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## Career opportunities in physical education and sports

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#### Abstract

Physical Education is an integral part of educational system and it helps in the all round personality development of an individual. Keeping all this in mind professional programmes in physical education and sports were started. Participation and winning in mega sporting events by a large number of talented and professional athletes along with awards, endorsements and government services motivated youngsters to build a career in physical education and sports. There are wide range of career opportunities in physical education and sports where an individual can go in for.

**Keywords:** Physical education, career opportunities, management

#### Introduction

Physical education and sports had been considered as an integral part of our educational system right from the ancient times for the all round personality development of a child. There were hundreds of traditional games in our culture which were played for the sake of physical, social, mental, emotional, and neuromuscular development. Keeping all this in mind professional programmes in physical education and sports were started by the experts in the field so that, highly qualified leaders can be generated for the society. Before independence there were limited institutions in India to impart training in physical education and sports but now number has increased intensively which shows that our country has been progressing in terms of professional training in physical education and sports. Participation and winning mega sporting events by a large number of talented and professional athletes along with cricket, football, badminton and hockey successes the year round, give many youngsters motivation to take up a career in sports and physical education. With more and more money pouring in to the sports, the role of media attention and interest, those with potential and talent can now earnestly bear in mind a professional sporting career. Awards, ranking, prize money, sponsorship, contracts, scholarships endorsements, revenue from the T.V telecasts have all boosted the prospects for career in the sports and physical education. Giving a further boost has been the introduction and rise of sporting leagues with numerous exciting matches catch the attention of media not only to the sports but also to the hidden talent of unknown sports persons apart from providing players an additional source of income. What started with IPL, T-20, has now spread to cover football- Indian super league, Badminton- Indian Badminton league, Hockey- Indian Hockey League, Pro-Kabaddi League and many more sports leagues to come building a career in physical education and sports, one has many options in this field.

#### Career in teaching

You can work as a teacher of physical education and sports in elementary/middle/high/senior or secondary schools. You can work as a Assistant Professors/Associate Professors/Professors in colleges & Universities.

#### Career in administration

You can be principal, registrar, sports officer, Assistant Director, District Sports Officer, Assistant Education Officer (Sports)

#### Career in coaching

You can work as a coaches in different games at an academy / schools / clubs / colleges /

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Institutes / Universities / district stadiums/ state/ national / international) and at Sports Authority of India (SAI) and its regional centers across India. As an Official you can be employed as (a) Conduction (broadcast) of sports tournaments (b) Referee, umpire, timekeeper, lineman, recorder, scorer etc. apart from this you can be jobs in Railways, Airlines (Indian Air lines), Banking sector (SBI), Clubs (Mohanbagan), Industries (corporate sector- SAIL, TATA, JCT) etc.

### **Career as a professional athlete**

As a profession athlete you can get a recruitment at central and state police, CRPF,BSF, navy, army, air force, Territorial Army, Advertisements (Renowned companies), also you can become Brand Ambassador like Sania Nehwal, Saina Mirja, Rahul Dravid.

### **Health and human performance related career**

**Gym Fitness Trainers:** they are professionals and train different age groups as per their requirements and bring positive impact in the lives of the people by helping them in increasing their physiological components, improving their appearance or become healthier person and motivate the masses to follow fitness program. eg. Golds Gym, VLCC and the Gym etc.

### **Aerobics instructor**

Aerobics instructors choreograph exercise moves and develop the program by using few exercises on beats like swing music / country's leading numbers so that they touch on all movements of all the joints and all the muscles. Exercises make one feel, eat, and sleep better e.g. Reebok aerobic courses.

### **Massage therapist**

Massage Therapy is the manipulation of soft tissue for therapeutic purposes. Massage therapy can help in reducing stress and anxiety, it relaxes the muscles, rehabilitate injuries, reduces pain, and promote overall health and wellness. They apply different techniques on the body with pressure commonly applied with hands, fingers, elbows, knees, forearms, feet, or advice. The main purpose of the massage is generally for the treatment of the stress and pain.

### **Dietitian nutritionist**

Dietician he is an expert in human nutrition and regulation of diet. Dietitians in this practice area may work in settings such as public health clinics, fitness centers, corporate wellness programs or home health agencies.

### **Naturopathist**

A Naturopath is a health practitioner who applies natural therapies. Uses system of alternate medicine based on the theory that diseases can be successfully treated or prevented without the use of the drugs such as air, water, and herbs etc.

### **Chiropractor**

They are licensed practitioners and don't hold any medical degrees. Health care professional focused on diagnosis and treatment of neuromuscular disorders with an emphasis on treatment through manipulation of the spine. They focus on the intimate relationship b/w nervous system and spine so biomechanical and structural derangement of the spine can affect the nervous system and chiropractor can restore the structural integrity of the spine, reduce pressure on the

sensitive neurological tissues and consequently helps in improving the health of the individual. As a result chiropractic is categorized as alternative Medicine (drug free approach) or complementary medicine

### **Geriatric fitness specialist**

He is a combination of a fitness worker and a physical therapist. They are trained to work specifically with the elderly to promote physical fitness while working around the ailments of the older persons.

### **Career in media & communication**

Those with communication skills like Navjot Singh Sidhu and Ravi Shastri can take on sports commentating and can work with sports journalism, working with T.V, newspapers or magazines that have a sports column. sports journalism, sports photography, P.E. and sports books publishers. Book writing on sports and P.E and sports broadcasting

### **Career in sports tourism**

Sports tourism covers a wide range of career in Water Sports, Amusement parks, Tourist Guides, Adventure sports (paragliding, hot air balloon, river rafting, kayaking and canoeing, rock climbing, and bungee jumping). Great places in India for adventure sports are: Rishikesh (White Water Rafting), Auli (Skiing), Kasauli (Hang Gliding), Ladakh (Trekking), Gulmarg (Ice Climbing), Andamans (Scuba Diving), Mysore (Skydiving), Rishikesh (Bungee Jumping).

### **Career in sports law**

Sports lawyers provide expert and legal advice on any sports-related matter. They will also equip you with the right legal documents as per your need. It covers everything from commercial contracts, sports club incorporation, creating tailor-made policies and addressing any of your legal concerns. Issues that range from selection disputes, sports club incorporation, doping tests to social media comments and privacy concerns. As a result, there is a need to have lawyers who deal with these specific sports-related matters.

### **Career in sports management**

You can work with sports industries namely in manufacturing/marketing/ sales promotions, and as event manager. Sports Facilities Management (a) Management of gymnasium, fitness centre, stadiums, sports complexes, aquatic centers etc. (b) Industrial Recreation:- MNC & National Companies provide recreational & sports facilities for employees.

### **Career in sports physiotherapy**

Sports and Exercise Physiotherapists are occupied in the prevention and management of injuries as a result from sport and exercise involvement at all ages and at all levels of ability. Physiotherapists can be employed in public and private hospitals and in their own clinics.

### **Aroma therapist**

Aromatherapy is a holistic curative treatment which uses natural plant extracts in order to encourage health and well-being. Every now and then it's called essential oil therapy. Aromatherapy makes use of aromatic essential oils medicinally to get better health of the body, mind, and spirit. It enhances both physical and emotional health.

### Conclusion

All the above are the bright career prospective for young talents people in India in physical education and sports. Students can opt according to their interest. Moreover, here we have framed the policies but proper implementation is needed in order to uplift the standard of the physical education and sports in the country to strengthen the sports culture as well as for providing the career opportunities for the betterment of sports persons and physical education professionals. After acquiring professional degree / diploma / certificate and training from various sports and physical education academies / colleges / institutions / universities, one can decide on building a career in physical education and sports. People today are looking for professionals in the field of P.E and Sport but “sky is the limit for those, who dares wins” you ought to have passion for the P.E. and Sports.

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