



**Original Article**

**IMPACT OF LEARNING IN PHYSICAL EDUCATION ON ACADEMIC DEVELOPMENT**

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**Abstract:**

*Real guidance classes and tasks prepare understudies to show authentic exercise strategies and sustenance. Online courses in genuine preparing familiarize understudies with procedures for instructing people of different ages on health and general prosperity. This study aims to determine the effectiveness of learning and physical activity in Physical Education with online media during the covid 19. Pandemic is descriptive quantitative research about learning conditions using online learning. Online physical education (OLPE) presents a unique set of challenges in translating traditional physical education to a digital space, all while meeting the same benchmarks, curriculum, and assessment standards of traditional courses. Currently, limited research exists investigating how physical educators are formally trained to deliver content online. Teachers across the country are encountering a new generation of learners who have never known life without modern conveniences and technologies such as personal computers, mobile devices, streaming media, and the World Wide Web. Learners born into this generation have been termed “digital natives” and are said to have been “immersed in technology all their lives, imbuing them with sophisticated technical skills and learning preferences”.*

**Keywords:** *Effectiveness, Physical Activity, Online Media, Covid-19.*

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## **Introduction:**

The use of ICT in PE makes the investigation of game spring up by associating both physical and mental activity. It furthermore helps with making unquestionable understudies who can zero in better on the two valuable and theoretical work. Moreover, it helps understudies with encouraging their own special prevalent perception body parts and that of the human body in general. Corona is an infectious disease caused by the SARS-CoV-2 virus (Gorbalenya, 2020). Difficulty breathing, dry cough and fever are usually symptoms experienced by sufferers (Fajar, 2020). Corona disease is a newly discovered infectious disease. Patients who are infected have mild to moderate respiratory symptoms. Currently, corona also affects teaching and learning activities within the Ministry of Education and Culture (Kemendikbud). Online learning is becoming popular these days. The government takes preventive action by providing policies for the education sector, namely for students to replace face-to-face learning activities with online learning to prevent the gathering of many people in one room, this policy was taken by the government because of the obligation of students to continue studying. The impact of the imposition of social distancing which is enforced makes learning activities more at home, so that more activities are carried out from home. physical activities carried out daily to carry out activities become routine activities. Doing simple physical activity can be used to survive (Cheng et al., 2018;

Engeseth et, 2018; Tiberi & Piepoli, 2019). The amount of free time and not doing physical activity have a negative correlation with the risk of cardiovascular death (Cheng et al., 2018). Physical fitness not only reduces the risk of death from cardiovascular disease, but also possibly by doing regular physical exercise (Engeseth et al., 2018).

Web-based learning management systems (LMS) have transformed the potential for teachers to present subject-specific content to learners in synchronous and asynchronous formats. Reaching the new generation of learners in online and distance formats, educators have greater access to tools and technologies that facilitate content organization, delivery, and interactive modalities. Considering this platform, educators are also confronted with the new and dynamic nature of establishing not only meaning interactions between student and content, but also student-to-student and student-to-instructor interactions. Within online learning, programs are defined by the proportion of course time delivered face-to-face versus online. As a result, Allen and Seaman have defined four types of courses: traditional (0% online), web-facilitated (1–29% online), blended/hybrid (30–79% online), and online (>80% online). Research in the area of online and distance education has provided insights into the dynamic qualities of teaching and learning in the online environment. Specifically, scholars have advocated for pedagogical practices in online settings that focus on student-



centered constructivist approaches that promote interactive environments and relevant/authentic learning experiences.

### **Ways of Enhancing Skills:**

During the 2009-2010 school year, 1.5 million K-12 students were enrolled in online or hybrid programs. This number includes core curriculum courses as well as specialized content areas such as music, art, and physical education. Not all disciplines, however, have fully embraced the potential of online education. Physical education, for example, a discipline largely known for the development of motor skills and movement competencies and fostering physical activity and physical fitness, has been slow to adopt online education. Albeit slow, there is a growing trend of physical education programs using online platforms. This trend has been observed in practice as well as in the literature since 2010 and has come to be known as online physical education, or OLPE.

Some physical education pedagogists and researchers view OLPE with a healthy degree of apprehension and skepticism, even referring to OLPE as a bit of an oxymoron. Yet, OLPE has become increasingly prevalent. As of 2016, 31 states allow physical education credits to be taken online, a nine-state increase from 2010. Seventeen of the states that allow online physical education require OLPE to be delivered by a certified physical educator and six are reportedly aligned with national standards. The most prevalent model of OLPE instruction is the hybrid method, also

referred to as blended learning. The hybrid method is student-centered with majority of course work occurring outside of class and periodic in-person meetings for assessment, instruction, and safety guidelines. The most common form of OLPE is a fitness elective, generally known as wellness for life, and has a primary objective of improved health behaviors and fitness levels.

### **Trends and Growth in Learning:**

The use of ICT in PE makes the investigation of game spring up by associating both physical and mental activity. It furthermore helps with making unquestionable understudies who can zero in better on the two valuable and theoretical work. Moreover, it helps understudies with encouraging their own special prevalent perception body parts and that of the human body in general. It moreover raises the profile of P.E inside the establishment by making the subject charming, yet what's more appealing and incredible. Additionally, it brings energy and motivation for both PE educators and understudies. Information and trades development (ICT) depict the arrangement of mechanical devices and resources used to convey, proper, store and manage information and data. In the high-level time frame, these contraptions have conveyed revolts to getting ready and showing frameworks of sports and genuine guidance. Fast progression in ICT have introduced improvement and grows the practicality of getting ready program. Using these undeniable level ICT instruments,



execution. level returns to create and anticipated that degree of execution increments should unparalleled high ICT further creates receptiveness and stretch out mechanized environment to the field of sports and real guidance. It not simply let a customer to get data, it also helps with interfacing and talk with the world. It conveys changes and changes to showing strategy for genuine preparing and sports. Therefore, in the recurring pattern focus on the expert hopes to inspect about a piece of the pervasively used ICT instruments in the field of sports and real guidance.

#### **Learning Environment:**

Online courses every now and again use virtual instructive stages, similar to Blackboard, for distance learning. Understudies evaluated web based real guidance programs participate in coursework through messages, messages and video conferencing. Courses may similarly join DVD accounts as an element of the planning communication.

Understudies may see current subjects in the field utilizing understanding material and real tutoring journals. Assignments, endeavors and evaluations in electronic real instructional courses may be done independently, but cutoff times often apply. Some real preparing distance-learning programs have understudies all out some piece of the tutoring at upheld testing areas. Moreover, certain courses may consolidate utilitarian parts. Online courses and ventures in genuine preparing are open from many schools, which use virtual

educational stages like Blackboard, similarly as online discussions, messages and accounts, to present the course material. Sports mind research, training theory, testing and assessment and youth motor improvement are occasions of subjects that are routinely anxious in these tasks

#### **Conclusion:**

Physical Education with online media during the covid 19. Pandemic is descriptive quantitative research about learning conditions using online learning. Online physical education (OLPE) presents a unique set of challenges in translating traditional physical education to a digital space, all while meeting the same benchmarks, curriculum, and assessment standards of traditional courses. Real guidance classes and tasks prepare understudies to show authentic exercise strategies and sustenance. Online courses in genuine preparing familiarize understudies with procedures for instructing people of different ages on health and general prosperity. Both totally on the web and blended ventures are available; the blended undertakings may require some in-person getting ready. Understudies looking for getting ready in real preparing can secure a solitary officer's, ruler's or doctoral endorsement. Some singular web-based courses are moreover open as continuing with tutoring to existing genuine preparing educators.



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