

COMPARISON OF TWO TEACHING METHODS IN DEVELOPMENT OF SWIMMING AMONG UNDERGRADUATES, DEPARTMENT OF SPORTS SCIENCES AND PHYSICAL EDUCATION, FACULTY OF APPLIED SCIENCES, SABARAGAMUWA UNIVERSITY OF SRI LANKA

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The major focus of this study is to compare Traditional Technical Method and Games Sense Approach to teaching swimming free style stroke to non-starters to develop the swimming free style stroke among selected undergraduates (new intake students), selected for the two degree program who struggle with water familiarized to learning in swimming at the Department of Sports Sciences and Physical Education, Faculty of Applied Sciences in 2012/ 2013, 2013/ 2014 and 2014/ 2015 batch at the Sabaragamuwa University of Sri Lanka. The major purpose of this study is to find the answer to the question, Impact of Traditional Teaching Methods and Games sense approach in the learning process of swimming through Free Style Stoke in Swimming among the beginners at Department of Sports Sciences, Faculty of Applied Sciences, Sabaragamuwa University of Sri Lanka. The research was based on the qualitative method. The sample was selected from the population taken freshly to the University at the Department of Sports Sciences, Faculty of Applied Sciences in Sabaragamuwa University of Sri Lanka. 268 beginners were the sample size for this research. The specific training schedule was utilized for the games sense approach group by the researcher to develop the swimming ability among beginners within the time of one semester period. Through action plan, the researcher has developed free style stroke techniques and other swimming relevant activities. Water familiarization, breathing, arm movement, leg movement, water games related with game sense approach in selected subjects. Interviews, questionnaire, observations, field notes, tests, photographs, audio and videotaping were used to gather data. Interviews were used to identify the research topic, self-assessment questionnaires were used to assess the sample. Observations and tests were used to analyze the performance. Charts, graphs, tables, Microsoft XL, mini tab and SPSS were used to analyze the data. The research found that the implemented action plan helps to answer the research questions. This type of research can be utilized in the future in similar context.

Keywords: *Games Sense Approach, Traditional Teaching Approach, Swimming*