



P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (RJIIF): 5.38
IJPESH 2023; 10(5): 309-311
© 2023 IJPESH
www.kheljournal.com
Received: 02-08-2023
Accepted: 07-09-2023

Dr. Suresh Kumar
HOD, Department of Physical
Education, Govind National
College, Narangwal, Ludhiana,
Punjab, India

An international perception for physical education in Punjab schools

Dr. Suresh Kumar

DOI: <https://doi.org/10.22271/kheljournal.2023.v10.i5e.3122>

Abstract

The institutions provide students with a global education that prepares them to succeed in a diverse and competitive environment. In this paper we will discuss the international schools facilities in Punjab state of India. To provide world-class teaching and facilities in the schools we have to work a lot. This paper will try to highlight these requirements. A leading expert on physical education said that Physical education should aim to provide, under qualified management, adequate facilities and sufficient time for individuals and groups to participate in activities that are physically healthy, mentally stimulating and socially healthy. As in India, we have to study about some schools in other research where mass participation of students in games is not current. In this paper the international Aims and goals of physical education are discussed. We have very less such schools in India. But now we have sports universities and international sports infrastructure for athletes. In conclusion, maximum participation in school plays means maximum confidence among students. This interest in the game will not only give us good players, but the best human beings as well as good and moral citizens. So, on the real basis of sports, we can say that the infrastructure of schools at the international level needs time, but on the other hand, there is also a great need for curriculum. So, on the real basis of sports, we can say that the infrastructure of schools at the international level needs time, but on the other hand, there is also a great need for curriculum. Students learn international languages are to promoted as it will help to understand the international athletes, intercultural skills and understanding of global challenges, the school has a global perspective, groups promote collaboration and intellectual exchange, participation in international competitions and sporting events etc. This will help an understanding and appreciation of certain scientific principles relating to movements, movement development, mental development, social well-being among students of the school. We have very less such schools in India. But now we have sports universities and international sports infrastructure for athletes. In conclusion, maximum participation in school plays means maximum confidence among students. This interest in the game will not only give us good players, but the best human beings as well as good and moral citizens. So, on the real basis of sports, we can say that the infrastructure of schools at the international level needs time, but on the other hand, there is also a great need for curriculum. As in India, we have to study about some schools in other research where mass participation of students in games is not current.

Keywords: Physical education, schools, maximum confidence

Introduction

"A strong mind is in a healthy body in good physical shape surroundings." Every man has got to have a sound mind: to have a sound brains, he must have a significance body. Only healthy people can create a healthy the world. Physical education can make available the accurate route and necessary actions to improve the health of members of any population, the social order, inhabitants and the human race. Therefore, an education system that includes the mental, emotional, social and physical proportions of wellbeing becomes important to encourage holistic enlargement in children, which in revolve would pave the way for the development of a hale and hearty civilization. To be human, to stay alive as a human being means to be dynamic, creative and imaginative. Life and active pressure grouping were well thought-out identical "when or where movement ends, life itself ends". The fundamental nature of an energetic life is vigorous substantial movement. However, the gradual alter from "natural to artificial or refined" life took away man's vigor and dynamism.

Corresponding Author:
Dr. Suresh Kumar
HOD, Department of Physical
Education, Govind National
College, Narangwal, Ludhiana,
Punjab, India

Man was biologically designed to be a vigorously active, physically pursued animal; not a flabby, sedentary creature suffering palpitations and shortness of breath from running to catch the bus. Nor was his body meant to be hunched over and motionless in metal boxes on four wheels for countless hours, parked with thousands in creeping gas traffic queues. Its goal is that the overall physical, mental, social and emotional development affects constituency members. Physical education refers to an educational program, it refers to courses in schools, vocational institutes, in which students get communication and practice physical movements in order to promote health. Physical education is an ordinary course in primary and less important schools throughout the Czech Republic. Biological development turned quadrupeds into homoerects, making them physiologically weaker but intellectually superior. As man's ability to intellectualize increased, his confidence on his "muscle power" greatly decreased. Civilized man has lost the ability to physically face natural disasters, protect him from stronger animals and even take care of his daily needs.

The human body is one of the most beautiful and at the same time the most complex things that nature has created. The intelligent ways in which this exceptional creation acts, reacts and interact is a rare observable fact. Philosophical concept condemning the care of the body has in most cases significantly damaged the energetic life. A healthy and fit person is a boon to mankind, while an unfit individual is a curse to himself and humanity. A healthy, well-built, competent body commands, while a sick, diseased and weak organization demands; it's an obligation. The all-round enlargement of a person must begin with the development of the physical structure, which is the basis of his way of life. This is followed by mental, intellectual and social development. Researchers believe that "muscle is the structure of a recognizable intelligence", which appears to have arisen in connection with a cruise act. Where motor integration progressed and where motor behavior progressed, the mind progressed.

Education is an essential part of a child's growth and development, and parents all over the world work hard to provide their children with the best probable edification. International institutions in India have become well-known from corner to corner the world for the premium education and state-of-the-art facilities they make available. The best international schools in India provide an environment that children, young adults and their parents will love. When trying to decide where your child should go, you don't want to sacrifice your child's education for convenience. Also, the best international education does not limit you to expensive tuition fees.

These institutions provide students with a global education that prepares them to succeed in a diverse and competitive environment. In this article, we will cover the top 10 international schools in India that provide world-class teaching and facilities. But before that, let's look at the requirements for setting up an international school in India.

Definition: Charles Bucher, Physical education, an integral part of the overall educational process, is a field whose goal is the development of physically, mentally, emotionally and socially fit citizens through physical activities that have been selected with regard to the realization of these results.

Goal of physical education: A goal is a very high and distant general abstract goal that an individual or organization strives

to achieve: it represents the highest point of attainment of an ideal, the ultimate goal. The value system or the very philosophy of an individual or organization determines the goal. A goal is a very high general abstract goal that we are trying to achieve. The goal of physical education is the full-fledged development of the human personality or complete. According to J.F. William, a leading expert on physical education, "Physical education should aim to provide, under qualified management, adequate facilities and sufficient time for individuals and groups to participate in activities that are physically healthy, mentally stimulating, and socially healthy." Aim of Physical Education: The aim of all education is to enable a person to live a rich and abundant life. This is the ultimate purpose, and the goals of physical education are more definite and specific than the goals, and through these goals, the ultimate goal is brought closer to realization. Physical education must bear in mind the goals to be achieved through participation.

In order to define international schools, the International Association of School Librarianship (IASL) has created the following criteria:

- The school's student body is international and represents many different nations and cultures.
- The school offers curricula that are widely accepted around the world, such as Cambridge International Education (CIE) or the International Baccalaureate (IB).
- The faculty consists of educators from several countries, each of whom brings different perspectives and teaching philosophies to the school.
- The school provides language support to pupils who need it and offers different languages in addition to the mother tongue.
- With a focus on promoting students' intercultural skills and understanding of global challenges, the school has a global perspective.
- The school promotes values such as respect, sensitivity and understanding for many points of view to encourage international thinking.
- Strong links between the school and various international institutions and groups promote collaboration and intellectual exchange.
- The school focuses on using the latest teaching techniques and innovative ideas to improve student learning.
- Students have the opportunity to participate in international competitions and sporting events.
- The school helps students who may be far from their native nation and culture to develop a sense of community and belonging.

The American Association for Health, Physical Education and Recreation lists five main goals of physical education;

- To help children to move competently and efficiently in all optional activities in which they participate as part of the physical education program.
- To develop an understanding and appreciation of movements in children and youth so that their lives are given meaning.
- To develop an understanding and appreciation of certain scientific principles relating to movements.
- Develop better interpersonal relationships through games and sports.
- To develop various organic systems of the body so that they respond healthily to the increased demands placed on them.

It might be interesting to note that the objectives listed above and the objectives of physical education have much in common, and overall the objectives can be divided into the following heads:

1. Goals of physical development.
2. Goals of movement development.
3. Goals of mental development.
4. Goals of social development.
5. Objectives related to overall development.
6. Objectives relating to national athletes.
7. Objectives related to social well-being among students of the school.

Scope of physical education: Physical education as an integral part of general education through an activity-oriented and well-planned program organizes various physical activities such as drill and marches, etc., which are aimed at the physical, mental emotional, social, intellectual and moral development of the child.

The activity in terms of physical education is unlimited. Normally, physical education consists of the following groups of activities:

1. Games and sports.
2. Actions for self-defense.
3. Gymnastics.
4. Rhythmic.
5. Corrective exercises.
6. Recreation.
7. Yoga Physical education as a discipline and profession.

Let us first look at physical education as an academic discipline and see how it fits into the scheme of an academic discipline essentially a "body of knowledge" that has its own theoretical basis and that has its own existence. The center of attention in physical education is "man and his movement". It is efficiency, its beauty and its effectiveness, the body of knowledge in physical education comes from facts derived from various sciences and arts and focused on research using various techniques and tools, proves that physical education is an academic discipline. On the behalf of results we can say that the physical educator is now rendering humanity a great service in ensuring health and fitness, both physical and mental. Almost everywhere in the world we have physical education, sports science and coaching institutions where professional staff offers their services for specialized jobs. If teaching was considered an established profession, there should be no problem in considering physical education as a profession. In common parlance, physical education is just physical activity like running, jumping, twisting, turning, stretching, etc. a serious student of physical education would call it an academic discipline and profession. Scientifically organized and institutionalized physical education includes much more than movement behavior. Physical education as a way of life included personal and social philosophy, ideas and ideals, goals and objectives. It uses the general principles of psychology and sociology as a learning process. As a measure of excellence, it focuses on performance and cultivating the spirit of competition. The rise of sports sciences such as sports physiology, sports psychology, sports sociology, kinesiology, biomechanics, etc. is a recent phenomenon that came out of human madness and the search for new standards in athletic performance. Conducting physical education classes at the school and university level is a ritualistic process of education, but the identification, selection and

nurturing of genetically gifted and talented people to achieve excellence in sports competitions requires not only a scientific outlook, but also the application of systematic and sophisticated research procedures. Analogously, physical education should be considered the "milk" and competitive sports the "cream" or "butter" and the end product of milk, because without milk there is no butter. Without physical education, there would be no sport.

Conclusion

We have very less such schools in India. But now we have sports universities and international sports infrastructure for athletes. In conclusion, maximum participation in school plays means maximum confidence among students. This interest in the game will not only give us good players, but the best human beings as well as good and moral citizens. So, on the real basis of sports, we can say that the infrastructure of schools at the international level needs time, but on the other hand, there is also a great need for curriculum. As in India, we have to study about some schools in other research where mass participation of students in games is not current.

References

1. Cardinal BJ, Powell FM, Lee M. Trends in international research through the American Alliance for Health, Physical Education, Recreation, and Dance Research Consortium. 2008;80(3):454-459
2. Christopher C, Thomas R, Mark WA. Performance assessment for field sports. London: Routledge; c2009, p.2.
3. Deshpande SH. The need to restructure physical education courses. University News. 2000;38(1):12
4. Devi LU. About the study of the information network for physical education and sport. Library Herald. 1999;37(3):212.
5. University Grants Commission of India. Report of the Committee on Physical Education. New Delhi 1967, p5.
6. Kamlesh ML. Physical Education - Facts and Basics, New Delhi; c1988
7. Meyers MC. Improving sports performance: Merging sports science and coaching. International Journal of Sports Science and Coaching. 2000;1:89-L00.
8. Paragaonkar GV. Research quality in physical education and sport: A review. Journal of Sports and Sports Sciences. 2005;2S(3):19-27.
9. Singh LS. Current Trends in Physical Education and Sports Science in India Topic: Status of Physical Education and Sports Sciences in a Culturally Diverse World. 69th Annual Conference in Tokushima Japan, 24-26
10. Wuest DA, Bucher Charles A. Fundamentals of Physical Education, Exercise and Sport. Boston: McGraw Hill, 2006, 14.
11. www.google.com