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## Role of physical education and sports in Indian prospective: An over view

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### Abstract

Physical education and sports are the main parts of our program of study for so many years. In spite of being having its relevant aspect in our life it was ignored by the each part of the society like administration, professionals and students. In physical education, we deal with the theoretical and practical aspects as well. General concept of society regarding physical education is not so good. People think that playing is just a wasting of time that is ironically wrong. We use our time when we are under game situations and that must be considered fullest utilization of time devoted to that task. Swami Vivekananda once said, "Sound mind in a sound body" which means a lot. It's hard to get optimum result of mind without the collaboration of our body. Awareness about health need to be spread to get maximum output from physical education and sports. So hurdle on the way of sports must be removed so that to enlighten the society with the brightest light of sports.

**Keywords:** Motivation, sports, training, curriculum, students, infrastructure

### Introduction

Now that being the part of total education process physical education and sports have great impact on the physical as well as mental development of children. Many contemplate that physical education is less significant field in whole curriculum but it is as important as other subjects such as science and math. Curriculum is supposed to be designed in such a way that physical activities become a part of daily lesson plan.

Sports are among the highlights of media these days and it is turning to be a big industry in the world. In spite of being ignored by majority of people in society, sports have noteworthy influence on most of them, directly or indirectly. Lots of issues which adversely affect the sports need to be settled. Cooperation with the advanced countries is required in this regard because we are not up to mark in sports field so far. We must set up an agenda of action plan for the encouragement and expansion of physical education and sport.

### Latest scenario of sports and physical education in society

The matter of concern is the declining status of physical education and sports. It is a key challenge for world's developing countries to set up a connection with other developed nations to get guidance from their coaches and authorities. Consequently, developing countries can gain knowledge about the world-class infrastructure and technological equipments related to sports. Physical education in the educational institutes is the area to be targeted for the upliftment of sports. Cricket which turns to be a religion in India is media-friendly game and raises the monetary status of players. Cricket needs not to be disregarded but other games should be given attention.

The brief finding of world summit of physical education and sports at Magglingen are as below:

1. Development of quality standards and benchmarks for physical education which are based on scientific evidence and add particularly to personal and community development;
2. The development of effective and modular strategies to secure and further develop physical education as an essential component of education;
3. The integration of high-quality and culturally sensitive physical education policies world-wide into education and sports policies.

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### Meaning of physical education

The survival of human being is primarily physical. The first lesson a human child learns is a lesson of physical activity. No education, however ideal and decorous in its objectives without stress on motor activity. The human body is a gift of nature. Its growth, development and competency is mostly depend upon the quantity and quality of motor activities it performs. In this context the word 'physical' refers to body and indicates body characteristics such as strength, speed, endurance, health, performance etc.

Some people are often flawed in defining physical education. They often guess that physical education is sport education. Simply but, physical education is a process of education through physical activity. Way of physical education is different from education as it tries to fulfill it through the medium of physical exertion.

In a broader context, physical education is defined as a process of learning through physical activities designed to enhance physical fitness, develop cognitive skills, knowledge and behavior of healthy and active living, sportsmanship, and emotional intelligence. Thus, Physical Education is not only aimed at physical development but also includes all round development of the individual. In fact physical education means many things to different people, because it has been defined in various ways. But, to understand the meaning of physical education some point of definitions are given below;

- Brown Hill and Hagman, regarded physical education as "the accumulation of wholesome experiences through participation in large muscle activities that promote growth and development."
- J.B Nash explains-"Physical education is that phase of whole field of education that deals with big muscle activities and their related responses."
- AAHPER platform says, "physical education is the way of education through physical activities which are related and carried on with regard to values in human growth, development and behaviors."

Thus, from an overview of the above definitions and other various definitions the following salient features of physical education emerge

1. Physical education is an important and integral part of total education practice.
2. Movements or activities or games & sports are the means of whole some experience and physical education.
3. Physical education aims to develop physically, mentally, emotionally & socially fit citizen through physical activities.
4. Physical education and their activities are based on systematic planning and scientific theory.

Thus, on the basis of the above points physical education is defined as, "an education by means of physical activities involving big muscle, body limbs and joint of an individual aimed towards the development of body and mind."

### Why sports culture should be highlighted?

Some of the research also suggests that being involved in sports may raise the employability level of young people by developing specific 'core' and 'soft' skills. In India, we are nowhere near major sporting nations like Great Britain, USA or Australia in the sporting arena, but the growth and development over the last 8-9 years is quite hopeful.

Sports companies catering to grassroots coaching and sponsorships are quickly increasing everywhere. One

important aspect which needs due attention, especially by coaching companies who are working with young children, is to educate parents and other beneficiary about sports and its benefits. Nowadays, there is self-realization among parents that there is huge lack of physical activities for their children, so their core objective is to address that aspect when they are enrolling their children to any training centre.

As per studies by different government agencies currently, approximately only 0.06 per cent of the Indian population exercises on a regular basis; the average cardiac attack age in India is 45-50 years, and every third child is suffering from obesity. To make the situation even more alarming for the Indian society, it is highlighted by a recent government research that children are spending 7.2 hours studying (no physical activity) against only 39 minutes in playing activity in a day.

According to the estimate of the Planning Commission of India, by 2016 India will have approximately 510 million people in the age group of 15 to 35 years, making India the youngest population in world which is not healthy.

### Sports pathway in India

Sports education should start at the nursery level where children can be introduced to the concept of sports, then fun time with sports and then the various other aspects. The program needs to be audio-visual as children are strongly influenced by audio-visual clips/films. This should be done with the help of parents and teacher together.

Sports education is required more than ever as more people have started becoming aware of sports compared to the situation 10-15 years ago. Sports Education Programs need due attention of all stakeholders in sports. Many people may think that sports are just a casual time-pass activity or a way to be fit, but in reality, sports are a way to live life with full enthusiasm

### Trend in physical education

Trend in the physical education has been changed recently in a manner that students are being introduced with other activities like bowling, hiking and walking and these may turn to be a habit during later stage of life. Stress which is a common phenomenon in general life and sports as well is being reduced through yoga.

The trend of health and nutrition to the physical education curriculum is in early stage. All school districts with a central funded school meal program develop wellness policies that address nutrition and physical activity. Quality Physical Education programs will benefit the lifestyle of young people. It is more important for the elementary classes because they have no health and nutritional specific classes. Health and physical education classes are now added in the curriculum of primary schools.

Research has shown that there is a positive correlation between brain development and exercise <sup>[19]</sup>.

Various countries in the world are emphasizing on selected games in their physical education curriculum. Brazil offers martial arts classes, wrestling in the United States, and Pancak Silat in France, Indonesia, and Malaysia, are taught to teach children self-defense and to feel good about themselves. Their physical education curriculum is planned to allow students to expertise in at least a minimum categories of activities: aquatics, conditioning activities, gymnastics, individual/dual sports, team sports, rhythms, and dance.

### **The importance of PE for Indian children**

Structured physical education (PE) must be made an integral part of school curriculums in India. For such a young and socio-economically diverse population, PE through schools can become a powerful holistic development tool for Indian children. Most schools in India have failed to integrate structured physical education (PE) into the school's curriculum. Focus is on mainstream subjects, as schools fail to see how a structured PE curriculum can add to the development of young children, by aiding in their physical, mental, emotional and social growth. With 29.5% of India's population under 14 years old (Indian Census, 2011), PE must be utilized as an effective tool for the holistic development of Indian children, from diverse socio-economic backgrounds.

The obvious benefit of PE, of keeping children fit, active and healthy, is particularly important for children living in urban India, from stronger economic backgrounds, where obesity has become a major issue. A study by Misra *et al.* in 2011 concluded that "15 million children (8-18 year) residing in Indian cities are overweight". Moreover, regular PE promotes a culture of lifelong physical activity, important in ensuring that future generations stay fit and healthy.

PE also promotes mental health, providing motivation and fighting depression, while helping in the emotional development of children. India's education system, unluckily, rotates around a dreadful competitive exam culture, putting immense pressure on students. The Lancet study in 2012 revealed that suicide rates in India are highest among the 15-29 age group, whereas the National Crime Records Bureau in 2011 showed that failure in examinations is the second likeliest cause of suicides among children in India. PE can help children to deal constructively with this competitive environment that is widespread in Indian society.

Finally, PE ensures the social growth of children, by providing self-confidence, promoting leadership, teaching teamwork and encouraging inclusion and companionship. These values are hard to learn through textbooks, but can be taught practically and enjoyably through PE. Children living in rural India, from weaker economic backgrounds, and in particular, girls are deprived groups who receive limited exposure and opportunities, and will greatly benefit from the social benefits of PE.

It is important that the various stakeholders of schools, including management, teachers, parents, students and the education ministry recognize the role that PE can play in the development of children, and prepare a roadmap to introduce structured PE programs in schools across India.

### **Conclusion**

So keeping in mind the whole scenario of the world we have to say that lot of changes is needed in our curriculum. It should be constructed in such a way that to meet the latest demand of children. Popularity of sports should be spread so that youth of nation get involved in it. Parents, teacher, society and government should start a campaign to make sports a habit of every child only then it will be possible for us to put majority of youth in right direction to be a good citizen of our nation

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