

Student Teachers' Knowledge and Practices on Physical Education in Education Colleges from Yangon Region

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Abstract

The purpose of this research is to study the student teachers' knowledge and practices on physical education in education colleges. Quantitative and qualitative methods were used. Questionnaire and interview were used to collect the required data. Questionnaire was developed by the researcher based on the related literature. The researcher took the validity of the research from nine experienced teacher educators from Yangon University of Education. The reliability coefficient (Cronbach's alpha) was 0.73 for the questionnaire to study the student teachers' knowledge and practices on physical education. A total of 300 second year student teachers from Yankin Education College, Thingangyun Education College and Hlegu Education College participated in this study. The valid respond rate was 100%. Descriptive statistics, Item Percent Correct (IPC), Independent Samples *t* Test, One-Way ANOVA and Pearson correlation were used for the analysis of the quantitative data. According to the scoring direction, 0.3% of the student teachers were below the satisfactory level of knowledge on physical education, 59.3% of the student teachers were the satisfactory level of knowledge on physical education and 40.3% of the student teachers had above the satisfactory level of knowledge on physical education. Therefore, most of the student teachers were at the satisfactory level of knowledge on physical education. The total mean value of student teachers' practices on physical education was 3.46. According to mean values, all participant student teachers sometimes carry out the practices on physical education. There was positive and low relationship between student teachers' knowledge and practices on physical education. Therefore, teacher educators should consider the findings of the study in planning the programs in order to improve student teachers' knowledge and practices on physical education in education colleges.

Key words: Student teacher, Knowledge, Practice, Physical Education

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