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Collision on Health, Related to Dust, on Playfields, in Physical Education, Colleges

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Abstract

The Complex situation, fast changes and various sciences of teaching traditions complicate the creation of a systematic view of the current PE curricula reforms. The objective of this paper is to highlight the most important health related to playfields which should also be considered on top priority.

The study may help to provide information and assistance in the planning, design, maintenance and installations of the playgrounds. The goal is to develop playground that is fun, challenging and safe for health related aspect in PE colleges. Another purpose, it may guide to reduce the frequency and severities of injuries on playgrounds. India is facing a serious double burden of diseases and are being exposed to high levels of pollution. In Indian cities, among the most polluted in the world available mortality and morbidity statistics indicate that respiratory infections and chronic conditions are widespread.

Keywords: Collision on Health, Dust, Playfields, Physical Education

1. Introduction

The professional lives of teachers have significantly changed during the past few decades. Education reforms and IT have brought fresh knowledge which has called to take part in a contest the current nature of PE. Many researchers have pointed out that the improvements in the quality of Koche's instruction and pupil's learning are to some extent to have confidence upon improvements in the quality of teachers' professional learning. Compared with the research on professional development of teachers in other educational fields, research, development of PE teachers has been slower.

Lucas and Wallace (1971) have suggested moving the classroom onto the playground or rather making the playground a classroom is the need of an hour. In PE students learn unplanned through their interaction with other students on playfields which is a place when this can happen within the framework of the curricula provide proper guidance of teacher and the initiative of the students are utilized. Playground/field are not a flat, free less dusty playing field.

The new idea of a playground is to develop the outdoors to its fullest potential as a learning center. It utilizes students natural "Work Play" in spontaneous and planned learning situations. The teachers participate in, but remains a background figure in all practical activities in the PE curriculum. The playground, therefore, becomes a flexible, changing environment where the students can acquire new skills and strengthen old ones. It will help further for knowing growth by psychomotor and effective learning. The absorbed adjusts external forces. Lucas and Wallace have described play as the expression of inner feelings, curiosity and creativity that involves exploratory behavior problem solving on the playground in PE teachers wants to stimulate creative and imaginative play by fabricating an environment that body with interesting activities. Playgrounds in PE colleges should be high places, open space, flat space and for curved objects and straight objects. Playgrounds and fields should be opposite of sun and shade, smooth, grassy and paved and dry.

2. Health Problems Regarding Dust

It is analyzed that maximum respondents are suffering from asthma, Nausea, Dry Cough, Respiratory infection, Headache, Poor Eye Sight and very few respondents suffer from irritation of Eyes, Nose, Skin Diseases and chest pain due to the effect of dust on playfields grounds/tracks in PE colleges.

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Types of diseases	No. of respondents
Asthma	86
Chest pain	12
Cough	51
Dry Cough	45
Headache	35
Irritation of Eyes	23
Irritation of Nose	14
Nausea	78
Nose Block	69
Poor Eye Sight	33
Respiratory Infection	44
Skin Diseases	15

3. Construction of the Playground

A Project team planning should be the primary focus originating a playground construction project. Planning a new playground must be a cooperative effort of experts and trained teachers considering latest patterns and desires. Some code of conduct must be made for safety, clean up and maintenance. Regular and continuous official examinations and maintenance are required to keep the new playground functional, safe and attractive and in compliance with prescribed norms.

Vandalism, weathering, Heavy use and other factors have a tremendous impact over the life of the playground. A protective maintenance program must include regular official examinations, procedure for repairing components that break, wear out, the surface etc. In addition, annual playground renovation elements may include adding surfacing material, painting equipment and completing major repairs must be done. The Planning needs to factor in future maintenance costs when looking at the life cycle costs of the playground.

During the planning process, it is important to recognize that some playground designs translate into higher maintenance costs than other designs. Similarly loose-fill surfacing materials require considerably more maintenance than unitary surfacing materials over the life of the playground. Most unitary surfacing materials, including rubber mats, tiles and poured-in-place surfaces are considered to be accessible if properly installed.

4. Methodology

A Sample of 577 respondents was taken for study, which include staff and students of PE colleges. A pretested structural interview schedule was prepared to collect the data. Respondents were asked to rate the symptoms. The present study was undertaken to assess the health related aspect of students and staff of PE colleges.

5. Conclusion

In Conclusion researches advise that proper plan for the playgrounds/fields/track should be prepared and all related standard amount of work must be strictly followed. Students can take part in their exercise and games activities and can give optimum performance in their exams and must also exhibit responsibility thoughtless of others which is expected in PE colleges. Efforts should be undertaken to undertake to upgrade the facilities and preparation of grounds with the help of technology and adopt ecofriendly practices in order to reduce the dust level.

Locate a drinking fountain in central use areas, Place benches in shady areas with clear site lines that allow supervision of the playground and be located on an accessible route, Install annual and lasting through the year flowers to add to the sensory/interest and learning value of the playground.

Place trees where they provide shade during the heat of the

day, but for enough away that falling branches and other tree litter do not affect playground, Place bicycle racks adjacent to playgrounds to avoid having bikes in the play area, Put trash and recycling cans with lids near the playground tides will discourage animals and vandalism, Security, lighting should be provided for nighttime users, Hard surface play areas can be located near a playground if space is available., Check for open 'S' hooks, protruding bold ends or sharp points or edges on equipment. All Platforms, steps and ramps have guardrails to prevent falls, Proper watering facilities must be available for playgrounds.

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