

The Infusion of Technology in the Teaching of Physical Education to
Improve the Perception and Attitude among Girls in a Form Two Class in a Secondary
School in South Trinidad.

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Abstract

The perceptions and attitudes of girls in particular toward physical education hinder their participation. Lack of participation affects performance and as such their development is also affected. The infusion of technology in physical education through this action research, was effective in positively influencing the overall perceptions and attitudes previously held. The sample consisted of girls from a Form Two class in a co-ed Secondary School. The use of pre-test and post-test questionnaires revealed significant improvements in perceptions and attitudes when compared. Students were involved in nine sessions over the course of seven weeks. The infusion of technology in physical education was incorporated in both the theory and practical classes. Students' level of participation increased and better group work resulted from their engagement in the activities. The students were able to make adjustments to improve their performance from self-analysis and were also able to assist others as a result. The use of technology presented a different perspective toward understanding a familiar subject.

Key words: perception, attitude, infusion, technology, physical education