

## Abstract

The study is carried out to investigate the training programs for science teachers involved in teaching science in grades 10 and 11.

The sample of the study was teachers from Galle Educational zone who involved in the teaching science in grades 10 and 11. A questionnaire, Document analysis and interview schedule were used as instruments of data collection.

The findings revealed that Experimentation/ Practical skills as the most important technical competency to be acquired and using computers Using multimedia for teaching learning process, Preparing Teaching aids, Lesson planning, counseling and evaluation methods for teaching learning process should be developed among them mostly.

Almost all teachers believe that training programs are required for their professional development according to the real needs of the trainees.

The study also reveals that teachers like to participate in the training programs conducted by National institute of education or training programs conducted by university lecturer's .In addition they prefer non-residential, activity based workshops.

It also revealed those Weaknesses of training programs as ,Weak time management, Allocation of more time on useless areas and less time on useful areas, Conducting activity based workshops, , Lack of suitable places for training sessions, Using lecture method, Lack of practical works, Wastage of time, Lack of plan for the training sessions, Covering many activities in a limited time period, Conducting programs after a short notice, Do not address the real requirements of teachers.....etc

In the light of the ,certain recommendations have been made and study .They are Conduction of programs for small groups, identify the real needs of teachers through discussions, use professional trainers in training programs, conduct training programs in places with facilities for practical works, Getting the service of subject experts and University lecturers, Giving opportunity to prepare experimental set ups,giving opportunity to interact with curriculum planners of the national institute of education, Preparation of teaching aids, conduction of regular training programs throughout the year, Organization of training sessions in Divisional level, Inform about the program before 14 days, Using new technology for training programs, Conduction of programs in school vacations