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A review about the role of ICT in physical education

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Abstract
Information and communications technology (ICT) refers to all the technology used to handle telecommunications, broadcast media, intelligent building management systems, audiovisual processing and transmission systems, and network-based control and monitoring functions. This paper outlines and reports the role of Information and Communications Technology in Physical Education related to various aspects. The emergence and use of information communication technology (ICT) in this century is a significant development affecting the teaching and learning of physical education and sports. ICT applications can improve the learning process in physical education easier and accurate. The students and the teachers can both benefit.

Keywords: Communications, technology (ICT)

Introduction
Information and Communication Technology is the technology required for the processing of data and other information. It is the combination of telecommunication and computer science for the capture, storage, and transmission of information to any nook and corner of the world. Basically ICT has to parts –computer technology and communication technology. Computer technology provides the basis for processing of data to convert it into useful information. Communication technology also called telecommunication technology; consist of electronic devices and systems for communication over long distance.

The teachers are now free to use various facilities of the computer and communication advantages both in classroom and at their homework. The increased powerful and lesser cost computers and other information devices are made classrooms for most effective transactions. The teaching aids such us LCD projector and other audio visual devices make classrooms wonderful. The students can interact with experts and professors of other institutions with the help of interactive instructional initiatives. A number of learning tools simulations and instructional software are available in the web teachers can now able to expose students to outside places Computer technology has made the dream of distance learning a reality. Education is no longer limited to classrooms. Even if students and teachers are not in the same premises, they can very well communicate with others. There are many online educational courses whereby students are not required to attend classes or be physically present for lecture. They can learn from the comfort of their homes and adjust timings as per their convenience. For example courses like yoga was previously taught by an instructor in a small room with limited learners but now the technology is advanced so that vast numbers of learners can use internet for learning different Yogasana.

Advantages of ICT learning
- It can work from any location at any time
- It is less expensive to operate
- It can accommodate any number of learners
- It is flexible as the learner can select the timing according to his convenience
- It facilitates faster learning as the learner can move directly to the needed information
- It provides consistent knowledge as the information is retrieved from the same database
- It can lead to increased retention and a stronger grasp on the subject

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Drawbacks of traditional learning
- Traditional learning method is possible within a classroom or in a campus
- It is more expensive
- It can accommodate limited number of learners
- Fixed timings has to be followed by all students
- Systematic way of learning is used

Components of ICT
There are six components in ICT

1. People
People are needed to supply the data to the ICT system and also to make judgments and decisions from the output supplied from the system.

2. Data
Data is the raw material of any ICT system and this is processed by the system to provide the information which is the output produced by the system.

3. Procedures
Procedures determine what needs to be done and when. It also covers the passing of data or information between different people.

4. Hardware
Hardware these are the physical components that make up the ICT system. If you can touch it, then it is hardware. Hardware includes input devices, storage, processor, output device and communication devise.

5. Software
These are the computer programs which provided the step-by-step instructions to get the job done.

6. Information
Information is the output from an ICT system

Benefits of ICT in physical education
1. It helps to create full-fledged students who are able to concentrate better on both practical and theoretical work.
2. It helps students to develop a better understanding of their own body parts and that of the human body in general.
3. Throughout ICT tools, pupils can benefit from immediate feedback to improve their observational and analysis skills.
4. General improvement in the performance level of the majority of the pupils' work, as they struggle their way to look impressive especially if their performance will be analysed on digital video system.
5. It can be used to model or demonstrate what you are teaching. Therefore it acts as a great teaching tool for learning new skills and enabling your students to reach the "mastery phase" of skill development.
6. Using technology e.g.: video recording, allows for immediate feedback about student performance. This gives children positive reinforcement as they are engaging in a task and improves motivation.

Conclusion
ICT applications can improve the learning process in physical education easier and accurate. The students and the teachers can both benefit. It is an integral part of education. The teaching aids such us LCD projector and other audio visual devices make classrooms wonderful. The students can interact with experts and professors of other institutions with the help of interactive instructional initiatives.

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