

Role Of Lecturers (Health and Physical Education) In Promoting Sports Activities at College Level in Khyber Pakhtunkhwa Pakistan

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Abstract

The purpose of this study was to investigate the role and responsibilities of physical education teachers in promoting activities at colleges in Khyber Pakhtunkhwa (Pakistan,). The study is unique, not artificial, and descriptive. The population of the research consisted of all HPE lecturers, principals of the Colleges, and students. The simple sampling technique was selected from 31 physical education teachers, 31 Principals of the Colleges, and 248 students (who were admitted through sports quota). Three different questionnaires were used to collect individual population categories. The researcher himself collected the data and analyzed the frequency, percentage, and mean using SPSS. After analyzing the data, it was found that most HPE teachers played a positive role in promoting sports in the colleges of Khyber Pakhtunkhwa. It was also found that most of them had professional competence in HPE and sport. The analysis of data showed that HPE teachers organize properly train and plan students' sports programs.

Keywords: Lecturer, Health and Physical Education, Students, Government colleges, Poor Quality

Introduction

Physical education historically started in 1820 when educational institutions especially schools gave importance to different games like gymnastics and on the development of the human body. In 1950 many institutes start majoring in this area. It is a course school teaches for fitness which results in systematically doing physical activities. This requires proper training and instruction to develop the skills (Sri Satya Sai University of Technology and Medical Sciences, 2021). Physical education plays a key part in the ceaseless advancement of people with physical movement and composed physical action. It is a nonstop procedure of

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making a solid situation for the advancement of a sound group. Normal words utilized by the overall population are that "solid body prompts a sound personality." Chrousos, and Gold, (2021). One of the greatest medical issues in creating nations is ailing health and mental and physical exhaustion, in grown-ups as well as in numerous developing kids. Individuals must know about a solid way of life to battle medical issues (Christodoulidis, 2020). It is necessary to consider the volitional qualities of the students. It helps in understanding the psychological mechanism of student active behaviour (Griban, Kuznietsova, Tkachenko, Oleniev, Khurtenko, Dikhtiarenko, Yeromenko, Lytvynenko, Khatko and Pustoliakova, 2020).

Physical education at the college level assumes a vital part in advancing sound practices that likewise help to build up a sound way of life in their initial a very long time in their lives (Solid et al., 2018).

Consistent cooperation in physical movement is ripe because it gives a ton of advantages to individuals who frequently take part in sports and physical action. Lamentably, youngsters and grown-ups nowadays by and large don't meet national proposal for physical action to take an interest in no less than an hour of activity on many days of the week (National Association of Physical and Physical Instruction, 2004, Presidential Control of Physical Well-being and Sports, 2005). The circumstance is shocking because physical idleness in creating nations, particularly in Pakistan adds to hypertension, elevated cholesterol, tumours, diabetes and heftiness in young people. Youngsters who consistently take an interest in physical action will probably have typical body weight-enhanced confidence and significantly more noteworthy physical wellness. In adulthood, which enhances personal satisfaction and limits the danger of physical education, it can help anticipate genuine ailment in later life (Solid et al., 2018).

Endeavors to boost physical alternatives at the tertiary level ought to be precisely arranged and performed. At the tertiary level, understudies experience pubescence and adulthood and numerous formative changes happen in their organs that make numerous passionate and psychological maladjustments in the identity of young people (Janz, Dawson, and Mahoney, 2016).

Physical education plays a vital part in this time of students' lives. In schools, students can be so dynamic and dynamic that they spend an overabundance of vitality in a positive and alluring bearing. Consequently, Therefore the role of the lecturer HPE becomes very decisive in the personality development of the students. (Beigle et al., 2016).

Game is basic for a good mindset, solid well-being, and a solid body. The situation of physical education in Pakistan isn't sure. Sadly, this theme is completely overlooked in Pakistan, HPE educators in Pakistan are prepared with all aspects of the creative ability. The HPE educator in schools is likewise (12

years of general education) and has one year (JDPE) junior recognition in wellbeing and physical education or resigned military of individuals without administration in physical education. While conditions in tuition-based schools are still beneath normal, the HPE instructor in non-public schools has no involvement with physical education. This condition prompts a tight picture of physical education that is constrained to sports exercises and amusements in Pakistan (Verkaaik, O. 2018).

Researchers need to investigate the role of HPE Lecturers in promoting games exercises. The role of instructors (HPE), principals and students is essential in supporting game exercises at the college level. The lecturers have taken in the standards and aptitudes of different games and recreations at an advanced education level. The principals give gear to these recreations and games, for example, time for students to play, arrive at settings and a financial plan for the buy of games merchandise. students assume an essential part in partaking in different sports of games and secondary school recreations.

Related Literature

Health and physical education teachers are a critical component in schools, colleges and universities. The teacher of HPE instructs in the hypothesis of physical education and handy. One of the essential roles and responsibilities for instructors of HPE is to keep up teaching in universities and schools. Members of HPE persuade and urge understudies to take part in sports exercises. Educators HPE composes a decent exercise and games program, where understudies must be physically dynamic and advance a sound life. Instructors HPE are a prepared individual who trains to prepare, both hypothesis and down-to-earth sports exercises, thus the understudies have great well-being and a physically dynamic life. Physical education is a critical issue in European nations. However, in Pakistan, physical education is lamentably totally disregarded. lecturer HPE offers an additional undertaking in the universities. School organizations do not support HPE instructors in promoting games exercises, (Domangue, and Carson, 2018).

While inquiring about taking in the role of HPE, the exhibition of "arranging" presents itself as a vital normal for good practice. Despite the way that some qualified teachers HPE from 5 Emma Hind and Clive Palmer have singular encounters with auditing surveys have asserted that they are P.E. Adequately, lesson arranging is fundamental for advancing games exercises at school (Wright and Sugden 2019).

Empower this view with awesome significance that "lesson arranging and appraisal at school prompt an extremely effective mix and improvement that demonstrates that a productive trade-off and physical action of learning youngsters in physical education is required." Planning is noticeable among the

most critical conditions inside an HPE instructor. So, what do you design? Arranging is a report of learning objectives that give a sensible sign of the affiliation, structure, cause and proposed learning results in a situation (Bailey, 2021).

Likewise, the arranging demonstration is one reason why the teacher is in charge of how the kids' odds will be spent on physical education classes. The level of detail in the association differs from a little scale portrayal to the full point of view of taking in the opposition and the activities. This would incorporate a step particular outline point of view, moving to bigger charts, for example, work units and work designs, and later to the national educational programs themselves. This is on account of in numerous PEs there is an extensive variety of gear that can cause damage if not utilized appropriately or occasions that, if not sensibly tried, can cause damage. Every action instructed in PE has its particular well-being controls that kids ought to know about these security directions (Capel 2020).

Superb hierarchical, arranging, and administration abilities are expected to guarantee a concentrated however safe condition for kids to learn new aptitudes. All instructors must survey the dangers of the gear and the earth they intend to do. to use before the start of a lesson. Well-being can be the most imperative factor when arranging a TP. Lesson (Capel, 2020).

Objectives

The Objectives of this study article were to:

1. To explore the role of lecturers (HPE) in promoting sports activities at the college level.
2. To explore the responsibilities of lecturers (HPE) in promoting sports activities at the college level.

Research Questions

1. What is the role of lecturers (HPE) in promoting sports activities at the college level?
2. What are the responsibilities of lecturers (HPE) in promoting sports activities at the college level?

Delimitation of the Study

Keeping in view the limited time and resources available the study was delimited to public sector colleges (males and females) of the district (Nowshera, Mardan, and Swabi).

Research Methodology

The study was descriptive and the researcher used a survey method to explore the role and responsibilities of lecturers/teachers of (HPE) in promoting sports activities in colleges.

The population for the study consisted of all the principals, lecturers, (HPE), and students (who were admitted through sports quota) of government colleges of districts Mardan, Nowshera, and Swabi Khyber Pakhtunkhwa. There are thirty-three (22 colleges for males and 11 colleges for females) government colleges in the above-mentioned districts of province KP. There are thirty-three (33) principals, twenty-three (23) male and ten (10) female lecturers/teachers (HPE), and 701 students (who were admitted through sports quota) the population of the study (Higher Education Department, KP, 2014-15). So, the population for the study comprised 33 lecturers (HPE) and 33 principals and seven hundred one (701) students.

Sampling Size and Sampling

A simple random sampling technique was used for the selection of the sample. Thirty-one (31) principals and thirty-one (31) lecturers (HPE) were randomly selected as samples. According to Krejcie & Morgan (1970), if the population is thirty-five (35) then a sample of thirty-two is appropriate. On the other hand, two hundred forty-eight (248) students were randomly selected for seven hundred one (701) students. According to Krejcie & Morgan (1970), if the population is seven hundred then two hundred-fourth eight (248) is appropriate.

Table 1. Population

Name of District	No. of Colleges		Lecturer (HPE)		Principal (GC)		Students/Players	
	Male	Female	Male	Female	Male	Female	Male	Female
Nowshera	4	3	4	3	4	3	$\frac{2200 \times 5\%}{100} = 110$	$\frac{1380 \times 5\%}{100} = 69$
Mardan	10	3	11	3	10	3	$\frac{3500 \times 5\%}{100} = 175$	$\frac{2400 \times 5\%}{100} = 120$
Swabi	8	5	8	4	8	5	$\frac{2755 \times 5\%}{100} = 137$	$\frac{1800 \times 5\%}{100} = 90$
Total Population	22	11	23	10	22	11	422	279

(Note in the table 5% represent those students who got admission through sports quota in Government colleges).

Results

Results demonstrate the Role of instructor HPE for Training and arranging in advancing everyday sports exercises, and the professional skills of lecturer (HPE) for daily sports activities. For statement 1 statistical values (A=18. 2%, SA=82%, and means =4. 82) show that the majority of lecturers agreed, that I teach both physical education theory and practical work of sports activities in my college. For statements 2 statistical values (A=60%, SA=37%, and means =4. 26) show that the majority of lecturers agreed, that I prepare a schedule for physical education class and daily sports activities. For statement statistical values (A=22. 7%, SA=37% and means =3.76) shows that the majority of lecturers agreed, I develop programs for the player performance evaluation, For statements 4 statistical values (A=22. 7%, SA=72. 7% and means =4. 58) show that majority of lecturers, agreed I participate in sports activities with my student, For statement 5 statistical values (SDA=22. 7%, DA=46% and means =2. 23) show that majority of lecturers' undecided, I use physical activity as a reward or punishment, it Means lecturer HPE did not use physical activity as a reward or punishment, (Supplementary file).

Statements No.6 to 18 indicate the role of lecturer HPE for training and planning in promoting daily sports activities, For statements6 statistical values (A=46%, SA=36. 4% and means =4. 08) show that the majority of lecturers agreed, I prepared a proper plan for implementing daily sports activities in my college. For statement 7 statistical values (A=50%, SA=50% and means =4. 52) show that the majority of lecturers agreed, that I coordinate with the head of the institution and other teachers to promote sports activities. For statements 8 statistical values (A=27. 3%, SA=72. 7% and means =4. 73) show that the majority of lecturers agreed, I know the objective of physical education and sports activities. For statement 9 statistical values (A=41%, SA=54. 5% and means =4. 52) show that the majority of lecturers agreed, that I plan and administer a physical education program in the light of these objectives. For statement 10 statistical values (A=31. 8%, SA=59. 1% and means =4. 52) show that the majority of lecturers agreed, that I provide effective leadership in the sports program to achieve this objective. For statement 11 statistical values (A=41%, SA=31. 8% and means =3. 73) show that the majority of lecturers agreed, I administer intramural sport program arranging sports tournaments. For statement 12 statistical values (A=27. 3%, SA=41% and means =3. 82) show that the majority of lecturers agreed, that I organize and administer inter-college sports activities. For statement 13 statistical values (A=41%, SA=41% and means =4. 05) show that the majority of lecturers agreed, that I prepare attendance reports of sports players for daily sports activities. For statement 14 statistical values (A=32%, SA=32% and means =3.73) show that the majority of lecturers agreed, that I coordinate a college

sports program with other colleges. For statement 15 statistical values (A=36.4%, SA=22.7% and means =3.58) show that the majority of lecturers agreed, that I develop a curriculum of physical education and sports activities in my college. For statement 16 statistical values (A=59.1%, SA=27.3% and means =4.14) show that the majority of lecturers agreed, I administer first aid for college sports programs. For statement 17 statistical values (A=41%, SA=13.6% and means =3.35) show that the majority of lecturers agreed, that I safely establish regulations and precautions for daily sports activities. For statement 18 statistical values (A=22.7%, SA=63.6% and means =4.32) show that the majority of lecturers agreed, that I supervise the college cafeteria and supervise non-hour recreation.

Findings Related to the Research Objective

- Eighty-two 82% of lecturers responded that they teach both physical education theory and practical work of sports activities in their college.
- Sixty 60%, of lecturers responded that the class schedule for physical education and daily sports activities is prepared by them.
- Eighty 80% of lecturers responded that they prepare a proper plan for implementing daily sports activities in their college.
- Eighty-two 82% of lecturers responded that they prepare attendance reports of sports players for daily sports activities.
- Sixty-four 64% of lecturers responded that they coordinate college sports programs with other colleges.
- Fifty-eight 58% of lecturers responded that they develop a curriculum of education and sports activities in their college.
- Ninety-one 91% of lecturers responded that they encourage students to participate in different sports events in their college.
- Fifty-six point fourteen 56.14% of lecturers strongly disagreed that the principal of their college provides funds for purchasing sports equipment.
- Ninety-nine 99% of lecturers responded that they know the objective of physical education and sports activities.
- Ninety-five 95% of lecturers responded that they plan and administer physical education programs in the light of those objectives.
- Ninety-four 94% of lecturers responded that they participate in sports activities with their students.
- Eighty-five point six 85.6% lecturers responded that they supervise the college cafeteria and recreation after college hours.
- Fifty-one 51% of lecturers responded that they supervise the repair and maintenance of sports equipment.

- Eighty-one point eight 81.8% of lecturers responded that they properly spend the funds for the promotion of sports activities in their college.
- Eighty-three 83% students responded that lecturer HPE coordinates sports programs with other college organizations.

Discussion

This study was initiated to know about the role and responsibilities of lecturers HPE in the promotion of sports activities at Government College of districts Nowshera, Swabi, and Mardan Khyber Pakhtunkhwa Pakistan.

The primary objective of the study was to find out the correspondence, professional role, and responsibilities of lecturer HPE of public sector colleges of Khyber Pakhtunkhwa. The second objective of this study was to examine the responsibilities of lecturer HPE, of public sector colleges of male and female in District Nowshera, Swabi, and Mardan Khyber Pakhtunkhwa. After analysis of the data, it was concluded that there was a significant role and responsibility of lecturers HPE in promoting sports activities in public sector colleges.

The findings of this specific research regarding the role of the Lecturer in HPE are in line with the findings of the study of Lyceum from Philippines University-Batangas (LPU) Physical Education teacher's curriculum may be consist all the sports activities. are "the larger part of instructors HPE educate both down to earth and hypothesis of physical training, lion's share teachers keeps up teach amid sports exercises, lion's share of lecturers spur and urge the understudies to take an interest in sports exercises, dominant part of understudies take an interest in sports exercises as per their advantage, lecturers HPE arranged appropriate arrangement and time table for sports exercises, the greater part of lecturers know the target of physical training and design and manage the games concurring in the light of that goal, lion's share lecturers sort out and direct bury school sports program and facilitate school sports program with different schools, lion's share speaker create educational modules of the physical training program, lion's share instructors HPE legitimately spend support for the advancement of games exercises in their school, lion's share of the chief did not give sports store to obtaining of games equipment's. (Keresztes et al., 2008).

Conclusion

Based on the findings the accompanying significant conclusions were drawn out

Conclusion Related to Objective No.1 and No.2

- It was concluded that lecturers of HPE know about the objective of physical education and sports activities and planned to administer physical education programs in light of these objectives.
- It was concluded that lecturers of HPE are not fully aware of their academic, managerial, and pedagogical responsibilities in their colleges.

- A few lecturers HPE ensure the attendance of students in their colleges and play their monitoring role to know which types of sports activities are being carried out in physical education classes.
- It was concluded that lecturers of HPE maintain discipline and restoration of law and order in their colleges.
- It was concluded that lecturers of HPE prepare a schedule for physical education classes and daily sports activities and develop programs for player performance evaluation.
- The role of lecturers at HPE cannot be underestimated in promoting daily sports activities.
- The male lecturers' HPEs seemed to be more competent than female lecturers' HPEs in promoting daily sports activities.
- It was concluded that lecturers of HPE motivate and encourage the students towards sports activities.
- The main responsibility of the lecturer HPE is to grow the sense of physical or mental recreation by applying various exercises with further improvement given changing scenarios.
- The lecturers conduct an annual sports competition and intramural and extramural sports programs in the colleges.
- It was concluded that lecturers enhance students' leadership style and career counselling to students through sports activities.
- Lecturers HPE prepare proper planning for implementing daily sports and coordinate with the head of the institution and other teachers for promoting sports activities.

Recommendations

Given the findings and conclusions the researcher suggested the following recommendations:

1. College administration and media may be highlighting the importance of sports educating students about the significance of sports and physical activities.
2. Lecturers of HPE may be aware of their professional responsibility so they may be kept consistent.
3. Lecturers HPE may chalk out a timetable for sports activities and plan sports activities according to the timetable and students may be trained in sports according to the planned timetable.
4. Lecturers of HPE need to coordinate with different organizations and stakeholders in the raising of sports funds.
5. Principals may support lecturers' HPE in lesson planning and give them effective feedback for the promotion of sports activities at colleges.

6. Principals may be made aware of the significance and importance of sports activities.
7. Principals may be prepared to resolve the problems of lecturers and students regarding sports activities and valeted guidance techniques.

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