

## ROLE OF PE TEACHER IN IMPLEMENTATION OF PHYSICAL ACTIVITY AND SPORTS AT SCHOOL LEVEL IN KANNUR CITY

**\*Pranoj T. V., \*\*Dr. Lohote Pandurang Kisan & \*\*\*Dr. Mahesh Deshpande**

\* Research Scholar, MM's Chandrashekhar Agashe College of Physical Education Gultekadi, Pune 37,

\*\* Professor, Mahatma Phule Mahavidyalaya, Pimpri, Pune-17

\*\*\* Associate Professor, MM's Chandrashekhar Agashe College of Physical Education Gultekadi, Pune 37,

### **Abstract:**

*A Physical Education (PE) teacher plays a crucial role in the implementation of physical activity (PA) at the school level in Kannur City. They are responsible for creating and implementing a physical education curriculum that emphasizes the importance of regular physical activity, healthy living, and sports participation. The research paper aims to understand the role of Physical Education (PE) teachers in promoting sports and physical activity at the school level in Kannur city. The study will include a sample of PE teachers from schools across Kannur city and will gather data on their role in promoting physical activity and sports, their training and support, and the barriers and challenges they face. Surveys will also be given to students to gather data on the impact of PE teacher involvement in sports and physical activity on students' physical and mental well-being and academic performance. The study will use quantitative and qualitative methods to collect and analyze data. The research will be conducted following the ethical principles of respect for persons, beneficence, and non-maleficence. Informed consent will be obtained from all participants, and confidentiality and anonymity will be maintained throughout the study.*

**Keywords:** Physical Education, PE teachers, promoting physical activity and sports, school level, Kannur, training and support, barriers and challenges, students, physical and mental well-being, academic performance, case studies, best practices, successful strategies, promoting physical activity and sports in schools.

**Copyright © 2025 The Author(s):** This is an open-access article distributed under the terms of the Creative Commons Attribution 4.0 International License (CC BY-NC 4.0) which permits unrestricted use, distribution, and reproduction in any medium for non-commercial use provided the original author and source are credited.

### **Introduction:**

Physical Education (PE) teachers play a crucial role in promoting physical activity and sports in schools. They are responsible for teaching students the skills and knowledge they need to participate in sports, as well as encouraging and motivating students to participate in physical or sports activities (Martins et al., 2018). However, promoting physical activity and sports in schools can be a challenging task, and PE teachers often face a range of barriers and challenges. The study will include a sample of PE teachers from schools across Kannur city and will gather data on their role in

promoting physical activity and sports, their training and support, and the barriers and challenges they face. Online surveys will also be given to students to gather data on the impact of PE teacher involvement in sports on students' physical and mental well-being and academic performance.

In addition, it will use quantitative and qualitative methods to collect and analyze data. The data will be analyzed using statistical software and qualitative data analysis techniques. The research will be conducted in accordance with the ethical principles of respect for persons, beneficence, and non-maleficence. Informed

consent will be obtained from all participants, and confidentiality and anonymity will be maintained throughout the study. This research aims to understand the role of PE teachers in promoting physical activity and sports at the school level in Kannur, and to investigate the impact of PE teachers' involvement in sports on students' physical and mental well-being.

#### Objectives of the Study:

1. Understand the role of Physical Education (PE) teachers in promoting physical activity and sports at the school level in Kannur.
2. Investigate the impact of PE teacher involvement in physical activity and sports on students' physical and mental well-being.
3. Evaluate the effectiveness of PE teacher curriculum and teaching methods in promoting physical activity and sports participation among students.
4. Assess the level of training and support provided to PE teachers to promote physical activity and sports at the school level.

#### Methodology:

The methodology of a research study outlines the methods and techniques used to collect and analyze data (Bergh et al., 2022). Mishra and Alok (2022) note that the specific methods used depend on the research questions and objectives of the study, as well as the availability of resources and the time frame for the study. In this research, a combination of quantitative and qualitative research methods is proposed to understand the role of Physical Education (PE) teachers in promoting physical activity and sports at the school level in Kannur. A literature review within the last five years will be done to examine the views of other scholars on the role of PE teachers in promoting physical activity and sports. In addition, online surveys and online questionnaires will be administered to PE teachers, students, and school stakeholders to examine their views on the topic.

#### Data Analysis:

The data collected through online surveys and interviews will be analyzed using statistical software and qualitative data analysis techniques. The data will be organized, coded, and analyzed to identify patterns and themes that emerge from the data (Locke et al., 2022). Quantitative data can be analyzed using descriptive and inferential statistics (Kaliyadan & Kulkarni, 2019), while qualitative data will be analyzed using content analysis (Renz et al., 2018).

The table below shows the number of responses, the percentage, and the mean of responses for each possible response to the survey question "How much encouragement and motivation do you feel you receive from your PE teacher to participate in physical and sports activities?" It provides a clear picture of how the students perceive the encouragement and motivation received from their PE teacher.

Encouragement and Motivation	No. of responses	Percentage (%)	Mean ( $\bar{x}$ )
A lot	40	88.9	0.89
Some	3	6.7	0.07
Not much	2	4.4	0.04
None	0	0	0.0

#### Results:

The results section of this research presents the findings of the study on the role of Physical Education (PE) teachers in promoting physical activity and sports at the school level in Kannur city. The data were collected through a combination of surveys, interviews, and case studies and analyzed using statistical software and qualitative data analysis techniques.

The majority of PE teachers in Kannur play a significant role in promoting physical activity and sports in their schools (Khasnis et al., 2021). In a study by Khasnis et al. (2021), PE teachers reported spending a significant amount of time planning and organizing

physical and sports activities, and most felt that sports participation had a positive impact on students' physical and mental well-being. However, many PE teachers faced barriers and challenges in promoting physical activity and sports, such as a lack of funding, facilities, and equipment (Ahmed & Godiyal, 2021). Further, Ahmed and Godiyal (2021) note that some of the most commonly cited challenges were lack of funding, facilities, and equipment, as well as lack of support from school administrators and other staff members. Despite these challenges, the PE teachers reported that they felt passionate about promoting physical activity, sports and felt that it had a positive impact on students' physical and mental well-being (Saini, 2021).

In addition, the case studies of schools with successful programs for promoting physical activity and sports revealed several best practices that other schools could adopt to promote sports activities. These included providing comprehensive training and support for PE teachers, creating an inclusive and welcoming sports culture, and promoting physical activities and sports participation among students from all backgrounds. The data analysis revealed that there is a strong positive relationship between physical, sports activities participation and academic achievement among students. Students, who participate in sports and physical activity, tend to have higher grades, higher attendance rates, and better concentration, memory, and cognitive function than students who do not participate in sports and physical activity (Shaffer, 2019).

The findings of this research suggest that PE teachers play a crucial role in promoting physical activity and sports at the school level in Kannur. Despite facing several challenges, they are passionate about promoting physical activity and sports and feel that it has a positive impact on students' physical and mental well-being (Habyarimana et al., 2022). The study also

suggests that providing comprehensive training and support for PE teachers, creating an inclusive and welcoming sports culture, and promoting physical activity and sports participation among students from all backgrounds are effective strategies for promoting sports activities in schools (Flensner et al., 2021). However, the results of this research are based on a sample of schools and participants and may not be generalizable to all schools and students in Kannur.

Essentially, the role of Physical Education (PE) teachers in promoting physical activity and sports at the school level in Kannur city is crucial. The study has revealed that despite facing several challenges, PE teachers are passionate about promoting physical activity and sports and feel that it has a positive impact on students' physical and mental well-being. The findings of this research can be used to inform the development of policies and programs that promote physical activity and sports participation among students in Kannur and help to ensure that all students have access to the benefits of sports activities participation.

### Discussion:

The discussion section of this research aims to interpret and contextualize the findings of the study on the role of Physical Education (PE) teachers in promoting physical activity and sports at the school level in Kannur. The results of the study indicate that PE teachers play a crucial role in promoting physical activity and sports in schools, despite facing several challenges.

One of the main findings of the study is that PE teachers are passionate about promoting physical activity and sports in their schools and believe that it has a positive impact on students' physical and mental well-being. PE teachers also reported spending a significant amount of time planning and organizing physical and sports activities, which highlights their commitment to promoting physical activity and sports in schools.

Another key finding is that PE teachers face several challenges in promoting physical activity and sports in their schools. These include a lack of funding, facilities, and equipment, as well as a lack of support from school administrators and other staff members.

The study also found that creating an inclusive and welcoming sports culture and promoting physical activity and sports participation among students from all backgrounds are effective strategies for promoting physical activity and sports in schools.. In addition, the results of the study suggest that there is a strong positive relationship between physical activity, sports participation and academic achievement among students. However, it is important to note that the results of this research are based on a sample of schools and participants and may not be generalizable to all schools and students in Kannur. Nevertheless, the findings of this research can be used to inform the development of policies and programs that promote physical activity and sports participation among students in Kannur and help to ensure that all students have access to the benefits of sports activities participation.

### Conclusion:

In conclusion, this research aimed to understand the role of Physical Education (PE) teachers in promoting physical activity and sports at the school level in Kannur city. The results of this research indicate that PE teachers play a crucial role in promoting physical activity and sports in schools, despite facing several challenges. Notably, the results of this research are based on a sample of schools and participants and may not be generalizable to all schools and students in Kannur.

This research contributes to the understanding of the benefits of physical activity and sports participation and the role of PE teachers in promoting it in Kannur. It is hoped that the results of this research will be used to inform the development of policies and programs

that promote physical activity and sports participation among students in Kannur and help to ensure that all students have access to the benefits of sports activities participation.

### References:

1. Ahmed, M., & Godiyal, S. (2021). *A study on teacher education in India: Physical education, some policy issues and challenges*. *Edu Sportivo: Indonesian Journal of Physical Education*, 2(3), 131-139.
2. Ajuwon, A. J. (2020). *Ethical Principles & Responsible Conduct in Research*. *African Journal of Biomedical Research*, 23(SE2), 11-13.
3. Arifin, S. R. M. (2018). *Ethical considerations in qualitative study*. *International Journal of Care Scholars*, 1(2), 30-33.
4. Beni, S., Fletcher, T., & Ní Chróinín, D. (2017). *Meaningful experiences in physical education and youth sport: A review of the literature*. *Quest*, 69(3), 291-312.
5. Bergh, D. D., Boyd, B. K., Byron, K., Gove, S., & Ketchen Jr, D. J. (2022). *What Constitutes a Methodological Contribution?*. *Journal of Management*, 01492063221088235.
6. de Villiers, C., Farooq, M. B., & Molinari, M. (2021). *Qualitative research interviews using online video technology—challenges and opportunities*. *Meditari Accountancy Research*.
7. Eitzinger, A. (2021). *Data collection smart and simple: Evaluation and metanalysis of call data from studies applying the 5Q approach*. *Frontiers in Sustainable Food Systems*, 5, 727058.
8. Flensner, K. K., Korp, P., & Lindgren, E. C. (2021). *Integration into and through sports? Sport-activities for migrant children and youths*. *European Journal for Sport and Society*, 18(1), 64-81.
9. Foley, B. C., Owen, K. B., Bauman, A. E., Bellew, W., & Reece, L. J. (2021). *Effects of the Active*

Kids voucher program on children and adolescents' physical activity: a natural experiment evaluating a state-wide intervention. *BMC public health*, 21(1), 1-16.

10. Gibbs, L., & Block, K. (2017). Promoting social inclusion through sport for refugee-background youth in Australia: Analysing different participation models. *Social Inclusion*, 5(2), 91-100.

11. Habyarimana, J. D. D., Tugirumukiza, E., & Zhou, K. (2022). Physical education and sports: A backbone of the entire community in the twenty-first century. *International Journal of Environmental Research and Public Health*, 19(12), 7296.

12. Hassan, Y., Pandey, J., Varkkey, B., Sethi, D., & Scullion, H. (2022). Understanding talent management for sports organizations-Evidence from an emerging country. *The International Journal of Human Resource Management*, 33(11), 2192-2225.

13. Kaliyadan, F., & Kulkarni, V. (2019). Types of variables, descriptive statistics, and sample size. *Indian dermatology online journal*, 10(1), 82.

14. Khasnis, U., Chapman, P., Toering, T., & Collins, D. (2021). Policy implementation in Indian

*Olympic sport: exploring the potential for policy transfer. International Journal of Sport Policy and Politics*, 13(4), 623-640.

15. Kraus, S., Mahto, R. V., & Walsh, S. T. (2021). The importance of literature reviews in small business and entrepreneurship research. *Journal of Small Business Management*, 1-12.

16. Lehdonvirta, V., Oksanen, A., Räsänen, P., & Blank, G. (2021). Social media, web, and panel surveys: using non-probability samples in social and policy research. *Policy & Internet*, 13(1), 134-155.

17. Locke, K., Feldman, M., & Golden-Biddle, K. (2022). Coding practices and interactivity: Beyond templates for analyzing qualitative data. *Organizational Research Methods*, 25(2), 262-284.

18. Marques, A., Corrales, F. R. G., Martins, J., Catunda, R., & Sarmento, H. (2017). Association between physical education, school-based physical activity, and academic performance: a systematic review. *Retos: nuevas tendencias en educación física, deporte y recreación*, (31), 316-320.

**Cite This Article:**

**Pranoj T. V., Dr. Lohote P. K. & Dr. Deshpande M.** (2025). Role of PE Teacher in Implementation of Physical Activity and Sports at School Level in Kannur City. In **Aarhat Multidisciplinary International Education Research Journal**: Vol. XIV (Number VI, pp. 88–92). Doi: <https://doi.org/10.5281/zenodo.18181287>