

THE READINESS OF PROSPECTIVE PHYSICAL EDUCATION TEACHERS TOWARDS UPGRADING THE TEACHING PROFESSIONALISM

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ABSTRACT

This study aims to determine the significant differences in terms of preparedness of health based physical fitness and the mastery levels of subject content in physical education among trainee or prospective teachers in Teacher Education Institutions (IPG) based on gender. The sample size is 300 people from nine IPGs which have the right to offer Physical Education major programs by the Teachers Education Institute Malaysia (IPGM). The respondents are 151 prospective male and 149 female teachers. The methodology is by using the ex- post facto' static group comparison using the "Prudential FITNESSGRAM®" battery. The descriptive analysis showed the readiness in terms of health based physical fitness and the mastery of the subject content is satisfactory and increased at every level. Inferential analysis of overall readiness in the level of physical fitness based on gender showed significant differences, where $t(298) = 22.940$, $p = 0.000$ ($p < 0.05$). The male trainees ($M = 56.03$, $SD = 5.89$) and female trainee teachers ($M = 45.00$, $SD = 3.34$). While the readiness level of the contents in Physical Education Major subject as a whole, showed a significant difference between men and women. The value of $t(298) = -7.020$, $p = 0.000$ ($p < 0.05$). The male trainees ($M = 80.75$, $SD = 2.94$) and female trainees ($M = 82.94$, $SD = 2.43$). This study proved that gender should be given proper attention in the process of teaching and learning in the IPGs so that this difference can be reduced or completely resolved.

KEYWORDS: Readiness, Physical Fitness, Subject Content