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Career in physical education and sports

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Abstract

In past days, Physical Education was a challenging and low paying career option. As change is a rule, this sector has under gone a sea change due to awareness and demand of physical activity in daily life. In today's time people are very much concerned about their health and fitness which makes it one of the most demanding career options. Physical Education is a field with various practical training options like sport journalism, training, sporting activities, fitness programs, aerobics, gym operation etc. It becomes an important element in education system.

Keywords: Physical education, sports, career

Introduction

Choosing a career is a complex process. At this point we feel very anxious and even confused about choosing career. Job profile and expectations of the employer are different than in the past and it will continue to change in the future. The demands of the twenty-first century have dictated changes in the structure of the workplace. There have been major changes in how and where we work, and how we prepare for work.

With the rapidly changing world progressive generation, it can be difficult to make specific career plans for the near future, let alone for the rest of your life. However, it is important to begin to clarify the career goals. One way to approach this important decision is to look at "what" we want to do and "where" in where we feel comfortable to work. The "what" addresses the skills you have or need to develop and the "where" relates to the environment in which you want to use those skills. You may be sure that you want a career in health, physical education, or sport, but you can't decide whether to pursue the traditional career and become a teacher or coach or to follow an alternative route and choose one of the non-traditional careers in the field.

Now a days, everyone has to make a decision about the choice of their career. Surely, making such a decision can have a great impact on one's life as work is considered to be an integral part of one's identity and determines, to a great extent, one's economic and social position. (Greek PE) Career opportunities in physical education have become progressively more diverse and have expanded tremendously over the recent years. A wide variety of careers ranging from Physical education teacher, to researcher, to administrator and many more are available. Physical educators who are open minded and have driven, creativity, and a strong work ethic have numerous open avenues to select a fulfilling and rewarding career that will meet personal and professional interests. Directing your career toward any one of these many areas could create a new and satisfying career opportunity for you. (Careers in Health, Physical Education and Sport)

The nature of today's physical education is one of an orientation toward science and toward a more scientific comprehension of the profession of physical education. The scope of physical education has broadened to include an emphasis on intellectual understandings as supplementary and complementary facets of physical skill development.

The opportunity to work in the sports industry offers a chance to work in an area you enjoy. This Digest will examine the factors which lead to an increase in the scope of career opportunities for physical education professionals and look at future trends, including a move back toward traditional teaching positions. There are many types of careers in health, physical education and sport. If you do some research you will discover that careers in the areas of health, physical education and sport are increasing at a phenomenal rate.

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Career Options in Physical Education and Sports

Teaching Career in Physical Education

School Career

- Elementary School
- Middle School
- Secondary School

Post-Secondary School Career

- Junior College
- Community College
- College/University

Specialized Post – Secondary Careers

- Pedagogy Professor
- Adapted Phy. Edu. professor
- Bio mechanics professor
- Motor learning professor
- Motor Development professor
- Sports Philosophy professor
- Sports Medicine
- Physical Activities professor
- Sports Management professor
- Exercises Physiologist professor
- Sports History professor

Specialized School Careers

- Adapted Physical Educator
- Dance Educator

Non – Teaching Career in Physical Education

Fitness and Health Careers

- Personal Fitness Trainer
- Health/Fitness Club Manager/Instructor
- Fitness Trainer / Aerobics Instructor
- Athletic Clubs/Center Director/Instructor
- Stress Management Consultant
- Strength Trainer
- Weight Management Consultant
- Corporate Fitness Center Manager / Instructor
- Sport dietitian
- Sports medicine clinic director
- Physical therapist
- Occupational therapist

Therapy – Related Careers

- Recreational Therapist
- Movement Therapist
- Physical Therapist
- Dance Therapist
- Massage Therapist

Other Related Careers

- Professional Dancer
- Military Physical Education Specialist
- Manufacturing Sports Equipment
- Sports Photographer
- Sport official
- Sport event manager
- Sport journalist
- Sport facility operations manager

Qualities of Physical Educator/Essential for making career in sports

Through their Physical Education degree, graduates develop a

valuable set of skills that are transferable to a range of careers, including:

- Knowledge of human movement, health and physical activity
- Knowledge of another academic discipline of interest to individuals
- Coaching, motivation and teaching skills
- Interpretative, Analytical and critical thinking
- Leadership, organizational and communication skills
- Interpersonal skills
- Skills in a variety of sports, games, dance and outdoor pursuits
- Awareness and apply principles of healthy living, physically, mentally, emotionally, spiritually, socially, and environmentally

There are many Indian Universities that offer this course to the students. A few well known universities in India that offer this degree encompass:

- Annamalai University, Chennai (Tamil Nadu)
- Allahabad University, Allahabad (Uttar Pradesh)
- Andhra University, Vishakhapatnam (Andhra Pradesh)
- Banaras Hindu University, Varanasi (Uttar Pradesh)
- Jamia Millia Islamia University, New Delhi
- Kurukshetra University, Kurukshetra (Haryana)
- Manipur University, Imphal (Manipur)
- North Eastern Hill University, Shillong (Meghalaya)
- Panjab University, Chandigarh
- University of Calcutta, Calcutta (West Bengal)
- University of Hyderabad, Hyderabad (Andhra Pradesh)
- University of Mumbai, Mumbai (Maharashtra)
- University of Mysore, Mysore (Karnataka)
- University of Pune, Pune (Maharashtra)
- University of Rajasthan, Jaipur (Rajasthan)
- Utkal University, Bhubaneshwar (Orissa)
- Visva Bharati University, Santiniketan (West Bengal)
- College of Physical Education, Pune (Maharashtra)
- Indira Gandhi Institute of Physical Education & Sports Sciences, New Delhi
- Lakshmi Bai National College of Physical Education, Thiruvananthapuram (Kerala)
- Lakshmi Bai National University of Physical Education, Gwalior (Madhya Pradesh)

The degree that is being provided by these institutions is recognized worldwide and accepted everywhere. Also we can do many courses on line. Various Certificate courses are offered by and many organizations in private sector. Institutions offering Physical Education and sports related Course

Conclusion

With this paper researcher tried to put focus on every career opportunities that available in the field of physical education. Today Scope of Physical Education and Sports Field is becoming wider and more inter connected with the other streams of knowledge. Because of these waste development can be observed in the field of Physical Education & Sports. This is the field where people with different level of capability and age, tradition are finding career opportunities. This dynamic field is having influence of social trend and other factors. This field of Physical Education and Sports provides various career opportunities and it involves teaching field and

many more career opportunities like fitness, Recreation, Massage therapy and Associations related to Physical Education and Sports.

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