



## **A STUDY OF PHYSICAL FITNESS AND TEACHER EFFECTIVENESS OF GIRLS TEACHER TRAINER**

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### **Abstract**

*The purpose was to study Physical Fitness and Teacher Effectiveness of Teacher Trainer. The subjects (n = 84 Girls) were selected from B. P. Ed. Colleges, from University of Pune. The selection was done on the basis of stratified random sampling technique. **Statistical Tools used were Mean, Standard Deviation and Correlation (Two tailed test). Conclusion Health related Physical Fitness is significantly associated with one's Teacher Effectiveness. There exists a positive relationship between Physical Fitness and Teacher Effectiveness. Health Related Physical Fitness has significant relationship with Teacher Effectiveness.***

**Keywords:** *Physical fitness, and Teacher Effectiveness, Teacher Trainer*

### **INTRODUCTION**

#### **Background of the Study**

As the *physical fitness* is positively associated with one's *Teacher Effectiveness* and *well being* (Morgan & Goldstone, 1987), recent trend of extremely comfortable as well as sedentary lifestyle is bound to affect the coordinated functioning of body and mind. As a result a person loses his psycho-physical homeostasis and persistent state of such an imbalance resulting to decline one's physical and mental health.

Literature reveals that lot of works has been done on different dimensions of mental health, however, no report regarding the association of '*health related physical fitness and Teacher Effectiveness*' is available so far. The topic undertaken for investigation in this piece of research, therefore, seems to be justified.

**'A good teacher is one who does not teach but guides the students how to learn'**<sup>i</sup>

There was once a time when it was taken for granted that a quiet class is a learning class. Authoritarian teaching or teacher-centered teaching approach was supposed to be best-suited

approach. Researches in the field of education are now proving that the student-centered approaches are the best suited for the development of the learners.

Delor's<sup>ii</sup> commission appointed by UNESCO guides the educational field of 21<sup>st</sup> century by saying "The basic framework for global curriculum has been identified in terms of the four pillars of education as,

- **Learning to Know**
- **Learning to Do**
- **Learning to live together**
- **Learning to grow**

To achieve the above objectives traditional teaching methods that are based on teacher-centered methods of teaching do not give justice.

### **Research methodology**

For the purpose of the study female students from B.P.Ed. colleges, age ranged from 22 to 25 years were selected as the subjects (N = 84 Girls). The subjects were selected on the basis of *stratified random sampling* technique. The names of all the B.P.Ed. Colleges of Pune city were listed region-wise as strata and then 2 Colleges were selected randomly. Colleges were selected by applying Fisher's Random Sampling technique without considering caste, creed and color.

**Table No.1. Statistical Analysis of Physical Fitness and Teacher Effectiveness**

<b>Variable</b>	<b>Mean</b>	<b>Median</b>	<b>S. D.</b>
<b>Total Fit</b>	200.27	200.42	24.46
<b>Teacher Effectiveness</b>	203.80	200.50	27.60

N = 84

**Table No.2. Co-relation of variable Physical Fitness & Teacher Effectiveness**

<b>VARIABLE</b>	<b>Teacher Effectiveness</b>
<b>Total Fit</b>	.922(**) .000 .000
<b>Teacher Effectiveness</b>	1 .

\* Correlation is significant at the 0.05 level (2-tailed) \*\* Correlation is significant at the 0.01 level (2-tailed)

## **Conclusion**

There exists a highly significant and positive correlation between health related physical fitness and Teacher Effectiveness of girls teacher trainer

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