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Physical education and sports in daily life

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Abstract

Physical education and sports plays a vital role in educating process. Physical Education is "education through the physical". It aims to develop students' physical competence and knowledge of movement and safety, and their ability to use these to perform in a wide range of activities associated with the development of an active and healthy lifestyle. It also develops students' confidence and generic skills, especially those of collaboration, communication, creativity, critical thinking and aesthetic appreciation. In modern times, Physical Education is one of the most exciting and dynamic subjects. Earlier, physical education was generally understood as physical activities either in school time table or some free hand exercises, games, sports, racing, swimming, etc. If we look at the Indian history of physical education after Independence, a number of schemes were launched by the Government of India for schools, where every student must participate in physical activities. Physical education plays a major part in the development of the human being and helps to improve physical, mental, social, emotional and spiritual life.

Keywords: Physical education, sports, society, mental development

Introduction

Evolution of human life started with movement. Human beings have been very active and creative by native and physical activity has been part of their life all along since evolution. For primitive man, search for food and shelter was the first activity. This first physical activity was necessitated by his instinct for survival. Physical activity was the first mode of communication; it was also a means of expression. As human beings evolved culturally, emotionally and socially, physical activities also evolved. As the society became more and more complex leading towards the modern age, physical activity came to recognized as an organized and supervised form of education, and as Physical Education.

Physical education means different things to different people. Throughout the history, physical education has been misunderstood and often confused with physical training, physical culture, games, play, recreation, health education etc. But Physical education is much more merely these singularly.

Physical education, today, has turned a new leaf. It has received academic credentials and been a curricular activity. Playing has a significant role in development of human personality to its perfection. Physical development is considered as the primary objective of education. It is realized, more than ever before, that there cannot be sound in mind without sound body and there may not be sound body without sound physical education programme in schools and institutions of higher learning. In this era of awaking, physical education is a torch of bearer of health, fitness, strength and vigor, so important for us all to live a life. Whose values are measured in quality, not in quantity.

Meaning and Definition

The word physical education is derived from two separate words, "physical" and "education" the plain dictionary meaning of the word physical is 'relating to body'. The word 'education' means systematic instruction or training or preparing for life or for some particular task. A complete meaning of these two words would be that systematic instructions or training which relate to physical activities necessary for development and maintenance of human body.

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Definition

1. **According to Charles A. Butcher:** Physical education, and integral part of the total education process, is a field of endeavor that has as its aim the improvement of human performance through the medium of physical activities that have been selected with a view to realizing this outcome.
2. **According to Harold M. Barrow:** Physical education is an education of and through human movement where many of the educational objectives are achieved by means of big muscle activities involving Sports, Games, Gymnastics, Dance, and Exercise.
3. **According Jay B. Nash:** Physical education is that phase of the whole field of education that deals with big muscle activities and their related responses.
4. **According to A.R. Wayman:** Physical education is that part of education which has to do with the development and training of the whole individual through physical activities.

Role of Physical Education

1. Physical Education for health, fitness, wellness

There is a relationship between physical education and health, and they are two sides of one coin. Physical education is a way of promoting high standards of health, and health is an integral part of physical education as well. Physical activity is central to health, and its importance clearly extends beyond its role in achieving energy balance to prevent and treat obesity and overweight. Adequate daily physical activity improves cardiovascular health, metabolic health, brain and mental health, and musculoskeletal health-benefits.

Health is a broader term which includes all the aspects of wellbeing such as physical, mental, social and emotional where as physical fitness is the ability to carry out daily activity with alertness, without fatigue and have reserve energy to meet unforeseen situation. Wellness is a modern and broader concept which means the state of being healthy and free from disease. Wellness include many different components such as emotional, intellectual, spiritual, social, financial and environmental that expand one quality of life and work effectively to make significant contribution to society.

Health, Physical fitness and wellness can be achieved through physical activities, exercise and sports. Regular participation in exercise and physical activities is the component of positive life style. A number of research found that the doing regular exercise result in many physical and mental health benefits. Exercise on regular basis can help your body to remain fit and healthy.

2. Physical Education for Leisure

Play is of vital importance for the healthy development of children. It allows children and adolescents to develop motor skills, experiment with their (social) behavioral repertoire, simulate alternative scenarios, and address the various positive and negative consequences of their behavior. Play is considered one of the most important physical needs of the individual, and is as important as rest, recreation and enjoyment. It is a free time activity, voluntarily chosen which provides joy, satisfaction and development for the individual. Recreation is a voluntary activity where participants engage due to the benefits and values attached to it. Recreation which is also termed as amusement, entertainment, hobbies or fun is an essential part of our daily life. Recreation has many health benefits and it is used as a therapy to cure sick people. Sports

and dance helps in the rehabilitation of many chronic health issues.

Today life full with drastic change, violence, economic problem, rhythm of work, sorrow and joy, health and sickness. People from all economic levels and ages should have to think seriously of how to get away from the insufficiency, meaninglessness and monotony of their lives. They need to find ways to spend their free time in meaningful activities to gain joy and happiness. Moreover with the increase of leisure time or free time and the advancement of technology the youth tends to get involve in many destructive activities. Sports and games are the best form of recreation activities. It not only used for fun and recreation but also it helps in channelizing the energy of the youth.

3. Physical Education for Education

Physical Education is "education through the physical". It aims to develop students' physical competence and knowledge of movement and safety, and their ability to use these to perform in a wide range of activities associated with the development of an active and healthy lifestyle. Play could be considered as a phase of learning, and learning as a phase of play as well. When children take part in various physical activities (jumping, throwing, running), they will discover new environments, and their well-being will be promoted to and perhaps lead to reflective thinking.

Physical education is integral part of education and with the help of movement education physical education brings about positive change in the behavior of an individual in a desired direction. Teaching method such as Physical activities, Play, games and sports used in physical education facilitate both the growth and development. When a child take part in physical activity and sports it influences his systems and organs involves in it.

By engaging in sports a person is exposed to many situations where he has to take decision. Play in sports requires concentration and attention thereby improving the mental development. It also helps in the social development of the child when he became a member of the team.

4. Physical Education for Prevention of diseases

Regular physical activity, fitness, and exercise are critically important for the health and well being of people of all ages. Research has demonstrated that virtually all individuals can benefit from regular physical activity, whether they participate in vigorous exercise or some type of moderate health-enhancing physical activity. Even among frail and very old adults, mobility and functioning can be improved through physical activity.

Regular physical activity helps improve your overall health, fitness, and quality of life. It also helps reduce your risk of chronic conditions like type 2 diabetes, heart disease, many types of cancer, depression and anxiety, and dementia.

5. Physical Education for Cultural and Social values

Sports and physical activity play an important role in the culture of all peoples. During such activity, individuals from different cultures mingle in each other and come to know about other's customs, traditions, and way of life.

Certain social qualities like leadership, cooperation, teach cohesion, team work, self-discipline and trust are imparted through sports and games. Physical education helps in developing leadership in individuals. By the mean of games and sports a person establishes relationship with other person and group. A good sports person displays the qualities like

obedient, fair, generous, courteous, modest, ethics and morality. So physical activities and sports nurtures social values and qualities.

6. Physical Education for National and International Integration

Physical education provides a platform to act across barriers of national and international boundaries. Sports unite and integrate members of different caste, culture and religion. Sports provide an equal opportunity and platform to all the members of the society. Through sports people of different communities learn, share and appreciate the culture and values of other. Sports also help in peace and bringing cordial relationship among the nations. Therefore sport and physical education cultivate harmony, peace and brotherhood within the national and among the countries.

Career Option in Physical Education and Sports:

1. **Teaching:** Teaching is considered to be one of the most noble and ancient profession. In the present day scenario the scope of teaching career in physical education has expanded there are different teaching opportunities are available.
 - a. Elementary/primary school
 - b. Middle school
 - c. High school
 - d. Senior secondary school
 - e. College and university
2. **Sports Administrator:** There are a lot of job opportunities in private as well as government institutions of sports management and administration like Director of Sports, Sports officer. The job involves planning and organization of sports programs and operational and maintenance of sports infrastructure and facilities.
3. **Coaching:** Coaching is also a traditional career where the job profile of a coach is to prepare and give training to the team in various sports. Coaches are appointed at various levels: school, college and university, state sports department, Sports Authority of India, Sports Association, Sports Academies, commercial sports club etc. To become a professional coach one has to qualify either a diploma in sports coaching from Netaji Subhas National Institute of Sports or certification from respective sports federation.
4. **Fitness Instructor:** Today fitness is the need of the hour due to an increase in hypokinetic diseases like diabetes, obesity, lower back problem, joint pain and other health disorders. Gyms, fitness centers and wellness centers available in the market are offering packages in physical fitness, yoga, aerobics, weight management etc. The fitness industry comprises of private and government sectors and sports academies and sports associations also hire fitness trainers for sports-specific fitness.
5. **Sports officiating:** Sports competitions cannot be organized without the help of officials e.g. referee, umpire, line judges etc. In a sports competition there is a requirement of a set number of officials as per the need of sports at state.
6. **Sports Management:** Sports management is the field of business dealing with sports and recreation. Sports management involves any combination of skills that correspond with planning, organizing, directing, controlling, budgeting, leading, or evaluating of any organization or business within the sports field.
7. **Sports Journalism:** Sports journalism focuses on reporting amateur and professional sporting news and

events. Sports journalists work in all media, including print, television broadcasting and the internet.

Conclusion

Physical education today is as much about increasing self-awareness as it is about promoting physical fitness. It doesn't just mean going through some routine physical exercises, but is also about learning how to master self-discipline, increase concentration, and become more focused on your life goals.

In today's world, physical education is essential. Man can live a healthy life only by doing physical work and exercises. Physical fitness is not only about a fit body, but it is about both bodily and emotional fitness. Being healthy must be a part of our daily lifestyle.

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