

## UNIT- 1

# Changing Trends and Career in Physical Education

### Meaning and Definition of Physical Education

Physical Education is composed of two words 'Physical' means body and 'Education' means modification of behavior thus means Education through the medium of physical Activities. It aims on overall development of human being through participating in various games and sports activities. Modern Physical Education was started in 18<sup>th</sup> century in Germany. Where Physical Education was an integral part of School Curriculum, since then many changes have taken place and various aspects have emerged with time.

### Definitions of Physical Education:

In fact the basis of physical education is difficult and very broad with changing time, its meaning also kept changing

According to Charles A Bucher, "physical education is an integral part of total education process and has its aim in the development of physically, mentally, emotionally and socially fit citizens through the medium of physical activities which have been selected with a view to realize these outcomes."

"Physical education is the sum of changes in the individual caused by experience which can bring in motor activity."

Physical education has been defined in different ways by experts and institutes in this field.

These are as follows:

"Physical education is that phase of education which deals with big muscle activities and their related responses." —J.B. Nash

"Physical education is that phase of education which is concerned, first, with the organization and leadership of children, in big muscle activities, to gain the development and adjustment inherent in the activities according to social standards, and second, with the control of health or growth conditions naturally associated with the leadership of the activities so that the educational process may go on without growth handicaps." —Clark W. Hetherington

"Physical education is an integral part of the total educational process and has as its aim the development of physically, mentally, emotionally, and socially fit citizens through the medium of physical activities which have been selected with view to realizing these outcomes." — Charles A. Bucher

"Physical education is education through physical activities for the development of the total personality of the child to its fullness and perfection in body, mind and spirit." —Central Advisory Board of Physical Education and Recreation

### Aim and Objectives of Physical Education:

Aim is the ultimate one, i.e., all-round development of an individual. The means and ways we

adopt to achieve our aim are called objectives and those are:

Physical development

Mental development

Social development

Emotional development

Spiritual development

Emotional Development

Objectives:

- **Physical Development:** The main objective of physical education is physical development. Physical education is related to several physical activities. When we do any physical activity, it effects our different body systems— blood circulation, respiratory system, muscular system, digestive system, etc. It results in the development of the size and shape of organs. It is helpful to make body healthy and strong. If our body systems are fine and healthy, only then we shall be able to do our work efficiently and be safe from several disease like high blood pressure, diabetes, obesity and arthritis. For e.g., Running increases the heart rate, which helps the blood to flow efficiently through the whole body.
- **Mental Development:** This objective is related to mental development. There should be some activities in physical education which keep our brain alert and concentrated. Now-a-days, physical education is not related to physical exercises only but it also includes rules of game, principles, structures of body, personal cleanliness, etc. These physical activities sharpen the brain. By taking part in physical activities a person learns to tackle various situations. During sport many situations occur in which player takes his/her self-decision. So, this results in their mental development and decreases the stress level.
- **Social Development:** This objective of physical education is related to social skills which are helpful in coordination. During a competition, players of different region come together on single platform. So, they learn cooperation, support, respect, good sportsmanship, etc. through these skills, players can make their nation healthy and strong.
- **Emotional Development:** The objective of physical education is to make an individual emotionally develop through physical activity. A man is endowed with different emotions like happiness, jealousy hope, despair, joy, fear, loneliness, weal and woe, etc, If they do not control these emotions, thus there will be no place for them in the society, which can be harmful for them. Physical education programme develop these emotions and teach us to control them.
- **Spiritual Development:** The objective of physical education for an individual is to reflect

time to evaluate their experiences to allow them to build a positive mindset and promote progression.

### Career Options in Physical Education

The opportunities in the field of physical education were teaching and training only till 1990. There are ample employment opportunities for people in the field of physical education due to increase in interest towards training and increase in number of activities. There are two types of career options in physical education. The first kind is related to teaching and training of physical education. These are called traditional careers also. The second kind is related to the careers when emerge out of it related to health, management, sports performance and media. Their descriptions are as follow:

**Sports journalism:** Through sports journalism we mean that we can gather information regarding all sports activates and to collect different types of material required for physical education. Such physical education teachers who have skill in communicating by oral or writing can avail the career option in the field of sports journalism.

**Health related careers:** In the modern world, people are more aware of their health-related issues. Each and every person is awake to his health. He remains to be hale and healthy. He wants to adopt a healthy life style. So, there is an increase in job opportunities in health-related careers in field of physical education. The number of health and weight control clubs has increased tremendously. The field related to health career is athletics training.

**Teaching career in physical education:** Physical education has traditional been declared as a professional field. Appropriate career offers many rewards to the teachers whether they are engaged in elementary school middle schools. High school, senior secondary schools, College or universities. This career is usually considered to have many benefits. The teacher, in the field of physical education has deep respect among the students because he makes a good contribution to society this career provides internal satisfaction

- Elementary School
- Middle School
- High Secondary School
- College and university

These are teaching opportunities in the field of physical education at different rules.

**Book writing:** Career opportunities are widely available in book writing in the field of physical educations and sports, especially in India. As a matter of fact, there is shortage of books on physical education and its allied subjects in India. Some physical educators, who have deep knowledge of various sub-disciplines of physical education, such as sports biomechanics, sports sociology, sports medicine, exercise physiology, research methods, sports psychology, sports philosophy, sports pedagogy, sports management and various sports, may write textbooks as part time careers.

**Sport Industry:** Careers are also available in sports industry. A person, who wants careers in sports industry, must have the knowledge of physical education and sports. One may establish a sports industry at a small scale. It may be related to only T-shirts and Track suits. It may be related to only sports footwear. The knowledge of research and designing is also vital for such jobs, because new types of sports equipment's and new types of tracksuits or swimsuits which are beneficial for increasing the performance of sportspersons are always in demand.

### Competition in Various Sports at National and International Level

#### Introduction

India is home to a diverse population playing many different sports. Field Hockey is the most successful sports for India at Olympics in which India has won eight Olympic gold medals. Cricket is most popular sport in India. Kabaddi is most popular indigenous sport in the country. Other popular sports in India are Athletics, Badminton, Judo, Football, Basketball, Chess, Shooting, Wrestling, Boxing, Tennis, Squash, Weightlifting, Gymnastics and Table- Tennis. Some indigenous sports like Kho-Kho and Kabaddi are very popular. Some other sports were originated in India Such as Chess, Leg Cricket, and Snooker are also very popular.

The National Games of India is a national domestic sports event organization which has been held in the country since 1924 and for developing multi-sports culture in India. Khelo India School Games, an event for Under-17 School Kids, had been started from 2018 as its first edition.

Political responsibility for sport in India is with the Ministry of Youth Affairs and Sports, which is headed by a cabinet minister and managed by National Sports Federations. The only major exception is the BCCI which is the administrative body of Cricket but not a NSF. Presently, there are more than 70 recognized National Sports Federations (NSF).

Sport Authority of India, the field arm of the ministry, supports and nurtures talent in youth and provides them with requisite infrastructure, equipment, coaching, facilities and competition exposure. Sir Dorabji Tata with the support of Dr. A.G. Noehren established the Indian Olympic Association (IOA) in 1927. IOA is responsible for the Indian continent's participation in the Olympic Games, Commonwealth Games, Asian Games and South Asian Federation Games. Each Olympic and Non-Olympic Sport has a federation at the national level.

#### Major Responsibilities of National Federations

1. To Select the National Teams.
2. To recommend the Indian Olympic Association (IOA) for official sponsorship.
3. To participate in games conducted under the auspicious of the International Olympic Committee (IOC), Olympic Council of Asia (OCA), Commonwealth Games Federation (CGF) and South Asian Games (SAG) Federation
4. To supervise the conduct of State Associations under them.

5. To promote the sport and maintain the decorum of the game.
6. To ensure coordination among state sports.
7. To prepare budget for respective sports.
8. To recommend the names for awards like Rajiv Gandhi Khel Ratna Award, Arjuna Award and Dronacharya Award for excellence in sports.
9. To elect the governing body at regular period.
10. To follow the latest rules of international federations.

### Khelo India Program

#### Introduction

The importance of sports and fitness in one's life is invaluable. Playing sports inculcates team spirit, develops strategic and analytical thinking, leadership skills, goal setting and risk taking. A fit and healthy individual leads to an equally healthy society and strong nation.

Sports are an extremely important component for the overall development of our nation. India, in the last five years has made steady progress in the field of sports. This tremendous potential needs to be showcased at a global platform. It's time we inspire young talent, give them top notch, infrastructure and training of the highest level. We need to inculcate a strong spirit of participation in sports that enables players to demonstrate their true potential. Only then can India realize its dream of becoming a sport super power.

The Khelo India Program has been introduced to revive the sports culture in India at the grass-root level by building a strong framework for all sports played in our country and establish India as a great sporting nation.

To accomplish the above objectives, Khelo India Program has been divided into 12 verticals, namely-

- Play field development
- Community coaching development
- State level Khelo India centers
- Annual Sports Competitions
- Talent search and development program
- (vi) Utilization and Creation/Upgradation of Sports Infrastructure
- Support to National/Regional/State Sports Academics
- Physical fitness of school children
- Sports for Women
- Promotion of Sports amongst people with disabilities
- Sports for peace and development
- Promotion of rural and indigenous/tribal games

Talented players identified in priority sports disciplines at various levels by the high-powered committee will be provided annual financial assistance of "INR 5 Lakhs per annum for 8 years".

Khelo India school games, which are a part of the Khelo India Program, are first being held from 31st January to 8th February, 2018 in New Delhi. Under-17 athletics have been invited to participate across 16 disciplines, which are as follows:

(i) Archery (ii) Athletics (iii) Badminton (iv) Basketball (v) Boxing (vi) Football (vii) Gymnastics (viii) Hockey (ix) Judo (x) Kabaddi (xi) Kho-Kho (xii) Shooting (xiii) Swimming (xiv) Volleyball (xv) Weightlifting (xvi) Wrestling

Khelo India Program meaning play India youth games, held annually in January or February, are the national level, multidisciplinary grassroots games in India's held for under-17 years school students. Every year best 1000 students will be given an annual scholarship of INR 5,00,000 for 8 years to prepare them for the international sporting events.

First event – 2018 Occur every – Annually Last event – 2019 Headquarters – New Delhi Purpose Grassroots level talent hunt In First Khelo India games small state of Haryana (102 medals including 38 gold, 26 silver and 38 bronze) which is considered a sports powerhouse was the top team in 2018, followed by Maharashtra (111 medals including 36 gold) and Delhi (94 medals including 25 gold).

History

On 31st January, 2018 the Prime Minister Narendra Modi, inaugurated Khelo India school games at the opening ceremony based on Guru-Shishya tradition held at Indira Gandhi Stadium, New Delhi.

Selection Criteria

Only selected school kids below the age of 17 years are eligible to compete in the individual sports. Top sports person from the school games federation of India National School Games. 4 nominations from federation, one from Central Board of Secondary Education, one from the host state and one from the organizing committee will be selected. For Archery, Badminton and Shooting, the top 16 from the National School Games, 8 nominations by the federation, one from CBSE, one from host slate, one from organizing committee, and 6 from wild cards will be selected.

Aim of the Khelo India Program

“To make popular the rural, indigenous and the Tribal sport/Games to disseminate information and pique the curiosity of the present generation about these games and also to encourage children and youth to take up these games in a major way, paving way for their mainstreaming.

Objectiveness of Schemes

To encourage, promote and popularize the indigenous sports and games and those played in the rural and tribal areas of the country.

