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Future of sports education in schools and training centers

Dr. Sapna Sah

Abstract

The education of sports in any school or institutions is essential for the development of child's personality. It helps to exercise and relax their mind from all the tension and pressure of the study. However, absence of motivation among the children is a huge factor for their not participating in sports related activity in schools. Similarly, training centers are not getting enough children to train them in sports or physical fitness related activities.

There are many benefits which accrue to children with sports. It gives them a chance and opportunity for showing their skills and talent in competitions. Such experiences prepare them better for tackling the challenges of life. Other benefits on the children include good behavior and self-discipline which is learnt in playgrounds, achieve a better personality and have a positive relationship with one another. It also enhances the quality of the leadership among the group of children.

This article focuses on the importance or the growth of the education of sport in the school and training centres, their benefits as well as the challenges which occurred into the implementation of the practices in the schools like less involvement of higher authority or the less budget from management.

This report has given various recommendations and initiatives which can be used for improvements, such as encouraging more students to participate, increasing more number of tournaments and events, using updated resources or the materials for the training etc. There problems faced by schools and training centers that no one is ready to invest is also discussed in this article.

Keywords: Sports education, sports program, stress, obesity, sportsmanship, efficient teacher

Introduction

Active participation in sports is getting lower these days among children. The scenario is not only seen in a particular country, rather almost every country especially the developed countries are grappling with this problem. As a result of its maximum children are getting a victim of obesity. Many studies have revealed that the USA, the UK even Asian countries such as China, India have suffered this problem at some great extent. However, the problem does not only lie in lack of interest but rather the infrastructure of sports is also taking the back seat in some schools and training center. Talking about infrastructure, this is a great problem in South Asian countries such as India, Pakistan, Bangladesh and many more. The USA, the UK also has suffered major problems in some schools and training center. Therefore, the target of the study is to know the challenges and bring out the possible recommendations to eradicate this problem permanently.

Background

Several studies show that sports education is neglected in most of the schools. The problem can be seen more in South Asian countries. Schools of the UK and the USA are not too far behind because they also lack the basic infrastructure. Top schools in the UK do not have a severe problem because they focus on sports education. At the same time, there is more problem in India and other Asian countries. Sports education is a crucial part because it helps to sort out many physical and mental problems in children. Different questionnaires and surveys have said that maximum parents are not interested in sports education of their children. At the same time, most of the children are also not interested in sports either. The problematic situation is continuing day by day (nap.edu, 2019) [11].

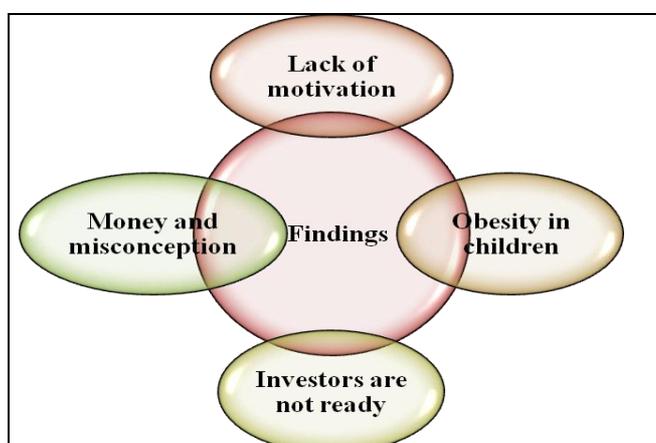
As a result of it, children are more prone to obese nowadays. While the UK and the USA are lagging behind in terms of sports education, Germany and Sweden are getting ahead of many countries. The most severe condition is found in India. This country has serious problems regarding sports education. However, the problem is not only in schools. Training centers are also grappling with different kinds of situations.

Several studies have found that lack of proper instruments, lack of motivation and proper coach are the main problems associated with this scenario. Indian schools and training centers are far lagging behind any other countries of the world (Ericsson *et al.* 2018) [1]. The Olympics statistics have shown that China and the US are the top scorers whereas India ranks one of the lowest. This situation is not new rather and there is no concrete solution till now. It can be considered that training centers are suffering from funding problems because no one is interested in investing in sports. The main target for conducting the study is to know the reasons and possible solutions. It is utmost important to find out the solutions because lack of motivation attacks children from infancy. This is will be ultimately harmful to the nation.

Findings

After going through several studies researcher can understand that different kinds of problems continue to happen in most of the countries. It must be the responsibility of schools as well as parents to look into this matter. Parents must ignite the virtue in children to take active participation in sports. Often parents do not want their children to participate in sports because of study pressure and other reasons. Interestingly, children are also not eager to join sports these days. The study has focussed on several findings which are described below.

Lack of motivation: As mentioned before lack of motivation causes the disruption in sports participation. Lack of motivation can be from either parents or children. It has been seen that many parents do not foster sports in children and as a result of it, many children remain physically inactive (Holt, 2016) [2]. It is utmost important to look into this matter because children often suffer from various problems as they are not active in sports. Earlier India was the talking point in this scenario but gradually the USA and the UK have enlisted their names too.



(Source: Self-Created)

Fig 1: Findings

Obesity in children- Several studies have disclosed that obesity is the main prevalent disease in this world. More than

developing countries, the developed countries are the main sufferers. Most of the children have become a victim of obese in recent days. Consuming too much fast food, inactive in sports are the main reasons. As mentioned before lack of motivation also plays a pivotal role here (Gaudreau *et al.* 2015) [3]. Children from India and China are also victims of severe obesity. WHO and UNICEF are leaving no stone unturned to make this world a better place. However, the governments of countries need to look into this matter too. Apart from that, self-realization is the actual method to overcome this life-threatening problem. Being physically inactive is not the problem rather consuming too much junk food, too much use of technology have further aggravated the situation (ibef.org, 2019) [10].

Investors are not ready: Investors often turn the other cheek in sport especially in schools and training center. Their statement is that "people are interested in different kinds of educations but not in sports (Ivashchenko, 2017). Therefore, investing in the training center is not a good option." This is true at some great extent. Indian sports training centers and schools are the main sufferers in this scenario. It is almost difficult to predict the future of sports because the mindset is needed to be improved. It is the root cause of any kind of problems. As a result of it, there are no modern sports machines which are necessary in today's world.

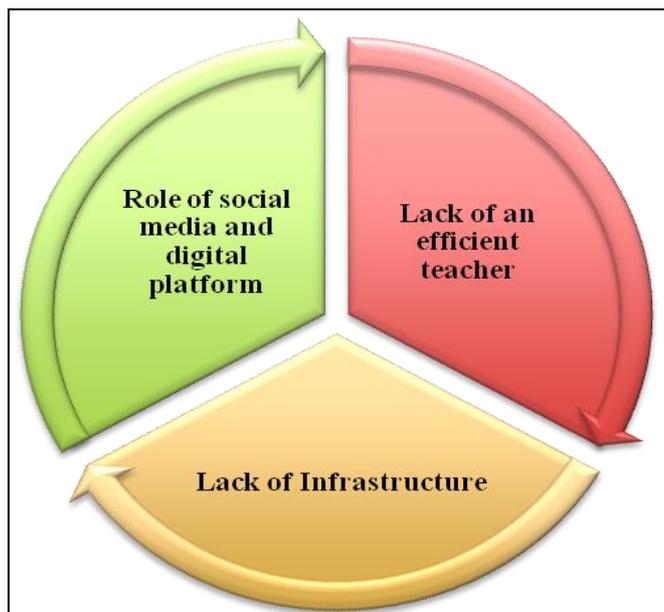
Money and misconception: Researcher can definitely say that the future of sports education in schools and will be at stake if the mindset continues to be stagnant. Many people have the misconception that sports education is costly and it has no future, therefore, it will be better if one spends all the money in traditional education. This misconception is further aggravating the situation (nutritionsof Sri Lanka.org, 2015) [9].

Challenges

Future of sports education in schools and other training centers is a prominent issue. Sports education must be part of the education system. In the current scenario, efforts are being made to increase the sporting spirits among students. It is good to see that children and students are taking participation in sports (Kuzmin *et al.* 2016) [5]. However, there are some challenges in this regard as well. These challenges are somehow creating obstacles in terms of spreading sports education in educational institutions. There are some of the following challenges that are being faced.

Lack of an efficient teacher: This is one of the main problems that most of the schools across the world are facing. Lack of efficient teacher who is well versed in sporting activities is regarded as one of the main challenges. This has to be ensured that schools providing sports and physical education must have the number of efficient teachers. Having efficient sports teachers in educational institutions is the need of the hour (Myroslava *et al.* 2017) [6]. Unfortunately, this has been one of the major problems and therefore this needs to be addressed so that sports and physical education can be imparted without any barriers. These are not only limited in educational institutions but in the training center as well, there is a shortage of efficient teachers and trainers. Physical education or sports education needs guidance. In the absence of proper guidance, There will be zero productivity among sportsmen. Efficient teachers and trainers are capable of

handling sports-related activities and practices. Lack of an efficient teacher is, thus, one of the major problems in the future of sports education.



(Source: Self-Created)

Fig 2: Challenges in future sports education

Lack of Infrastructure: Sports education is an essential part of the education system. Not only does it inculcate sportsmanship among youth but also it keeps a person mentally and physically well being (Register-Mihalik *et al.* 2017) [7]. School imparting basic education is striving to include the program of sports education. However, challenges in sports education also deal with a lack of infrastructure. There needs to be the availability of complete and required infrastructure for sports education. Unfortunately many schools and training centers have a lack of infrastructure for this. For sports activities, there needs to be a large playground in campuses of schools and training center as well. However, many of the schools have a lack of infrastructure for the sports program. Thus it needs to be ensured that the schools conducting the sports and physical education program must have the required infrastructure.

Role of social media and digital platform: The role of social media and technology has become an essential part of human lives. One hand, social media and other means of technology are proving to be boon for human civilization. However, in terms of sports and physical education, these have an adverse impact. Children and younger students are using social media excessively. In addition, digital platforms like online games, communication application have become part of youth. As a result, this can be seen that many youths are reluctant to take active participation in the sports program. They refrain themselves from taking active participation in a sports program in schools. On the basis of the current scenario, this can be evidently said that the role of social media and digital platforms are creating obstacles in young minds. Young generations are being victimized with this. Consequently, the spirit of sportsmanship is unable to make its impact. In addition to this, this not only prevents young students from taking participation in the sports program rather it causes obesity among students. Thus, this can be considered one of the major challenges for sports education in schools and all training centers (natajournals.org, 2015) [8].

Recommendation

There is some following recommendation for the future of sports education.

- Schools and training center must have their sports curriculum for students. The role of schools in sports education keeps greater importance. Therefore, schools must encourage students to take active participation in the sports program.
- Schools and training centers must have all the infrastructure that is required for sports. If schools have a lack of infrastructure, it must strive to evolve its basic infrastructure for sports deductions.
- Parents also have a crucial role in encouraging students to be more sports-oriented. Therefore, parents must encourage their children to be more energetic and consequently take active participation in sports.
- Training centers must ensure that they have the availability of all rounds of infrastructure. This would be recommended that training centers must indulge in spreading innovation in sports.
- This would be recommended that parents must keep an eye on their children and prevent them from using social media and other digital platforms excessively.
- Schools must conduct regular programs in promoting sports. This will be able to help the students and make them aware of the benefits of sports in life. Sports have a very positive impact on human lives. It keeps a person healthy and mentally fit.
- Schools should also consult efficient teachers and trainers who can train students and provide better guidance in terms of sports and their various activities. An efficient sports teacher will be able to guide and encourage the students at the time of demotivation and stress. Therefore, schools must make the induction of efficient sports teachers.

Conclusion

Sports education in school and training center is essential and keeps greater importance. Sports must be part of the young life of a person. In the present scenario, the state of sports of education is gaining momentum and efforts are being made to incorporate sports education into the curriculum of an educational institution. However, in the current scenario where the educational institutions are making efforts to introduce sports program, on the other hand, it can be seen that the number of youth are reluctant to take active participation in sports education and programs. On the basis of the above discussion, this can be said that the future of sports education is largely depended on both students and school and training center management. Advantages of sports must be inculcated among young students.

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