



ROLE AND SIGNIFICENCE OF PHYSICAL EDUCATION AND SPORT IN INDIAN CONTEXT

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ABSTRACT

Our research work in physical education and sports education and research, we must look at some other related aspects in this field, because physical education is intellectually "learned through action" in the framework of general education; and physical. It has now become an integral part of education and the focus is not only on building muscle, but on the learning experience. As we have seen, sports have come a long way in the development of Indian society. It is good for our country to get positive results in all sports, especially in athletics. With such sincere efforts by the government and society, we can only hope that the Indian Tri-color will rise due to achievements in sports.

KEYWORDS: Physical education, sports, health, sportsperson

INTRODUCTION

Everyone has a fundamental right to participate in the physical and sports activities necessary for the full development of their personality. The freedom to develop physical, intellectual and moral strength through physical education and sports must be guaranteed in the education system and in other areas of life.

INTERNATIONAL CHARTER OF PHYSICAL EDUCATION AND SPORTS, UNESCO 1978.

Building a physical education resource and evaluation system for the nation helps to promote physical education in the education system and in a country. Physical education and sports are an important and integral part of education for any country at any time. Therefore, every country should try to determine the framework of the action plan for the promotion and development of physical education and sports, paradoxically, sports develop in the mass media in the world, including India, which is neglected in the context of education. system. Today, compared to previous years, we can see the decline of physical education, now we have to overcome obstacles and battles to improve the structure and infrastructure conditions to develop the general practice of physical education and sports. .

DEFINITION

Due to the concept of modern fitness, the outlook has increased. One of the most important factors in unifying culture today is the concept of fitness. Sports have their own language and can provide a vehicle for international understanding. With the help of different sports, friendly relations can be established between different nations. Simon Jenkins defines sport as a set of recreational and occupational activities that include physical activity and competition.

According to the New Encyclopedia Britannica Sports and games are recreational activities or competitions involving some degree of physical strength or skill. Games such as fishing, shooting and hunting, as opposed to sports, are considered sports organized by teams or individuals according to set rules.

REQUIRE OF PHYSICAL EDUCATION & SPORTS

Sport is seen as an escape from the trials of everyday life. Ask some of your friends if they play sports. The answer may be related to 'fun' or 'feel'. Physical education is an important part of modern education. Almost every school can boast a playground and a team or two. In every modern school and college, students participate in various sports and games after studying. Students are usually involved in all kinds of physical activities and show great interest. The study of fitness and sports is not only about performance, techniques or journalistic accounts, but also about looking at some of the general public's assumptions about fitness and sports. Despite the importance of sports, it is mainly a means of escape from education.

SITUATION OF PHYSICAL EDUCATION IN INDIA

India gained independence in 1947 and the Indian government made various efforts to improve the physical condition. An important step in this direction was the formation of a committee known as the Tara Chand Committee. This committee was established in 1948. Various recommendations were made by this committee to improve the state or condition of physical education in the country. In 1948 Dr. S. Radha Krishnan formed the School Education Committee. In 1950, a board called the Central Advisory Board for Physical Education and Recreation was established to advise the government on various matters related to physical education. The Kothari Education Commission (1965) emphasized the need for compulsory physical education in schools and universities. Several special schemes have been introduced by the Government of India to train students in various games and sports. Several other important committees and councils have been appointed for the promotion of physical education and sports:

- All India Council of Sports (1954)
- National Institute of Physical Education renamed as Laxmibai National College of Physical Education, Gwalior (1957)
- National Institute of Sports, Patiala (1961)
- All India Sports Congress (1962)
- National Sports Policy (1980)
- Ministry of Sports and Youth Affairs (1982)
- National Sports Policy (1984)

- National Sports (Development) Bill (2011)

PHYSICAL EDUCATION AND SPORTS COURSES PRESENTED IN INDIA

Against the background of the development of teacher education programs in physical education for several decades in the country, it is interesting to note that the oldest professional course in physical education and the diploma (now bachelor's degree) certificate. duration of one year. Master's degree in physical education in 1963-64, academic courses in physical education, as well as medicine, engineering, technology, law, etc. has taken steps to develop the profession compared to such professions. Punjab Government College of Physical Education, under Punjabi University, Patiala, Patiala (hereafter various institutes are introduced and called) is known by various names like Master (Physical Education) one year course. M.P.Ed.); Two-year Masters in Physical Education offered by Laxmibai National College of Physical Education (now Laxmibai National University of Physical Education), Gwalior; Master of Arts (Physical Education) from Panjab University, Chandigarh etc. created to Create uniformity and remove misunderstandings from the minds of the public and also facilitate hassle-free administration in educational institutions. Major Careers, National Board of Education, Graduate Degree in Physical Education Course Structure, Nomenclature, Duration, etc. standardized and ordered all relevant authorities to stand in line or face non-recognition. Finally, this course has been called the two-year Master of Physical Education (M.P.Ed.) since 2002. M.P.Ed. The course is conducted every year on the basis of examination, but some physical education departments of universities and even some colleges have switched to the semester system in accordance with the general policy of the University Grants Commission on the structure of postgraduate courses.

IMPORTANCE OF PHYSICAL EDUCATION

We face many challenges in our daily life and these types of challenges can be solved with the help of physical activity. Sharma et al. emphasize physical fitness as follows:

Physical activity helps to develop various intellectual qualities of the child. Therefore, with the help of physical education, children can develop intellectually.

Players learn to work in teams with maximum cooperation and coordination. By participating in physical activities, the quality of team effort, team loyalty, and strong relationships can be developed in the participants. These qualities help the individual to develop a good moral character.

- Various kinds of physical activities help in developing the organic system and functioning of the body. They also improve the abilities of human being to resist fatigue, to remain active and perform efficiently.
- It brings universal brotherhood and integration among players and their respective nations.
- By participating in various kinds of physical activities, participants become emotionally mature.
- Human body is a composition of muscular and nervous systems, and to keep the
- Body in proper condition, it is necessary to keep these systems fit and in good working conditions. These systems will function properly if there be a kind of co- ordination between them.
- Participants become good decision makers and mentally developed only by taking part in various sports.
- Physical education brings leadership qualities among players.

QUALITY OF PHYSICAL EDUCATION

- Gives students the knowledge and skills to participate in a lifetime of physical activity.
- Teaches movement skills and how to assess physical activity.
- Uses materials that are appropriate for the age and skill level of the students.
- Uses activities that keep students active for most of class time (more than 50% of class time).
- Meets the needs of all students.
- Is an enjoyable experience for all students.

BENEFITS OF PHYSICAL EDUCATION

Improved Fitness:

Skipping, jumping, running, lifting and other exercises make a person more fit.

Makes a Person More Active:

It makes a person more active and helps combat ailments associated with laziness or potato couching.

Increased Socialization:

PE teaches students to be more social and also outgoing. This shapes their future life and interaction.

Unity, Team-spirit and Togetherness:

Exercising with other students helps forge togetherness and boosts team spirit.

Better Health:

Regular exercises improve the respiratory, cardiovascular, immune and other bodily systems. This keeps diseases at bay.

Lots of Fun:

Physical exercises are fun and enjoyable especially when they are varied.

Boosts General Wellness:

In addition to making a person more active and fit, PE also improves general wellness.

Goal Setting:

Students will be encouraged to set and aim at meeting their target. Over time, they become good goal setters and achievers.

Reduces Injuries:

According to research, people who regularly exercise are less prone to injuries and will recover more quickly from fatigue or sickness.

Boosts Self Esteem:

Regular interaction with other pupils or students improves self-esteem and awareness.

Relaxes the Mind:

PE helps relax the mind especially after being in a classroom for long or handling a challenging academic task.

Step to Future Career:

Many careers such as gym instructors, physiotherapist, sportsmen and others are founded on physical education.

Boost Strength:

PE helps to improve the strength, stamina and endurance. Good exercises include skipping rope, carrying each other, playing soccer (football) and more.

Talent Discovery:

Instructors or teachers can easily spottalent during the exercises and will guide a pupil to improve the talent.

Reduces Boredom:

Physical education takes away the boredom of staying in the classroom.

Minimize Monotony:

Unlike learning, PE is quite varied and can be interchanged at will. This ensures that all participants have something to enjoy.

Encourages Team Spirit:

Working together and following instructions is the winning recipe for a strong and solid team.

Warm-up Exercises:

Most warming-up exercises are founded on physical Education. Think of skipping, squatting, and running on the spot.

PHYSICAL EDUCATION IN POST GLOBALIZATION PERIOD

Condemn the efforts of Member States to develop and promote physical education and sports through international cooperation; The distinctive nature and relevance of education is always a concern. Physical education and sports have been concerned with the social importance of sports and media concerns (especially in education). This can be seen in the impact of Physical Education and the Sports Governing Body in changing to high performance and highly media friendly sports (at the national level, public and private sector). An important example is the absence of a clear separation between the Ministry of Youth and Sports and the Ministry of Education. The status of physical education and sports held the World Physical Education Summit in Berlin, an initiative launched by a report that highlighted the importance of physical education and sports in many countries. A worldwide comparative study collected data and literature for nearly 120 countries, producing important findings.

- Reduced time devoted to Physical Education inEducational Programmed.
- Reduced budgets plus inadequate financial, material andstaff resources.
- The subject suffers from low status.
- In many countries, teachers are not properly trained.
- Existing Physical Education guidelines are not properlyapplied.

CONCLUSION

Education and research in physical education and sports in India is developing rapidly. However, when we think less about our education and research standards internationally, the results are not satisfactory. Sports institutions with great potential provide education and research in such centers. As we have seen, sports have come a long way in the way of upliftment in Indian society. The government and non-governmental organizations have worked hard to popularize the sport in the country, but there is still a lot of work to be done. People also get many incentives offered in the form of cash prizes at various stages and reservation at work in sports quota etc. because sports scientists are attracted to games, we need to redesign our sports science curriculum and our excellent research facilities. Proper policy implementation is an important issue to consider. You have to eliminate all the

bugs in each level. In summary, we can conclude that a lot of work needs to be done in the field of physical education and sports education and research in India.

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