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The Physical Education Leadership course is designed to provide an involvement for students that have a prospective interest in community recreation, fitness, physical education, coaching, and/ or personal appreciation, as a participant or volunteer, for the various leadership roles in society

Successful teams have strong leaders and the importance of this role is evident in all categories of sports. The performance of a leader is very clear in interactive games and during matches. ... Leadership maybe considered as a behavioural process that influences individuals and groups towards set goals.

#### 4 Different Types of Leadership Styles

Positive and Negative Leaders or Bosses.

Autocratic or Authoritarian leadership.

Democratic or Participative leadership.

The Laissez-faire or Free-rein leadership

Leadership is the ability to intentionally provide positive influence on the lives and behaviours of others. The leader should possess qualities that are sought for and admired by followers. A leader must initiate an activity, under the groups needs, and carry the activity to completion.

**The leadership quality in physical education is as below:**

1. Energetic
2. Friendliness and Affection
3. Decisiveness
4. Technically skilled
5. Intelligent
6. Teaching skill
7. Creative
8. Interest in research
9. Good health
10. Dedication and Determination
11. High motor capacity
12. Respect for other People
13. Social

