Awareness of Physical Education Lecturers of Academic Colleges about Information Technology Based Teaching Methods

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Abstract*: Since the beginning of time, people have been fixated on the traditional methods of teaching and learning, that is, in a classroom with a blackboard and books. However, over the years, those books turned into tablets and blackboards turned into smart-boards. Moreover, the pace of this change increased since the outbreak of Covid-19 and students had to take the support of technology to avoid any barriers to their learning. Although learning can happen anywhere and at any time, the modern day technology offers many new technology options for teaching. In addition and largely due to the learning curves introduced by technological advancements the pace of learning has also rapidly increased. Within the educational sphere, teachers are embracing new technological tools and using them within their teaching practice. These tools help contribute to new learning approaches and learning preferences.*

Keywords: Physical Education Lecturers

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DOI: 10.48175/IJARSCT-15140

ISSN
2581-9429
IJARSCT

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