



Suggestion to promote excellence in physical education and sports in India

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Abstract: The promotion of excellence in physical education and sports is critical for the development of a healthy and prosperous society. In India there is need for concerted efforts to enhance physical education and sports in schools, colleges and universities to ensure the future generation of citizens is physically fit and able to excel in sports. To achieve this goal, it is essential to have a well structured physical education curriculum that includes a variety of sports activities for the students to participate in sports competitions. Additionally there should be adequate funding for the development of infrastructure, the training of coaches and the provision of sports equipment. The government should also encourage the private sector to invest in sports and establish partnership with sports organization to promote sports activities at grassroots levels. Sports incentives and financial support should be provided to talented athletes to ensure that they receive the necessary support to reach their full potential. Finally it is important to raise public awareness about the importance of physical education and sports through media campaigns, public events and community outreach programs. By promoting the culture of physical activity and sports, India can create a healthier and more vibrant society with citizens who are better prepared to complete in globalized world.

Key Words: Excellence, Physical education, Sports, curriculum, Activities, Promoting

Introduction: The promotion of excellence in physical education and sports is critical for the development of a healthy and prosperous society. In India there is need for concerted efforts to enhance physical education and sports in schools, colleges and universities to ensure the future generation of citizens is physically fit and able to excel in sports.

Physical Education is an integral part of total education program which is considered with growth, development and education of children through the medium of big muscle activities. Sports, games and physical fitness have

been vital component of our citizen, as is evident from the existence of highly evolved system of yoga. The internal relationship between sports and games and human quest for excellence was recognized since the inception of human civilization. Games and sports keep us healthy and refresh our wavy minds. It also gives us wisdom. It develops a spirit of cooperation, tolerance determination, confidence and many more qualities in human. An ideal player has no ill-will against anyone. In nutshell games can help in making good citizen. Our education is incomplete without sports. Sports means physical fitness, mental alertness and personality enhancement. On the other hand physical education and sports develops attitude, values, skills, knowledge and understanding for the lifelong participation in society. Although sports and physical education is very important in modern era, but the investment made by most of the states in sports has been negligible; few states have shown the way of high priority to sports. It is estimated that from young population round figure from 77crore only 5 corer youngsters are involved in sports. But each and every person should be involved in sports because if we have young nation, our youth should get manifested in the field of sports as well. Sports not only help in physical fitness but also develop cognitive skills, emotional intelligence, and teamwork and leadership qualities. In India, physical education and sports are often neglected in schools and colleges. To promote the excellence in physical education and sports we, our society and government should follow some steps to encourage the sports. However, with the increasing awareness of the importance of sports it is necessary to promote excellence in physical education and sports. In India we have lot of talent of sports but children need encouragement and facilities etc. To achieve this goal, it is essential to have a well structured physical education curriculum that includes a variety of sports activities for the students to participate in sports competitions. Following steps can be taken to raise the level of physical education and sports in India.

1. School based programs to increase physical activity can include programs to enhance physical education , provide daily recess , incorporate physical activity into regular classroom, lesson and offer before and after school programs.
2. Awareness of sports should be given to all youngsters; Youth need to know the positive impact of sports on physical and mental health.
3. There should be a mechanism to trace the talented kids so that they can be trained well when they are in process of training.
4. Physical education may be expanded by increasing the duration of physical education classes and increase the number and types of fitness activities during classes.
5. Recess can help students get more physical activity to help them achieve the recommended one hour of activity every day.

6. Increase opportunities for physical activity and implement at the state level or at the local school district level.
7. Regular competition in sports for all ages encourages them to excel in sports of their choice.
8. Coaches are backbone of the sport system. More coaches should be hired and they should pay well.
9. There is need for more investment in training.
10. The training should be continuously monitored and feedback from them needs to be taken so that government should fix their responsibilities towards health of the citizens of India.
11. With these kinds of programs the level of physical fitness will improve and help them to maintain a healthy weight, and potentially improve their health outcomes.
12. Before think about moving forward as a player one should need to grip on where you are undertake a full and frank analysis of your ability as a player. Once you got a hold of your strengths and weakness you will be able to focus on improving the sports performance.
13. To improve performance you should create a plan and set goals through which catch the weaknesses and dedicate extra time to practice and to dropping any crosses
14. It does not matter how much ability you carry into game if player is not physically and mentally prepared he or she won't able to execute proper skill. For that proper conditioning is needed.
15. Selections of teams for competition should not be biased.
16. Practice makes man perfect it is well known proverb, so player should be very much alert for skills, drill and techniques as many times he can.
17. Coach should train as an individual because each individual has own capabilities and individual differences.
18. Building confidence is major part of any coach to train his team. The harder the practice of new skills, the more chance will have of pulling it off in a game situation.
19. Coaches and players should be very careful for the training and diet even in offseason also, because if they drop the practice the player comes to first stance from where he starts. A healthy and conditioned body gives greater chance of optimal performance.
20. To get success players and coaches should concentrate minute to minute point of training.
21. Coaches should very careful when they are making a training schedule.
22. Equipment and play ground should be of according to modern technique.
23. Scholarship should be introduced to encourage talented students to pursue sports as a career. Sports scholarship will help students who excel in sports to pursue higher education and training in their chosen sports.
24. Cash awards should be given to the winners in time.
25. Proper diet money for trainees and outstanding sports persons should be there by the govt of particular state.

26. Provide world-class infrastructure India needs to invest in world class infrastructure for sports facilities. Schools, college and universities should be equipped with sports fields, swimming pools, gymnasiums and other essential equipment. Such infrastructure will not only help students train well but will also attract national and international sports events to India.
27. Schools and colleges should encourage students to participate in sports events at district, state and national levels. The government should also promote sports events in schools and colleges to identify talented students
28. Sports funds for pension to meritorious sports persons.
29. Government scheme should introduce to promote sports culture in India.
30. India needs to focus on women sports as well. School and college should encourage girls to participate in sports events and provide them with equal opportunities. The government should also promote women's sports and provide financial assistance to female athletes.
31. Army boys' sports company scheme should be introduce for junior level trainers.
32. National sports talent contest scheme to get sub junior level trainers.
33. Introduce professional courses in sports management, sports science, coaching and other related fields should be introduced to promote sports as career option. Such courses will help students who are passionate about their career.
34. Refreshers courses should be introduce on regular basis for coaches and physical education teachers.
35. There should regular check on the physical fitness of coaches and physical education teachers. Each and every coach should do exercise on regular basis.
36. Like khelo India scheme, more schemes should be introduce to achieve the objective of mass participation and promotion of excellence in sports. The scheme strives to promote "Sports to All" as well as "Sports for excellence."

Conclusion: Finally it is important to raise public awareness about the importance of physical education and sports through media campaigns, public events and community outreach programs. By promoting the culture of physical activity and sports, India can create a healthier and more vibrant society with citizens who are better prepared to complete in globalized world.

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