

## **ROLE OF RESEARCH IN DEVELOPMENT OF PHYSICAL EDUCATION.**

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### **Abstract:**

*Research is a careful investigation leading to the discovery and interpretation of information in physical education. There are many different types of research that discover or reinterpret information collected by experimentation or observation and suggest practical application or theoretical implication of that information. In physical education field, research often involves experimentation which tests a researcher's hypothesis. Research may also involve the investigation and synthesis of the findings of other researchers.*

### **KEYWORDS:**

investigation ,physical education , theoretical , Bibliographic.

### **INTRODUCTION**

Our research in physical education could be primary or secondary. Primary research looks at documents and other first hand evidence such as data collected in experiments or reports of an event, or an individual's life. Secondary or Bibliographic research investigates what others have written about a topic. Because of the knowledge and time usually required for primary research, most research projects done by undergraduate students involve secondary research.

Research is a continuous process because in some sense it is never finished. The process begins with interest sparked by an observation or question, the desire to discover and learn more and to a new understanding because of what has been discovered. Therefore Research plays an important role in the field of physical education.

### **The Impact of Research in Physical Education**

The prevalence of research in physical education can perhaps be related to a general trend in this country towards a technocratic approach to decision making. In this approach, decisions are seen not so much as philosophical issues, but as inevitable responses to the evidence supplied by research—rather than by intuition. As a result research has in some cases overturned long accepted beliefs in favour of new facts. Research is often regarded as a force for change, and it has clearly had that effect in physical education. The scientific movement has accrued a fund of technological information, which points to new directions and illuminates old values. There is a fixed reality, which accompanies this scientific trend; it emphasizes the problematic nature of human beings. In the search for answers, research in physical education has also turned up baffling new problems—considerations, which could not even have been envisioned in pre-research days.

The major effect of research has been to subject every area of physical education to new questions—to infuse the field with the spirit of inquiry. It is no longer acceptable to blindly believe certain things are true. Research has had this impact because it not only probes for increased understandings but also because it provides the means for discovering answers.

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For example-Athletes in training need large amounts of protein. There was once a widespread misconception that high-protein diets would improve athletic performance. This led athletes to consume disproportionately large amounts of red meat and along with special protein supplements. It is now known, however, that a well-balanced diet will supply more than adequate amounts of protein for any athletic performance (Barnes, 1977).

#### **Need and importance of Research in physical education**

1. Research is needed for the progress of the field of physical education.
2. It gives new dimension to physical education and sports.
3. Research is needed for the development of new equipments and facilities.
4. It helps for the invention of new methods, technique and procedures.
5. Research helps to solve the critical problem,
6. It helps to dispel myths about many practices in physical Education.
7. It helps to prevent athletics injury.
8. Research is useful for the development of scholarly knowledge.
9. It gives pride, prestige, respect, status and confidence to the physical educationists.
10. Research is needed for professional betterment and all round progress.
11. Research is important for the growth of and development of exercise physiology, sports psychology, sports sociology, learning health education and sports journalism.
12. Research will record the progressive changes.
13. Due to research the norms are made in all the major games and field events for all age groups of both sexes.

#### **CONCLUSION**

Research is a process of discovery. Its major goal is to arrive at the truth of a situation using the most objective and scientific techniques possible. In the final analysis, research attempts to determine cause and effect relationships, which, once established, lead to a potential for regulating events by manipulating the factors, which cause them. The product is more effective techniques for facilitating performance, and a greater understanding of human function.

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