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Role of physical education and sport in India

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Abstract

The research paper we talk about education and research in physical education and sports, we have to look upon some other inter-related aspects of its field, because physical education is 'education through movement' within the framework of total education, which is both mental and physical. Now it has become an inseparable part of education and emphasis is laid on educational experience rather on just muscle building. As we see, sports have traveled a long journey on the way of their upliftment in the Indian society. It is a good omen for the country that we are receiving positive results in all the sports especially in athletics. With such sincere efforts on the part of both - government and public, we can hope that Indian Tri-colour will soar high because of sports achievements.

Keywords: Physical education, sports, health, sportsperson

Introduction

'Every human being has a fundamental right of access to physical education and sport, which are essential for the full development of his personality. The freedom to develop physical, intellectual and moral powers through physical education and sport must be guaranteed both within the educational system and in other aspects of social life'

International Charter of Physical Education and Sports, UNESCO 1978.

Physical Education act as well as the provision of resources for the nation and in the construction of evaluation, system in education developments and it promotes the development physical education in a country. Physical Education and Sports is one of the important yardsticks and 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. 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.

Definition

Global perspective has been raised because of the modern concept of physical education. One of most important factors in cross culture integration today is concept of physical education. Sports have a unique language and it can provide a means for International understandings. With the help of various sports, friendly relationships can be established between the people of different nations.

Simon Jenkins defines sport, 'A subset of leisure and work activities that involves both physical activity and competition'.

According to The New Encyclopedia Britannica "Sports and games, recreational or competitive activities that involve some amount of physical strength or skill. At one pastimes, such as fishing, shooting and hunting as opposed to games, which were regarded as organized athletic contests played by teams or individuals according to prescribed rules.

Require of Physical Education & Sports

A sport has been viewed as a distraction from the trials of everyday life. Ask some friends why they are involved in sports.

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The response will probably have something to do with “fun” or “enjoyment”. 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. To study Physical Education and sports is not merely to discuss performance, technique or records journalistic-ally but to look at some of the implicit assumptions held by the general population about Physical Education and Sports. Despite the significance of sports, it has been primarily vehicle of „escape“ more than an avenue of education.

Situation of Physical Education in India

India finally got Independence in the year 1947 and Government of India did various efforts to improve the deteriorated status of physical education. An important step in this direction was the establishment of a committee which was named “Tara Chand Committee”. This committee came into existence in the year 1948. Various recommendations were made by this committee to improve the condition or status of physical education in the country. Dr. S. Radha Krishnan committee was also formed in 1948 on school education. To advise the government in various issues relating to physical education, a board, named Central Advisory Board of Physical Education and Recreation was set up in the year 1950. The Kothari Commission on Education (1965) stressed the need of compulsory physical education both in schools and colleges. To provide training to athletes in various games and sports, some special kinds of schemes were introduced by the Government of India. Some other important committees and boards were appointed for promotion of Physical education and sports, which are as under:

- 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

In the background of development of teacher education programmers in physical education over the decades in the country, it is interesting to note that the oldest of the professional courses have been Certificate in Physical Education and Diploma (now Bachelor’s degree) in Physical Education, both of one year duration. The Master’s Degree in Physical Education came up in 1963-64 as a step forward towards development of physical education as an academic discipline as well as a profession at par with other professions like as medicine, engineering, technology, law, etc. Since then it has been known by various names like as, Master of Education (Physical Education) of one-year duration offered by the Punjab Government College of physical Education, Patiala under the Punjabi University, Patiala (later several-other institutions introduced it, and called it M.P.Ed.); Master of Physical Education of two year duration offered by Laxmibai National College of Physical Education (now Laxmibai National University of Physical Education), Gwalior; Master of Arts (Physical Education) brought into

existence at Panjab University, Chandigarh, etc. In order to bring about uniformity and also remove the misconception from the minds of people as well as to facilitate the administration make appointments in educational institutions without any hassle about basic qualifications, the National Council of Teacher of Education have standardized the postgraduate degree in physical education in terms of its course structure, nomenclature, duration, etc., and directed the all concerned institutions to fall in line or face derecognition. Finally, the course is known as Master of Physical Education (M.P.Ed.) of two-year duration with effect from 2002. The M.P.Ed. Course is run on yearly examination basis but several university departments of physical education and, even some colleges, have switched over to semester system as per general policy of the University Grant Commission on the structure of post-graduate courses.

Importance of Physical Education

In daily life, we are facing a lot of troubles and these kinds of problems can be coped with the help of physical activities. Sharma, et.al give importance of physical education as follows:

Physical activities help in developing various kinds of intellectual qualities inherent in a child. Thus with the help of physical education, it is possible to develop children intellectually.

Players learn to work in groups, with utmost co-operation and co-ordination. By participating in physical activities, qualities of group efforts, loyalty to the team and strong ties can be developed in participants. These qualities help in building a good moral character of the individuals.

- 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 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 combating 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 spot talent 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

Despite efforts by member state to promote and develop Physical Education and Sports with international cooperation; its distinctive nature and importance to education remain a constant source of concern. Physical Education and Sports proved alarming (particularly with in 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 report 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 Programmed.
- Reduced budgets plus inadequate financial, material and staff resources.
- The subject suffers from low status.
- In many countries, teachers are not properly trained.
- Existing Physical Education guidelines are not properly applied.

Conclusion

Education and research in Physical education and Sports in India is growing at a rapid pace. However, when we think little about our standards of education and research at the international level, the outcomes are not satisfactory. Sports institutes with great potential are imparting education in this field and research is being carried out in such centers. As we see, sports have traveled a long journey on the way of their upliftment, In the Indian society. Government and Non-Government agencies have worked a lot for the broad basing of sports in the country, but a lot is to be done yet in this regard. People are also getting attracted toward games due to many incentives offered on various stages in the form of cash prizes, and reservation in jobs under sports quota etc. We have to restructure our curriculums, excellent research facilities to be provided to the sports scientists, formulation and proper implementation of the policies are important matter for contemplation. All the shortcomings at every level should be eliminated. In brief, we can conclude that a lot has to be done in the field of education and research in Physical Education and Sports in India.

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