INTERNATIONAL RESEARCH FELLOWS ASSOCIATION

Impact Factor – 6.625 E-ISSN – 2348-7143

INTERNATIONAL RESEARCH FELLOWS ASSOCIATION'S

RESEARCH JOURNEY

International E-Research Journal

PEER REFREED & INDEXED JOURNAL

March 2021

Special Issue 261(A)

Use of ICT in Teaching - Learning

Opportunities and Challenges

Guest Editor of the Issue :-
Dr. P. D. Hudekar
Act. Principal
Vidarbha Mahavidyalaya, Buldana
Dist – Buldana [M.S.] INDIA

Executive Editor of the Issue :-
Prof. Sangita K. Pawar
Vidarbha Mahavidyalaya, Buldana

Chief Editor : Dr. Dhanraj T. Dhangar

Co Editors of the Issue :-
Prof. Vaibhao G. Vaghmare
Prof. M. T. Jamaiwar
Prof. S. H. Dandade
Prof. N. D. Raut
Prof. L. F. Shirale
Prof. S. V. Kalne
Shri. S. G. Pande

This Journal is indexed in :
- Scientific Journal Impact Factor (SJIF)
- Cosmos Impact Factor (CIF)
- Global Impact Factor (GIF)
- International Impact Factor Services (IIFS)

For Details Visit To : www.researchjourney.net

SWATIDHAN PUBLICATIONS

INTERNATIONAL RESEARCH FELLOWS ASSOCIATION

DR. M. K. UMATHE COLLEGE NAGPUR

PRINCIPAL
Dr. M. K. Umathe College
Nagpur - 440022

अनुक्रमणिका

अ.क्र.	शीर्षक	लेखक/लेखिका	पृष्ठ क्र.
1	Information Communication and Technology (ICT) Integration in Teacher Education: A Necessity for Sustainable Educational Growth	Dr.G.V. Sreenivasamurthy	13
2	ICT in Sports and Physical Education	Dr. Sangita Khadse	20
3	Need of Innovations in ICT Teaching Learning Process	Dr. Hari Kale	22
4	E-Resources, Concepts and Use : An Overview	Dr. Harshal Nimbhorkar	26
5	Role of ICT in Home Economics : Enhancement in Teaching and Learning	Ms. Pratibha S. Katkar	30
6	Emphasis on ICT / Digital Technology in National Education Policy 2020	Dr. Durga Pande	34
7	Application of ICT in Academic Library : An Overview	Dr. Pranali Pete	40
8	Use of ICT in World of Sports : Development in Physical Education	Dr. Balasaheb Paul	45
9	Need of Library Automation in Current Era: A Study	Prof. Swapnil Dandade	50
10	Use of Internet in Language Acquisition	Pundlik Nalinde	53
11	Role of Information and Communication Technologies (ICT) in Physical Education and Sports	Prof. Sunil B. Chordiya	57
12	Use of RFID Technology In Libraries	Dr. Prashant Pagade	61
13	Use of E-Learning in Teacher Education Institutions	Mrs. Sharmila Kerkar	64
14	Usage of ICT Based Library Services.	Dr. Dattatray Dhumale	70
15	ICT Enabled English Language Teaching-Learning in Rural India	Dr. Archana Deshmukh	73
16	A Study of Various Parameters of ICT and Teaching Aids used iin the Higher Education in Gadchiroli District	Ganesh Dandekar	80
17	Impact of ICT in Higher Education in India	Dr. Pawan Naik	85
18	Role of ICT in Quality Enhancement in Higher Education in India	Dr. Archana Patki (Kahale)	90
19	IT and Teaching	Dr. Mahesh Joshi	95
20	Role and Significance of ICT in Rural Higher Education	Dr. Dadarao Upase	97
21	Impact and Suitablity of Use of Information Technology with Reference to Physical Education in the Context of Pandemic of Covid-19	Dr. Pratap Chauhan	100
22	Suitability of ICT in Teaching Learning Process	Dr. Bhavesh Bhuptani	104
23	Innovations in Physical Education and Sports: Technological Tools Developing Sports	Dr. Devendra Gawande	107
24	Information and Communication Technology Uses in Teaching - Learning: with Respect to Opportunities and Challenges	Dr. Umesh Rathi	111
25	Technology in Physical Education and Sports	Sanjay Kale	116
26	Use of IT in Education	Dr. D. S. Wankhade	120
27	Social Media as Modern Tool	Dr. R. G. Suralkar	123
28	Expressionistic Technique in Tennessee Williams' 'The Glass Menagerie'	B. W. Somatkar	126
29	Use of ICT in Developing Academic Libraries	Dr. Sanjay Shenmare	129

30	Benefits, Barriers and Difficulties of Implementing ICT in Education and Innovations in English Language Teaching	**Dr. Leena Phate**	134
31	Use of ICT in Physical Education and Sports	**Mr. Abhay Chandekar**	141
32	Role and Significance of Information and Communication Technology in Higher Education	**Mr. Vijay Rahangdale**	144
33	Application of Web 2.0 Technology in Library Services	**Sudhakar Tare**	150
34	Rise in Use of ICT in Education in COVID Pandemic Era	**Anil Kumar**	154
35	Comparative Study of Knowledge of ICT between Physical Education and Education Students of Sant Gadge Baba Amravati University, Amravati	**Dr.Ravijeet Gawande**	159
36	Application of Information and Communication Technology in the World of Learning	**Dr. T. G. Nagabhushana**	162
37	Adopting Information Communication Technology in Academic Librraries : Special Reference to Government First Grade College Libraries	**Sunanda B.**	165
38	Challenges and Opportunities of ICT Enabled Teaching-Learning in Rural and Sub-Urban Area	**Rahul Ingle**	168
39	Teaching English Poetry with Mobile Applications	**Dr. S. S. Shukla**	171
40	The use of ICT in Sports and Physical Education	**Shankar Rao, Devraj**	175
41	Role of Information Communication Technology (ICT) in Sports: Technological Innovation in Modern Era	**Prof. Pradeep Shende**	181
42	Comparison of Challenges and Opportunities of ICT Enable Learning Process between Rural and Urban Professional Students	**Prof. Ashish Barde**	186
43	The use of ICT in Education: A Comparison of Traditional Pedagogy and Emerging Pedagogy Enabled By ICT'S	**Dr. Vibha Katey**	191
44	The Application of ICT in English Language Teaching and Learning	**Dr. Sandeep Katole**	195
45	Use of ICT in Teaching English Language	**Prof. Pandurang Athwale**	198
46	Use of New Technology in Teaching and Learning in Social Sciences	**Dr. Madhukar Wadate**	201
47	Virtual Teaching and Learning Pedagogies Beget Reach to Home Approach and Everlasting Impacts	**Dr. Rajesh Ade**	204
48	The Role and Impact of ICT in Higher Education : A Smart Classroom with Smart Education	**Prof. Anshumati Pendokhare**	207
49	Changing the Role of Library with Impact of Information Communication Technology	**Dr. Shubhangi Ingole**	214
50	Role of Social Media in Library Services During Lockdown Due to Covid-19 Pandemic	**Mrs. Jyoti Rakte**	217
51	A Review on Importance of Smart Phone Applications in Sports, Health and Physical Education	**Mr. Apurba Pal**	223
52	Influence of Two Variations of Circuit Training on Speed of Movement, Strength Endurance and Explosive Strength of Softball Players	**Dr.Chandrashekhar Kadu**	226
53	Use of Information and Communication Technology by Players	**Dr. Harish Kale**	230
54	India's Initiative in E-Learning	**Vaibhao Waghmare**	237
55	Use of ICT in Teaching Learing	**Dr. Bhagwan Garude**	241
56	ICT and It's Application in the Library	**Shekhar Dixit**	243
57	Teaching of Commerce with ICT : A Novel Approach	**Dr. Mahesh Gaikwad**	249

DR. M. K. UMATHE COLLEGE NAGPUR

'RESEARCH JOURNEY' International E- Research Journal
Impact Factor - (SJIF) – 6.625 (2019),
Special Issue - 261 (A) : Use of ICT in Teaching - Learning
Peer Reviewed Journal
E-ISSN : 2348-7143
March 2021

A Review on Importance of Smart Phone Applications in Sports, Health And Physical Education

Mr. Apurba Pal
Director of Physical Education
Dr. M. K. Umathe College, Nagpur
Rashtrasant Tukadoji Maharaj Nagpur University
Email – mr.apurbapal@gmail.com

Abstract:

In this review we try to know the importance of Smart Phone Applications in the field of sports, health and also in physical education. From the study we learn that today's life is very much simplify with the help of various type of features oriented application. It so much available in our hand that's mean our mobile. In the field of sports, health and physical education that can be teaching and training process is very much improved by the using of availability of mobile application. Presently we can get sports related new information through the mobile application like Sports news tracking, Esports, Event application. And maintain our health through various fitness application and has a trackable ability to improve our physical fitness. The mobile application also progress our teaching and learning ability throw the application and can be used anywhere and anytime just a single click.

Keywords: Physical Education, Sports,Smart Phone, Application, Health, etc.

Introduction:

Currently people expect to maintain all the things in their own hand that's why they all time connected with their mobile phone. In the current situation Smart Phone Applications support in training and teaching methods and it also help to reform to sports training, health related fitness and physical education. Now a day's uses of Smart Phone Applications have important effect on sports training program. Modern application likeSports news tracking apps,Team management apps, Ski resort apps, Sports event apps,Fitness apps, etc.

The easily available Smart Phone Applications make it easier for the trainer and coaches to design and planning innovative and effective training programs on the other hand it also helps the physical educators to prepare effective and easily understandableteaching lessons. The Speedydevelopment in use ofsmart phone applications in sports have set the level of performance at height. Using these advanced smart phone applications continues to grow exponentially in the field of sports, health and physical education.

Importance of Sports Application:

- By using the various type of application they can involve in recommended or moderate in physical activity in each day.
- There are many applications that can be downloaded onto these smart phones which can improve the physical fitness of the players and help them engage with new sports.
- Usingsmart phone applications to encourage players to be more conscious of their health and also improve and monitor their physical fitness.
- Inside the classroom, many applications on smart phones can be used to monitor physical fitness and skill development.

DR. M. K. UMATHE COLLEGE NAGPUR
PRINCIPAL
Dr. M. K. Umathe College
Nagpur - 440022

Some important sports application:

- **Sports news tracking application-**
  Sports news tracking applications are basically used for all kinds of information about a particular sport. It gives the information about in sports-related news, scores, stats and live streamingetc.
  Some important sports news tracking application like – Flash Score, MSN Sports, 365Scores, BBC Sport, Live Score, Sofa Score, CBS Sports, Yahoo Sports, etc.
- **Esports application –**
  This application basically used for follow favorite games, watch video streams, highlights, and clips, communicate in a live stream chat, receive push notifications about current or upcoming streams and this application allow viewers to stream competitions, connect with each other, and donate money to their favorite gamers.
  Some important Esports application like – Twitch, Strafe, eForce, YouTube / YouTube Gaming, ESPN, etc.
- **Ski resort application:**
  Ski resort applications allow users to have the perfect experience while skiing. These applications include Tracking, Weather forecasts, Maps, Booking, Safety kit, Communication features.
  Some important Ski resort applications like - Mountain Hub, PeakFinder, Skiresort, GoSnow, Liftopia etc
- **Fitness application:**
  Fitness application are applications designed by companies to keep you fit and healthy. The aim of these apps is to make your lifestyle healthier by tracking your food intake, water intake and workout pattern. Some apps even keep a track of your heart rate and blood pressure, which is beneficial for individuals with high blood pressure.Some health and fitness apps even have a health coach, who help their clients to achieve their health goals effectively.
  Some importantFitness application like - Adidas Runtastic, Allsport GPS, Endomondo, FatSecret, FIT Radio, Fitbit, Fitness (Apple), Fitwell, Google Fit, Kidfit, MSN Health & Fitness, MyFitnessPal, RockMyRun, Runkeeper, Sports Tracker etc.
- **Event application:**
  Event application are created for organizing various events. This application used to Complete program, Increase interaction, Stay connected and build your community, Increase sponsors revenue, Real-time event analytics, prepare a schedule, Information about teams and Information about organizers and sponsors. Most important event application is eventbase.
- **Teaching &Learning application:**
  By using modern application teachers and educators can streamline their activities like keeping attendance, recording behavior, engaging students inside and outside the classroom with effective communication with mobile apps. In current situation this teaching and learning application play an important role.
  Some importantTeaching & Learning application like – Quizizz, TED, Pocket, Evernote, DIKSHA, Noon Academy, Dropbox, ClassDojo, Google classroom etc.

DR. K. UMATHE COLLEGE NAGPUR

Purpose of the study:

This study based on your new technology related with teaching, learning, training, coaching, health fitness and sports utilization etc. this study significant that we have lot of prospect to achieve our goal in the field of sports, health and physical education. how Using application helps the student to progress faster and improve the ability most easily. And how various features oriented application can learn anywhere and anytime.

Conclusion:

Various features oriented applicationcan easily be integrated into the health and physical education prospectus. the improvements of technology can act as anannoyance to teachers, it is our responsibility to use those in a positive manner to improve student learning.

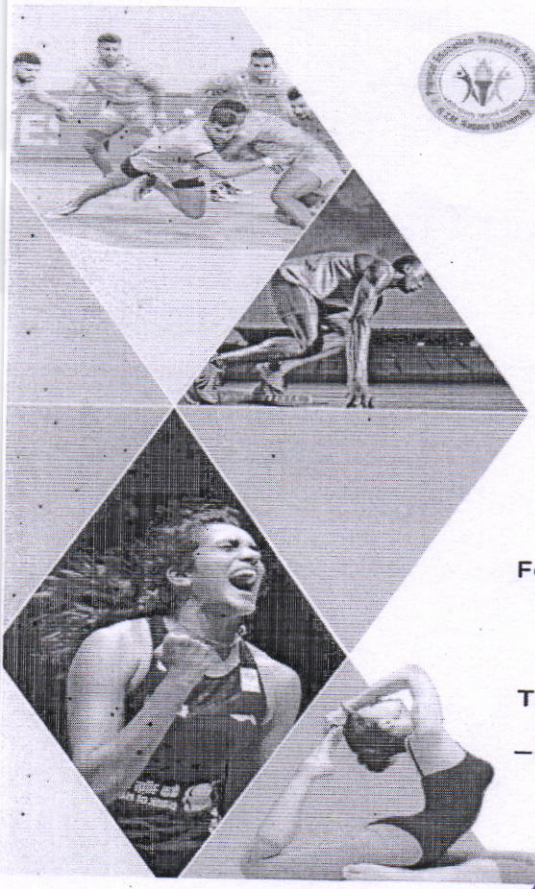
Downloading a fitness app, which measures how far the player ran, their average speed during the run and how many calories were burned in the session.

Using mobile application for education purpose helps students to progress faster, but also improve their ability to use features oriented application. These apps can be used anywhere and anytime. Learning is a constant process and the focus has now completely shifted to eLearning. Due to the features oriented application students can learn at their place and take their time at understanding things.

References:

- https://www.mobindustry.net/11-types-of-mobile-apps-for-sports-that-fight-declining-viewership/
- https://slideplayer.com/slide/13837966/
- https://www.netsolutions.com/insights/10-best-sports-apps/
- https://yellowzebrasports.com/best-esports-apps/
- https://www.mobindustry.net/top-10-mobile-apps-for-ski-resorts/
- https://www.medindia.net/patients/lifestyleandwellness/top-7-benefits-of-using-fitness-apps.htm
- https://en.wikipedia.org/wiki/Category:Fitness_apps
- https://www.conferencecompass.com/7-reasons/
- https://www.eventbase.com/sports-events-app
- https://www.redbytes.in/best-apps-for-teachers-and-educators/

DR. M. K. UMATHE COLLEGE NAGPUR
PRINCIPAL
Dr. M. K. Umathe College
Nagpur - 440022



Rashtrasant Tukadoji Maharaj Nagpur University
Physical Education Teachers' Association

Email : rtmnupeta@gmail.com | Web. : nupeta.org

In associate with

Organise

International Multidisciplinary Conference on Contemporary Approaches and Application in Physical Education & Sports Sciences

CERTIFICATE
OF PARTICIPATION

This Certificate has been awarded to

Mr. Apurba Pal

For his/her active participation as a Participant in this two days International Conference conducted on dated 26-27 March 2021.

He/She has Published/Presented paper on

Topic Effects of Conditioning Exercise and Training on Heart and Circulatory System

Dr. D. C. Wankhade
Secretary, NUPETA

Dr. A. P. Joshi
Gen. Secretary, NUPETA

Prin. Dr. V. W. Dhote
Chairman, NUPETA

DR. M. K. UMATHE COLLEGE NAGPUR

PRINCIPAL
Dr. M. K. Umathe College
Nagpur - 440022

Shri Nagpur Gujarati Mandal's

VMV COMMERCE, JMT ARTS AND JJP SCIENCE COLLEGE, WARDHAMAN NAGAR, NAGPUR-440008.

INTERDISCIPLINARY NATIONAL CONFERENCE ON INNOVATIVE AND SUSTAINABLE DEVELOPMENT PRACTICES

ORGANIZED BY

DEPARTMENT OF COMMERCE & IQAC

CERTIFICATE

This is to certify that **Apurba Pal** Of **Dr. M. K. Umathe College, Nagpur** has Participated in the interdisciplinary national conference held on 17th Feb, 2023. He/ She has presented a paper titled **"Integrating Sustainable Development in Physical Education: A Pathway to Educate for a Future".**

Dr. M. G. Chandekar
Principal

Dr. S. R. Mishra
IQAC Coordinator

Dr. P. M. Chauhan
Conference Convener

DR. M. K. UMATHE COLLEGE NAGPUR

PRINCIPAL
Dr. M. K. Umathe College
Nagpur - 440022