



## Sports and Physical Education in India

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### ABSTRACT

Even though it never received due recognition and importance, physical education and sports will continue to remain a very important part of the education system. Growth and development of the children play an important role in their physical, intellectual and emotional achievements through physical training and sports; even though it has never been taken seriously by the educational administrators, the academicians and the students.

The main idea behind physical education is that the children enjoy outdoor activities, they make friends, and they play as teams and learn to face challenging opportunities. Physical Education is the only profession where one can communicate as well as play/perform. Abraham Lincoln quoted in one of his address, "Sportsman is the best Ambassador of the Nation." Hence, the Physical Education Director/Teacher can also be the best Ambassador of our Institution / University. In the Indian system, one needs to overcome the hurdles and challenges to improve the structure and infrastructure status of physical education in around schools to develop the overall discipline.

Keywords: Physical education, Sports, Health, Teachers, University, Students

### PREFACE

Physical Education and Sports is an integral part of education system for any country at any point of time. Thus, each country should try to set out a framework of action plan for a holistic development and promotion of Physical Education and Sports

Paradoxically, sports is witnessing a spectacular boom in the media and especially in states like Haryana in India, where spotlight is on the sports-person even though it is being seriously neglected within the educational system.

How to change this type of situation? There should be a sincere effort on the part of State Governments to ensure teachers and the heads of the schools understand that sports gives children the chance to get together, experience collective success or failure, learn physical and technical skills and above all keep fit and healthy. It helps children to develop balance and coordination, improve their mental skills and reflexes, co-operate and the ability to communicate with each other. It enhances motivation, organisation, leadership and interpersonal skills.

### HOW SPORTS & PHYSICAL EDUCATION HAVE EVOLVED IN PRESENT TIMES

Despite efforts made by member state to promote and develop Physical Education and Sports with international cooperation; its distinctive nature and importance remain a constant source of concern. Its impact may be seen in the shift by Physical Education and Sport Public authorities towards higher media friendly sports (at a national level, across the public and private system). A significant example is the absence of clear separation between the Ministries of Youth Affairs and Sports and Ministries of Education. The Ministries need to talk to each other for a holistic development of sports and physical education thereby influencing student training/ learning outcomes.

The status of Physical Education and Sports convened the Physical Education World Summit in Berlin. A worldwide comparative study collect data and literature for nearly 120 countries came out with following significant findings.

1. Reduction in time allocation to Physical Education in Educational Programmes.
2. Reduction in budget allocation and inadequate financial, material and staff re- sources.
3. The subject suffers from low status and importance
4. In many countries teachers are not properly trained.
5. Existing Physical Education guidelines are not properly applied or even amended with time.

### The role of Creativity in harnessing the potential of Physical Education & Sports

The Physical Education and Sports preserves the vital clue that exists between the two. It is necessary to invest in physical training and education to embark on a journey to be a sports person. It is necessary to consider Physical Education and Sports as an intrinsic part of education in all schools and colleges, where

sports should be compulsory right from elementary level. Then it can be considered a choice for young people. In fact, quality education involves the dispensing the essential requirements of life skills i.e. learning

- (i) self-motivation, creativity and problem solving
- (ii) Use interactive tools (communication, physical and IT)
- (iii) To join and live within socially diverse groups.
- (iv) All these broad-based life skills are precisely what Physical Education and Sports can help to develop young people as individuals. Therefore, it goes without saying that Physical Education and Sports must be actively promoted by International organizations, state governments, and local authorities. The field of education must coordinate and streamline these efforts to defend the cause of Physical Education and Sports.

#### UNDERSTANDING PHYSICAL EDUCATION

The problem of defining Physical Education is not only that the term is broad based and complex but also includes many kinds of phenomena. It can also mean different things to different people. J.P. Thomas sums up that, Physical Education is education through physical activities for the development of total personality of the child and its fulfillment and perfection in body, mind and spirit. Even though definitions differ significantly with regards to emphasis on different aspects, they still have many common elements. Some of them may be noted as: Physical Education is a phase of total Education process. It is sum of total experience and their related responses. Experience grown and responses developed out of participation in big muscular activities. All-round development of individual - physical, mental, social, moral is the real aim of Physical Education. It is the same as in General Education.

In the Indian context, Physical Education is perhaps the only aspect of education which has not been given due attention. The system has ever-stressed the academic aspect and the grades rather than focusing even a bit on physical one being relatively untouched. This has resulted in an increasingly large number of Indians who neglect their bodies, do not exercise and to whom Physical Education is similar to physical and artificial beauty. One of the main objectives of any Physical Education activity is to maintain and improve the health of the youngsters in schools and colleges. And the School has the responsibility to see that all students achieve and maintain optimum health from the standard point that educational experience will be much more meaningful if optimum health exists.

A child learns and functions better when he is in a state of good health. Unfortunately, a large number of people suffer from 'value illnesses', i.e. they know what they are supposed to do to keep well, not knowing the importance of exercise and physical exercise from an early age. People are aware that smoking and drinking can cause ill-health yet they do not give up on these practices. To make matters worse, they do not exercise as well. These are disadvantages of not understanding the value of physical exercise from an early age. They appreciate the role of regular exercise in weight control, yet they do little to alter their sedentary way of living. Education and health & medical authorities have therefore, long recognized the need for a programmed of director Physical Education activities in school curriculum. It is during the formative and rapidly growing period of elementary school age that foundation of proper habits, attitudes and appreciations toward all physical activities, including play is laid and desirable citizenship traits acquired, so that in adulthood he will be equipped with the knowledge, sound thinking processes, physical well-being stamina and emotional maturity to live effectively in an ever-changing and highly complex society. Students, parents and teachers should understand and acknowledge that that sport and physical education can improve people's lives in many ways. Equal importance should be given to sports and academic subjects. The physical education teachers must be trained to handle classes of children with flexibility, creativity across varied aged groups.

#### THE NEED FOR PHYSICAL EDUCATION IN ACADEMIA

To study Physical Education and sports is not merely to grade performance, technique but to look at some of the implicit assumptions held by the general population about Physical Education and Sports. Despite the significance of sports, it has been primarily a vehicle of 'escape' more than an avenue of education. Ask some friends why they are involved in sports. The response will probably have something to do with "fun" or "enjoyment," until they have chosen it as their career.

#### ANALYSIS

After school, every College / University should have an Elective Subject of Physical Education, if not compulsory. This is the time when students are capable of making a decision whether to pursue physical education further. Even though most Universities have Physical Education programmed like National Physical Fitness Test, NCC, more innovations and structure should be brought into it, so that many

students feel encouraged to take it up. We should have colleges of Physical Education with 4 to 5 years degree course, like Indian Institute of Physical Education and Sports Science (IIPESS). Physical Education and Sports are seen not merely as a playground but also as a laboratory in which the theories of each discipline may be tested and/or as a phenomenon whose worthiness value, and effect on people and society must be continually scrutinized and proper training and facilities can be given for each category of sports and not just for the national glamorous sports industry.

#### SUGGESTIONS & RECOMMENDATION

1. Revision & Reconstruction of Physical Education syllabus in con- text with need of Society.
2. Periodical Refresher course for Physical Educational personnel by an unified agency.
3. Updating and Upgrading of the subject and related area in collaboration with top Educational & Physical Education bodies. Strict implementation and follow-up of the prescribed Physical Education standard.
4. An honest and sincere appraisal system for total evaluation and feedback.
5. The academic study of Physical Education and Sports may be as stimulating and fun as experience as one's actual participation in sports.
6. Once the rule, subject matter, and 'spirit' of both games are under stood, they may be equally rewarding. General Education is for the masses, so also Physical Education.
7. 'Recreation' is an important as 'reading', 'writing' and 'arithmetic', in the life of common man. Physical activities do the garb of 'Physical Education' when the focus is on the means used, namely, big muscles, 'Recreation' when the focus is on 'life is worth living' (joyful) attitude or are leisure time.

#### CONCLUSIONS

A nation's biggest power is the youth. Franklin D. Roosevelt did rightly say "We cannot always build the future for our youth, but we can build our youth for the future". Good habits formed at youth can make all the difference and thus, discipline, dedication and determination should be inculcated in every young individual of the country. Physical fitness can play an important role in helping an individual lead an active and healthy lifestyle. Every young human being should get indulged in active sports in order to develop a sense of competitiveness and sustain in this immensely challenging world. Physical fitness of the youth can be improved by developing strong programs of health education and physical education. Physical Education and Sports activities in educational institution should aim at 'Health Related' and 'Performance Related' areas so as to ensure 'enhancement of performance in competitive sports'. Hence, it is of utmost importance for any Physical Education organization to imbibe positive attitude among physical educators themselves and make them realize that physical education remains an integral element of school or college curriculum.

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