed to investigate the effects of multimedia courseware on the learning achievement of selected units in kinesiology of physical education major. The learning achievement on kinesiology was selected as dependent variables. The multimedia courseware was adopted to learn the content of selected unit in kinesiology for physical education major as independent variables. To achieve this purpose, twenty students studying in Dr. Sivanthi Aditanar College of Physical Education, Tiruchendur, Tamil Nadu, India, were selected randomly as subjects. Their age ranged from 22 to 25 years. They were assigned into a single experimental group. The experimental group was subjected to learn the selected units of kinesiology through multimedia courseware over the period of fifteen days.
The pre test was arranged before the experiment and then the post test I was taken after nine days and post test II was done after fifteen days on the learning achievement of all the subjects. The data pertaining to this study were examined by using one way repeated measures analysis of variance (ANOVA). Whenever ‘F’ ratio was found to be significant, the Scheffe’s test was used as post-hoc test to determine which of the paired means differ significantly. Descriptive statistics was also used to analyze the attitude of students towards the multimedia courseware and using computer. The level of significance was fixed at 0.05 level of confidence for all the cases.

**Conclusions**

The following conclusions were drawn from the present study.

1. It was found that learning achievement in selected units of Kinesiology had improved significantly through multimedia courseware.

2. There was a significant difference among the pre test, post test I (test after nine days) and post test II (test after fifteen days) on learning achievement of Kinesiology.
3. Impact of the multimedia courseware is very effective; the students achieved mastery in the post test I in selected units of Kinesiology.

4. Have an attraction towards courseware and put forth their maximum effort in learning.

**Recommendations**

Based on the results of the study, the following recommendations were drawn,

1. The same study may be conducted in other subjects like Human Anatomy, Sports biomechanics and sports sciences.

2. A parallel study may be conducted to find out the effectiveness of computer assisted method teaching at the high school and higher secondary level.

3. A comparative study may be conducted in rural and urban areas students as subjects.

4. The same study may be conducted with covering full syllabus in sports physiology.

5. Further study is needed to identify variables that may influence learning and retention.
6. Research is needed on experimental teaching methods, strategies for teaching problem solving and clinical judgment, and ways of improving the traditional lecture and discussion.

7. Limited research in these areas makes generalizations impossible. There is a particular need for research on how to teach students the diagnostic reasoning process and encourage critical thinking, both in terms of appropriate teaching methods and the way in which those strategies should be used.