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A PANACEA TO ECONOMIC STABILITY
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CHALLENGES FACING THE IMPLEMENTATION OF TECHNOLOGY IN PHYSICAL, HEALTH EDUCATION, DANCE, SPORT AND RECREATION IN TERTIARY INSTITUTIONS

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Abstract

Technology becomes an essential aspect of life and it penetrates every sphere of human activity, hence its significance can never be under-estimated it helps mostly in research , use of data, sport training, sport performance, dance and recreation, and classroom utilization such as media , multimedia and CD/ROM, electronics network, computer -assisted instruction (CAI) just to mention but few but the fact still remains that the success of technology implementation in physical health education recreation, sport and dance is nothing to write about because of some factors threatening the advancement to technology; such as power failure, inadequate facilities, wrong implementation of policy, lack of experts handling the resources available. Questionnaire was used to elicits the response of the respondents. Four tertiary institutions were used and twenty-five respondents from each institution were examined. percentile and Means method of data analysis was used and thereafter, conclusion and recommendation were made.

Keywords: Challenges, Implementation, Technology, Physical, Health Education, Recreation, Sport and dance.

Introduction

Technology refers to use of Scientific knowledge to invest tools that assist human being in efforts to overcome environment hazards and impediment to comfort. (James 2004) De Watter Ville et.al. (2000) explains that it is the acquisition, analysis, manipulation, storage and distribution of information, and the design and provision of equipment and software of these purpose. Classroom utilization of Technology in physical health education, sport, dance, and recreation is of great importance because it provides necessary information that improves classroom instruction which enhance efficiency and effectiveness of teaching and learning. Not that one above, it improves classroom instruction and variety of software programmers such as grading, athletics, performance, fitness, conduct health assessment, monitor research projects among other functions. A good example is Mc Lean Hill,(1993) share wave package titled HPER-Intern, which was created to guide College Students through the process of internship development and placement. using HyperCard.

With technology advancement, one can update the recent Technology development in physical, health education, sport, dance and recreation training, mostly changes in the rules of the games, latest health education issues, because students can observe listen and rehearse by themselves. Instructional topics remain traditional, and it allows the students to move at his or her own pace (Gold,1991). Mohnson (1995) expatiates reasons for using Computer - assisted instruction that it provides unlimited practices, review, remediation and variety of students' needs.

Despite negligence in implementation of Technology in the field of physical, Health education, sports, dance, and recreation: evidence indicates that physical activities actualize a wealthy benefit to the students and participants, such as, the development of healthy life-style habit, improved concentration, healthier bone development, change

in classroom behavior, increase graduation rates and higher education aspiration, just mention but few. (Bailey et.al, 2009)

Application of technology in physical health education

Application of Technology in physical, health education, dance, sport and recreation enhances effectiveness and efficiency of the subject matter because it involves both teacher and student participation; Laaria (2013) noted that ICT can enhance teachers' efficiency and enthusing, encourage their planning and co-operation, helps them to adopt student centered teaching strategies, reducing the workloads and improves relationship between students and teachers. Menjo et.al(2010) found that the development of technology is positive attitudes towards computer is considered to be a key factor in fostering computer integration and the enhancement of quality learning and teaching using computers. Technology application in physical, health education, sports, dance and recreation like any other subject can be introduced into the field of exercise physiology, in which computer helps to monitor minute by changes in lactic acid level within the muscle and tissue, determine the blood pressure, heart beat rate, pulse rate, analog to digital computers which can be used through computers. physical fitness, dance, sport, and recreation, technology can be applied mostly in prescription, body composition, field of Bio mechanics, sport psychology and performance etc.

Learners can have access to learning content at anytime, anywhere, because technology gives more room for communication, through phones, short messaging source, mail, cameral, music and games. However, learners could enjoy the ownership of their learning and a certain amount of freedom and independence. (El-Hussen & Cronje 2010; Uden 2007). The wide use of learning in many contents, knowledge and skills learning. (kukulsha-Hulme 2009)

The researcher is of conclusion that technology application must have been the best solution in the field of physical, health education, sport, dance and recreation, because it will enhance teaching and learning effectiveness. Hence it also stimulates the learners with easy communication channels, because no two people hear the same thing, the way and get exactly the same sense and purpose.

Challenges facing application of technology in physical, health education, recreation and dance in tertiary institutions

Despite the fact that technology continues to advance in the West and Asian countries. African countries still experience set back in its implementation of physical, health education, recreation and dance, and that continues to widen the gap of literacy and digital knowledge of Africans. Kioiuium et.al (2010) observed that access the most African countries, with the ratio of learning with computers is ratio 1:150 students as against the ratio of 1:15 in the developed countries. However, Technology penetrates so many sectors, mechanize Banking, transportation, communication, medical, etc whereas education sector mostly class room sector is not excluded, but there are so many factors militating against the implementation of technology, such as; lack of knowledge for the teachers to manage the little available technology facilities, Economic regression which incapacitate the Government to supply the necessary technology equipment, lack of internet or slow connectivity, lack of motivation or incentive by type political leaders, obsolete computers just to mention but few. All these factors make technology to receive little attention not only by the tertiary institutions but across the board of education by the administrators and the Government

Population and sampling

One hundred respondents were used for the research from different tertiary institutions, such as;

- i. Lagos State University Ojo Lagos
- ii. National Teachers Institute, Kaduna, Igboora Study Centre.
- iii. Federal College of Education, Osiele , Abeokuta
- iv. University of Lagos, Akoka.

Methodology

Likert scale questionnaire was used to elicit the response of the respondents; four tertiary institutions were examined with twenty-five students from each institution. Data was collected and percentile method of data analysis was used for Biography while means score was used for questionnaire.

Biography of the respondents

TABLE 1: The table below shows the Biography of the respondents Sex:

SEX	POPULATION OF BIOGRAPHY RESPONDENTS	PERCENTAGE
Male	43	44.8%
Female	57	55.2%
TOTAL	100	100%

The table 1 above shows the population of the respondents. The males were forty three (43) with 44.8% and the females were fifty five (57) with 55.2% . The population of the female's respondents is greater than that of the male respondents. Hence, females have the highest population.

TABLE 2

The table below shows Age of the respondents:

AGE RESPONDENTS	OF	POPULATION	PERCENTAGE
18-26 years		54	55.2%
26-39		24	25.0%
40 years above		19	19.8%
TOTAL		97	100%

The table above shows the age of the respondents. The age group between 18-26 years has a population of 54 with 55.2%, age group between 26-39 have population of 24 with 25.0%, and age group of 40 and above have population of 19 with 19.8%. The age group between 18-26years form the largest population of the respondents.

TABLE 3: This table shows the religion of the respondents

RELIGION	NUMBER OF THE RESPONDENTS	PERCENTAGE
Christianity	49	51%
Islam	48	48.9%
TOTAL	97	99.9%

The table above shows the number and the percentage of the respondents in terms of religion Christians out of the population examined were forty – nine (49) with 51% and Muslims were forty – eight with 48.9%. However, the Christian from the largest population of the respondents

TABLE 4: Response on challenges facing the implementation of technology in physical, health education

S/N		MEAN	DECISION
1	There are enough facilities for physical, health education, recreation, sports and dance	2.0	Disagreed
2	Human resource are a challenge facing the implementation of technology in teaching and learning	2.88	Agreed
3	Lack of electricity limits the uses of technology	3.84	Agreed
4	Website designers were unprofessional	0.96	Disagreed
5	School manager does not have interest in	2.88	Agreed

	implementation of technology in tertiary institutions		
6	Economic regression limit the implementation of technology in our tertiary institutions	2.88	Agreed

Frequency counts and means were used to analyze the data collected. Based on the four- point liker scale of 4,3,2,1 a means rating of 2.0 and above was regarded as accepted while less than 2.50 were regarded as rejected. The respondent disagree that facilities are enough, They agreed that human resources is another challenge facing the implementation of technology coupled with lack of electricity. The all disagree that website designers are professionals. Lack of interest by school managers coupled with economic regression, is another challenge facing the implementation of physical, health education, recreation, sport and dance

TABLE 5: RESPONSE ON SOCIO – ECONOMIC BACKGROUND EFFECT ON TECHNOLOGY IMPLEMENTATION

S/N		MEAN	DECISION
1	Economic regression limits the implementation of technology in our tertiary institutions	3.0	Agreed
2	Socio-economic background is a challenge to technology implementation	3.0	Agreed
3	Student have access to the little available computers in schools	3.0	Agreed

The result in the above table revealed that all the items recorded means level of acceptance. The result reveals that there bare insufficient facilities for physical, health education, recreation, sport and dance in are tertiary institution. Human resources is another challenge facing the implementation of technology in teaching and learning of physical, health education, recreation, sport and dance. However lack of electricity limit the use of computers in our tertiary institution.

Lack of interest by school managers coupled with economic regression, is another challenge facing the implementation of physical, health education, recreation, sport and dance

Conclusion



Despite the fact that technology advancement in developed country is at the peak, there are so many challenges facing the implementation of technology in physical, health, dance and recreation in our tertiary institutions

Respondents' reveals that Socio – Economy background, insufficient facilities, lack of electricity, coupled with economic regression just to mention few, serves as an impediment for technology advancement. Sinko (2012) discussed that the barriers to successful integration of ICT into teaching and learning process, distinguished the following factors;

- I.Lack of support for education personnel and learners;
- II.Lack of teaching competencies to use certain software
- III.Insufficient financing (of teachers, professionals in ICT, in the use of appropriate computer, hardware and software e.t.c
- IV.Lack of co-operation among academic personnel in the same and other schools

Recommendation

Recommendation were made as follows:

1. There should be enough facilities for the tertiary institutions, for technology advancement.
2. Government should support and provide more technology facilities for the advancement of technology not only in man power, but also in all sectors.
3. Administrators should inculcate technology training into the school curriculum as a matter of compulsion.
4. In service training should be encouraged to update workers, so as to meet up with the challenges of technology advancement.

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