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## Impact of Sports In Education

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### ABSTRACT

Sports in education is a revolution in the system of pedagogy of India. We have to merge it up with other subjects too so that its vitality is highlighted. Sports serve the following purposes ,it enhances the endurance power of the students. It makes the youth of the country mentally and physically fit. Sports inculcate discipline and team spirit among the students. The Vedas too have given an impetus to sports and even in the ancient period also sports was an important instrument for physical and mental wellness. Every element of sports showcases relevancy. The ground teaches hard work and perseverance, the whistle of the coach emphasizes on developing listening skills and alertness. The tracks of the ground encourage one to be focused and goal oriented. Sports in education will instill leadership qualities and make the students more rational in their day to day activities. Sports will be opted by students if they get motivation, guidance and inspiration from home, school and society, community too, has to provide a platform for this. Sports can create many employment opportunities, culmination of sports in education will make a difference.

**Key Words:** Sports, Education, Mental and Physical Fitness, Employment opportunities.

### I. Introduction

“All work and no play makes Jack a Dull boy,”idiom is playing an important role in the present education system, which is aiming at development of MIND, BODY and SOUL. The concept of education has a wider meaning, it is not confined to the four walls of class room now, it has expanded its horizon to the soils of the ground also. Imbibing sports in education is a revolution in the system of education of India. A couple of years ago games period was only a mere formality to refresh the students but now a wave of change is transforming the meaning of education. Sports is now transforming the definition of education and it widened the scope of education. It is creating a difference in pedagogy too.

## II. Need of Sports in Education.

Sports have to be merged up with other subjects too so that its vitality is highlighted. The inclusion of sports in education will serve the following purposes:

1. It will enhance the endurance power of the students.
2. It will make the youth of the country mentally and physically fit.
3. Sports inculcate discipline and team spirit among the students.
4. It can develop the will power of the students and helps them to face the ups and downs with conviction and courage.
5. It changes the outlook of the students towards life.
6. Sports develop the personality of the students
7. It reduces the boredom and monotony of the routine academic work.
8. It motivates to excel and inspires to achieve life goals.
9. Sports activities have the capacity to develop the nervous system and smartens the motor skills.
10. It opens avenues for employment, career growth and development.

## III. Philosophical Correlational Aspects of Sports in Education

The Vedas too have given an impetus to sports and in the ancient period also sports were an important instrument for physical and mental maturity. Every element of sports showcases relevancy. The ground teaches hard work and perseverance, the whistle of the coach emphasizes on developing listening skills and alertness. The track suit promotes discipline and loyalty towards the rules and regulations. The tracks of the ground encourages one to be focused and goal oriented, exercises and drills develop discipline and feeling of oneness with the nature and reduces depression. Opponents teach one to work with coordination and cooperation and propels one to face failure with calmness and success with humility. Sports equipments inculcate morality and spirituality and encourages us to play the games in the spirit of the games. The music of the aerobics and yoga creates positivity and enthusiasm. Those who are in sports activity, are emotionally strong and psychologically stable. They have the capacity to negotiate peacefully and are socially active and have better communication skills. Sports can develop the concepts of modernity, equity and growth. It promotes cross cultural ties and indirectly promotes commercial activities too. Sports in education will instill leadership qualities and make the students more rational in their day to day activities. Sports will be opted by students if they get motivation, guidance and inspiration from home, school and society, community too has to provide a platform for this.

#### **IV. Ray of Hope through Sports.**

Sports, if practiced ardently and seriously will bring about fruits of success in the national and international podium. If sports is implemented properly it can very well reduce the suicide cases in youths and eradicate depression and drug addiction of the present generation. Students should be encouraged to participate in sports activity at school, district, state and national level so that we can pave out way for international level. Over the years, the scope of sports have increased, players are now getting government job and employment opportunities have increased for the rural and urban youth. Special benefit is given to national and state level medalists in college admissions too. Sports activities can very well develop the perspectives of the individuals and can make them self reliant and sufficient too. Impetus to sports will bring about cognitive, connative and psychomotor development. When students take interest in sports it automatically increases their concentration power and helps them to focus in academic studies too. Sports activities are now making the students to change their perceptions too and it is helping them to set standards of their lives. Inclusion of sports in education will channelize the energy of the youth in the right direction, it will foster integrity and help students to move on the right path along with discipline and obedience. Proper training in sports will develop sense of loyalty and dedication and make students more responsible and accountable.

#### **V. The curriculum frame work of Sports in Education**

The National Policy of Education -1986, has very rightly mentioned that "Sports and Physical Education are an integral part of the learning process, and well be included in the evaluation of performance. A nation-wide infrastructure for physical education, Sports and games will be built into the educational edifice" (cited on 8.20, NPE-1986).Kothari commission too has emphasized the need of sports in education.

Sports need to be made as a compulsory subject right from primary level and students should be given an option to select a sport of their choice so that they can become expert and specialist in the respective sport. Special video lectures of the great Olympians should be shown to the primary level students so that right from young age they can develop their liking for sports. There is a dire need to teach the rules and regulations of games to the students , hence from the upper primary level only rules and regulations of games should be added in the syllabus. Educational institutes should collaborate with Sports institutes like Sports Authority of India (SAI) and colleges like Lakshmibai National Institute of Physical Education, Gwalior (LNIPE) etc. to develop the curriculum based on practical and theoretical aspects. Primary and middle class students need to be given practical classes through field practices and special seminars and workshops should also be conducted for them. Continuous and comprehensive programmes of inter school tournaments and championships need to be executed, The Physical Education instructors should prepare teaching modules on rules and regulations of games and other necessary aspects of teaching sports as per the mental level of the students. There is a dire need to create and develop interest in sports and for that the content need to be created in such a way so that there is no boredom. Students need to be taught how sports can keep away diseases and major illness and they have to

be informed about the scope of sports. National Sports Policies need to be implemented in the curriculum. Importance of Yoga and Aerobics have to be incorporated in the classrooms. Students should be informed about the need and importance of awards in the field of sports like Dronacharya award, Arjuna award etc. and their knowledge about national and international players should be enhanced through audio video techniques and through sports documentaries, innovative teaching strategies and interesting teaching methodology is the need of the hour for promoting sports education. We need to involve our students in at least one sport right from their young age and children who have extra ordinary skills should be given extra care and attention. The curriculum frame of sports should also include the nutrition programmes, eradication of malnutrition, health education, psychology, body postures, life sketches of national and international coaches, players and research methodology too. Celebration of National and International Sports days should be mandatory, students should be involved in organizing intra school sports activities where the entire management should be their responsibility. Major emphasis should be given to skill development and Martial Art training because this will bring about patience and reduce their anger and frustration in the students.

## **VI. Suggestions to Promote Sports in Education.**

In order to inculcate sports in education we need better planning, effective organizing, right direction, efficient staffing and proper controlling then only there will be increase in medal tally. Proposals need to be framed for better execution. Sports is a component of social sector and social sector is allocated less amount as a percentage of GDP. Hence, more amount need to be allocated in this sector which can be further used for the development of sports in India. It needs to be developed in the schools of rural and tribal areas. The students of these areas are the deprived ones, hence, special efforts need to be taken. Educational institutes need to be equipped with sophisticated sports infrastructure and good playgrounds, there is a dearth of efficient coaches, so in the coming years we need better coaches and trainers who need to be retained through good packages and perks. Many schools do not have enough funds and resources to cater the needs of the students in this regard so the local government, NGOs and financial institutions should come forward to fulfill the needs. More job opportunities should be there through sports quota. Girl students have to be motivated and facilities inspiring them to be in sports should be there. There should not be any gender discrimination in the field of sports and any type of exploitation against the girls in the field of sports should be seriously taken and should be considered as a punishable crime. School management should provide latest sport equipments including uniforms, shoes and other sport kits. Sports students should be provided concession in fees and travelling allowances. More sports hostels and clubs need to be constructed and national level institutes for trainers also need to be increased. Through international collaborations we can improve the standard of sports in India too. Schools should also promote traditional games and sports. Teaching fraternity need to take steps to promote sports along with science and technology. Academic Researches have to be done in order to imbibe sports in education. The sports teachers of the private schools should be given special financial assistance for their

overtime hours. With good governance in the field of sports we can easily and smoothly roll it in education system.

## VII. Conclusion.

Sports can really make a difference in the life of the human beings; it has the capacity to change the destiny of all. Schools and Colleges of India have to take it seriously. The stake holders of the society have to take initiative to develop it at all levels. Government alone cannot take all the initiative to grow it, as good citizens of the country we all have to take steps in our own capacities. Sports should not be neglected because it is a factor for endorsing country's name in the international arena. Future Olympians can be identified from the schools only, they are like the pearl in the shell, efforts need to be taken to bring them out in the light. Inclusion of sports in education is not a daunting task. In order to improve India's performance in international sports we have to magnify the role of sports in education and has to raise its status. Sports need to be implemented in such a way that students opt it with pride. Through proper training and mentoring we can increase the number of sports persons in our country. Schools and Colleges can be the abode of sports if the Administration and Management work whole heartedly to promote it. Commercialization of sports may fulfill the short term objectives but in the long run it may not produce fruitful results. Hence, what is utmost necessary is to develop the sportsman spirit right from a tender age and schools are the best temples of sports.

*Hail Olympus, Hail Olympus;*

*Give me the wings to fly;*

*Give me the sunshine to reach the goal;*

*Enlighten my Mind ,Body & Soul to excel;*

*Strengthen my muscles and empower my veins to Endure.*

*Let me live up to the expectations of the thy and let me guided by thou;*

*Hail Olympus, Hail Olympus;*

*Ignite me to do the best and to rejoice the rhythm of track and field.*

*Let me be always grounded, Let no evil distract me .*

*Energize me, Encourage me, Empower me.*

*Let my will help me to cross the hurdles, let my shin help me in leaping ;*

*Let my medals remind me of my sweats and pains.*

*Hail Olympus, Hail Olympus!*

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