

ACADEMIC APPROACH TO PHYSICAL EDUCATION

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Abstract:

A new approach to physical education has been introduced and this new approach has been classified as an 'Academic approach to physical education' This new approach of physical education relates to such concepts as academic achievement, learning and knowledge, as well as to skill and physical well-being.

Physical education provides opportunities for students to gain current knowledge of physical fitness facts, healthful living practices, leisure time pursuits, stress management techniques, and to receive instruction in the skills necessary for successful participation in activities necessary for optimum health and physical efficiency.

The profession is based on the philosophy that physical education is an academic discipline, an essential portion of the General Education process. Further, the physical education curriculum is centered on the concept that movement skills, intellectual development, physical fitness and healthful living practices are elements of life that must be taught and reinforced. Specific knowledge, skills and practice techniques that best benefit the student do not just happen. Instruction, analysis and evaluation by a credentialed professional is essential for implementing this philosophy.

Key words:- Profession, Philosophy, Physical Education, Efficiency.

Introduction:

Physical education provides opportunities for students to gain current knowledge of physical fitness facts, healthful living practices, leisure time pursuits, stress management techniques, and to receive instruction in the skills necessary for successful participation in activities necessary for optimum health and physical efficiency.

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In the past physical education has achieved only low educational status and a low degree of academic responsibility because it has emphasized the physical rather than the academic aspects and that physical education has been “too far removed from the main educational stream”. Physical education must be identified as an important part of the education of each student.

A new approach to physical education has been introduced and this new approach has been classified as an `Academic approach to physical education` This new approach of physical education relates to such concepts as academic achievement, learning and knowledge, as well as to skill and physical well-being.

Academics:

A Brief History:

During the latter part of the 1800`s In 1952 Charles Bucher ,described a ten-week course at the normal institute of physical education in Boston.

A one year course of study was developed in 1866 in New York City under the name of the North American Turner bund.

In 1886 the Brooklyn Normal school for physical education was opened.

The poor condition of many of the men in the country who were called to serve in the war heightened interest in physical education. As a result of such concerns, there was some form of compulsory public school physical education in the thirty-eight states by 1930.

Origin:

Academia is a collective term for the scientific and cultural community engaged in higher education and research taken as a whole. The word comes from the **akademeia** just outside ancient Athens, where the gymnasium was made famous by Plato as a center of learning.

Definition:

The term “Academic” is a division of an academic year, during which a school, college or university holds classes. These divisions may be called **asterms**.

Meaning:

An **academic discipline** or field of study is a branch of knowledge that is taught and researched as part of higher education.

Physical Education as an academic Programme:

The mission of the Physical Education Instructional Program is to provide the Yale Community and guests with a comprehensive set of learning experiences in sport, exercise, dance and physical wellness within an elective format. The scope of the program is broad and provides depth and variety of instruction appropriate for all levels of ability.

The unique contributions made by the Physical Education Instructional Program to the concept of “body and mind in balance” are rooted in the program’s diversity, its universal accessibility to the Yale Community, and its presentation of opportunities for physical activity in the absence of a strictly competitive format. We encourage all members of the Yale Community to experience the joy and personal enrichment that these wonderful programs can offer to one’s life.

Physical activity, sport and recreation programmes are delivered in many locations including home from infancy, schools through university; the work place; and communities. The adult engages in physical activity through the time immemorial for health cultural and social purposes.

Goals and Objectives

Goals

- Physical Education will develop the WHOLE child in EVERY child
- The physical educators will serve as role models, and demonstrate knowledge of health, physical education and wellness
- The physical education classes will provide a variety of activities which will motivate the students and increase participation

Objectives

- The physical education program will allow the students to participate in developmentally appropriate activities
- The physical education program will develop and reinforce cooperative behavior
- The physical education program will teach the students to establish lifelong fitness goals

Benefits

- Improved physical fitness
- Skill and motor skills development
- Provides regular, healthful physical activity
- Teaches self discipline
- Facilitates development of student responsibility for health and fitness.
- Influence moral development, leadership, cooperate with others
- Stress reduction – an outlet for releasing tension and anxiety

- Strengthened peer relationships
- Physical education can improve self-confidence and self-esteem
- Respect - PE helps you respect your classmates, teammates, and your body
- Experience in setting goals
- Improved academics

Conclusion:

The existing situation in this country could well have resulted from the poor physical education programme that has been offered at the high school and college level in the past emphasizing the physical rather than the academic aspects of physical education. An important decision must therefore be made with regard to what materials should be included in college courses.

Physical Education as a discipline must provides opportunities for students to gain current knowledge of physical fitness facts, healthful living practices, leisure time pursuits, stress management techniques, and to receive instruction in the skills necessary for successful participation in activities necessary for optimum health and physical efficiency.

Specific knowledge, skills and practice techniques that best benefit the student do not just happen. Instruction, analysis and evaluation by a credentialed professional is essential for implementing this philosophy. Physical Education must be identified as an important part of the education of each student`

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