

Research Article

Analysis of Factors Affecting (Training Objectives, Training Programs, Educational Content, Teaching Methods, Evaluation) the Quality of Physical Education in Secondary Schools From the Perspective of Physical Education Teachers in Zanjan

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Abstract: This study aims to identify factors affecting the quality of the teaching of physical education teachers in secondary schools from the perspective of sports Zanjan province in 2015-2016 have been completed. The physical education teachers in secondary schools first and second in Zanjan were 120 people, 99 people in the study (58 males and 41 females) participated. In order to collect data and personal information questionnaire questionnaire of quality physical education (Bahar *et al.*, 2009) was used, and the validity and content of the questionnaire was approved by the faculty. During the pilot study, reliability was 0.89. In addition to descriptive statistics to analyze the data from one sample T-test and Friedman were used and data analysis was performed with SPSS, version 20. Results indicate that physical education teachers from the perspective of educational objectives, curriculum, educational Mthvay, teaching, professional sports teachers, experienced teachers, exercise, attitude and evaluation very much on the quality of physical education lessons are effective. The results showed that physical education teachers from the perspective of factors affecting the quality of physical education lessons in order of priority are: 1- evaluation, 2-training program, 3-learning objectives, 4-teaching methods, 5-educational content. According to the results obtained from the above-mentioned factors play a major role in the quality of the physical education lesson.

Keywords: evaluation, training program, learning objectives, teaching methods, educational content.

INTRODUCTION

Progress and development of each country in various fields of economic, political, industrial, technological and... to many factors, especially the country's education system. It is true that education, culture and civilization of each nation all form, but is an important factor and the most basic foundations of its culture and its people. Kids grow different aspects of character education in all aspects of physical, mental, social and spiritual. Achieving the goals of education in any society requires an understanding of factors affecting growth and human evolution (Zabihi, 2005). The study reviews and experts in education aware of the importance of physical education in various aspects of return. Jan Piagea cognitive, spiritual Klapard and John Dewey in the aspect of the importance of physical education as a means of education stressed. Scientists

education, sports and various forms of physical activity and training today know Education within the community and with individual and social approach, leading to the Intellectual Development of Children and Adolescents provides (Gaeini, 2005). Today, students of Physical Education and Sports Science, the education system in the world, the place is very valuable and important. So that the programs and courses the school provides opportunities for students in the fields of physical, emotional, mental and skill help answer (Alimohammadi, 2006).

Physical education is an educational process that uses physical activity as a way to help students to acquire skills, Preparation, knowledge and positive attitude towards optimal growth, public health and to maximize opportunities for physical activity can be

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used (Afzalpour *et al.*, 2007). Physical education and sport in the school curriculum is of special circumstances. On the one hand promoting the course and achieve the goals of the sports facilities and on the other hand, This course aims to meet the changing requirements of the students based on educational areas such as the objectives of cognitive, psychomotor and affective in the curriculum is (Ramazaninezhad, 2006). Without a doubt, improve the quality and quantity of physical education in schools and good governance exercise, it can support richer and more strength to forgive (Zabihi, 2005; Livingston in 2011), believes the problems of physical education in school reluctance, apathy, and lack of positive attitude among students. This caused him to lack of exercise and lack of attention to the new needs of school teachers and students know. Also, the same teacher education program that various levels of inefficiency adds another reason why this subject can be found (Livingston, 2011).

Human societies, institutions and social organizations based on the importance of each in their administration, with regard to the impact that each organization can have in the development process of the country, characterized. In the field of education, including the infrastructure of human society is due to its central role in the development process, especially the development of human resources, is of particular importance. The organization and the collection of the stated amounts in proportion with the aim to train the next generation of predetermined form, requires systematic planning in accordance with the needs of society in various fields. In this regard, seems to be associated with lower scores on cognitive and emotional learning program that is currently of most interest and planners. A systematic program of physical education is also able to meet the physical and mental health of students, By creating a favorable environment for the development of their abilities, it is a dynamic and developing countries (Zabihi,2005).

Knowledge of the factors affecting the quality of the physical education from the perspective of sports teachers in this study, with proper planning and

development of physical education in schools linked It can be hardware, information about the impact of physical education, such as facilities, sports facilities open or closed, Tools, sports and physical education programs, such as human resources specialist, curriculum, educational content, etc., will be useful in the quality of physical education Officials, teachers, sports, etc. In which areas should pay attention to physical education and differences and agree on the factors influencing the physical education course will help planners become familiar with different perspectives and expertise with other studies or formation of special committees work towards qualitative progress towards physical education course.

MATERIALS AND METHODS

Methodology This study is a descriptive analysis of the survey and collection of data was carried out and the purpose of applied research. The population of the investigation, according to information received from experts of physical education teachers of all state Department of Education in Zanjan Province (total 120) are. The sample size for the population of the entire population was considered low. A questionnaire was used to collect the information of the questionnaire contains 34 questions. And answers every question contains 5 options very low, low medium, high and very high is. Factors affecting the quality of the physical education and sports in high school sports from the perspective of teachers is evaluated in 5 components. Face and content validity of the questionnaire has been validated in previous research and the credibility is high. and the validity and content of the questionnaire was approved by the faculty. During the pilot study, reliability was 0.89. In addition to descriptive statistics to analyze the data from one sample T-test and Friedman were used and data analysis was performed with SPSS, version 20.

Results

According to Table-1 shows the average of all variables and also skewness and kurtosis they are within a reasonable range, and this represents the distribution of events is normal.

Table -1. Distribution of the index of central tendency and dispersion trend

Distribution indicators	Average	Standard deviation	Median	Mod	Variance	Skewness	Elongation
The influence educational purposes	4.03	0.775	4	4	0.601	-1.528	3.6
The effectiveness of the training program	3.88	0.754	4	4	0.569	-1.413	3.033
The impact of educational content	3.75	1.040	4	4	1.083	-1.213	0.961
The effectiveness of teaching methods	4.25	0.436	4	4	0.191	1.157	-0.676
The impact assessment	4.18	0.459	4	4	0.212	0.653	0.627

Table-2. The relationship between factors affecting the quality of physical education teachers from the perspective of sports

	T-statistics	df	std	Average	The difference between 95%	
					Low Bank	High Bank
Training objectives	110.865	98	0.000	3.972	3.90	4.04
Training programs	122.870	98	0.000	3.946	3.88	4.01
Educational content	49.036	98	0.000	3.826	3.67	3.98
Teaching methods	131.384	98	0.000	4.022	3.96	4.08
Evaluation	140.657	98	0.000	3.987	3.93	4.04

Based on the results of the test (One-Sample Test), an average of the answers provided by respondents are for educational purposes only 3.972 out of 5. That if they extend to the community average, with 95 percent of the population in the range of 3.57 to 4.18 average responses are In conclusion, the impact on the quality of physical education training purposes, is positive. Also, due to the error can be obtained from this test are statistically significant.

Based on the results of the test (One-Sample Test), an average of the answers provided by respondents about the training program is 3.946 out of 5. Those if they extend to the community average, with 95 percent of the population in the range of 3.88 to 4.01 average responses are. In conclusion, the impact on the quality of physical education curriculum is positive. Also, due to the error can be obtained from this test are statistically significant.

Based on the results of the test (One-Sample Test), an average of the answers provided by respondents regarding the educational content is 3.826 out of 5. That if they extend to the community average, with 95 percent of the population in the range of 3.67 to 3.98 average responses are In conclusion, the impact on the quality of physical education course content, is positive. Also, due to the error can be obtained from this test are statistically significant.

Based on the results of the test (One-Sample Test), an average of the answers provided by respondents about teaching is 4.022 out of 5. That if they extend to the community average, with 95 percent of the population in the range of 3.96 to 4.08 average responses are In conclusion, the impact on the quality of physical education teaching methods, is positive Also, due to the error can be obtained from this test are statistically significant.

Based on the results of the test (One-Sample Test), an average of the answers provided by respondents regarding the evaluation is 3.987 out of 5. That if they extend to the community average, with 95 percent of the population in the range of 3.93 to 4.04 average responses are In conclusion, the impact assessment on the quality of physical education, is

positive Also, due to the error can be obtained from this test are statistically significant.

DISCUSSION AND CONCLUSION

The results showed that from the perspective of sports teachers, educational goals on the quality of physical education is effective part of the physical education programs have specific objectives are. Physical education teachers and administrators should be familiar with the objectives of the lesson, and they can cite the reasons, evidence and scientific resources for children, adolescents and young adults and their parents justify. If physical education goals at every level of education (elementary, middle, high school) is a clear expression of will, In this case, all the people who prepare and run the program, participation, they will be able, The answer to this key question: "Why and for what purpose operate" with the full knowledge and understanding should be implemented.

The results showed that from the perspective of sports teachers, the quality of physical education curriculum is effective. While physical education curriculum provides students with practice exercises Vrtfarhay five aspects of physical, emotional, intellectual, social, spiritual to the positive results that Drahdaf program is predicted to reach. Teach a health curriculum and maintain Vtndrsty qualitative approach, attention to primary education and sports skills common indirectly, Leisure time helps to provide more rich from the ground for absorption Afradnkhbh to exercise their talent level and provides Championship.

The results showed that from the perspective of sports teachers, educational content affect the quality of physical education. Through content that the education system is directly related to the students' character and various effects on the psyche of the leaves. It is due to the characteristics and nature of the different philosophical views and beliefs takes effect and philosophical perspective can give it a certain direction, Therefore, to determine the general policies and principles selection of content in the curriculum of basic education system on the basis of the necessary And less attention to the content and therefore the students of the main directions of the country's education system is off.

The results showed that from the perspective of sports teachers, teaching in the quality of physical education is effective. The choice of teaching experience pleasure and satisfaction and are required movement One of the positive attitude toward physical education. However, finding a way to make fun of them and changed to program goals is difficult.

The results showed that from the perspective of sports teachers, specialist teachers is affecting the quality of physical education. The role of physical education teachers and custodians of the main executive arm physical education in schools in educating students is undeniable healthy and vibrant. Physical education teacher who has a successful and creative minimum, maximum and take advantage. When a gym teacher with a special character or personality type and body fitness and exercise classes have been trained, This is certainly the knowledge that sports fans in the class that is provided, and further increase the interest of students.

Conflict Of Interest

The authors declare no conflict of interest

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