

# **Avalibility and utilization of instructional media in teaching and learning of physical education in some selected primary teachers colleges in Kenya**

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## **Abstract:**

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The study looked at the availability of the instructional media and extent of their utilization for the teaching of physical education at selected primary teacher training colleges in Kenya. The study involved physical education tutors and second year students of five colleges. Also involved were L.R.C. tutors of the colleges. Different questionnaires were administered to them. These sought to find out their awareness on media availability and how much of these were used for teaching physical education. An observation checklist accompanied the questionnaires. This was to solicity further information on availability of instructional media. The results of the study revealed that despite media availability, only chalkboard, textbooks and handouts were extensively used for teaching the subject. All other available media were either used at a low level or not at all. One of the main reasons for this was lack of time to adapt their use, in an already crowded curriculum. Second, most tutors were not conversant with their use for teaching the subject. Analysis of all responses revealed that use of media in teaching was generally accepted as a very good idea that would enhance the quality of physical education taught at colleges. However, the P.E. tutors expressed that since teacher trainee's performance was not practically tested at the end of their course, they (tutors) concentrated in preparing them for the written exam. To do this, use of all the media available in the colleges was not necessary as far as the tutors were concerned. Recommendations were made for the curriculum developers at K.I.E. on the need to initiate teacher trainers into using various instructional media to facilitate the teaching process in physical education. This would not only create the necessary awareness but it would make the topics taught have a greater impact on the trainees. The study calls on P.E. tutors to change their attitude and be more objective and also make use of instructional media available in their colleges.