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Role of physical education and sport in covid-19 pandemic

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Abstract

January 2020 the outbreak of the novel corona virus disease later called covid-19 was declared a public health emergency and after March 2020 covid-19 was characterized as a pandemic as a result the whole world come to the stand still due to the lock down and there was a complete ban on transaction communication and exchange in the cities of different countries with uncertain final consequences likely our daily life with physical activity will be impaired for month affecting the health of significant portion of society.

Keywords: pandemic covid-19, physical education, sport, disease, lockdown

Introduction

Physical Education and sports forms an important part of our educational system even when it never received the importance it deserves. The concept of physical education in the mind of general public is big round, play and play and no work. According to the Abraham Lincoln 'Sportsman is the best Ambassador of the nation. 'Sports are a major contributor to economic and social development. Its role is well recognized by governments, including in the political declaration of the 2030 Agenda, which reflects on the contribution sports make to the improvement of women and young people, individuals and social induction objectives. (WHO-2020)^[7].

Due to the global epidemic covid-19 has spread to almost all countries of the world. Social and physical distancing measures, lockdowns of the businesses, schools and overall social life, which have become commonplace to curtail the spread of disease have also disrupted many regular aspects of life, including sports and physical activities (Rosa, SGV, Santas.W.C-2020)^[2].

The Impact of Covid-19 on Sports Event

Very huge impact of covid-19 on National-International sports events. To safeguard the health of the athletes and other involved, mast major sporting events at international, regional and national levels have been cancelled or postponed, from marathons to football tournament, athletics championships to basketball games, handball to ice hockey, rugby, cricket to wrestling and more. The Olympics and Paralympics, for the first time in the history of the modern games, have been postponed and will be held in 2021(Simpsm R.J, Kunz.H-2019)^[3].

The global value of the sports industry is estimated at USS 756 billion annually. In the face of covid-19, many millions of jobs are there for at risk globally, not only for sports professionals but also for those in related retail and sporting services industries canceled with leagues and event, which include travel tourism, infrastructure, transportation, catering and media broadcasting, among others. Major sporting organizations have shown their solidarity with efforts to reduce the spread of the virus. The closure of education in institution around the world due to covid-19 has also impacted the sports education sector, which is comprised of a broad range of stakeholders, including national ministries and local authorities, public and a private education, industries, sports organizations and athletics, NGOs and the business community, teachers, scholars and coaches. While this community has been severely impacted by the current crisis, it can also be a key contributor to solutions to content and overcome it, as well as is promoting rights and values in time of social distancing (Jimenez Pavan D, Laviec.T-2020).

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Physical Activity and Well Being

The global outbreak of covid-19 has resulted in closure of gyms, stadiums, pools, dance and fitness studios, physiotherapy centers, parks and playgrounds. Many individuals are therefore not able to actively participate in their regular individual or group sporting or physical activities outside of their homes, under such conditions many tend to be less physically active, have longer screen time, irregular sleep patterns as well as worse diets, resulting in weight gain and loss of physical fitness. Low-income families are especially vulnerable to negative effects of stay at home rules as they tend to have substandard accommodations and more confined spaces, making it difficult to engage in physical exercise (Dr. Sharma V.K-2020) [5].

The global community has adapted rapidly by creating online contents tailor to different people, from free tutorials on social media, to stretching, meditation, yoga and dance classes in which the whole family can participate. Educational institutions are providing online learning resources for the student to follow at home. Many fitness studios are offering reduced rate subscriptions to app and online video and audio classes of varying lengths that change daily. There are countless live fitness demonstrations available on social media platforms. Such online offerings can serve to increase access to instructors or classes that would otherwise be inaccessible. However, access to such resource for from universal as not ever one has access to digital technology. For individual in poorer communities and in many developing countries, access to broadband internet is often problematic or non-existent. The digital divide has thus not only an impact on distance banking, learning or communication but also on benefiting from assessing virtual sports opportunities (Doune Macdonald-2019) [6].

Supporting Physical Activity

Government should work collaboratively with health and care services, school and civil society organization representing various social groups to support physical activity at home. Enhancing access to online resources to facilitate sports activities where available should be a key goal in order to maintain social distancing. However, low-tech and on-tech solutions must also be sought for those who currently lack access to the internet. Creating a flexible and consistency daily routine including physical exercise every day to help with stress and restlessness is advisable. Government, the United Nations and the sporting community, including the sporting education community, should disseminate WHO and other guidance on individual and collective measures to counter the pandemic (WHO-2020) [7].

Governments, institutions and other key stakeholders should ensure the provision of capacity development and technical cooperation services to support the development and implementation of national policies and approaches for the best use of sports to advanced health and well-being particularly in the age of covid-19. Sports education is a powerful means to faster physical fitness, mental well-being, as well as social attitudes and behavior while population are in lockdown. International rights and values based sports education instruments and tools, such as the international charter of physical education, physical activities and sports, the quality physical education policy package and the values education through sports toolkit remain highly relevant references to ensure that many online physical activity models that are being currently developed comply with gender equality, non-discrimination, safety and quality standards

(Francesco P. Cappuccino and Michelle A. Miller-2017) [8].

Encouraging Physical Attitudes Positively

Encouraging or mandating that people should remain within their homes with discontinued daily life activities may unintentionally increase secondary behavior, decrease general physical activity and inflict negative health consequences. Early reports on covid-19 show that individuals of the older age with multiple comorbidities are more prone to developing severe complications following infection by covid-19 have an increased risk of mortality. These observations indicate that low fitness, obesity and an altered immune system could be determinative for an individual exposed to the corona virus, SARS-covv-2. The effect of covid-19 on patients with obesity is yet to be well described; however, several reports identified obesity as a risk factor for hospitalization. Physical activity also has a mental health and cognitive function because exercise has a positive effect in preventing and alleviating depressive symptoms, lessening anxiety, improving learning, and is being beneficial for cognitive functioning in older adults. (World health organization-2020) [7].

Physical exercise at home easily carried out and will help maintain fitness levels.

Conclusion

The covid-19 pandemic has had and will continue to have a very considerable effect on the sporting world as well as on the physical and mental well-being of people around the world. Physical activity and exercise can be effective treatment strategies for symptoms of both depression.

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