


## EFFECTIVE LEADERSHIP QUALITIES IN PHYSICAL EDUCATION AND SPORTS

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Through the practice of leadership, a person can persuade others to work towards a common goal and guide the organization towards greater coherence and coherence. Excellent leaders may be developed, not born. You can become a successful leader if you have the motivation and willpower. A never-ending process of self-study, education, training, and experience is how good leaders are created. (Jago, 1982). We are aware of the characteristics that can affect our behaviour, though. Trait Leadership is what we call this (Jago, 1982). In that it used to be commonplace to think that leaders were more likely to be born than created. In particular, physical education is examining closely how its professional preparation programmes are run. New curricula are being prepared, new courses are being developed, new teaching techniques are being tried out and assessed, and understanding of physical education is expanding thanks to research. The liberal arts and well-grounded studies are becoming more and more important to students in professional preparation programme nowadays. They can significantly benefit the entire educational community thanks to their training. Many books and articles have been written detailing what it takes to run a company effectively. Some academics and authors contend that outstanding leaders have particular skills or abilities, while others assert that it all comes down to personality. Others claim that behaviors, rather than intentions or thoughts, are what matter. Leaders are people with extraordinary character who can help others get through a difficult situation.

**Keywords:** Leadership, Sports, Physical Education, Leadership Qualities

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## Introduction

Leadership is a process by which a person influences others to accomplish an objective and directs the organization in a way that makes it more cohesive and coherent. This definition is similar to Northouse's (2007) definition — Leadership is a process whereby an individual influences a group of individuals to achieve a common goal. Good leaders are made not born. If you have the desire and willpower, you can become an effective leader. Good leaders develop through a never ending process of self-study, education, training, and experience (Jago, 1982). However, we know that we have traits that can influence our actions. This is called Trait Leadership (Jago, 1982), in that it used to be commonplace to think that leaders were more likely to be born than created. While leadership may be learnt, the leader's attributes or traits, such as beliefs, values, ethics, and character, can have an impact on the skills and information they process. While knowledge and abilities directly contribute to the process of leadership, other qualities provide the leader specific traits that set him or her apart.

## Leadership and Physical Education

Teachers and the audience they serve gain a better knowledge of what an educator is and does when education is more frequently discussed in public forums and in the news media. Education-related colleges and universities are updating and modifying their curricula. In particular, physical education is examining closely how its professional preparation programmes are run. New curricula are being prepared, new courses are being developed, new teaching techniques are being tried out and assessed, and understanding of physical education is expanding thanks to research. The liberal arts and well-grounded studies are becoming more and more important to students in professional preparation programmes nowadays. They can significantly benefit the entire educational community thanks to their training. Several people have different perspectives on how important physical education will be in the future. (John L. Boyer, M.D.), for example believes that the purpose of physical education is to develop cardiovascular endurance fitness and emphasizes the fact that schools may have the biggest impact here. He advises that the emphasis on competitive team sports in the curriculum be lessened or even dropped altogether.

## Ten Qualities of Leadership

01. Approachability: People will approach individuals they believe to be trustworthy, i.e., those who are honest, as well as those whose personal styles and demeanours are flexible rather than inflexible. Learn to adjust your behaviour to the diverse requirements and personalities of other people.
02. Charisma: Charisma is the quality of being likeable rather than having the capacity to excel in popularity contests. We all have a tendency to draw towards people we like, so as a leader, be approachable and endearing.
03. Clarity: Your communication should be clear and memorable. People must be able to comprehend it while you are present and remember it after you have left.
04. Competence: When it comes to your areas of responsibility, this is the proof of your knowledge and skill.
05. Conviction: People will follow people that show confidence in themselves and a strong sense of purpose. Choose your approach to leading carefully, then persist while exhibiting confidence and conviction as you guide others towards your goal.
06. Decisiveness: Observe, then take action. Be accountable for your actions; don't build a barrier or assign blame when you make poor choices. Make decisions when you have to. Make a decision with conviction and accept responsibility for the result.
07. Direction: Have defined objectives and a vision for yourself that you can then impart to others. You must be able to accurately explain your direction as well as have a clear sense of your own direction.
08. Discipline: Employ the necessary self-discipline to follow through on your commitments and act in the manner you know is appropriate. Discipline links action to intention.
09. Humility: Not permanently taming your ego, but being able to regulate it instead. Not to be confused with timidity is humility. Keeping one's ego under check requires humility.
10. Knowledge: Use your knowledge wisely to promote effective action; and when in doubt gain the necessary knowledge.

## Conclusion

"A method of social influence in which one person can enlist the aid and support of others in the execution of a common task," is how leadership has been defined. Many books and articles have been written detailing what it takes to run a company effectively. Some academics and authors contend that outstanding leaders have particular skills or abilities, while others assert that it all comes down to personality. Others say that behaviors—rather than just intentions or thoughts—are what matter most. Leaders are people with extraordinary character who can help others get through a difficult situation.

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