

A FITNESS STUDY OF THE UNDERTRAINING TEACHERS OF PHYSICAL EDUCATION

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ABSTRACT

The study aimed at finding out whether the undertraining graduates of the Department of Health & Physical Education, Gomal University fulfil the approved standards of Physical Efficiency Index (P E I) as required by the Harvard Step Test. The study revealed that none of the trainees reached even the average mark.

INTRODUCTION

A healthy nation is a wealthy nation. In order to keep the nation healthy it is necessary to organize different programmes of sports and physical education in the country. These programmes can only be successful, if they are conducted by well trained, efficient and healthy Physical Education Teachers who themselves fulfil international standards.

In other institutions of physical training in the country, the students are selected after the Physical Efficiency Tests and on the basis of their sports back-ground. Due to their sports back-ground they take interest to learn more and more about physical education and their respective sports. When they complete their training they take interest to explore the hidden talent among their students. They raise teams of different games. On the other hand those students who are not physically fit can not learn enough. When such students leave their institutions, although they get diploma but achieve nothing from the professional point of view. In colleges and schools they only become the incharge of stores and look after the work of ministerial staff.

This study was conducted to assess whether the under training graduates of the Department of Physical Education, Gomal University possessed the required standard of the physical fitness.

For this purpose, the Harvard Step Test was used to assess the physical fitness of nineteen students of Senior Diploma