

# PHYSICAL EDUCATION AND CONCEPT OF SPORTS IN INDIAN SOCIETY

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## **Abstract:**

Physical Education & Sports form an integral part of the educational system even when it never received the importance it deserves. Even though it is included 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 general public's mind is big round, sport & recreation and no work. In one of his addresses, Abraham Lincoln quoted, "Sportsman is the best Ambassador of the Nation." Hence, the Physical Education Director/Teacher can also be the best Ambassador of our Institution / University. Compared to earlier years and now we can come across the decline of physical education in education compared to the present, one needs to overcome the hurdles and battles to improve the structure and infrastructure status in around to develop the overall discipline in physical education and sports.

**Keywords: Concept, Sports, Physical education, Indian Society.**

## **1. Introduction**

Physical education and sports are essential yardsticks and an integral part of education in every country at any time. As a result, each nation should strive to provide a basis for an action plan to promote and improve Physical Education and Sports. Surprisingly, sports are seeing a meteoric rise in popularity in the media spotlight worldwide, including in India. Simultaneously, it is severely undervalued in the educational system. Physical education acts as a resource provider for the government and the implementation of an assessment framework of educational innovations, and it promotes physical development education in society. When compared to previous years, we will see a deterioration in physical fitness in education. To conquer the obstacles and battles to strengthen the system and infrastructure condition of the surrounding area, we must overcome the challenges and battles to build the overall discipline in physical education and sports.

## **2. Present status of physical education and sports in the new era.**

Despite attempts by member states to encourage and improve Physical Education and Sports through international cooperation, its unique existence and educational value remain a source of concern. Given the social importance and media attention of athletics, Physical Fitness and Sports proved troubling (particularly within the educational system).

Its influence can be seen in the movement of Physical Education and Sport Public Bodies toward high-performance and media-friendly activities (at a national level, across the public and private system). The lack of proper distinction between the Ministries of Youth Affairs and Sports and the Ministries of Education is a good example. The status of Physical Education and Sports convened the Physical Education World Summit in Berlin. This initiative was prompted by reports revealing the increasingly critical Physical Education and Sports situation in many countries. A worldwide comparative study collects data and literature for nearly 120 countries with significant findings.

- a) Reduced time devoted to Physical Education in Educational Programmed.
- b) Reduced budgets plus inadequate financial, material and staff resources.
- c) The subject suffers from low status.
- d) In many countries, teachers are not adequately trained.
- e) Existing Physical Education guidelines are not correctly applied.

### **3. Creative mind and thoughts which bring out the role of physical education and sports in the present globalization**

Physical Education and Sports preserve the vital clue that exists between Physical Education and Sports. The reciprocal guarantee highlighted the provisions as such. It is necessary to consider Physical Education and Sports as an intrinsic part of education in all schools and colleges in a country, where sports should be compulsory from elementary to college. Quality education involves dispensing the essential requirements of life skills, i.e. learning to:

- (i) Self-motivation, creativity and problem solving
- (ii) Use interactive tools (communication, physical and IT)
- (iii) To join and live within diverse socialist groups.

All these Board- based life skills are precisely what Physical Education and Sports can develop. Therefore, international organizations, state governments, and local authorities must actively promote Physical Education and Sports. The field of education must coordinate and streamline these efforts to defend the cause of Physical Education and Sports. This will include helping to redress the balance of Physical Education and sport in education in its drive to improve Physical Education and Sports worldwide.

### **4. Physical education & sports in Indian society**

Physical Education & Sports form an essential part of the educational system even when it never received the importance it deserves. Even though it is included 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 general public's mind is big round, sport & recreation and no work. In one of his addresses, Abraham Lincoln quoted, "Sportsman is the best Ambassador of the Nation." Hence, the Physical Education Director/Teacher can also be the

## 5. Physical education defined

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 to develop the total personality of the child and its fulfilment and perfection in body, mind and spirit. Even though these definitions differ significantly regarding emphasis on different aspects, they still have many common elements. Some of them may be noted as: Physical Education is a phase of the total Education process. It is the sum of the entire experience and their related responses. Knowledge has grown, and responses developed out of participation in significant 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 that has not been given due attention. That is due, most probably, to the fact that we have remained satisfied that the British have handed over to us, with no Sincere efforts to prepare any concrete and far-reaching program for Physical Education especially 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 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, many 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. Therefore, education and health & medical authorities have long recognized the need for a program of director Physical Education activities in the school curriculum. It is during the formative and rapidly growing period of elementary school-age that the 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 live effectively in an ever-changing and highly complex society. In that respect, teachers bear a significant responsibility in answering that challenge effectively. It is said, "An idle mind is the devil's workshop".

## 6. Suggestions & Recommendation

- 1) Revision & Reconstruction of Physical Education syllabus in context with the need of society.
- 2) Periodical Refresher course for Physical Educational personnel with a unified agency.
- 3) Updating and Upgrading of the subject and related area in collaboration with Educational & Physical Education bodies. Strict implementation and follow-up of the prescribed Physical Education standard.
- 4) An honest and sincere appraisal system for total evaluation and feedback.
- 5) The academic study of Physical Education and Sports may be as stimulating and fun as an experience as one's actual participation in sports.
- 6) 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.
- 7) 'Recreation' is as essential as 'reading', 'writing' and 'arithmetic' in the ordinary person's life. 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.

## 7. Conclusion:

We should adhere to the 3 'D' philosophy of discipline, dedication, and determination in our career. Young people are the nation's accurate resources. Youth attendance is essential to the effectiveness of every initiative. As a result, for a person to live a comfortable, fun, and healthier life as a part of society, he should regularly participate in games, athletics, and various forms of exercise. Programmers to ensure the development of Physical Fitness and learn skills in sports and games, which have a carryover value.

On the other hand, society 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 institutions should aim at 'Health Related' and 'Performance Related' areas to ensure 'enhancement of performance in competitive sports. Physical education thus consists in promoting systematic all-around development of the human body of scientific technique. And thereby maintaining great 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 to the classrooms and become the focus or central point of the Educational System.

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