

# **Finnish Physical Education Teachers' Self-Reported Use and Perceptions of Mosston and Ashworth's Teaching Styles**

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The main purpose of the study was to analyze teaching styles used in Finnish physical education. Another aim was to investigate the relationships between background characteristics of teachers and use of teaching styles. The participants of the study were 294 (185 females and 109 males) Finnish physical education teachers. The teachers responded to an electronic questionnaire accessed through a link delivered to them by e-mail. The instrument included background information items (gender, teaching experience, education, school level, mean class size) and questions pertaining to 'teacher use' and 'perceived benefits to students' of the various teaching styles. The results of the study revealed that teachers used the command and practice styles of teaching most frequently and the self-check and convergent discovery styles least frequently. The trend was to use more teacher-centered than student-centered styles. The teachers perceived the practice and divergent production styles as most and the reciprocal and convergent discovery styles as least beneficial for their students.

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