



**MATS UNIVERSITY**  
**SCHOOL OF PHYSICAL EDUCATION**

**Teaching – Learning Scheme**

**for**

**(Two Year Full-time Degree Programme)**

**Bachelor of Physical Education**

**(B.P.Ed)**

**Session: 2025-27**

**(Semesters Based Course)**



## **Teaching – Learning Scheme for B.P.Ed**

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### **Scheme of Teaching Physical Education**

The teaching–learning Scheme of Physical Education are distinctly different from those of other general academic subjects. Physical Education is not confined to classroom instruction alone. A Physical Education teacher is required to conduct teaching–learning activities in various settings such as the playground, gymnasium, swimming pool, yoga hall, and track and field areas, involving both indoor and outdoor activities.

Therefore, the teacher must apply different teaching methods according to the nature of activities and learning objectives. No single method is suitable for teaching all physical activities. The selection of appropriate teaching methods depends on several influencing factors.

### **Factors Affecting the Selection of Teaching Methods in Physical Education**

The following factors play a vital role in selecting appropriate teaching methods:

1. Level of students (age, ability, maturity)
2. Category of institution (school, college, university, training institute)
3. Availability of facilities and equipment
4. Availability of time
5. Provision of space
6. Nature and content of the subject matter
7. Professional efficiency and experience of the teacher

To make teaching effective and meaningful, the Physical Education teacher must carefully consider these factors and make a judicious selection of methods.

## **Classification of Teaching Methods in Physical Education**

The teaching methods of Physical Education can broadly be divided into two major categories:

### **A. Methods Used in Teaching the Cognitive Phase of Physical Education**

These methods focus on knowledge, understanding, and intellectual development.

The major methods include:

1. Lecture Method
2. Discussion Method
3. Demonstration Method
4. Project Method
5. Whole Method

### **B. Methods Used in Teaching the Psychomotor Phase of Physical Education**

These methods emphasize motor skills, movement efficiency, and physical performance.

6. Inductive Method
7. Deductive Method

## **Description of Important Teaching Methods**

### **1. Lecture Method**

The lecture method is one of the oldest and most commonly used methods of teaching. It emphasizes verbal explanation by the teacher to a large group of students. In this method, the teacher remains active while the students are mostly passive listeners.

In Physical Education, the lecture method has limited application and is mainly used for:

- Teaching theoretical concepts
- Explaining rules and regulations of games and sports

- Providing historical background
- Teaching health education and anatomy-related topics

The lecture method becomes more effective when it is combined with other methods, such as demonstration and discussion.

## **2. Discussion Method**

The discussion method is more suitable for senior-level students. It involves a collaborative exchange of ideas between the teacher and students.

In Physical Education, this method is useful for:

- Analyzing rules and regulations of games
- Discussing tactics and strategies
- Understanding officiating procedures
- Planning time and space management for physical activities

This method promotes reflective thinking, decision-making, and problem-solving skills, enabling students to understand activities in depth.

## **3. Demonstration Method**

The demonstration method is the most effective and preferred method in Physical Education. It is based on the principle of learning by imitation.

In this method, the teacher demonstrates skills such as:

- Exercises with correct posture
- Kicking, throwing, running techniques
- Gymnastics movements
- Sports skills like smashing, dribbling, or passing

Students observe and then practice the demonstrated skills. This method enables students to acquire theoretical knowledge and practical skills simultaneously, ensuring better learning outcomes.

#### **4. Project Method**

The project method is a modern, student-centered approach where learners play an active role in the teaching–learning process. Learning takes place in a natural environment, often beyond the classroom.

In Physical Education, projects may include:

- Designing a new game
- Planning a fitness or wellness programme
- Developing a campus jogging track
- Preparing a healthy lifestyle plan

This method encourages creativity, investigation, cooperation, and experiential learning under the guidance of the teacher.

#### **5. Whole Method**

The whole method involves teaching a skill as a complete unit rather than breaking it into parts. It is used when a skill cannot be simplified without disturbing its coordination and rhythm.

This method is suitable for:

- High jump
- Javelin throw
- Discus throw
- Certain gymnastics skills

Students first observe the complete skill and then practice it from beginning to end, helping them develop timing, rhythm, and overall coordination.

## **6. Inductive Method**

The inductive method emphasizes learning from specific parts to the whole. Students practice individual components of a skill before combining them.

Example:

- In triple jump, students first learn the hop, then the skip, and finally the jump, before performing the complete movement.

This method helps in:

- Skill accuracy
- Focus on specific components
- Gradual improvement and confidence building

## **7. Deductive Method**

In the deductive method, rules or principles are taught first, and then students apply them to specific activities.

Here, students do not discover rules on their own but learn how to apply known principles during performance.

In Physical Education, teaching can be:

- Inductive
- Deductive
- Or a combination of both, depending on the nature of the activity and learner needs.