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Geeta Devi
Research Scholar, Chaudhary
Devi Lal University, Sirsa,
Haryana, India

Sports & physical education need in modern society

Geeta Devi

Abstract

Physical education & Sports forms an important part of education system even when it never received the importance it deserves. Even though it is included as part of the curriculum from the early stages of education, it has never been taken seriously by the educational administrators, the academicians and the students. Physical education is the only profession where you talk as well as play/perform. The concept of Physical education in the mind of general public is big round, play & play and no work. Abraham Lincoln quoted in one of his addresses, "Sportsman is the best Ambassador of the Nation" Hence the physical education director/Teacher can also be the best Ambassador of our institution/University. At present compare to earlier years and now we can come across the decline of physical education in education compare to present is one needs to overcome the hurdles and battles to improve the structure and infrastructure status in around to develop the overall discipline in physical education and sports.

Keywords: Physical education, sports, Physical Fitness

Introduction

Physical education and sports is one of the important yardsticks and also integral part of education for any country at any point of time. Thus each country should try to set out a framework of action plan for promotion and development of physical education and sports paradoxically, sports is witnessing a spectacular boom in the media spotlight all over the world including India while it is being seriously neglected within the educational system.

Physical education act as well as the provision of resource for the nation and in the construction of evaluation system in education developments and it promotes the development of physical education in a country. At present compare to earlier years and now we can come across the decline of physical education in education compare to present is one needs to overcome the hurdles and battles to improve the structure and infrastructure status in around to develop the overall discipline in physical education and sports.

Present status of physical education and sports in new Era.

Despite efforts by member states 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 the 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). A significant example in the absence of clear separation between the ministries of youth affairs and sports and ministries of education.

The status of physical education and sports convened the physical education world summit in Berlin this initiative was promoted by reports revealing the increasing critical situation of physical education and sports in many countries. A worldwide comparative study collect data and literature for nearly 120 countries came out with following significant findings.

- Reduced time devoted to physical education in educational programmes.
- Reduced budgets plus inadequate financial, material and staff resources.
- The subject suffers from low status.
- Existing physical education guidelines are not properly applied.

Correspondence
Geeta Devi
Research Scholar, Chaudhary
Devi Lal University, Sirsa,
Haryana, India

Physical Education & Sports in Indian society

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Physical education defined

The problem of defining physical education is not only that the term is broad based and complex, including so many kinds of phenomena, but also it means different people. Someone has suggested that physical education is whatever physical educators do. J.P. Thomas sums up that physical education is education through physical activities for the development of total personality of the child and its fulfillment and perfection in body, mind and spirit. Even though these definitions differ significantly with regards to emphasis on different aspects, they still have many common elements. Some of them may be noted as physical education is a phase of total education process. It is sum of total experience and their related responses. Experience grown and responses developed out of participation in big muscular activities. All round development of individual-physical, mental, social, moral is the real aim of physical education.

Need of Physical education & Sports

Physical education refers to the process of imparting systematic instructions in physical exercise, sports, games, and hygiene. The term is generally used for the physical education programs at school and colleges. Education aims at the training of the body, mind, and conduct of a student. To keep a healthy mind within a healthy body, a student needs regular physical exercise. The brain of students gets tired after schoolwork. His mind refuses to work. Therefore, for diversion and refreshment of mind, he requires some organized forms of physical and mental work.

Physical education forms an important part of modern education. Almost every school can boast of a playground, and one or two teams. In every modern school and colleges, after class work, students join various sports and games. The students generally take to all kinds of physical activities and show a great deal of interest in them.

Various kinds of sports and games

Various kinds of games, sports, and physical exercises are taught in schools as part of physical education program. Some of them are outdoor, others indoor. The outdoor games include football, hockey, cricket, tennis, badminton, volleyball, and so on. Sports include popular pastimes like swimming, boating, athletic activities like pole jump, long jump, racing, and javelin throwing. Students are also taught physical exercises to improve and maintain good health.

Importance physical education to students

Physical Education is of special importance to students.

1. They are great sources of pleasure to them.
2. They build the body and refresh their mind.
3. They train the mind in many virtues.

4. They teach the players discipline and team spirit. In school sports, the players have to obey certain rules. They have to submit to the ruling of the referee or the umpire. Thus, they learn discipline and obedience.
 5. Physical education creates in students 'the sporting spirit'. The students learn to play fair and honorably and to keep the rules of the game.
 6. They learn to be fair to their opponents.
 7. They develop pluck and patience.
 8. School sports teach them to take a defeat in a good spirit.
- Physical education aims at bringing the best in the students.

Suggestions & recommendation

1. Revision & Reconstruction of physical education syllabus in context with need of society.
2. Periodical refresher course for physical education personal by a unified agency.
3. Updating and upgrading of the subjects and related area in collaboration with top educational.
4. An honest and sincere appraisal system for total evaluation and feedback.
5. The academic study of physical education and sports may be as stimulating and fun as experience as one's actual participation in sports.
6. Once the rule, subject matter and 'spirit' of both games are understood, they may be equally rewarding. General education is for the masses, so also physical education.
7. 'Recreation is as important as 'reading' 'writing' and arithmetic in the life of common man. Physical activities do the garb of physical education when the focus is on the means used. Namely big muscles 'Recreation when the focus is on life is worth living' (joyful) attitude or use are leisure time.

Conclusion

Young people are the real wealth of the nation. No programmed is successful without the participation of youth. Therefore to enable an individual to lead happy, enjoyable and health life as a member of society he should regularly engage in games and sports and different exercise programmes to ensure development of physical fitness and learn skills in sports and games which have a carryover value. Society on the other hand should provide enough opportunities to its members so that they may engage themselves in activities of their own choice and thus develop or maintain the level of physical fitness. Unless there is improvement in the General Standard of Health, excellence in sports cannot improve. Physical education and sports activities in educational institution should aim at Health Related and performance related areas so as to ensure enhancement of performance in competitive sports. Physical education thus consists in promoting a systematic all round development of human body by scientific technique and thereby maintaining extraordinary physical fitness to achieve one's cherished goals in life. Hence any organization of physical education should start with developing a positive attitude and self confidence among physical educators themselves and make them feel physical education need not exist in the periphery of the schools/colleges, but should extend itself to the classrooms and become the focus or central point of educational system.

Development of Problem Solving skill of Adolescents through teaching of science for Sustainable Development

Abstract: Adolescence is the span of years of life between childhood and adulthood. The adolescents of this age enjoy

challenging physical and mental activities that prefer group activities than individual activities. The subject science has dual nature. It is a body of knowledge as well as it is seen as a process of thinking like any other healthy adult, the adolescent also takes a delight in physical activity. Through the physical benefits derived conducive to the general development of the personality as well. The field of physical opportunities to the adolescent to engage himself in physical activities for his own benefit and or the benefit of the society of which he is an integral part.

- Self-confidence and self control are in their fullest sense, qualities of the 'whole man' and not just qualities of the mind. The first step towards as fuller self-confidence may well be taken by the mastery of some physical skill. All sports and games contribute to some extent to this end. The degree to which they do will vary with the complexity of the skills that adolescents involve themselves, and the amount of application that it takes to acquire those skills. The activities that offer a definite challenge to courage and endurance have a special contribution to make towards knowledge of self.
- Everyone inherits from his ancestors certain definitely aggressive instincts. Unless these instincts can find expression in action, there will be repressed and will exert a distorting influence on adolescent's personality. Many sports and games give outlets of aggression. In the absence of such legitimate outlets, uncontrolled aggression will commonly appear in the form of delinquency. This principle, to a certain extent, is true of both sexes though it is much more apparent in the boys than in the girls. Any keenly competitive activity will absorb a certain amount of aggression. It will be surprising to see how a young thug or bully can be civilized by taking up boxing seriously. He reserves his aggression for the ring, and out of it he is content to live at peace with his fellows.
- Man is a social animal and his social instincts must have it fling if he is to acquire emotional balance. Loyalty and unselfishness are indispensable social virtues, and the team games afford a convenient and pleasant training ground for the same. These games, therefore, rightly take a prominent place in any Programme of adolescent sport. Membership of an athletic club or gymnasium is often sage guard against recruitment into antisocial gangs.
- Physical activities apart from the direct physical benefits that they confer, will also give opportunities for the acquisition of deep aesthetic satisfaction. Hiking cycling, field sports and sailing, all bring the participants into close contact with nature and may awake an interest in their ways that will give lifelong pleasure. Few will deny that these aesthetic contributions are valuable influences in the development of the adolescent's personality.
- Physical education and sports also encourage an adolescent to take up some sport which will develop a trait in which he is thought to be lacking. For example, to inculcate a virtue of patience he may be encouraged to take part in games like rifle shooting, chess archery etc. this will go a long way in moulding his personality for adjustment in his life.
- In almost every sport, adolescents will show a degree of aptitude that will justify an ambition to pursue that sport at its highest competitive level. This ambition can be of great importance as it enables them to avoid frustration and can lead to achievement that contributes considerably in the formation of self determined and self sufficient

personality.

- Participation of an adolescent in physical activities and games contribute greatly towards the development of his total personality individual. This will enable him to overcome the problems associated with irritability, rebelliousness, moodiness etc. which are common to adolescent's behavior.
- There are a number of adolescents who are physically incompetent through weakness or lack of coordination. This incompetence can often give rise to deep discouragement and feeling of inferiority which affect the whole of an adolescent's approach to life. Physical education and sports can do much to help these cases. Such child can be introduced to a progressive course of training which works in two ways. In the first place it corrects in time the basic weakness or lack of coordination. In the second place it enables him to compete effectively against himself fellows. Suitable tests can be administered at intervals that will give objective evidence of his improving performance. This will often light the spark of physical ambition and before long he will be able to hold of his own on the ladder of general adolescent physical accomplishment. This achievement can often have a very significant effect on his performance in other fields.
- There are certain body functions that we take very much for granted. The way in which we sit or stand, the way in which we sit or stand, the way in which we walk or run, even the way in which we breathe are all matters of unconscious habits. Bad habits can develop particularly during adolescence. Bad habits of posture or function interfere with the mechanics of the body and cause various organs to work at disadvantage. While this may produce few symptoms during the adaptable period of adolescent of these habits is, therefore, important, their treatment lies within the sphere of the remedial and rehabilitative programmes of physical education. If such remedial measures were applied more widely in adolescence we should see less of the bad feet, slipped disc and chronic respiratory troubles.
- Adolescence is the age of adventure and thrill. Taking part in physical activities and sports involving adventure and thrill like paragliding, diving etc provide an outlet to adolescents for getting rid of undue anxiety and fear, though it carries a special liability to injury. Modern methods of rehabilitation provided through physical education can do a lot to help the adolescents to be back in the normal life with ease.
- Some adolescents suffer from permanent physical disabilities as a result of accident, disease or congenital defect. The body may be crippled but the mind retains its normal need for physical activity and special physical education and sports programmes cater for their need to the maximum degree possible.

Conclusion

Thus the importance of physical education and sports in solving the problems of an adolescent cannot be over emphasized. It plays a very significant role in disciplining the feelings in controlling the emotions, in channelizing the energy and in stimulating and motivating an adolescent to form a constructive approach to life.

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