

## **MODEL OF TEACHING AND LEARNING IN PHYSICAL EDUCATION: KOLITIF MODEL**

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### **ABSTRACT**

*In this globalization era, teachers need to be creative and innovative in order to empower the teachers, the teaching profession is constantly competing with the latest information technology. One of the innovations that should be noted is that the diversity in methods of delivering information to students. For teaching and learning process there are various methods and teaching styles that can be used by teachers. This paper reports on the teaching and learning model produced by previous models of teaching methods and learning in education. The main purpose of this paper is to vary the methods of teaching and learning in education to produce a model of teaching and learning KOLITIF model. A total of 40 students form two, 20 boys and 20 girls MARA Junior Science College Pasir Salak Perak classes of physical education and health education as samples to test the model to see the student feedback during physical and health education classes who implement the KOLITIF model. Instruments used for student feedback survey questionnaire which was built using a scale of 8 items with agree, disagree and unsure. The results showed 17 respondents were male (85%) expressed their agreement with the model KOLITIF compared with a total of 15 female respondents (75%) expressed their agreement with the model KOLITIF. In total of 40 respondents found 32 respondents (80%) expressed their agreement with the model KOLITIF. The remaining 3 (7.5%) states disagree and 5 people (12.5%) expressed any doubts about the model KOLITIF. KOLITIF model produced is expected to help the teachers in diversifying the methods and styles of teaching and learning in the classroom.*