



ISSN: 2456-0057  
IJPNPE 2020; 5(2): 199-202  
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[www.journalofsports.com](http://www.journalofsports.com)  
Received: 26-06-2020  
Accepted: 03-08-2020

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## Recreation, physical activity, play, game and sports: Discussion in terms of classification and history

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### Abstract

Play, Game and Sports are Physical Activity but Physical Activities are not Play, Game and Sports, recreation is essential” Physical education is a pedagogical process. Physical means individuals’ bodily, psychological, emotional and social development, that is all-round development. Roman satirist; Latin Decimus Junius Juvenalis in English Juvenal wrote a poem. It is the first in a list of what is desirable in life. Satirist Juvenal coined a Latin phrase in his poem “mens sana in corpore sano” usually translated as “a healthy mind in a healthy body”. The phrase is widely used in sports and educational contexts to express the theory that physical exercise is an important or essential part of mental and psychological well-being. Recreation, physical activity, play, game and sports are integral part of Physical Education. For the common man recreation, physical activity, play, game and sports are synonymous. But in the world of sports they are significantly different. Its importance is also individual. Which has to be clear to the general people as well as physical educationists. Because, physical education is the best discipline which can help to build a happier and more peaceful world.

**Keywords:** Recreation, physical activity, play, game, sports, pedagogical, satirist

### Introduction

The history of education and human civilization are peer. Recreation, physical activity, play, game and sports existed at the beginning of education and civilization. In fact, the history of play and physical activity are older than education and civilization. Basically, these circular elements are equivalent to human history. But in the beginning these were unpublished. These were deeply involved in life. Unbeknownst to man, they acted as fuel in the human body. That is why people have survived in the midst of hundreds of adversities even in ancient times. Not only human being but also animals of living world cannot grow and develop without play and physical activity.

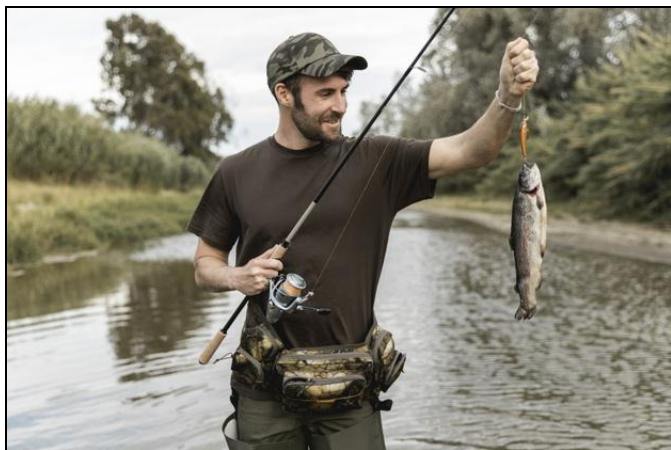
### Recreation

The role of play in case of children in general is true of the role of recreation for adults. Recreation is a self-selected, socially recognized, leisure activity, which is not initially necessary for survival. The main purpose of recreation is peace of mind and elimination of fatigue and monotone.

Recreation is the food of the human mind. It encourages people and gives energy. A life without recreation makes people idle. That is why, recreation and work complement each other. The history of origin and development of recreation is described through five era.

Recreation is an activity of leisure that begins at discretionary time. The “need to do something for recreation” is an essential element of human biology and psychology. Recreational activities are often done for enjoyment, amusement or pleasure and are considered to be “fun”. “An activity voluntarily engaged in during leisure time and primarily motivated by the satisfaction of pleasure derived from it”. Meyer and Brightbill.

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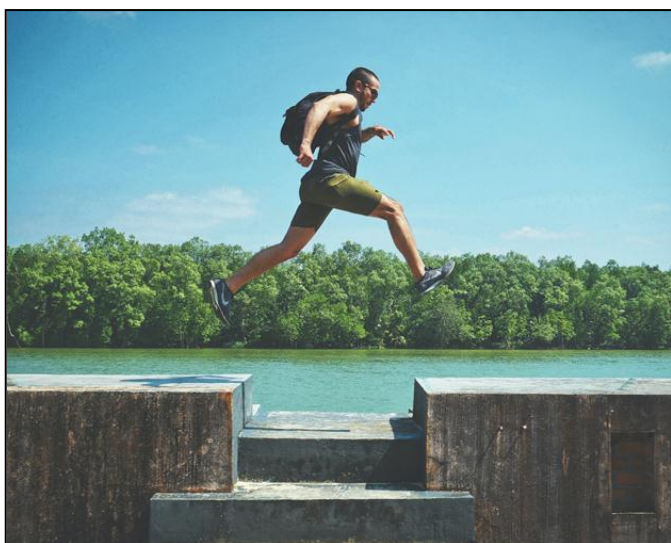
**Fig 1: Recreation**

### Physical Activity

Physical activity is defined as any bodily movement produced by skeletal muscles that requires energy expenditure. Physical activity encompasses all activities, at any intensity, performed at any time of the day or the night. It includes exercise and incidental activity integrated into daily activity.

World Health Organization (WHO) defines physical activity as any bodily movement produced by skeletal muscles that requires energy expenditure- including activities undertaken while working, playing, caring out household chores, travelling and engaging in recreational pursuits.

The term "physical activity" should not be confused with "exercise", which is a subcategory of physical activity that is played, structured, repetitive and aims to improve or maintain one or more components of physical fitness. Apart from exercise, any other physical activity that is done during leisure time, for transport to get to and from places, or as part of a person's work, has a health benefit. Further both moderate and vigorous intensity of physical activity improve health. Physical activity simply means movement of the body that uses energy. Walking, gardening, briskly pushing a body stroller, climbing the stairs, playing soccer, or dancing the night away are all good examples of being active. For health benefits, physical activity should be moderate or vigorous in intensity.



**Fig 2: Physical Activity**

### Play

People of all ages, including children, love to watch the play and love to play for play. Children like to play the play with joy without any outside urge. They do not have the right content or purpose for this play.

Even if they are tired, they do not feel fatigued. How many break-up are created by roaming freely in the realm of imagination. There is no profit or loss account. It is their normal and spontaneous process. So by play, we mean physical activity and purposeless pleasurable spontaneous activities. Some more important definitions of play are as follows-

Play is spontaneous and creative activity, having its own limits and space, indulged voluntarily, soaked in fun and pleasure inspired by nature for its own sake.

Play is an activity, which is free, separate, creative, unproductive, governed by self and make-believe forms.

Physical educationists have looked at play from different respect and defined it in their own characteristic ways.

Play is a joyful, spontaneous, creative activity in which man finds his fullest self-expression"

James S. Ross Play is an activity which is in itself free, aimless, amusing and diverting" Lazarus

"Play is what we do we are free to do what we like"

Gullick

Play is a voluntary self-constrained activity"

Stern Play is very important for the preservation, growth and development of the organism" --- McDougall

Play is the natural unfolding of the germinal leaves of the child". Froebel



**Fig 3: Play**

### Game

An activity that one engages in complete competition and at the same time amusement or fun. Here the rules predominate over reason. Physical activity is a game in which the number of players, places of activities, environment, time tables are determined by the rules of the game.

In the game there is a matter of enjoyment, competition is also there. But Professionalism is missing here. Some more important definitions of the games are as follows-

When does play become a game? In terms of criteria, probably when it becomes repeatable, systematic and predictable.

Game can be defined as any form of playful competition, whose outcomes is determined by physical skill, strategy or chance, employed singly or in a combination.

A game is a system in which players engage in an artificial conflict, defined by rules that result in a quantifiable outcome". Salen & Zimmerman





Fig 4: Game

## Sports

The outcome of all these activities are determined on the basis of physical skills and strategies. When all these are governed by the appropriate organization with the help of long-term rules and regulations, they are sports. Professionalism is present at this stage of physical activity. Game has amateurism and sports has professionalism. Some more important definitions of the sports are as follows-

Sports are a highly ambiguous term having different meaning for different people. Sports are a word taken from Middle English language "Sporten" which means to divert.

Sports means turning aside, distraction or going away from ordinary schedule of life. In the present perspective, we can define sports as a structured, goal oriented, competitive, contest based, ludic physical activity.

According to Oxford dictionary "Sports" mean activity that you do for physical effort or skill, usually done in a special and according to fixed rules.

We can define two types of sports, such as amateurs & professionals.

### (i) Amateurs

An amateur sportsman takes part in sports, because of enjoyment and satisfaction. Taking part is more important than the result of the game or competition. They are not paid. Amateurs make their own decisions about sport. They choose to play. No-one can force them to take part. Sport is quite separate from their work. It is a leisure time activity.

### (ii) Professionals:

A professional sportsman is paid to compete in sport. Winning is all important. The more successful they are, the more money they earn. They usually get full time training and devote themselves fully to their sport. Sport is their work. They sign contracts and must take part in competitions.



Fig 5: Sports

Recreation, physical activity, play, game and sports are the important parts of Physical Education. So the origin and development of recreation, physical activity, play, game and sports have to be known by the physical educationist as well

as general people. These are divided into five eras for the convenience of discussion. The divisions are as follows:

1. Primitive and Medieval era (Until 1760 AD)
2. Pre-scientific and Industrial Revolution era (1760 to 1890 AD)
3. Scientific Movement era (1870 to 1925 AD)
4. Human Relation Movement era (1890 to 1950 AD) and
5. Amendment, Addition & Enlargement era (1950 to 2020 AD)

For physical education to be effective one must know its history. The impact of physical education on human society in the distance past and the history of its evolutionary trend are needed. Otherwise, it is not possible to prepare a suitable physical education plan and program for the present time. The success of composing a history of physical education are discussed sequentially below:

**Primitive and Medieval era (Until 1760 AD):** Although the story of prehistoric human

Civilization remains covered by the dark, people of that era have left some traces of their life without their knowledge. Millions of years ago, when the light of man appeared on the earth, long before that, other animals roamed here. People come after all animal but the important matter is that man first made the world habitable and livelihood by the successful use of intelligence. This world has been successful and blessed with the arrival of human beings. The glory of the world is declared by the human being. They salute the dust of the world with respect. The nature of the first age of the earth was not calm as it is today. There was no such discipline in the change of seasons.

Occasionally, the ground would burst under the pressure of an earthquake. The valley was often destroyed by volcanic lava flooding. Sometime the earth would be flooded by rain floods. People use to live in natural adversity like fire, lightning, snowfall etc. There were also ferocious beasts, was the ultimate blow to livelihood. After a long period, natural aggression came to end. Gradually, tropical zones and temperate zone began to appear on the earth. Peace began in human life. However, the search for food and protection from the attacks of wild animals was endless. During this time they hunted various wild animals for food and livelihood. For hunting required running, jumping, javelin throw and various type of physical techniques. So, in order to survive there were physical activities with people at that time. Play is one of the most primitive human instincts. So it can be seen that physical activities and play were associated with the people of primitive and medieval era. The ancient Olympic Games of this era began in 776 BC. This era marks the end of ancient Olympic Games after a period of twelve hundred years successful run.

**Pre-scientific and Industrial Revolution era (1760 to 1870 AD):**

The industrial revolution in Great Britain took place over these long hundred of years. In place of the manual labor of production, fancy machinery appeared. James Watt, Mardock, Adam Smith, Robinson Bolt, Robert Wayen are the proverbial men of this period. During this time, England, Germany, Italy, America and France developed there industry. At the same time quality of education improved and recreation gets another dimension. They become accustomed to physical activity. It is human instinct to play. In this era, people started games. The absence of "sports" can be noticed in this era.

**Scientific Movement era (1870 to 1925 AD):** This era is called the “age of science”. It is basically the beginning of science. The industrial revolution is the contribution of science. The use of science in other necessary works including industry of this era began. Although this is the era of science, there is negligible touch of science in recreation, physical activity, play, game and sports. Recreation, physical activity, play and game are present in this era but sports was not present. In 1880’s Dudley, A. Sargent mentioned hygienic, educative, recreative and remedial objectives of physical education.

**Human Relation Movement era (1890 to 1950 AD):** Although the human relation movement matured in the twentieth century, it began in the latter half of the nineteenth century. Most of the scholars who contributed to the development of the human relations movement during the period were behavioral scientists. During this time some scholars and researchers also expressed many thoughts on psychology and social science. At this time the leaders of the world began to turn the world into a Global Village. They realized that all countries must work together to improve the world. It is possible to work together if we can follow the same path. With this in mind, many leaders have tried to bring everyone on one platform. As a result, various international tournaments have been organized in the world during this period. The world’s first international football match was a challenge match played in Glasgow in 1872 between Scotland and England which ended in 0-0 draw. The first game held under the auspices of IOC was hosted in the Panathaic Stadium in Athens in 1896. The FIFA world Cup was first held in 1930, hosted by Uruguay and claimed the champion. The FIBA world cup was organized /conceived in Argentina in 1950. In the 1934 of this age, the committee on objectives of the American Physical Education Association listed five objectives <sup>[1]</sup> physical fitness <sup>[2]</sup> mental health and efficiency, <sup>[3]</sup> socio-moral character <sup>[4]</sup> emotional expression and control, and <sup>[5]</sup> appreciation. In 1948 J. B. Nash listed four development objectives <sup>[1]</sup> organic development <sup>[2]</sup> neuromuscular development <sup>[3]</sup> interpretive development, and <sup>[4]</sup> emotional development.

**Amendment, Addition & Enlargement era (1950 to 2020 AD):** From the growing trend of recreation, physical activity, play, game and sports can be seen that so far three main ideas have dominated in those literature. These are science, arts and commerce. Originally, this trend started in the middle of the twentieth century. Another new trend emerged through the revision of these main trends. And that is philosophy. Philosophy presents information through reasoning. Philosophy is the guide to truth. But philosophy has no entity of its own. The task of philosophy is expressing the form or characteristics of others. In this era various branches of science like, Science of Sports Training, Exercise Physiology, Sports Bio-mechanics, Sports Medicine and Sports Psychology have been added in recreation, physical activity, game and sports but not in play. The application of science to those who are overcoming the weakness of those subjects. The benefits are being added. These are being made easy for the common people to observe, understand and only doing good to mankind. Research, physical activity, play, game and sports will improve in future through a scientific approach to keep pace with the time. Later on, in 1965 the American Association for Health, Physical Education, and Recreation listed five major objectives: <sup>[1]</sup> To help children learn to move skillfully and effectively not only in exercise, game, sports, and dances but also in all active life situations <sup>[2]</sup>. To develop

individual may organize their own movements to accomplish the significant purpose of their lives <sup>[3]</sup>. To enrich understandings of space, time, mass-energy relationships, and related concepts <sup>[4]</sup>. To extend understandings of socially approved patterns of personal behavior with particular reference to the interpersonal interactions games and sports <sup>[5]</sup>. To condition the heart, lungs, muscles, and other organic systems to respond to increased demands by imposing progressively greater demands upon them.

### Conclusion

Socrates, Plato, Aristotle, Pythagoras and many other learned men came long before the birth of Christ. They have introduced many basic things in the world of knowledge. The earth is made habitable for human beings. During that time they introduced some kind of sports science. But it was very little. The people of the Primitive and Medieval era and Pre-scientific and Industrial Revolution era fought to the death in the battle of life and livelihood. At that time physical activity and instinctual play were man’s companions. Scientific Movement era, is the next era, life become relatively easy then. In this era, recreation and game have been added to people’s lives. At this stage, very little sports was added. People in the Human Relation Movement era and Amendment, Addition & Enlargement era realized that it was no longer possible to survive along. From than, human relations with tribes, region to region and country to country. Then later on it starts to increase. At this time recreation, physical activity, play, game and sports got an equal place in the society. The application of science began in those activities. Recreation and recreational equipment as a whole is easier and more accessible to people. In this way recreation, physical activity, play, game and sports was manifested in its glory.

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