

Mobile Device Applications in Physical Education: Investigating New Pedagogical Possibilities

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Abstract : Digital technology is continuing to disrupt and challenge local conventions of teaching and education. As mobile devices continue to make their way into contemporary classrooms, educators need new pedagogies incorporating information communication technology to help reform the learning environment. In physical education, however, this can seem controversial as physical inactivity is often related to an excess of screen-time. This qualitative research project is an investigation on how physical educators use mobile device applications (apps) in their pedagogy and to what end. A comprehensive literature review is included to examine and engage current academic research of new pedagogies and technology, and their relevance to physical activity. Data were collected through five semi-structured interviews resulting in three overarching themes; i) changing pedagogies in physical education; ii) the perceived benefits and experienced challenges of using apps; and iii) apps, physical activity, and physical education. This study concludes with a discussion of the findings engaging the literature, discussing the implications of findings, and recommendations for future research.

Keywords : applications (apps), mobile devices, new pedagogies, physical education

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