



Virtual teaching in physical education

Gajendra K

Department of Physical Education, IISER, Tirupati, Andhra Pradesh, India

Abstract

Virtual teaching is an implementation of electronic media for a variety of learning purposes to facilitate the delivery of distance education, online learning or blended learning. (Kassymova 2019). Online courses have grown in popularity as a type of distance learning in higher education for a variety of reasons. The method that knowledge is transmitted to pupils through virtual education has undergone a radical transformation. Learning is made simpler, easier, and more successful with eLearning than with the old-fashioned chalk and board method. (Gupta). All modes of Teaching have their benefits and drawbacks, after the corona crisis, it is clear that some form of blended learning will evolve with e-learning forming a crucial part of the overall virtual teaching process. Due to the wide set of benefits it gives to PE students, virtual teaching has become quite popular and appreciated among students all over the world. Virtual Teaching also brings new pedagogical techniques into the traditional forms of education and makes learning more personalized and convenient.

Keywords: Virtual teaching, benefits and drawbacks, Online courses

Introduction

Virtual teaching is an implementation of electronic media for a variety of learning purposes to facilitate the delivery of distance education, online learning or blended learning. (Kassymova 2019). IT is revolutionizing the economic world structure. It is also providing new capabilities for online training and development which is required by the educated workforce (Arvind Mahajan 2016) [1] A learning experience that is improved by using computers and/or the internet both within and outside of the facilities of the educational organisation is called virtual teaching. Online environments are where the instruction is most frequently conducted. The learning activities are conducted online, thus the teacher and students are geographically apart (either in terms of location, timing, or both). The primary instrument for blended learning is the virtual classroom, which enables the teacher and student to communicate across time and geography. (2018) Bigné *et al.* The need for web-based teaching and learning has increased as a result of the Internet's breadth and technology's accessibility (Chaney, 2010). Virtual learning is a fast developing environment that gives users the freedom to work outside of time and location restrictions (Chaney, 2010). Designing, producing, and delivering virtual learning has both clear benefits and drawbacks. The term "virtual learning" describes the access to online learning and teaching resources made possible by information and communication technologies. Elearning is broadly defined by Abbad *et al.* (2009) [16] as any learning that is enabled electronically. However, they honed in on the meaning of this phrase, defining it as learning that is supported by the use of digital technology. Some scholars have further defined this term to mean just learning that is web-based or internet-enabled (Keller and Cernerud, 2002; LaRose *et al.*, 1998) [17].

Opportunities for virtual learning

Online courses have grown in popularity as a type of distance learning in higher education for a variety of reasons. The method that knowledge is transmitted to pupils

through virtual education has undergone a radical transformation. Learning is made simpler, easier, and more successful with eLearning than with the old-fashioned chalk and board method. (Gupta)

Anywhere and anytime

The main advantage of asynchronous Virtual learning enables students to take part in high-quality learning environments when distance and scheduling make on-site learning difficult to impossible. A student can take lessons from any location in the world if they have a computer and an Internet connection. The 24/7 availability of the online classes extends to all seven days. Virtual learning is possible anytime, everywhere, as long as there is a device and connectivity.

Efficiency

Lessons can be delivered very effectively using virtual teaching. The use of instructional videos, the sharing of resource links, and the administration of assessment exams may all be done with a single click. A wide range of audiences can access the lectures for reference by listening to recordings of them. It also makes it possible to teach a much larger group of youngsters.

Affordability

E-learning is far less expensive than traditional classroom instruction. Real land and transportation are the two main points that virtual learning essentially eliminates. You get unlimited access to the course or study material since it is all available online.

Attendance

Students are less likely to miss classes because they can simply access them whenever they want from the comfort of their homes.

Synergy

A dynamic exchange between the teacher and the students as well as among the students themselves is made possible through virtual teaching. Resources and concepts are exchanged, and the learning process will continually develop synergy.

Student centered

The variety of online resources caters to different learning styles and assists students in becoming more adaptable learners. Individual students respond to course material (for example, lectures and course books) as well as comments from other students. Students frequently respond to the themes in the larger conversation that most clearly speak to their personal concerns. As a result of these circumstances, smaller dialogues within the group take place at the same time. While students should read all of their classmates' contributions, they should only actively participate in the sections of the discussion that are relevant to their own interests. Students can thus direct their own learning experience and adjust class discussions to their unique needs. Students should ideally make their own individual contributions to the course while also taking away a unique combination of essential information.

Level playing field

In the online environment, learners have a certain measure of anonymity. Discriminating factors such as age, dress, physical appearance, disabilities, race, and gender are largely absent. Instead, the focus of attention is clearly on the content of the discussion and the individual's ability to respond and contribute thoughtfully and intelligently to the material at hand.

Access to global resources

It is simple to incorporate teaching specialists or students from different universities into a virtual classroom. Furthermore, today's kids have access to information and materials that can be found anywhere on the planet. For students to access for research, extension, or in-depth examination of course content material, the teacher can prepare an online resource section with links to scholarly papers and other materials pertinent to the subject area.

Creative teaching

The use of interactive learning environments is endorsed by higher education literature as promoting self-direction and critical thinking. Some teachers have come a long way in incorporating these ideas into their classroom instruction. Innovative and inventive techniques to training are even more crucial in the semi-autonomous and self-directed world of virtual learning.

Conclusions

After the Corona Crisis, it is obvious that some type of blended learning will develop, with e-learning playing a significant role in the whole virtual teaching process. All forms of teaching have advantages and disadvantages. Virtual teaching has gained a lot of popularity and respect among students all around the world because of the extensive range of advantages it provides to PE students. Additionally, virtual teaching personalises and streamlines learning by introducing fresh pedagogical approaches to conventional educational models.

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