

Time Management Session System (GTS)

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Introduction

Time session management is a very important skill for Physical Education Teachers and Sport Professionals.

The management of time is a skill that this professionals use in order to promote the learning time of the students/athletes.

The time spent in practice is the moment where the student's/athletes are pledged in learning/training tasks.

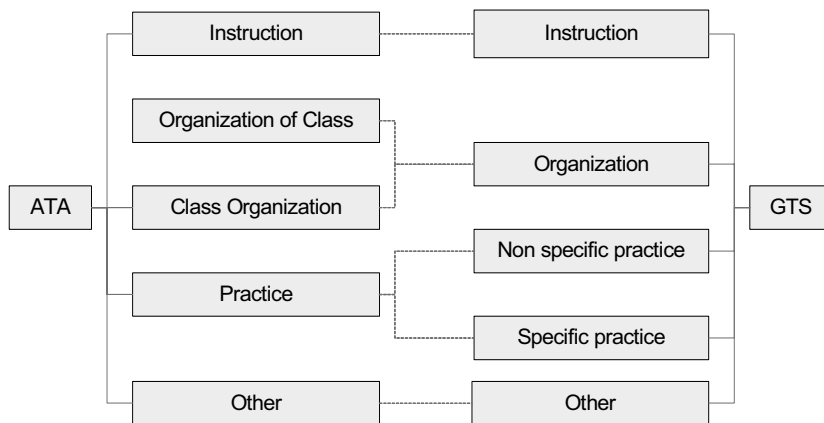
Some studies, in the context of simulated teaching, have been carried through.

The next tables show results from different studies developed on this context.

Time Management Class System (ATA)	Sarmiento, Ferreira & Moreira, 2004		Moreira, Ferreira, Sequeira & Sarmiento, 2003				
	(1)	(2)	(3)	(4)	(5)	(6)	(1)
Instruction	24,32	27,62	30,45	33,74	25,56	25,58	29,25
Organization of Class	8,86	6,79	11,98	10,24	6,18	13,02	9,89
Class Organization	7,90	7,65	6,46	7,48	5,19	10,92	6,46
Practice	57,59	56,05	48,51	44,62	61,65	51,82	53,43
Other	1,32	1,90	2,44	4,34	1,02	0,33	0,88

Time Management Class System (ATA)	Moreira, Ferreira & Sarmiento, 2003		Ferreira, Moreira & Sarmiento, 2003	
	(7)	(1)	(7)	(2)
Instruction	26,73	24,87	26,73	27,11
Organization of Class	9,77	8,84	9,77	6,25
Class Organization	7,78	7,57	7,78	7,66
Practice	53,40	57,18	53,40	57,19
Other	2,33	1,55	2,33	1,79

- (1) Collective Sports;
- (2) Individual Sports;
- (3) Athletics;
- (4) Wrestling;
- (5) Gymnastics;
- (6) Racquet sports;
- (7) Soccer.



The ATA includes two categories of Organization (Organization of the Class and Class Organization) and only one category of Practice.

In the GTS we reduce the two categories of Organization into one and we separate the “practice” category in two: Non Specific Practice and Specific Practice.

These go in the same direction of international studies that include only a category of Organization.

Methods

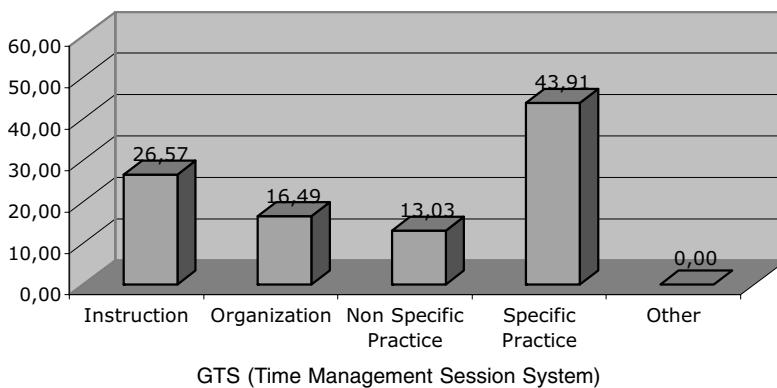
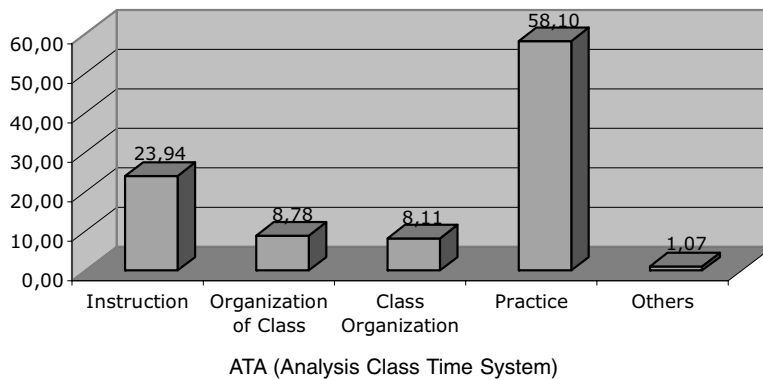
The data was collected by students (Sport Pedagogy) in simulated teaching classes during the graduation process in Physical Education and Sport.

We propose to the 39 students the application of the Analysis Class Time System (ATA) in Collective Sports (N=27) and Individual Sports (N=12) and we proposed to other 39 students the application of the Time Management Session System (GTS) in Collective Sports (N=27) and Individual Sports (N=12).

All the students involved in this study received training in observation in order to guarantee the fidelity between observers. In this process they had high values in all categories of the system.

Results

In the next graphics show the results obtain after the application of the two systems:



Both two systems give us an idea how the time is spend in the class.

Discussion / Conclusions

In a process of teachers training, we think that the data collected with the GTS (Time Management Session System) is more suitable to analyze what occurs.

This analyze is more effectiveness because we can see how the practice is divided in non specific practice and in specific practice.

When students make a class plan, they allocated time for instruction, practice and organization.

They need to know how the practice time is spend because the non specific practice doesn't promote direct learning's.

Now, with this system, we can really see the time spend on specific practice (practical tasks orientated to the objective) and we were able to confront the teachers-students with the objective planned for the session and the time really spend on doing it.

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