

## ARTICLE REVIEWED

### ***A Collaborative Approach to Self-Study Research in Physical Education Teacher Education***

Richards, K. R., & Ressler, J. D. (2016). A Collaborative Approach to Self-Study Research in Physical Education Teacher Education, *Journal of Teaching In Physical Education*, 35(3), 290-295.

#### **THE PROBLEM:**

A self-study is action research aimed to improve practice. Self-study is growing in teaching, teacher education and research. This research takes time, thought and effort. To complete this research, having a confidant is useful, and in some cases, necessary. The confidant must be someone with whom you can be open and honest. Self-study also presents an opportunity to mentor others in the profession. Finally, self-study is important because it helps researchers and teachers think critically about their work rather than going through the motions.



#### **Research Summary:**

Results of a self-study will be unique to whomever is conducting the study. It is important for PETE faculty, teachers preparing to enter the field and for practicing teachers to reflect on what they are doing correctly and what they are doing that can be improved. A key part of self-study is the ability to be open to critiquing oneself, as that is the key to growth. Within the study presented, one assistant professor tracked their own teaching experience in a university setting.

#### **Conclusion:**

Self-study might help teachers navigate the dynamics of a school, while also allowing them to improve their pedagogy. Teachers could attempt to use self-study and could look to mentor pre-service teachers. Self-study presents an opportunity for practicing teachers to evaluate themselves and reflect on what is and is not working for them. PETE faculty and students can also use this method.

#### **Key Take-Away:**

Teachers can look to use self-study to improve their practices within schools. A way this could be achieved is by personally reflecting. This could be done in a teacher journal, asking students/colleagues for feedback on their teaching, and setting personal goals. In addition, teachers could look to mentor and teach others the value of looking internally for answers and professional development.



## ADDITIONAL RESOURCES:

- PE Teacher Evaluation Tool:  
<http://www.shapeamerica.org/standards/guidelines/upload/Physical-Education-Teacher-Evaluation-Tool.docx>
- 10 Tips for Becoming a More Effective HPE Educator:  
[http://portal.shapeamerica.org/ItemDetail?IProductCode=10\\_TIPS](http://portal.shapeamerica.org/ItemDetail?IProductCode=10_TIPS)



SHAPE America – Society of Health and Physical Educators is the nation’s largest membership organization of health and physical education professionals. The organization sets the standard for health and physical education in the U.S., and its National Standards for K–12 Physical Education serve as the foundation for well-designed physical education programs across the country. SHAPE America is committed to 50 Million Strong, our ongoing initiative to put all children on the path to health and physical literacy through effective health and physical education programs.

