

ශ්‍රී ලංකාවේ ද්විතීයික පාසල් විෂයමාලාව  
තුළ ක්‍රීඩා සහ ශාරීරික අධ්‍යාපන කටයුතු  
ක්‍රියාත්මක වන ආකාරය පිළිබඳව  
විමර්ශනාත්මක අධ්‍යයනයක්  
(මහනුවර දිස්ත්‍රික්කයේ තෝරාගත් ද්විතීයික පාසල් දහයක්  
ඇසුරින් කරන ලද අධ්‍යයනයක්)

A CRITICAL STUDY OF THE IMPLEMENTATION  
OF SPORTS AND PHYSICAL EDUCATION IN THE  
SECONDARY SCHOOL CURRICULUM OF SRI LANKA  
(A STUDY CONDUCTED IN TEN SELECTED  
SECONDARY SCHOOLS IN THE KANDY DISTRICT)

පේරාදෙණිය විශ්වවිද්‍යාලයේ අධ්‍යාපන අංශයේ  
අධ්‍යාපන දර්ශනපති උපාධිය සඳහා ඉදිරිපත් කෙරෙන  
පර්යේෂණාත්මක නිබන්ධනය  
2004

කේ. එස්. එච්. එම්. ඩී. ඩබ්. ඩබ්. සෙනවිරත්න  
විද්‍යාවේදී උපාධිය  
පශ්චාත් උපාධි අධ්‍යාපන ඩිප්ලෝමා (විශිෂ්ට සාමාර්ථ)

පර්යේෂණ උපදේශිකා  
මහාචාර්ය සිල්වි සේනාධීර මහත්මිය  
අංශාධිපතිනිය  
අධ්‍යාපන විද්‍යා අංශය  
පේරාදෙණිය විශ්ව විද්‍යාලය  
පේරාදෙණිය  
ශ්‍රී ලංකාව.

## ABSTRACT

This research report consisting of five chapters investigates the implementation of sports and physical education in the secondary school curriculum. The first chapter discusses the background, research problem and the aims of the research and explains the 3 main concepts related to the research: curriculum, sports and physical education.

Second chapter investigates into the foreign and local literature relating to sports and physical education in countries such as the U.S.A., U.K., Scotland, Russia, Japan, and India. The study of local literature focuses on the aims of sports and physical education introduced by the Ministry of Education from time to time.

The third chapter provides a very brief introduction to the sports and physical education curriculum implementation comprising the theoretical foundation relating to the research and it also explains the research methodology in detail. A descriptive survey was carried out to identify the implementation of sports and physical education curriculum in the secondary schools. 58 teachers, coaches and principals and 350 students attached to 10 government secondary Sinhala medium schools in the Kandy district were used as the sample.

Data were analyzed by quantitative and qualitative methods in the fourth chapter and the results and the final conclusions were brought forward in the fifth chapter. Data analysis revealed that there are problems relating to the implementation of sports and physical education in the curriculum. The research revealed that more attention had

been paid to achieve the social and physical aims in this field and the secondary schools are paying less attention on achieving moral and emotional aims of sports and physical education. There are problems that are unique to each school such as student participating in sports, allocated time for sports and physical education, coaching and practicing, physical, human and economic resources. The place given to sports and physical education in schools is not adequate.

The fifth chapter brings forward some proposals for developing sports and physical education in schools. The specific proposals made are in respect of developing student participation in sports; improving sports facilities, school management in sports, teacher education in sports, and innovation of sports curriculum.