

**E**FFECTIVE AND EFFICIENT PHYSICAL EDUCATION TEACHERS AS DETERMINANT OF PHYSICAL FITNESS LEVEL AMONG BICHI SECONDARY SCHOOL STUDENTS IN KANO STATE, NIGERIA.

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**ABSTRACT**

**H**uman potential and material resources can be harnessed through Effective and efficient physical sports education. This paper therefore highlights objectives of physical education is to promote physical fitness to the highest level among the participant. Qualified Physical education teachers have the responsibility as role model with determinant lifestyle that promote fitness behavior among secondary schools in Bichi. The paper enumerates gains which students may experience as a result of participating in regular, vigorous exercises. The paper view inadequate and inappropriate preparation has been identified as a major barrier for a generalist to produce a quality physical education program as prescribed by the curriculum. The researcher uses descriptive survey research design and self-developed questionnaire with four 4-point likert rating scale used to collect data for the study. This implies that experience of physical education

**Introduction:**

Physical education is crucial to the promotion of positive development in school-aged children and is particularly important today as societies within the world are plagued by the increasing occurrence of childhood obesity and illnesses linked to physical inactivity (Okonkwor, 2007). However, Physical education specialists are the most important group that can provide deliberate physical education activities leading our generation to a more active and healthier lifestyle. Many researchers have pointed out that the improvements in the quality of teachers'

*teacher will significantly determine physical fitness level of the students. Recommendations measures that can ensure better quality of life for everyone now and tomorrow are also highlighted. Adequate training and retaining sportsmen for laying solid foundation from primary to tertiary level was also advocated. Government should make efforts at improving the attitude of students to practical classes by providing physical fitness laboratories for practical's, so that the learning experiences of the students can become more meaningful and at the same time interesting. The paper concludes on a hopeful note that problems which could impede the successes can overcome through proper planning*

**Keywords:** *Efficient, Physical, Education, Teachers, Determinant.*

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Instruction and pupils' learning are, to some extent dependent upon improvements in the quality of teachers' professional learning (Awosika, 2004). And one of the objectives of physical education is to promote physical fitness to the highest level among the participant. Well-qualified prospective physical education teachers with high motivation to the teaching profession and having positive attitudes toward physical activities help in the realization of the objectives of the physical education programme (Elendu and Chigbata, 2007 ),

It is very disheartening and heartbreaking that despite the key role and much emphasis, being laid on physical education, as a subject that promote fitness, teaching the subject at secondary school level is still faced with myriads of challenges such as lack of professionally trained teacher, teachers' inexperience, teacher's use of instructional materials and teachers' method of teaching. Despite those odds, there is increasing demand to address fitness level and health within a school setting through the medium of physical education, while many generalist teachers are reluctant to teach physical education courses as been expected (Lewis and Kinnunen, 2009). As a further challenge, inadequate and inappropriate preparation has been identified as a major barrier for a generalist to produce a quality physical education program as prescribed by the

curriculum (Morgan and Hansen, 2008). Meanwhile the so called generalist teacher emphasizes theory alone which would do more harm than good by making it difficult for students to be physically fit. Physical education teachers have the responsibility to model an active lifestyle and to promote fitness behavior. It is important that physical education professionals "walk the walk" instead of simply "talking the talk". Therefore, it is imperative that physical education teacher's preparation programs also take a stance and reaffirm its commitment to fitness. It is on this note that the researcher intends to ascertain Effective and efficient physical education teachers as determinant of physical fitness level among secondary school students in Bichi local government in Kano state.

Apart from the benefits gained from exercise relating to each of the physical and health related components, other gains which students may experience as a result of participating in regular, vigorous exercises include; students will feel better physically, they will feel better about themselves, they may handle emotional stress more effectively, they may sleep better They will perform better in sports, they may handle emergencies more effectively, they will perform daily activities without undue fatigue, they will have more energy, they may work more effectively and efficiently (Hillman, Buck and Erwin, 2007). They will have less chance of premature aging due to inactivity, they will have a greater chance for developing to their potential earlier children begin to participate regularly in structured health related physical fitness activities, the more they are likely to continue to be active as they grow older and to receive -any benefits of regular exercise which include muscular strength is the largest amount of force a muscle or muscle group can produce with a single maximum effort. Muscular strength depends on factors such as size of muscle cells and the ability of nerves to activate muscle cells (AAHPERD, 1980). More also muscular endurance is the ability of a muscle or muscle group to perform or sustain a submaximal muscle contraction repeatedly over a period of time. Muscular endurance depends on such factors as the size of muscle cells, the ability of muscle to store fuel, and the blood supply to muscles. Other include flexibility as the ability to move freely throughout

a full non restricted, pain- free range of motion about a joint or series of joints, Flexibility depends on joint structure, the length and elasticity of connective tissue, and nervous system activity with body composition refers to the amounts of fat weight and lean weight (muscle, bone, internal organ).

### Statement of the Problem

Physical education teachers modeling a lifestyle that promotes fitness and physical activity are able to reinforce student learning about fitness concepts and will influence their student to adopt similar lifestyles. Therefore, they have the biggest impact on the students because their qualification experience, teaching method and the use of instructional aides are instrumental in helping them to learn. Highly qualified and experienced physical education teachers are expected to deliver a standard-based curriculum that will assist children in adopting and maintaining fitness and healthy, active lifestyles, facilitate improved teaching practices, and strengthen the quality of physical education instruction.

However, the progressive decline in secondary school students' performance with regards to physical education practical's in secondary schools has raised a lot of questions in Nigeria's educational system, of which qualities of teachers are a key factor. Scholars like Morag and Tal, (2012). have observed that the absence of qualified and experienced teachers to teach physical education and organize befitting sporting activities that would promote high level of physical fitness among students have contributed significantly to the poor performance of students physically, academically, morally and socially because, they find it difficult to engage in one form of sports or physical fitness activities which would have transformed their life positively. It is an obvious and glaring fact that in most of the secondary schools in Nigeria, some teachers teaching this subject are not professionally qualified. The professional qualifications required of any physical education teacher in Nigeria are NCE, B.A. (Ed), PGDE and masters in case where teachers are not professionally qualified.

On general note, teachers without educational background have been found to be ineffective teachers in terms of instructional delivery competence. It is against this background that this study was carried out to ascertain physical education teacher's quality as determinant of physical fitness level among secondary school students in Bichi local government in Kano state.

### Hypotheses

The following hypotheses were tested in this study:

- (i) Qualification of physical education teacher will not significantly be a determinant of physical fitness level among secondary school students in Bichi local government in Kano state.
- (ii) Experience and activities of physical education teacher will not significantly be a determinant of physical fitness level among secondary school students in Bichi local government in Kano state.

### Methodology

The descriptive survey research design was adopted for this study. The population for this study consists of all secondary school staff and students in the Bichi local government areas in Kano State, Nigeria.

No	Name of school	Types of school	of location	Gender		Total
				Male	female	
1	Government girls secondary school Bichi	Day	Bichi		180	180
2	Bichi academic	Day	Bichi	120	146	266
3	Demonstration staff school	Day	Bichi	140	120	260
4	Hagagawa government junior secondary school	Day	Bichi	110		110
5	Government girls secondary school opposite police barrack	Day	Bichi		370	370
6	Sediqu academic	Day	Bichi	80	102	182
7	Hagagawa girls Junior Secondary school	Day	Bichi	160	260	260
8	Government technical college bichi	Day	Bichi	106		106

9	Bude waje primary/secondary school	Day	Bichi	186	220	406
10	Government secondary school boy Bichi	Boarding	Bichi	300		300
11	Government secondary school boy line Cooker	Day	Bichi	224		224
12	Government girl secondary school line Cooker	Day	Bichi		264	264
	Total			1428	1662	3080

The sample size for this study was one hundred and sixty (160) respondents sampled through multi-stage sampling procedure. Which includes seventy-two,(72) male students and Eighty-eight (88) female students, the researcher randomly selected Sixty (60) physical and health education teachers from the twelve schools in Bichi Local government area of Kano. The research instrument was a self-developed questionnaire with four 4-point likert rating scale used to collect data for the study while The instrument was developed by the researcher and validated by two experts (PhD holders) from the department of Physical and health education department Bayero University Kano. The reliability of the instrument was determined using person's product moment correlation formula. Its reliability was found to be  $r=0.82$  through Cronbach alpha. which was consider reliable for opinion questionnaire. The demographic data of the respondents were analyzed with frequency counts and percentages while inferential statistics of chi square was used to test the hypotheses set at 0.05 alpha level.

### ***Analysis, Results and Discussion of Findings:***

**Table I:** Frequency counts and corresponding percentages showing the sex distribution of the respondents

Sex	Frequency	Percentage
Male	72	45
Female	88	55
Total	160	100.0

The above table I indicated the frequency distribution and the percentage of respondents according to sex. The total number of 72 (45%) were males while 88 (55%) were females.

This showed that females were more than males by 10 (6.25%).

**Table II:** Frequency counts and corresponding percentages showing the age of the respondents

Age	Frequency	Percentage
10 - 15 years	85	53.13
16 years and above	75	46.87
<b>Total</b>	160	100

Table II above showed that 85(53.13%) of the respondents were above 10-15 years while 75(46.87%) were 16 years and above.

**Table III:** Frequency counts and corresponding percentages showing the Status of the respondents

Status	Frequency	Percentage
Staff	60	37.5
Students	100	62.5
<b>Total</b>	160	100

Table III above showed that 60(37.5%) of the respondents were staff while 100(62.5%) were students.

### Testing of Hypotheses Hypothesis 1:

- Qualification of physical education teacher will not significantly be a determinant of physical fitness level among secondary school students in Bichi local government Kano State Nigeria.

**Table IV:** Showing the chi-square analysis on qualification of Physical Education Teacher

Variable	N	Degree of Freedom	Table Value	Calculated Value	Remarks
Qualification of Physical Education Teacher	160	9	16.92	27.53	Sig.

From the table IV above, the calculated value of 27.53 is greater than the table value of 16.92. Since the calculated value is greater than the table

value, the null hypothesis is therefore rejected. This implies that qualification of physical education teacher will significantly determine physical fitness level among secondary school students in Bichi local government area in Kano State. This is in line with the opinion of Napper, Marston, Volkinburg, Afeman, Brewer, (2008). that "Good teachers have distinguishable impacts on student's examination score". Awosika, (2000) found that the simple largest factor affecting academic performance of population of students is differences in effectiveness of individual classroom teacher. He further propounded that the higher a teacher is qualified, the higher is his or her level of education in the teaching profession.

### Hypothesis 2:

Experience of physical education teacher will not significantly be a determinant of physical fitness level among secondary school students in Bichi local government area in Kano State.

**Table V:** Showing the chi-square analysis on Experience of

Variable	N	Degree of Freedom	Table Value	Calculated Value	Remarks
Experience of Physical Education Teacher	160	9	16.92	18.56	Sig.

From the table V above, the calculated value of 18.56 is greater than the table value of 16.92. Since the calculated value is greater than the table value, the null hypothesis is therefore rejected. This implies that experience of physical education teacher will significantly determine physical fitness level among secondary school students in Bichi local government area in Kano State. This was supported with the view of Soelein (2010) who found a positive correlation between teacher's experience and students' outcomes. The study revealed that teachers with years of experience in the profession, especially in science subjects turned out students with higher academic performance. This is probably due to the teacher's experience in instructional technology and pedagogy. The relationship between teacher's experience and student's performance is difficult to interpret because this variable is highly affected by motivation



of teachers to work during the child-rearing period. Hillman, Buck and Erwin, (2007). Morag and Tal, (2012) pointed to a selection bias that can affect the validity of conclusions concerning the effect of teachers' years of experience, if less, effective teachers are more likely to leave the profession. This may give the mistaken impression that experience raises teacher's effectiveness. Selection bias could, however, work in the opposite direction if the abler teachers with better opportunities to earn better pay are those teachers most likely to leave the profession.

### Conclusion

From the findings of this study, it was revealed that the effective and efficient teachers with regards to qualification and experience and activities played significant roles in determining physical fitness level of secondary school students because a professional and experienced teacher will make the best of every unpleasant situation pleasant, however, an enabling environment must be created in terms of instructional aid such as facilities, equipment and supplies amongst other variables for the teachers' potentials to be utilized maximally. In addition, non-qualified and inexperienced physical education specialist may display a number of ineffective teaching behavior which may contribute to the low level of physical fitness of students.

### Recommendations

Based on the findings of this study, the following recommendations were made:

- i. That there is need to review the teacher education and certification programmes to enable it meet with international educational standards at various levels of the educational stages in physical fitness practices.
- ii. That there is need to update teacher's knowledge on ways of teaching physical education and acquaint them with other new innovations and skills in practical classes. This could be made possible by frequently organizing seminars, workshops and in-service training for physical education teachers.
- iii. That there is an urgent need to employ more qualified and experienced teachers to teach physical education in secondary schools, and there should be periodic supervision and assessment in relation to the students' performance in the subject.

- iv. That Parents Teachers Association in the secondary schools should raise fund so as to procure equipment and supplies necessary for improvisation in physical education that will facilitate and promote effective physical fitness programmes.
- v. That Students would be better served by schools hiring and supporting trained and certified Physical Education Specialists.
- vi. That Government should make efforts at improving the attitude of students to practical classes by providing physical fitness laboratories for practical's, so that the learning experiences of the students can become more meaningful and at the same time interesting.

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