

## ARTICLE REVIEWED

### *Undergraduate Students' Experiences with Educational Podcasts to Learn About Inclusive and Integrated Physical Education*

McNamara, S. W., & Haegele, J.A. (2021). Undergraduate students' experiences with educational podcasts to learn about inclusive and integrated physical education. *European Physical Education Review*, 27(1), 185-202.

#### THE PROBLEM:

In the age of technology and online learning, teachers have begun expanding the tools used to educate students. Specifically, podcasts are being used to teach students and others outside of the classroom.

Physical education (PE) is one of many academic areas that has expanded into the creation and use of podcasts. There are several podcasts currently that are hosted by professors, teachers, and students across the discipline. However, there is little research about the influence of podcasts on PE.



#### Research Summary:

The purpose of this study was to understand the impact of listening to a podcast on undergraduate students' learning of inclusion and integration within a PE setting. The participants of this study were 19 (11 females and 8 males) students who were currently enrolled in an introduction to adapted PE course at one university. The students were asked to listen to one podcast episode which discussed the topic of the use of "inclusion" and "integration" in PE. After listening to the podcast, participants were asked to write a reflection on the episode and partake in a focus group discussion.

#### Conclusion:

In this study, the researchers found the majority of participants believed the podcast episode was a useful learning tool. From both the written reflections and the focus group interviews, the researchers found that the podcast was able to inform students on the differences between "inclusion" and "integration." The study also found that students' conclusions on the use of integration and inclusion of students with disabilities in PE varied; however, the authors note that this topic has been heavily discussed and argued previously.

#### Key Takeaway:

This study highlights the use of podcasts as a way to teach new concepts to students. Although this was used at the undergraduate level, it could be used at both the graduate and K-12 level. It is important to note that not all podcasts are equal. Physical educators should do their own research on the topics discussed in a podcast to ensure that accurate information is being shared.