



Survey of physical education students' satisfaction with holding practical courses online during the COVID-19

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Abstract

The purpose of this article is to investigate the level of satisfaction of physical education students with holding practical courses online during the COVID-19 era. For this systematic review research, the titles, and abstracts of scientific resources available in the electronic database of PubMed and Google Scholar were searched in English and Persian without any time limit. First, the titles and abstracts of the sources searched were reviewed by two researchers and in cases where there was disagreement, the researchers decided to enter or not to enter the sources into systematic review process in consultation with each other. Students say some of our courses are practical and require face-to-face work, practice, and field research. These units are not taught with an online class. In my opinion, after the reopening of universities, practical classes should be given priority, and e-learning should be limited to theory courses. Unfortunately, in most Iranian universities, since the introduction of the coronavirus, all university courses, including practical courses in the field of physical education, have been taught virtually, which is fundamentally wrong because common sense says you will not learn to swim. As a result, according to any case, until the physical education student attends the practical class and sports salts, he has not learned the main content of the lesson and it is only a homework assignment.

Keywords: Physical Education; Online education; Practical lesson; COVID-19

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1. Introduction

The spread of COVID-19 has led to the closure of educational institutions all over the world. This tested the preparedness of universities to deal with a crisis that requires the help of advanced technology including hardware and software to enable effective online learning. Such closure accelerated the development of the online learning environments so that learning would not be disrupted (7). Many institutions have become interested in how to best deliver course content online, engage learners and conduct assessments. Hence, COVID-19 while being a hazard to humanity, has evolved institutions to invest in online learning (8).

Quarantine, closure, smart social distance, virtual education, online education and these are words that have been heard many times in recent days; Vocabulary that is the product of coronary heart disease. After the outbreak of the Corona virus in Iran, many aspects of life changed and underwent changes; Changes that we have heard or read about over and over again. The change in the way university courses are taught is one of the changes that has been widely reported during this period. In the early days of the outbreak, university classrooms were closed so as not to endanger students' health. Training was scheduled to resume soon, and universities were to reopen, but Corona was too stubborn to pack up and leave at the same rate. Therefore, the higher education officials of the

country thought of continuing education in a different way. Virtual education was the solution used to keep students from falling behind. It has been a long time since distance learning, online and virtual, and many students are satisfied with it. But what worried the students in the meantime was holding practical classes, because as the name of these classes shows, it is not possible to hold them virtually or online. For example, students say: "Some academic disciplines, half of their courses are practical and laboratory units, most of which are prerequisites for the next semesters, these courses can not be held virtually, such as practical courses in physical education and sports science. » Or one of the students says that some of our courses are practical and require face-to-face work, practice and field research. "These units cannot be learned with an online class." Or, for example, each university has put different measures on the agenda to implement the physical education course. The officials of the Islamic Azad University have chosen a solution for the practical and physical education courses of this university. Dr. Tehranchi, the president of the Islamic Azad University, recently implicitly specified the task of holding practical courses and said that practical courses for students would be held in the city where the students live. In fact, students use the facilities available in the city of residence or the nearest city of residence to offer practical courses, and they do not need to go to the university where they study to complete the practical courses. Before Corona, practical classes were held with 15 students, but in the current situation, three to seven students attend these classes (1).

The field of physical education can be considered as one of the disciplines related to the humanities that uses various sciences such as psychology, sociology, management and physiology to strengthen and train the human body and mind. The field of physical education and sports sciences. The purpose of this course is to acquaint students with the human body as a physician so that they can communicate with athletes or students as a professional coach in the field of sports issues. The total number of courses in the field of physical education and sports sciences at the undergraduate level includes 133 courses, of which general courses include 19 courses, basic courses include 14 courses, theoretical courses 38 courses, practical courses 36 courses and optional courses. There are 26 courses.

2. Physical education courses

Basic courses:

Human Anatomy, Human Physiology, General Chemistry, General Physics, Basic Mathematics and Statistics, First Aid, Biology.

Main lessons:

Principles of Philosophy of Education, Fundamentals of Secondary Education Planning, Child and Adolescent Psychology, Educational Psychology, Principles and Techniques of Counseling and Guidance, Measurement, Production and Application of Educational Materials, Teaching Methods and Techniques, Educational Management.

Specialized courses:

Principles and bases of physical education, history of physical education, nutrition and sports, sports pathology, motor growth and development, sports physiology, motor learning, measurement in physical education, health and sports, physical education in schools, management of sports organizations, Management and implementation of competitions, specific language, sports kinematics, corrective movements, physical education and sports for the disabled, basics of sports biomechanics, psychological and social principles, physical education, physical fitness, football, athletics, gymnastics, swimming, volleyball, basketball Handball, Table Tennis, Wrestling, Badminton (4).

Of these, about 36 units are practical and require gyms, and how can a student learn this door virtually?

How is a swimming lesson taught through a virtual system? Can a student take a lifeguard lesson in PowerPoint and, in a crisis, learn it virtually to save a person? How can a student not touch a basketball and Does not see its size and volume Learn to throw 3 points to the ring virtually? Can a student pass a course in athletics online so that the student does not experience the difficulty of running the Cooper test and the thrill of running two runs in person on the track?

Unfortunately, in most Iranian universities, since the introduction of the coronavirus, all university courses, including practical courses in the field of physical education, have been taught virtually, which is fundamentally wrong because common sense says you will not learn to swim. Worst of all, universities in Iran that have tuition fees, including Azad University, Payam-Noor, night courses, and the self-governing campus, have all received full tuition fees for practical courses from students. Instead, with a few virtual training stalls, the student was taught a practical lesson that the student could read all of it by surfing in the Google browser for the lowest cost.

3. Method

For this systematic review research, the titles, and abstracts of scientific resources available in the electronic database of PubMed and Google Scholar were searched in English and Persian without any time limit. First, the titles and abstracts of the sources searched were reviewed by two

researchers and in cases where there was disagreement, the researchers decided to enter or not to enter the sources into systematic review process in consultation with each other. The Covid-19 discussion is a new topic in which little research has been done, and the researcher has written this research by referring to experienced professors in the field of sports and searching and studying the abstracts of published articles.

4. Findings

These days, when the world is infected with the coronavirus, we all see that many jobs and professions have been shut down, and this has caused people to be upset, including people who are students in the field. Today, due to the critical situation that is plaguing the world, these loved ones should change their way of thinking and bring another experience for themselves these days. With the closure of university classes in Iran, the discussion Continuing to teach at universities was introduced online. Online education and virtual classrooms, which had not been considered in Iranian universities until now, are now in the spotlight. Simultaneously with these events, universities thought of launching virtual education systems for their students. For example, Allameh Tabataba'i University, as one of the most populous universities in the country, launched a virtual education system for a limited time. A system that is at the beginning of the road and you should think of a solution to solve its possible problems. According to the university's vice chancellor, the university's virtual education has started from the third week of March In the meantime, Atna has gone to the users' opinions and asked for the problems and advantages of this system and virtual trainings in order to solve the problems and problems by properly informing the officials and strengthening the system in Prioritize. During the survey and interview with students and university officials, we achieved the following results:

Low speed e-learning system, the main problem of students

"One of the problems with the e-learning system is its slow speed," says a management student. "Our teacher sent a video file to the class, but it took a few hours for the file to enter the system." Fatemeh also mentions the definite sound and image as another problem of the system and says: "Earlier, when the teacher was teaching, the sound was cut off automatically, but now it has improved." Mohammad Reza Rahimi also tells Atna: "I think they should eliminate this semester altogether. Because online classes do not have the quality of face-to-face classes or at least allow students years.

Deputy Minister of Education: We definitely have shortcomings in e-learning

Ali Khaki Siddiq, Deputy Minister of Education, said regarding the elimination of the current semester: "It is not possible to give the same order to all universities regarding the elimination of the semester, because the conditions of education in each university are different. For example, when the classes in the university are planned in absentia and the students are well received, the quality of the classes is improving and the university officials are satisfied with the process of holding the classes, why should we give the same removal order to all universities? There are definitely shortcomings in this comprehensive e-learning experience, which was implemented for the first time at this level in the country, and we always emphasize on improving the quality of education.

Practical lessons are not learned with a virtual system!

Students say some of our courses are practical and require face-to-face work, practice, and field research. These units are not taught with an online class. In my opinion, practical classes should be given priority after the reopening of universities. In this regard, Khaki Siddiq believes: "Universities have planned to hold practical classes in the next semester or in the summer, and they will finish the semester with a few extra weeks.

Another student, who introduces himself as a fifth semester of political science, believes: "Virtual classes save a lot of time in that they do not need to travel and spend time and money back and forth Any point that is accessible is a very useful point.

Guild Council Member: Students are not equal in terms of access to facilities

"It is expected that the university will not treat the conditions the same for all students, because the living conditions of students, especially city students, are very different from those of Tehran students, and treating all students equally will be to their detriment," he said. Referring to the issue of distance education, he said: "Distance education is the new generation and the future of education in the world, which has been welcomed by everyone in all countries. This crisis of success has become mandatory for us to move in this direction more quickly, but as it was said, it should not end at the cost of "sacrificing the quality of education."

What have the universities of Harvard, Oxford and Washington done?

In the United States, Harvard University, Massachusetts, announced in a statement that it would hold all of its classrooms and schools virtually until further notice, urging students not to return to campus during the spring semester or

beyond. The university announced that guest students who could not leave the campus would use e-learning in their dormitories. In the United States, Harvard University, Massachusetts, announced in a statement that it would hold all of its classrooms and schools virtually until further notice, urging students not to return to campus during the spring semester or beyond. The university announced that guest students who could not leave the campus would use e-learning in their dormitories.

The University of Washington, D.C., has also informed its students that it will hold a fully virtual spring semester (March 30-June 19) and online classes in the summer and fall semesters if needed; But no decision has been made yet.

The University of Oxford, Oxfordshire, UK, has also announced in a statement that it has suspended its classes, but does not think online education is effective and that teaching and learning is pursued online whenever possible. The university is likely to replace online exams with online assessments.

The University of Toronto, Canada, has also announced that all classes and face-to-face exams at the university will be canceled from March 16 until the end of spring, and that education will be provided by alternative methods. Also, all university events have been suspended until April 30 (3).

5. Conclusion

We have analyzed the countless benefits of e-learning in numerous articles. Now it's time to cover the other side of the coin. There are major drawbacks to e-learning, and these problems are often overlooked in online discussions. After all, who wants to put a brake on educational innovation? (10)

Looking at the industry as a whole also reveals plenty of enthusiasm, with the statistics of the E-Learning industry in 2020 showing massive growth. However, educators worldwide still recognize some major issues plaguing the industry. Let's have a closer look at these problems. These are the disadvantages of E-Learning (10):

Online student feedback is limited

In traditional classrooms, teachers can give students immediate face-to-face feedback. Students who are experiencing problems in the curriculum can resolve them quickly and directly either during the lecture or during the dedicated office hours. Personalized feedback has a positive impact on students, as it makes learning processes easier, richer, and more significant, all the while raising the motivation levels of the students (11).

The issue of e-learning system has been considered as one of the important applications of information and communication technology in the world in recent years. (Such as audio file, video, internet

connection and telephone) attends the student. Today, due to the advancement of educational technology in the world, virtual learning software such as LMS virtual learning software has gained special importance and status and most people in the community have at least heard its name. In this article, I intend to review and evaluate this software, evaluate it and recount the results of my research on the disadvantages and advantages of e-learning software. Using traditional methods for teaching and learning is becoming more expensive every day, and the issues do not end there. Other problems such as wasting time on commuting to schools and classrooms, creating traffic and pollution due to these commuting, as well as cutting down trees to provide paper for books and printed materials, and of course using other resources to provide Educational resources are also one of the consequences of traditional and fully face-to-face training (5).

E-Learning can cause social isolation

The E-Learning methods currently practiced in education tend to make participating students undergo contemplation, remoteness and a lack of interaction. As a result, many of the students and teachers who inevitably spend much of their time online can start experiencing signs of social isolation, due to the lack of human communication in their lives. Social isolation coupled with a lack of communication often leads to several mental health issues such as heightened stress, anxiety, and negative thoughts (12).

E-Learning requires strong self-motivation and time management skills

Lack of self-motivation among students continues to be one of the primary reasons why students fail to complete online courses. In traditional classrooms, there are numerous factors which constantly push students towards their learning goals. Face-to-face communication with professors, peer-to-peer activities, and strict schedules all work in unison to keep the students from falling off track during their studies (13).

However, there are disadvantages to online learning. Teachers need the right tools and support to teach online. Because of the COVID-19 pandemic, many have had to rethink their classes entirely and many are struggling under increased workloads while learning new techniques. It's important to realize that learning online is not as simple as uploading and delivering content, says Michelle Miller at Northern Arizona University. "Experts agree that the power of online learning doesn't come from the content itself, but rather from the active engagement students have with that content, with the faculty, and with one another"(9).

One of the biggest problems, challenges and disadvantages of online education is primarily the Internet. The lack of a proper and efficient Internet has made the use of many programs and software either impossible or reduced the quality of use. Lack of facilities to access virtual classes (6).

According to the evidence and general studies in the field of virtual education system, the majority of physical education students have objected to their virtual education system, and there is no way that the practical lesson that requires a gym can be taught virtually. Finally, a small part of the class can be devoted to teaching the theory, which includes the history of the sport and its rules and regulations, which also need to be repeated and practiced while performing the sport, and the rest of the class should be spent on skills training and For example, attending swimming and swimming lessons. Even university officials said early in Corona that practical classes could not be taught in any virtual way. It is not possible at all until the student is in the pool environment and learns the 4 main swims only virtually, from slides and instructional videos.

The President of the Comprehensive University of Applied Sciences of Iran in the field of holding practical classes virtually said that: Holding practical classes of students of this university virtually is not possible at all and students can omit practical courses. He stated in a press conference: "Some students of the Comprehensive University of Applied Sciences are protesting against holding practical classes in person, while holding these classes is only possible in person, and the student must take a practical exam in person and the professor will give a grade for the student." He added: There are two ways for those students who do not want to attend practical classes; First, the National Corona Headquarters has previously announced that students will be able to miss the semester (2). The President of the Comprehensive University of Applied Sciences of Iran in the field of holding practical classes virtually said that: Holding practical classes of students of this university virtually is not possible at all and students can omit practical courses. He stated in a press conference: "Some students of the Comprehensive University of Applied Sciences are protesting against holding practical classes in person, while holding these classes is only possible in person, and the student must take a practical exam in person and the professor will give a grade for the student." He added: There are two ways for those students who do not want to attend practical classes; First, the National Corona Headquarters has previously announced that students will be able to miss the semester (2).

Online instructors tend to focus on theory rather than practice

Although this drawback of E-Learning is starting to be addressed and fixed by some of the more innovative online learning platforms, the problem has yet to disappear completely. The problem is that a large portion of E-Learning training providers choose to focus largely (in many cases entirely) on developing theoretical knowledge, rather than practical skills. The reason for this is evident – theoretical lectures are considerably easier to implement in an online learning environment than practical lectures. After all, without face-to-face communication and physical classrooms to use as a workshop, implementing practical projects in an online course requires significantly more prior planning than theoretical training (14).

E-Learning lacks face-to-face communication

The lack of face-to-face communication ties together with many of the previously mentioned disadvantages of online learning. A lack of any kind of face-to-face communication with the instructor inhibits student feedback, causes social isolation, and could cause students to feel a lack of pressure. A lack of pressure is a disadvantage in the sense that it causes students to abandon their studies more easily. Constant nudging by professors may be undesirable for many, but it's an effective method for improving student retention (15).

E-Learning is limited to certain disciplines

All educational disciplines are not created equal, and not all study fields can be effectively used in e-learning. For now, at least. E-Learning tends to be more suitable for social science and humanities, rather than scientific fields such as medical science and engineering which require a certain degree of hands-on practical experience. No amounts of online lectures can substitute an autopsy for medical students or real-life industrial training for a budding engineer. While this could change in the future, we are currently not yet a point where we can fully teach all professions solely through E-Learning (16).

Online learning is inaccessible to the computer illiterate population

96% of Americans own mobile devices, and around 73% of Americans own a personal computer. Therefore, it would be easy to argue that online education is easily accessible to most people. However, these statistics don't paint the whole picture. Despite the booming growth in technological capabilities, the rates of computer literacy are still far from perfect. The OECD average percentage of computer illiterate people hovers around 25%, meaning that a quarter of the population will have major trouble in accessing E-

Learning as an educational method. And, these are OECD countries we are talking about, which are considered developed countries with a high-income economy (17).

6. Solution

Building strong self-motivation and disciplinary skills is key to succeeding in an online learning environment. Additionally, face-to-face communication with professors can be substituted with online communication, and peer-to-peer activities should be promoted between online students similarly as it would be in traditional classrooms. Implementing hands-on student projects in conjunction with 1:1 mentorship are some of the most effective ways of developing practical skills in online students. There are several examples of successful practice-based online courses on platforms such as Udacity and Springboard.

There are numerous considerations for quality assurance of E-Learning, and they must be followed in order to ensure the authenticity of E-Learning. Additionally, there are accreditation management systems such as Creatrix which provide a centralized solution for the accreditation process.

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