

Syllabus

- 1.1. Meaning and definition of Physical Education and its aims and objectives
- 1.2. Need and importance of Physical Education
- 1.3 Modern concept and scope of Physical Education
- 1.4. Misconceptions about Physical Education
- 1.5. Place of Physical Education in the total education process.

1.1. MEANING AND DEFINITION OF PHYSICAL EDUCATION

In fact, the basis of Physical Education is difficult and very broad. With changing times, its meaning also kept changing. Following definitions clear its meaning :

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

According to Chaver C. Cowell, “Physical education is the social process of change in the behaviour of the human organism, originating primarily from the stimulus of social big muscle-play and related activities.”

According to J.B. Nash, “Physical education is that field of education which deals with big muscle activities and their related responses.”

According to Delbert Oberteuffer, “Physical education is the sum of those experiences which come to the individual through movement.”



According to Brownwell, “Physical education is the accumulation of wholesome experiences through participation in large muscle activities that promote optimum growth and development.”

According to R. Cassidy, “Physical education is the sum of the chances in the individual caused by experience centering on motor activity.”

According to Physical Education Platform, American Association for Health, Physical Education, Recreation, “Physical education is a way of education through physical activities which are selected and carried on with regard to values in human growth, development and behaviour.”

AIMS AND OBJECTIVES OF PHYSICAL EDUCATION

“The aim of physical education must be to make every child physically, mentally and emotionally fit and also to develop in him such personal and social qualities that will help him to live happily with others and build him up a good citizen.”

The main aims of physical education are being enlisted below.

Aims of Physical Education

1. Health: generally keeping the body healthy.
2. Cardiovascular: keeping the heart and blood vessels in good condition.
3. Respiratory: regular exercise promotes healthy heart and lungs.
4. Muscle growth: getting the limbs of the body strong.
5. Longevity: regular exercise helps to promote longer life.
6. Education: physical education teaches students about the body and how it works.
7. Sports: physical education teaches students how to play a variety of sports.
8. Relaxing: it's a rest from regular studies.
9. Development: all round development, not just academic.
10. Fun : Physical education is so enjoyable.



According to J.R. Sherman, “The aim of physical education is to influence the experiences of persons to the extent that each individual within the limits of his capacity may be helped to adjust successfully in society, to increase and improve his wants and to develop the ability to satisfy his wants.”

According to J.F. Williams, “Physical education should aim to provide skilled leadership, adequate facilities and ample time for the individual and the groups to participate in activities that are physically wholesome, mentally stimulating and socially sound.”

According to Thomas Wood, “Physical education must have an aim as broad as education itself and as noble and inspiring as human life.”

According to the Ministry of Education and National Planning of Physical Education and Recreation, “The aim of physical education must be to make every child physically, mentally and emotionally fit and also to develop in him such personal and social qualities as will help him to live happily with others and build him up a good citizen.”

Conclusion : It is clear from the above definitions that physical educational is an integral and important part of education. Physical education is not limited to games, sports or exercise only. Its aim is the complete development of personality through physical activities.

Objectives of Physical Education

Regarding the objectives of physical education, many leading educationists of physical education advocate different objects according to their views :

(a) **H. Clark** mentions only three objectives of physical education :

- (i) Physical fitness
- (ii) Social efficiency
- (iii) Culture

(b) **Book Walter** also mentions three objectives :

- (i) Health
- (ii) Worthy usage of leisure
- (iii) Ethical character

(c) **Hetherington** classifies the five objectives :

- (i) Immediate objectives
- (ii) Remote objectives
- (iii) Development objectives
- (iv) Social standard objectives
- (v) Objective in terms of controlling health conditions

(d) **J.B. Nash** mentions the following objectives :

- (i) Emotional Development

- (ii) Organic Development
- (iii) Interpretive Judgement Development
- (iv) Neuro-muscular Development

(e) **H.C. Buck** gives the following objectives :

- (i) Organic Development
- (ii) Development of correct health habits
- (iii) Development of Neuro-muscular co-ordination
- (iv) Development of correct viewpoint regarding Sports and Physical Education

Thus, we can conclude that the most important aims and objectives of physical education are :

1. Physical development
2. Mental development
3. Social development
4. Neuro-muscular coordination
5. Emotional development
6. Development of health

A brief description of these aims and objectives is as given below :

1. Physical development : It helps us to develop our organic system such as circulatory system, respiratory system, nervous system, muscular system etc. During physical activities, the body demands more and more from various systems and organs, which in turn have to function optimally to cope with stress of activity.

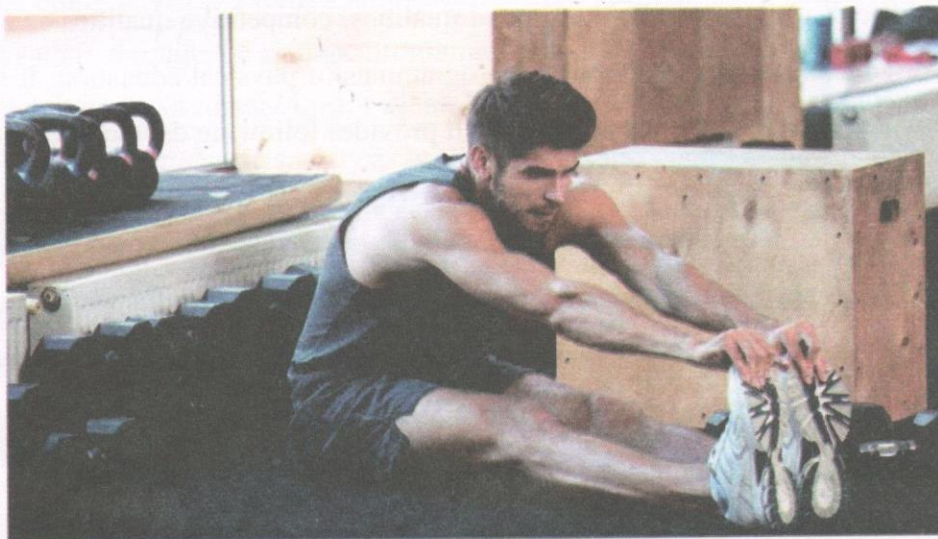


2. Mental development : It needs alertness of mind, deep concentration and calculated movements, moreover it should be called the indispensable requirement of various physical activities.

3. Social development : It provides ample opportunities to its participants to interact with other individuals and groups. This gives everyone a wholesome experience to learn social norms.



4. Neuro-muscular coordination : It helps us to concern with better co-ordination between nervous system and muscular system. It helps us to keep of fatigue during vigorous activities. It is also known as psycho motor development.



5. Emotional development : It helps us to aim at emotional stability which helps in facing any type of situation. It teaches us to accept success and failure gracefully, which is also helpful throughout the lifetime.

6. Development of health : This helps to health related habits. It helps to reduce anxiety, stress and tension up to a large extent, so that the health of individuals could be promoted.

1.2. NEED AND IMPORTANCE OF PHYSICAL EDUCATION

We are living in a modern era and the people of this age are living a tough life of competitions. Every body is busy in his busy and over burdened life at home office everywhere. Too much competition in academics and jobs had made an individual a bomb of stresses and tensions. It can explore any time. If an individual is involved in some kind of activities of recreation he will feel less burdened and live a happy life.



Physical education is an integral and essential part of education. It helps in the development of the individual and should be taught. For better education an individual must be physically, mentally, and socially fit. The aim of physical education and education are maximum same. Now days every educational institution is adopting play way methods for qualitative teaching and learning process.

It is very difficult to impart individual social qualities, competitive qualities and stress free environment for education system without the programmes of physical education. It is only this subject that provides healthy citizen to its country. It provides following developments through its planned programmes:

1. Physical Development : Planned programmes of physical education provide a good physique to an individual. Only a physically strong citizen can serve their country in all aspects for a long time.

2. Academic Development : Physical education provides knowledge of rules and regulation of different kind of games and sports. It helps an individual to fight more competitions and win through his/her intelligence.

3. Knowledge of Health Education : It imparts knowledge about various types of diseases and their prevention. It gives individual and society moral courage knowledge to fight against dreadful diseases and environmental calamities.

4. Exercise Physiology : Physical education programmes increase the efficiency of our internal organs. It imparts knowledge about structure of various internal organs of human body and how to develop their efficiency or their capacities through regular scientific training programmes.

5. Social Relationship : Through participating in the programmes of physical education an individual develops certain social trait (e.g. sympathetic attitude co-operation, friendship, tolerance and patience) which helps an individual in developing good social relationship between its team members and other participants of different nations and states etc.

6. Healthy Hygiene : Physical education imparts knowledge about sanitation and healthy habits to an individual through its planned programmes for the better living conditions.

7. Mental Development : Physical education provides an individual good mental health by its planned and systematic programmes. It enables an individual to manage or control his emotions, stresses and strains of life.

8. Professional Heights : If an individual participate in physical education programmes he/she can achieve their professional heights and will be known everywhere by choosing your profession in sports/games. Due to latest developments in technology International referees, Coaches, Commentator, athletes/players are known by every one in the world now days.

9. Channelization of Surplus Energy : Physical education provides healthy outlet of surplus energy. After doing physical exertion an individual does not indulge in anti-social activities. His desire/urges satisfy through the planned programmes of physical education.

10. Social Status : An athlete/A team winning medals at international level/ Olympic competition is provided a great importance in society as he/it proves his/its country at the top in the whole world.

11 Personality Development : Physical education an individual personality by developing him/her physically, mentally and socially. It provides an individual lot of opportunities to develop his/her overall personality that is the aim of education.

12 National Integration : Physical education programmes help in the process of National Integration. Players from different regions, caste, creed, and colour etc. meet at a common platform in various tournaments and exchange their culture, tradition, eating habits & way of wearing cloths etc. and become friends.

1.3 MODERN CONCEPT AND SCOPE OF PHYSICAL EDUCATION

Modern Concept of Physical Education : Physical education in its modern concept is broader and more meaningful. There is no doubt that it is conducive to build up organic health but it is helpful in developing mental and emotional health and social qualities that are considered to be desirable by the society. It provides that much of energy which is so very necessary for every person to withstand

the wear and tear of the struggle for existence. Physical education is not confined to some forms of «drill and regular exercises, but emphasizes on the physical fitness value. Physical development and mental development are inter-related and go together. Locke emphasized, “A sound mind in a sound body is a short but full description of a happy state in the world. Kilpatrick has detained it as “A way of education through motor activity and related experiences and its subject matter is primarily ways of behaving”. The capable and intelligent leadership during play periods can guide and help children to develop desirable way of behaving towards their team mates, opponents, officials, spectators and in regard to the solution of problems that arise during games and intelligent decision based on reason rather than on prejudices and emotions. According to Modular Commission, "Physical education is not more drill or a series of regulated exercises. It includes all forms of physical activities and games which promote the development of body and mind", Kothari Commission opined, "Physical education contributes not only to the physical fitness but also to physical efficiency, mental alertness and the development of certain qualities like perseverance, team spirit, leadership, discipline tolerance, obedience to rules, moderation in victory and balance in defeat". Physical education is considered as that part of all education which proceeds predominantly through physical activity. However, physical education is complete educative process and not mere exercise and perspiration properly planned and conducted; it has a legitimate claim for inclusion in the general scheme of education.”

SCOPE OF PHYSICAL EDUCATION

Physical Education is an integral part of the total education of every child from kindergarten through grade 12. Therefore, every student should have the opportunity to participate in a quality physical education program. It is the role of quality physical education programs to help students develop health-related fitness, physical competence in movement activities, cognitive understanding, and positive attitudes toward physical activity so that they can adopt healthy and physically active lifestyles. Quality programs are also important because they provide learning experiences that meet a student's developmental needs, which in turn helps to improve the mental alertness, academic performance, readiness, and enthusiasm for learning.

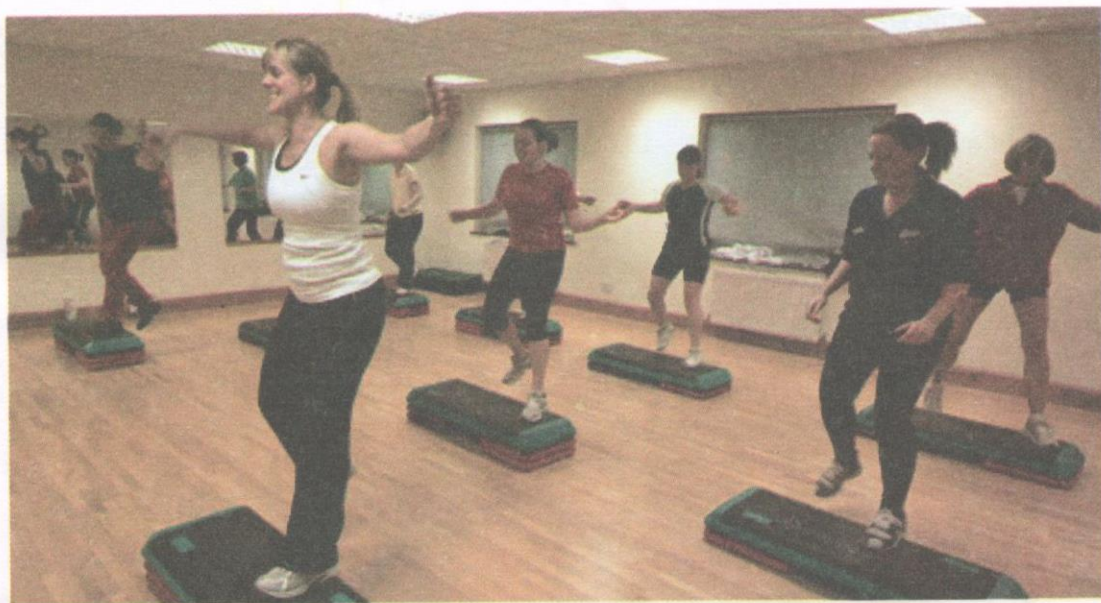
According to the National Association for Sport and Physical Education (NASPE) (1) guidelines, a high-quality physical education program includes the following components: opportunity to learn, meaningful content, and appropriate instruction.

Quality physical education programs should provide the student with the following benefits:

Skill development : Develops motor skills that allow for safe, successful, and satisfying participation in physical activities.

Regular, healthful physical activity : Provides a wide range of developmentally appropriate activities for all children and youth. It encourages young people to choose to be physically active and aware of the benefits.

Improved physical fitness : Improves the health-related components of physical fitness (cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition).



Support of other subject areas : Reinforces knowledge learned in/across the curriculum and serves as a laboratory for application of content in science, math, and social studies, communication skills, and literacy.

Self-discipline : Facilitates development of responsibility for personal health, safety, and fitness.

Improved judgment : Influences moral development and students assume leadership roles, cooperate with others, and accept responsibility for their own behavior.

Stress reduction : Physical activity becomes an outlet for releasing tension and anxiety and facilitates emotional stability and resilience.

Strengthened peer relations : Physical education is a major force in helping children and youth socialize with others successfully and provides opportunities to learn positive social skills.

Improved self-confidence and self-esteem : Instills a stronger sense of self-worth based on their mastery of skills and concepts of physical activity. Children become more confident, assertive, independent, and self-controlled.

Goal setting : Gives children and youth the opportunity to set and strive for personal achievable goals.

1.4. MISCONCEPTIONS ABOUT PHYSICAL EDUCATION

Physical Education is a vast subject and people do not know the importance of this subject. Some people are confused by this term and do not know what it teaches. It is mostly misunderstood as 'Physical Training Drills' (PT. exercises). This is wrong (this phrase is used by the forces to produce tough persons). Others consider physical education as playing activity like football, hockey, races



other competitive activities whereas this is also not true. Some say it is for physical culture to make body shape. Few consider physical education is meant only for recreation, fun and enjoyment. Impact these wrong opinions have led to many misconceptions about the subject. Few of the misconceptions are as under :

(i) Rest Period : People think that this is a rest period as it does not have any academic value. This opinion is also wrong as this subject is very demanding in coming time and has academic values. It has its curriculum which involves theory as well as practicals in it. Thus, it is not a rest or free period. Its approach improves the health status at individual and community levels.

(ii) Wastage of Money : Games and sports require special type of equipment, apparatus, playfield etc.. which are costly. These days many facilities are provided by the government in the form of scholarships, awards and stipends to the sports persons. The government has set up various institutions which provide free education, diet, equipment, etc. to good sportsmen.

(iii) Leads to Indiscipline : This opinion is totally wrong. A good sportsman always behaves in disciplined manner and follows rules and regulations on the sports field and in real life.

(iv) No Job Career or Profession : Today special attention is given to sportspersons for selection in various competitive examinations. There are many jobs for sportspersons in various departments many professions sportsmen are accepted happily.

(v) Poor Social Status : Participation in physical activities is generally considered to be for those who have poor social status and are not given any recognition by society. Whereas, this trend is changing. Today there are many sports awards like Arjuna award, Rajiv Gandhi Khel Ratna award Padma Shree award given to sportsmen, that add to their social status.

(vi) Participation in Games only : Many people think that it is participation in games and sports. Whereas, physical education enables a person to maintain health and fitness through physical activity. Games and sports are a good medium to achieve its objectives.

(vii) Wastage of Time : Many parents, students and teachers think that participation in physical activities is just a wastage of time. However, this opinion is totally wrong. It develops body and mind, as both are inter, related aspects of same unit. In a sound body, sound mind exists; hence if physical condition of body is good, the mental condition of the individual will also improve.

EXERCISE**❖❖ Very Short Answer Type Questions :**

1. What do you mean by 'Physical Education' ?
2. Give any one aim of Physical Education.
3. What is the importance of Physical Education ?
4. What is the modern concept of Physical Education ?
5. What is the scope of Physical Education ?
6. Write briefly about misconception about Physical Education.

❖❖ Short Answer Type Questions :

1. Mention the meaning of Physical Education and write its objectives.
2. What are the main aims of Physical Education ?
3. What is the need of Physical Education ?
4. What is the modern concept of Physical Education ?
5. What is the place of Physical Education in the total educatic process.

❖❖ Long Answer Type Questions :

1. What is the meaning of Physical Education ? What are the aims and objectives ?
2. Write in detail about the modern concept and scope of Physical Education.
3. Explain the importance of Physical Education and write about its place in total educatic process.