

Assessing the Effectiveness of Technology Integration in Physical Education Classes

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Abstract: *This research investigates the impact of technology integration in physical education classes on various educational and physical outcomes. Utilizing a quasi-experimental pre-post design, a sample of 100 students from diverse educational backgrounds participated in the study. Quantitative data was gathered through surveys administered before and after the integration, assessing shifts in attitudes toward technology, engagement levels, and perceived learning outcomes. Additionally, objective measurements were taken to assess changes in physical skill development and fitness levels. The results demonstrate statistically significant and positive transformations in attitudes toward technology, levels of engagement, perceived learning outcomes, physical skill development, and fitness levels following the incorporation of technology. These findings underscore the potential advantages of technology integration in enhancing the overall quality of physical education programs. The study highlights the importance of thoughtful planning and pedagogical strategies when integrating technology, while also emphasizing the necessity for further research to explore optimal practices in technology-enhanced physical education.*

Keywords: Technology Integration, Physical Education, Educational Technology, Student Engagement

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