



ROLE OF PHYSICAL EDUCATION AND SPORTS IN SOCIETY

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Introduction:

Physical Education and Sports forms an important part of educational system even when it never received the importance it deserves. Even though it is include as part of the curriculum from the early stages of education, it has never been taken seriously by the educational administrators, the academicians and the students.

Physical Education is the only profession where you talk as well as play/perform. The concept of Physical Education in the mind of general public is big round, play & play and no work.

Abraham Lincoln quoted in one of his address, "Sportsman is the best Ambassador of the Nation." Hence, the Physical Education Director/Teacher can also be the best Ambassador of our Institution/University

Physical Education:

The problem of defining Physical Education is not only that the term is broad based and complex, including so many kinds of phenomena, but also it means different things to different people. Someone has suggested that Physical Education is whatever Physical Educators do.

J P Thomas sums up that Physical Education is education through physical activities for the development of total personality of the child and its fulfilment and perfection in body, mind and spirit. Even though this definition differs significantly with regards to emphasis on different aspects, they still have many common elements. Some of them may be noted as:

Physical Education is a phase of total Education process. It is sum of total experience and their related responses. Experience grown and responses developed out of participation in big muscular activities.

All-round development of individual' Physical, Mental, Social, Moral is the real aim of Physical Education. It is the same as in general education.

In the Indian context, Physical Education is perhaps the only aspect of education which has not been given due attention. That is due, most probably to the fact that we have remained satisfied with that

the British have handed over to us, with no sincere efforts on our part to prepare any concrete and far-reaching programme for Physical Education specially suited to our conditions.

We have ever-stressed the academic aspects, the physical one being relatively untouched. This has resulted in an increasingly large number of Indians who are neglecting their bodies, to whom Physical Education is similar to physical training, whose physical fitness is not what it should be they are getting 'soft'. One of the main objectives of any Physical Education activity is to maintain and improve the health of the youngsters in our school and colleges. And the School has the responsibility to see that all students achieve and maintain optimum health, not only from a moral point of view, but from the standard point that educational experience will be much more meaningful if optimum health exists. A child learns easier and better when he is in a state of good health.

Even ones' values have much to do with health building and destroying activities. Unfortunately, a large number of people suffer from 'value illnesses', i.e. they know what they are supposed to do to keep well, yet they fail to do so. They know that tobacco smoking can cause death from Lung Cancer, even then they do not give up smoking. They understand how alcohol affects the driving ability, yet they drive in a state of drunkenness. They appreciate the role of regular exercise in weight control, yet they do little to alter their sedentary way of living.

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Education and health & medical authorities have therefore, long recognized the need for a programme of director Physical Education activities in school curriculum. It is during the formative and rapidly growing period of elementary school-age that foundation of proper habits, attitudes and appreciations toward all physical activities, including play is laid and desirable citizenship traits acquired, so that in adulthood he will be equipped with the knowledge, sound thinking processes, Physical stamina and emotional maturity to live effectively in an ever-changing and highly complex society. In that respect, teachers bear a major responsibility in answering that challenge effectively. It is said, "An idle mind is the devil's workshop".

Need of Study Physical Education and Sports:-

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 a vehicle of 'escape' more than an avenue of education. A sport has been viewed as a distraction from the trials of everyday life. Ask some friends why they are involved in sports. The response will probably have something to do with "fun" or "enjoyment"

Analysis:

Every College/University should have an Elective Subject of Physical Education, if not compulsory, where 60% stress should be given to theory and 40% to practical.

Another viewpoint is that all the first year students should undergo a minimum Physical Education programme like National Physical Fitness Test, otherwise they will not be given the degree.

We should have colleges of Physical Education with 4 to 5 years degree course, like Indian Institute of Physical Education and Sports Science (IIPES).

Physical Education and Sports are seen not merely as a playground but also as a laboratory in which the theories of each discipline may be tested/or as a phenomenon whose worthiness value, and effect on people and society must be continually scrutinized.

Recommendations:

Revision & Reconstruction of Physical Education syllabus in context with need of Society. Periodical Refresher course for Physical Educational personnel by an unified agency. Updating and Upgrading of the subject and related area in collaboration with top Educational & Physical Education bodies. Strict implementation and follow-up of the prescribed Physical Education standard. An honest and sincere appraisal system for total evaluation and feedback. The academic study of Physical Education and Sports may be as stimulating and fun as experience as one's actual participation in sports. Once the rule, subject matter, and 'spirit' of both games are understood, they may be equally rewarding. General Education is for the masses, so also Physical Education. 'Recreation' is an important as 'reading', 'writing' and 'arithmetic', in the life of common man. Physical activities do the garb of 'Physical Education' when the focus is on the means used, namely, big muscles, 'Recreation' when the focus is on 'life is worth living' (joyful) attitude or use is leisure time.

Conclusions:

In our profession we should follow the concept of 3'D'. Discipline, Dedication & Determination. Young people are the real wealth of the nation. No programme is successful without the

participation of youth. Therefore, to enable an individual to lead happy, enjoyable and healthy life as a member of society, he should regularly engage in games and sports and different exercise programmes to ensure development of Physical Fitness and learn skills in sports and games, which have a carryover value. Society on the other hand should provide enough opportunities to its members so that they may engage themselves in activities of their own choice and thus develop or maintain the level of Physical Fitness.

Unless there is improvement in the 'General Standard of Health', excellence in sports cannot improve. Physical Education and Sports activities in educational institution should aim at 'Health Related' and 'Performance Related' areas so as to ensure 'enhancement of performance in competitive sports'.

Physical Education thus consists in promoting a systematic all-round development of human body by scientific technique and thereby maintaining extraordinary Physical Fitness to achieve one's cherished goals in life. Hence any organization of Physical Education should start with developing a positive attitude and self-confidence among Physical Educators themselves and make them feel, Physical Education need not exist in the periphery of the schools/colleges, but should extend itself to the classrooms and become the focus or central point of Educational System.

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