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## Sports education: Preparing for the new culture

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### Abstract

Despite efforts by member state to promote and develop Physical Education and Sports with international cooperation; its distinctive nature and importance to education remains a constant source of concern. Physical Education and Sports proved alarming (particularly within educational system), which given the social importance and media-coverage of sports. Its impact may be seen in the shift by Physical Education and Sport Public authorities towards high performance and high media friendly sports (at a national level, across the public and private system).

**Keywords:** New culture, sports education, social importance

### Introduction

Sports and physical education are two crucial benchmarks and essential components of education in each nation at all period. Therefore, every nation ought to make an effort to establish a framework of action plans for the advancement of sports and physical education. Incredibly, sports are becoming more and more prominent in the media globally, especially in India, but they are receiving very little attention in the educational system. The Physical Education Act promotes the growth of physical education in a nation and helps provide resources for the country as well as aid in the development of an assessment system for educational advancements. When we compare the current state of schooling to previous eras, we can see that physical education is declining. In contrast to now, challenges and conflicts must be addressed in order to enhance the infrastructure and organisation around the development of general physical education and sports discipline.

Despite efforts by member states to promote and develop physical education and sports through international cooperation, concerns persist regarding the unique qualities and educational significance of these subjects. Despite the societal importance and media attention given to sports, there are evident concerns about physical education and sports, particularly within the school system. This influence is reflected in the emphasis on high- performance and media-friendly sports, both publicly and privately, by national Physical Education and Sport Public Authorities <sup>[1]</sup>.

The Physical Education World Summit convened in Berlin to address the state of physical education and sports. Reports from numerous countries highlighted an increasingly dire situation facing physical education and sports. The main findings of a global comparative study, which compiled information and literature from approximately 120 nations, can be summarized as follows:

- A reduced amount of time is allocated to physical education in educational programs.
- Lower budgets, coupled with inadequate resources for funding, supplies, and staffing.
- The subject suffers from a low social status.
- There is a lack of proper teacher training in many countries. E. Current physical

### Creative mind and thoughts which bring out the role of physical education and sports in the present globalization

The vital connection between physical education and sports underscores their importance in nurturing well-rounded individuals. With a focus on mutual reinforcement, both should be integral components of education across national schools and universities <sup>[2]</sup>.

Mandated from elementary through college levels. In essence, a comprehensive education

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should equip students with essential life skills, including:

1. Independent thinking, fostered through creativity, self-motivation, and problem-solving abilities.
2. Proficiency in utilizing interactive tools such as information technology, communication, and physical instruments.
3. Social integration and adaptability within diverse groups.

Sports and physical education serve as effective means to develop these fundamental life skills comprehensively.

Therefore, it is imperative for international organizations, state governments, and local authorities to actively promote physical education and sports. The education sector, particularly schools, must take the lead in organizing and streamlining these initiatives. As part of a broader global effort to enhance physical education and sports, this entails advocating for a more balanced integration of sports and physical education within educational curricula.

### Aims and objectives

To meet the educational standards outlined in Education for All, particularly concerning the challenge of providing a quality education with sports and physical education as integral components. This includes:

Developing school curricula and enhancing the importance of sports and physical education through comprehensive basic and advanced instruction.

To ensure equitable access to Physical Education and Sports, eliminating discrimination based on gender, ability, ethnicity, creed, or social/ethnic group. Additionally, it aims to impart values, knowledge, and skills necessary to enhance one's quality of life.

To expand the range of traditional activities and sports offered, promoting inclusivity and diversity<sup>[3]</sup>.

### To understand the knowledge and effects to achieve above status and aims and objectives, the following guidelines should be adopted

The proposed initiatives to advance physical education and sports in educational institutions include:

#### Expansion of Physical Education and Sports Programs

- **Aim:** Increase the availability of physical education and sports in educational institutions to elevate their importance and enhance educational standards.
- **Objectives:** Improve the learning process and ensure the development of higher-quality curricula.

#### ii. Establishment of Standardized Guidelines

- **Aim:** Develop uniform criteria for evaluating the adequacy of Physical Education and Sports curricula.
- **Objectives:** Ensure consistency and quality across educational institutions, facilitating effective assessment and improvement efforts.

#### iii. Teacher Preparation Blueprint

- **Aim:** Develop a comprehensive plan for teacher training in physical education and sports.
- **Objectives:** Engage colleges, research centers, and educational organizations to provide support and resources for enhancing teacher preparation in these areas.

#### iv. Communication Policy Implementation

- **Aim:** Establish a communication strategy to promote

sports and physical education within the educational system.

- **Objectives:** Utilize available information channels to raise awareness and encourage participation in physical education and sports activities among students and educators.

### Inventing projects that develop the scenario to improve the system of Physical Education and Sports.

In order to help young through sports, it is important to: a) promote physical education and sports; b) mobilise youth through these activities and raise awareness of HIV/AIDS-related issues<sup>[4]</sup>.

Assist in advancing moral and ethical principles described in the International Charter of Physical Education and Sports in relation to information-gathering, training, and the fight against doping in sports.

To create a World Encyclopaedia of traditional games and sports and to promote traditional games and sports.

Downing Street was defeated in the course of a continuous independent survey lines system to track the advancements made by the campaign to support sports and physical education. By combining data and quantifiable outcomes, this kind of system ought to be able to keep an eye on the state of sports and physical education. It should also have the necessary instruments to support decision-making and advance sports and physical education inside the educational system. This would entail giving decision-makers and member states the essential data and indicators to enable them to effectively handle the obstacles that physical education and sports in the sphere of education face<sup>[5]</sup>.

Sports education has long been an essential aspect of holistic development, imparting not only physical fitness but also life skills such as teamwork, discipline, and leadership. However, as we move deeper into the 21<sup>st</sup> century, the culture of sports is evolving rapidly. Technological advancements, changing societal values, and a greater emphasis on mental well-being are reshaping how we view and approach sports education. To prepare for this new culture, it is crucial to rethink and restructure our sports education frameworks to meet contemporary needs and challenges.

### The Changing Landscape of Sports Education

The traditional view of sports as primarily a physical endeavor is expanding to include a broader range of benefits and impacts. Modern sports education must address several emerging trends and issues:

**Integration of Technology:** Technology is revolutionizing sports, from training and performance analysis to fan engagement and injury prevention. Virtual reality, wearable fitness trackers, and AI-driven analytics are becoming standard tools in sports education, enhancing training efficiency and providing real-time feedback.

**Focus on Mental Health:** Mental health awareness is increasing, and sports education programs are beginning to incorporate psychological training and support. Understanding the mental aspects of sports, such as stress management, motivation, and resilience, is vital for developing well-rounded athletes.

**Emphasis on Inclusivity:** Inclusivity in sports means providing equal opportunities for all, regardless of gender, socioeconomic background, or physical ability. Sports

education must promote diversity and inclusivity, breaking down barriers that have historically excluded certain groups.

**Lifelong Fitness and Well-being:** The concept of sports as a lifelong pursuit rather than just a competitive activity is gaining traction. Sports education should encourage lifelong participation in physical activities to promote overall health and well-being.

### **Integrating Technology in Sports Education**

Technology can significantly enhance the effectiveness of sports education. Here are some ways to integrate technology into sports programs:

**Virtual Reality (VR) and Augmented Reality (AR):** VR and AR can create immersive training environments that simulate real-game scenarios, helping athletes to develop skills and strategies without physical risks. These technologies can also be used for injury rehabilitation, providing interactive exercises that speed up recovery <sup>[6]</sup>.

**Wearable Technology:** Fitness trackers and smart watches monitor various health metrics, including heart rate, sleep patterns, and physical activity levels. Coaches and trainers can use this data to tailor training programs to individual needs, optimize performance, and prevent injuries.

**AI and Data Analytics:** Artificial intelligence can analyze vast amounts of performance data to identify strengths, weaknesses, and patterns. This helps in creating personalized training regimens and predicting potential injuries before they occur.

**Online Platforms and E-Learning:** Online platforms can provide access to training resources, coaching sessions, and educational materials. E-learning modules can cover topics such as sports science, nutrition, and mental health, allowing athletes to continue their education off the field.

### **Addressing Mental Health in Sports Education**

Mental health is as crucial as physical health in sports. Incorporating mental health education into sports programs can foster more resilient and well-balanced athletes:

**Psychological Training:** Include psychological training as part of regular coaching. Techniques such as visualization, mindfulness, and cognitive-behavioral strategies can help athletes manage stress, enhance focus, and improve performance.

**Mental Health Support:** Provide access to mental health professionals, such as sports psychologists, who can offer support and guidance. Regular mental health check-ins can help identify issues early and provide the necessary interventions.

**Holistic Approach:** Adopt a holistic approach to athlete development, recognizing that personal well-being is integral to sports performance. Encourage open discussions about mental health and reduce the stigma associated with seeking help.

### **Promoting Inclusivity in Sports Education**

Creating an inclusive sports culture requires deliberate actions and policies:

**Equal Opportunities:** Ensure that sports programs are accessible to all, regardless of gender, ability, or socioeconomic status. This might involve providing scholarships, adaptive sports programs, and affordable equipment.

**Diversity Training:** Educate coaches, trainers, and athletes about the importance of diversity and inclusivity. Training sessions on cultural competence, gender sensitivity, and disability awareness can foster a more inclusive environment <sup>[7]</sup>.

**Role Models and Representation:** Highlight diverse role models in sports to inspire and motivate young athletes. Representation matters, and seeing people from similar backgrounds succeed in sports can encourage participation and perseverance.

**Community Engagement:** Collaborate with local communities to create sports programs that reflect and serve their needs. Community-based initiatives can bridge gaps and promote inclusivity at the grassroots level.

### **Encouraging Lifelong Fitness and Well-being**

Sports education should promote physical activity as a lifelong habit:

**Fitness for Life Programs:** Develop programs that encourage lifelong engagement in physical activities, focusing not just on competitive sports but also on recreational and fitness-oriented activities. Activities like yoga, dance, and hiking can appeal to a broader audience and promote sustained participation.

**Education on Healthy Lifestyle Choices:** Incorporate education on nutrition, sleep, and overall wellness into sports programs. Understanding how lifestyle choices impact performance and health can motivate athletes to maintain healthy habits.

**Family and Community Involvement:** Engage families and communities in sports activities. Family-oriented sports events and community fitness challenges can foster a supportive environment for lifelong fitness.

**Flexible and Adaptive Programs:** Design flexible sports programs that can adapt to different life stages and physical abilities. Programs should cater to various fitness levels, from beginners to advanced athletes, and accommodate individuals with disabilities or chronic condition <sup>[8]</sup>.

### **Restructuring Sports Education Policies**

To prepare for the new culture of sports, policies must be updated and aligned with modern needs:

**Curriculum Development:** Revise sports education curricula to include technology integration, mental health education, and inclusivity training. Ensure that these elements are not add-ons but integral parts of the curriculum.

**Training and Certification:** Update training and certification programs for coaches and trainers to include new competencies in technology, mental health, and inclusivity. Continuous professional development should be encouraged and supported <sup>9</sup>.

**Funding and Resources:** Allocate sufficient funding and resources to support the implementation of modern sports education programs. This includes investing in technology, hiring mental health professionals, and ensuring accessibility for all.

**Policy Enforcement and Evaluation:** Establish mechanisms to enforce new policies and regularly evaluate their effectiveness. Feedback from athletes, coaches, and communities should be used to make ongoing improvements [10].

### Conclusions

Certainly, here are the key points highlighted

#### Resource Allocation for Physical Education Promotion

- Acknowledges the need for resources to implement campaigns promoting physical education and sports in educational institutions.
- Emphasizes the government's role in deciding the timing and method of upgrading physical education facilities across all levels of schools and colleges.

#### Support for NAAC Accreditation

- Mentions the establishment of the University Grants Commission (UGC) to aid colleges in achieving National Assessment and Accreditation Council (NAAC) accreditation.
- Highlights UGC's provision of practical assistance and substantial budget allocations to enhance facilities and management in both private and government institutions.
- Aims to alleviate the financial burden on individual colleges by providing collective support.

#### Recognition and Incentives for Athletes

- Suggests the involvement of the Ministry of External Affairs and the Ministry of Sports in recognizing accomplished athletes.
- Recommends investigating choices made by prominent athletes and awarding medals to winners at various levels, including international, national, and regional competitions.

Aims to motivate and inspire young athletes to excel and bring honors to their country by showcasing successful athletes as role models.

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