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New trends and concepts in physical education and sports: An Indian outlook

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Abstract

Despite not receiving the attention it merits, physical education and sports are an essential component of the educational system. Even though it has been a component of the curriculum since the very beginning of education, neither academicians nor students nor educational administrators have ever taken it seriously. Only in physical education are you allowed to converse while playing or performing. The average public's conception of physical education is one of large circles, nonstop play, and no labour. In one of his speeches, Abraham Lincoln reportedly said, "Sportsman is the finest Ambassador of the Nation". As a result, the director or teacher of physical education can serve as our institution's or universities finest ambassador. Currently, as compared to prior times, we can try to develop the entire discipline in physical education and sports, one must overcome obstacles and fight to improve the structure and infrastructure status in the area. This is due to the loss of physical education in schools today.

Keywords: Physical education, sports and Obstacles

Introduction

One of the crucial metrics and a crucial component of education in every nation at any period is physical education and sports. As a result, each nation should attempt to establish a framework for an action plan to promote and improve physical education and sports. Contrarily, sports are being gravely undervalued inside the educational system while seeing a remarkable surge in the media spotlight around the globe, especially in India. The growth of physical education in a nation is promoted by the physical education act, which also provides resources for the country and aids in the creation of an assessment system for educational advancements. Currently, in comparison to past years, we may observe a drop in physical education in the classroom. In order to build the general discipline in physical education and sports, one has to overcome the obstacles and struggles to enhance the structure and infrastructure status in the area.

Present status of physical education and sports

Despite attempts by member States to advance physical education and sports through international collaboration, concerns about the subject's unique qualities and value to education persist. Given the societal significance and media coverage of sports, the results of physical education and sports were concerning (especially within the school system). Its effects may be observed in the public authority for physical education and sport's trend toward high-performance and media-friendly sports (at a national level, across the public and private system). An important illustration of the need for a clear division between the ministries of education and youth affairs and sports.

The Physical Education World Summit was held in Berlin to discuss the state of physical education and sports. This effort was sparked by studies indicating the increasingly precarious state of physical education and sports in many nations. The following important conclusions were drawn from a global comparative research that gathered data and literature from around 120 different nations.

- a) Less time is allotted for physical education in the educational programme.
- b) Budget cuts combined with insufficient human, material, and financial resources.

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- c) The subject is in a low status situation.
- d) Many nations lack adequate training for teachers.
- e) Current physical education regulations are not correctly implemented.

Need of the innovative minds in the fields of physical education

The relationship between physical education and sports is preserved through physical education and sports. The reciprocal guarantee emphasised the principles of as a result, it is vital to view physical education and sports as an inherent aspect of education in all schools and colleges in a nation, where sports should be mandatory starting in elementary school and continuing through college. In reality, a quality education includes teaching the fundamentals of life skills, such as how to:

1. Motivate oneself, be creative, and solve problems.
2. Use interactive tools (communication, physical, and IT tools).
3. Join and coexist in socialist different groups.

Physical education and sports are specifically capable of fostering all of these life skills that are based on a board. It follows that international organisations, state governments, and municipal authorities must aggressively encourage physical education and sports. To advance the cause of physical education and sports, the educational community must coordinate and simplify these activities. As part of the effort to enhance the state of physical education and sports throughout the world, this will entail aiding in the restoration of the balance between them in the educational system.

Physical education and sports: An Indian context

Even though it has never received the attention it deserves, physical education and sports play an essential role in the educational system. Even though it has been a component of the curriculum since the very beginning of education, neither academicians nor students nor educational administrators have ever taken it seriously. Only in physical education are you allowed to converse while playing or performing. The average public's conception of physical education is one of large circles, nonstop play, and no labour. In one of his speeches, Abraham Lincoln reportedly said, "Sportsman is the finest Ambassador of the Nation." As a result, the Director or Teacher of Physical Education can serve as our institution's or University's finest ambassador.

The real definition of physical education

Physical education is difficult to define since it encompasses so many various types of occurrences and has such a broad definition that implies different things to different individuals. According to a commenter, physical education is whatever that physical educators do. According to J. P. Thomas, physical education is instruction through physical activities to help children develop their entire selves, finding fulfilment and reaching their full potential in body, mind, and spirit. These definitions have many components in common even if they emphasise certain characteristics in quite different ways. Some of them might include: A component of the whole educational process is physical education. It is the culmination of all experiences and the corresponding reactions. Knowledge gained these reactions came about as a result of engaging in strong physical activity. The true goal of physical education is the holistic development of the individual, including their physical, mental, social, and moral

well-being. The situation is identical to general education.

The one area of schooling that may not have received enough emphasis in the Indian setting is physical education. That's probably because we've been content with what the British gave us and haven't demanded anything more.

Genuine attempts on our side to create any practical and comprehensive physical education programmes that are uniquely suited to our circumstances. The academic aspects are constantly emphasised, whereas the physical parts are mostly unaffected. Because of this, a growing number of Indians are ignoring their bodies, comparing physical education to physical training, whose physical fitness is below par, and who are becoming more and more "soft".

The maintenance and improvement of the health of the students in our schools and colleges is one of the key goals of any physical education activity. Additionally, the School has a duty to ensure that all students attain and maintain optimal health, not just from a moral standpoint but also because an individual's educational experience would be significantly more meaningful if they are in optimal condition. When a youngster is healthy, learning comes to him more easily and effectively. Activities that promote or harm one's health often have a lot to do with one's ideals. Unfortunately, a lot of people have "value diseases," meaning they are aware of what they should be doing to be healthy but choose not to. Even though they are aware that smoking tobacco increases the risk of developing lung cancer, they continue to smoke. They are aware of how drinking impairs driving, but they continue to do so when intoxicated. They understand the need of consistent exercise in managing their weight, but they don't do anything to change their sedentary lifestyle. Authorities in education, health, and medicine have long understood the necessity for an Activity for Physical Education is planned into the school curriculum. The foundation of proper habits, attitudes, and appreciations toward all physical activities, including play, are laid during the formative and quickly developing period of elementary school age, and desirable citizenship traits are acquired, so that in adulthood he will be equipped with the knowledge, sound thinking processes, physical stamina, and emotional maturity live effectively in an ever-changing and highly complex society. In this regard, educators have a key role to play in properly addressing this situation. An intellectual pursuit is the devil's factory, so the saying goes.

Conclusion

The idea of three dimensions should guide us in our job. Discipline, devotion, and resolve. The actual riches of the country is its youth. Youth involvement is essential for the success of any programme.

Therefore, to ensure the development of physical fitness and learn skills in sports and games that have transferable value, an individual should regularly engage in games, sports, and different exercise programmes. This will enable him to lead a happy, enjoyable, and healthy life as a member of society.

On the other hand, society should give its people adequate opportunity to participate in activities of their choosing and therefore improve or maintain their level of physical fitness. Excellence in sports cannot advance until the "General Standard of Health" improves. In order to assure "Improvement of performance in competitive sports" physical education and sports programmes should focus on "Health Related" and "Performance Related" areas. Therefore, the goal of physical education is to encourage the methodical, all-around growth of the human body by scientific methods.

Therefore retaining exceptional physical fitness to accomplish one's dearly held life goals. Therefore, any organisation of physical education should begin with fostering a positive attitude and sense of self-worth among physical educators themselves. This will help them realise that physical education does not need to be an afterthought in schools or colleges, but rather that it should be expanded into classrooms where it can become the focal point or hub of the educational system.

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