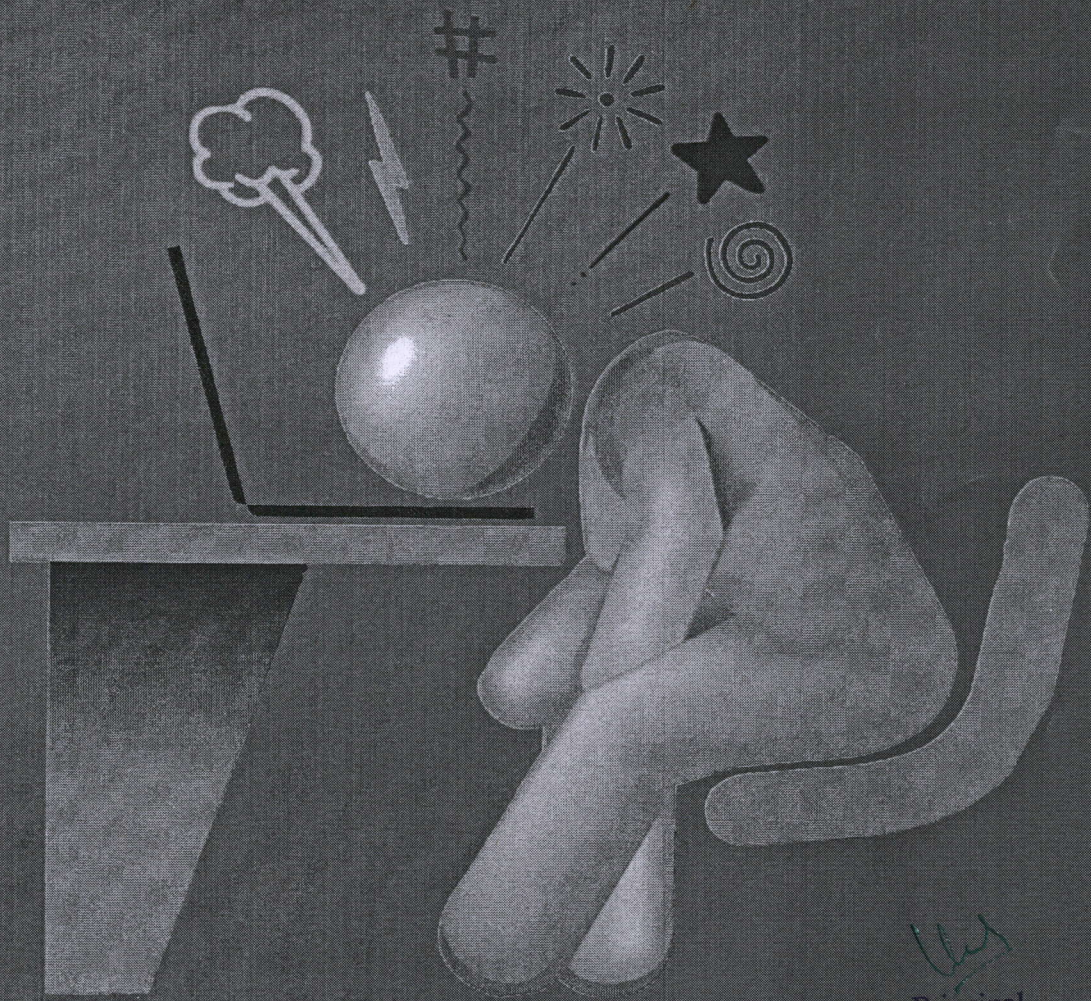



SOCIAL MEDIA

INFLUENCE ON YOUTH IN THEIR PSYCHO-SOCIAL BEHAVIOURAL FUNCTIONS

2017




Principal
St. Xavier's College of Education
(Autonomous)
Palayamkottai - 627 002

Chief Editor
Dr. D. Thomas Alexander

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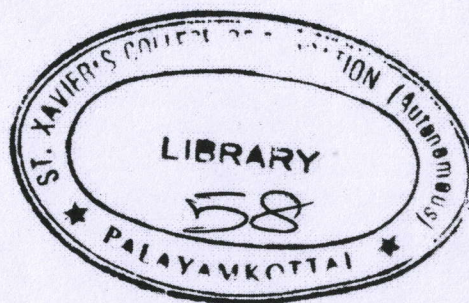
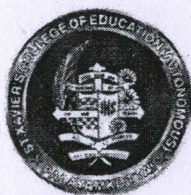
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(AUTONOMOUS)

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Principal

**St. Xavier's College of Education
(Autonomous)**

Palayamkottai - 627002

Communicative Skills and Physical Education Teachers

Dr. R. Sathesh Franklin

Director of Physical Education, St. Xavier's College of Education, Palayamkottai.

Introduction

Communication is one of the most important factors which is necessary for human to adapt to the environment. Various studies were carried out in order to assess the effectiveness of communication skills in training programs. It was generally observed that communication skills training programs really develops communication skills for life. Effective communication skills could be facilitating characteristics of human relations and relationships in all professional fields. Especially those who work in professional fields require more coexistence with people who have more knowledge of communication skills.

Sport is a social environment in which more than one person work in coordination for a common purpose. Therefore, one of the keys to success in the field of sports is effective communication skill as in all other fields. It is believed that physical education teachers, trainers and sport managers who can be said to work in environments with intensive human relations should possess the abilities to facilitate human relations (Aydin, 2015). Therefore, training physical education teachers, trainers and sport managers as equipped in this regard is considered to be significant in order to provide communication skills for individuals with whom they have relations. Physical education has always been heralded for its merits in developing teamwork, leadership and communication skills in young people.

Teaching Skills

Studying a Physical Education Teaching course will get them on their way to becoming a skilled and motivational educator. They will be required to follow the curriculum and teaching content specific for different grade levels, and also administer Physical Education classes, both practical and theory. As a result, it is imperative to have the best nationally recognized.

Athletic Skills

They say that "those who can't do teach", but in this case, Physical Education teachers must be skilled in their subject areas. They have to be a good role model for students, so should practice what they preach. This should be reflected in their health, athleticism and attitude towards fitness.

Motivational Skills

Physical Education teachers are expected to have exceptional interpersonal communication and motivational skills. They should foster this motivation to demonstrate excellent sportsmanship, teamwork and be enthusiastic about their work. They should also be supportive and encouraging, and reward success.

Organizational skills

Becoming a Physical Education teacher requires being very organised and paying attention to detail. There is a lot of planning that goes into coordinating classes and creating compelling lessons for students. They also need to take attendance, organise

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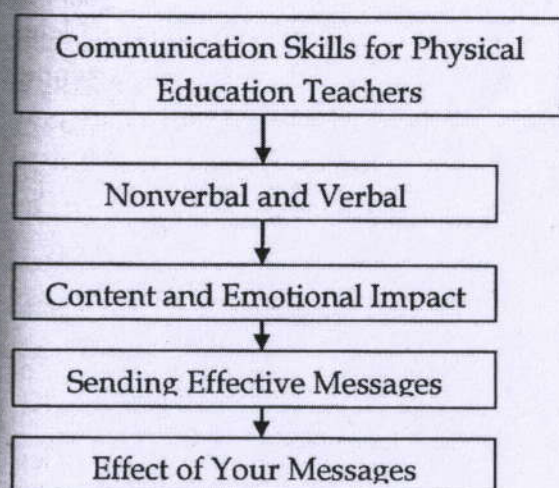
excursions, be trained in first aid and be prepared for emergencies that might arise. It's important to be punctual and reliable and flexible.

Student-focused skills

It is important that one should have a passion to work with students because working with young people can be a demanding task. A Physical Education teacher must be dedicated to holistic care and passionate about interacting with students.

Communication skills

Becoming a Physical Education teacher requires a high level of communication skills. They are in constant contact with students, explaining activities and demonstrating skills. They need to be an exceptional and effective communicator, who comes genuine confident when speaking to students. This is important not only when organizing outdoor activities, but in the classroom as well as they instruct students in health and wellness.



Communication skills may be the best predictor of coaching success. The life of a coach is filled with a steady flow of communication: Coaches talk, read, write, gesture, listen, teach, console, persuade, demonstrate, and observe. Beyond their

interaction with athletes, they spend a great deal of time communicating with parents, administrators, officials, other coaches, the media, booster club members, and support staff. So it is not a secret that one's success as a coach will depend on his / her ability to communicate effectively. They need strong communication skills to instruct your athletes clearly, motivate them, and inspire confidence. Indeed, effective communication skills transcend sport. They are important in every area of life, and improving them will make your life richer and more fulfilling (Burton & Raedeke, 2008).

Sending and Receiving Messages

The very word 'coach' suggests that individuals in this profession send many messages. Coaches need to clearly communicate expectations, goals, standards, and feelings to their athletes. They instruct, encourage, discipline, organize, and provide feedback. And although we tend to think of effective communicators as being able to send clear messages that are interpreted as intended, communication is a two-way process that also involves receiving messages. For a coach, this means listening attentively. Athletes need to communicate their goals, frustrations, and feelings to their coach.

Nonverbal and Verbal Channels

Communication experts suggest that between 65% and 93% of the meaning of a message is conveyed through tone of voice and nonverbal behaviors. Thus, in addition to becoming aware of the words they use, it is essential that they become aware of their tone and nonverbal behavior, so that physical education teachers understand the messages they are sending to athletes. By the same token, athletes also communicate nonverbally, and coaches can learn to be

more effective listeners by becoming astute observers of athlete's nonverbal communications. Understanding the nonverbal messages athletes send is a passport to greater understanding of the athletes you are coaching

Content and Emotional Impact

When communicating, coaches tend to focus on the content or the substance of the messages they send: "Run hard"; "Follow through strongly on his shot"; "Fake before his pass"; "Practice with intensity." In doing so, they believe that the information is objective and that athletes will always receive the message as intended. That belief is far from the truth. When receiving messages, athletes may not share the same perception or hear the same message the coach thought she was sending. Communication problems arise if a coach assumes athletes are interpreting a message exactly as the coach intended. Thus effective communicators focus not only on message content but also on how a message might be interpreted by-and might affect-the receiver.

Sending Effective Messages

Effective communicators are able to send messages that clearly convey the intended content and are received in the desired way. The most important judgment you need to make is whether a message needs to be sent. Some coaches talk too much, rambling on about things that bore others or distract athletes during practice. Some coaches talk too little, assuming that others know what they think or want. But an effective coach balances both he is strong, short, straight forward and assists the athletes / players in speaking and listening.

Effect of Your Messages

The athletes would responded positively to coaches who would provide positive feedback after a good performance effort, corrective instruction and encouragement after a performance mistake, and technical instruction and a moderate amount of general encouragement unrelated to performance quality. The Athletes would respond unfavorably to coaches who would fail to notice or reinforce good performance efforts, criticized mistakes, or provid instruction after a mistake in a critical fashion towards forthcoming event.

Conclusion

Good communication doesn't just increase coaching skills but also impacts directly on the player. If someone is to learn, then they need to understand what they are being instructed. Communication is more than just what is said. It is a mixture of verbal and non-verbal message that can change depending on individual preferences of the circumstances. As a coach of physical education teacher, understanding your own style and the preferences of your athletes can make a real difference to your coaching effectiveness. This summary looks at new information with coaches and athletes to show how communication can vary by coach, gender of athlete and type of sport.

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