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An analytical study on prospects in physical education and sports

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Abstract

A degree or diploma in Physical Education proves advantageous in professions involving the education, growth, and support of individuals, as well as in roles demanding presentation abilities, interpersonal acumen, and leadership qualities. This study explores how graduates and postgraduates in physical education acquire skills that equip them for diverse employment prospects, spanning across various educational domains, national and regional sports and leisure bodies, local governance, the health and fitness sector, and sports coaching.

Keywords: Physical education, career opportunities, management, and leadership

Introduction

Physical education, a core component of both primary and secondary education, focuses on the human body's framework and fosters psychomotor learning through playful movement exploration, thereby promoting overall health. The objectives of physical education are intricately tied to the societal shifts in politics, economics, and social dynamics, aiming at enhancing organic fitness, neuromuscular proficiency, and character development to prepare adept leaders in the domain of physical education and sports.

Within the school system, physical education plays an indispensable role, crucial for the holistic development of a child. The absence of a robust physical education curriculum severely hampers a child's comprehensive growth. Presently, professionals specializing in physical education and sports are in high demand across various sectors. Notably, within the CBSE curriculum, physical education is mandatory at the +2 level, underscoring its significance across all grades from nursery to the 10th standard. Consequently, job opportunities in educational institutions, including government, semi government, public, and private entities, are diverse and financially rewarding.

Candidates aspiring for roles in physical education must possess a spectrum of skills, including a deep understanding of human kinetics, health and physical activity, proficiency in other academic disciplines, a holistic perception of health and movement, coaching prowess, pedagogical abilities, critical thinking, effective leadership and organizational competencies, strong interpersonal aptitude, and the capacity for critical self-reflection.

Physical Education as a Profession

Clearly, physical education serves as an instructional approach utilizing physical activity to foster the acquisition of skills, fitness, knowledge, and attitudes that contribute to optimal development. It plays a defining role in shaping a well-rounded individual, cultivating a physically educated person who (a) actively engages in health-promoting physical activities; (b) demonstrates proficiency in selected motor skills; (c) assesses, achieves, and sustains physical fitness; (d) applies cognitive concepts in making informed lifestyle choices; and (e) displays appropriate personal/social traits while participating in physical endeavors. The creation of such individuals falls within the domain of physical education teachers who, against considerable odds, have managed to integrate physical activity into the school curriculum.

However, historical societal beliefs, such as the long-standing division between body and mind, have hindered the inclusion of physical education as a regular facet of the school learning experience.

The ascent to success, albeit partial, has been steep and fraught with challenges. For over four decades since the institutionalization of physical education as a teacher education program in 1920 in India, physical education professionals, though well-qualified and competent, were often referred to as physical training instructors or drill masters. They primarily imparted rudimentary lessons in military drills, calisthenics, and basic physical activities without engaging in conventional classroom teaching, thereby denying them recognition as teachers in the traditional sense. Subsequently, a shift occurred wherein sport became prominent in school physical education, leading physical training instructors to evolve into skill masters. Yet, it took another two decades for them to integrate fully into the mainstream and be acknowledged as teachers in the conventional sense. Presently, physical education is a part of the school curriculum and selectively in colleges.

From a professional perspective, physical education warrants acknowledgment as a bona fide profession. Physical education teachers undergo similar teacher education programs as those in other disciplines. Mandated national standards necessitate specialized training encompassing diverse physical activity groups, teaching methodologies, sports sciences, and management protocols. They dedicate themselves to societal service and participate in professional organizations like the National Association for Sport and Physical Education and the International Association of Teachers of Physical Education. This engagement aids in safeguarding professional interests, generating and disseminating field-relevant knowledge, and staying abreast of professional advancements through participation in national and international seminars, conferences, symposia, workshops, etc.

A profession necessitates specialized training in the intellectual domain of study, dedicated to serving others and bettering society. It evolves over time, establishing credibility and efficacy through the service rendered and the competencies acquired by its practitioners. Teaching, being a timetested and esteemed profession, plays a pivotal role in shaping individuals and character development. Physical education, while historically entrenched in human education through play, emerged as an organized educational experience in formal education systems primarily for its health and fitness benefits.

Professionals in physical education acquire specialized conceptual, communication, performing, teaching, and managerial skills unique to their field. Beyond being a performing art, physical education encompasses extensive research, academics, and application, integrating diverse inputs from activity forms (play, sport, exercise, martial arts, etc.) and sports sciences (biomechanics, exercise physiology, sport psychology, nutrition, sport medicine, etc.).

Professional physical educators adopt a professional approach to imparting knowledge and honing the learning and performance of various activities and sports. They aim to develop efficient individuals through efficient movement, promoting good health and fitness for all participants and enhancing the specialized attributes of genetically talented individuals. Research is pivotal in expanding the knowledge base, fostering innovation, and enhancing teaching methodologies in physical education. Ethical conduct is a cornerstone in any profession, including physical education, and is governed by codes of conduct emphasizing service to society, accountability, fairness, integrity, and effectiveness. These unwritten yet implicitly understood ethical codes

elevate both the practitioner and the society, emphasizing fairness, both in the classroom and on the playfield, as fundamental attributes for effective teaching and learning in physical education. The global leadership in physical education has collectively developed a code of ethics for teachers, coaches, and sport administrators to adhere to in both principle and practice.

Experts in Physical Education and Sports Sciences

Experts in Physical Education and Sports Sciences serve as coaches across a broad spectrum of sporting disciplines. Proficiency in a specific sport enables individuals to undergo coach training at the National Institute of Sports, overseen by the Sports Authority of India (SAI). Candidates possessing a degree or postgraduate qualification in Physical Education are considered highly suitable for professional coaching roles. These coaches are in high demand across government, semi-government, and private institutions, including SAI, sports schools, state-sponsored associations, organization clubs, gyms, and fitness centers. Additionally, academic institutions commonly employ coaches to train students in specific sports or events.

Scope in College Teaching

In the realm of higher education, Physical Education holds a significant position, with opportunities beyond teaching in colleges. It's included as an elective subject in degree courses like B.A and B.Sc. Qualified professionals with master's degrees, NET or SLET certifications, or M.Phil or Ph.D. qualifications can secure positions as Assistant Professors or Lecturers in colleges.

Various career prospects exist within the sports field for Physical Education professionals, including roles such as physical education teachers, outdoor education instructors, school sports directors, recreational programmers, personal trainers, policy analysts in recreation, sports development officers, and youth workers.

Jobs Opportunity of Physical Education in Sports Fields

The professional scope of Physical Education and Sports Sciences extends beyond educational institutions to encompass spas, fitness and health clubs, yoga centers, technical institutes like IITs and NITs, and even mass media through sports journalism. The subject integrates principles from physics, chemistry, biology, social sciences, etc., offering ample scope for research in areas like biomechanics, exercise physiology, sports anthropology in sports, sports psychology, and sports sociology.

India boasts several renowned institutions under SAI that provide training to aspiring sports enthusiasts. Notable institutes include Lakshmibai National Institute of Physical Education in Gwalior, Lakshmibai National College of Physical Education in Thiruvananthapuram, MRP Pace Foundation in Chennai, Tata Football Academy in Jamshedpur, National Cricket Academy in Bengaluru, and Gujarat University in Ahmedabad.

The remuneration for sportspersons varies depending on their chosen sport. Success in this competitive field isn't solely about experience; consistent excellence in performance is equally crucial.

Conclusion

In conclusion, sports offer a multitude of career opportunities for young talents in India. Graduates of various sports academies can opt to pursue careers as sportspersons,

beginning at the state level and potentially progressing to national and international levels. Beyond playing, experienced sportspersons can venture into roles such as coaches, team managers, fitness instructors, umpires or referees, sports commentators, sports photographers, sports equipment suppliers or manufacturers, and consultants.

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