



Importance Physical Education and Sports in Promoting Health and Social Values Among Youth: An Analytical Review

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Abstract

The purpose of this study is to investigate the impact of physical education and sports in promoting sound health of body and mind among youth. Physical education and sports plays a vital role in educating the youth regarding the importance of health and social values in their life. Reviewed literature investigated that the importance of association in educating both minds and body. Further, it also encourages the mental and physical health among youth that allow them to develop the social relations with their community. Moreover, the benefits of physical education and sports can influence both academic learning and physical activity of the youth.

Key Words: *Physical Education, Sound health, Youth and Sports*

Introduction

Research confirms that healthier students make better learners. The term quality physical education is used to describe programs that are catered to a student's age, skill level, culture and unique needs. They include 90 minutes of physical activity per week, fostering students' well-being and improving their academic success. However, instructional time for quality phys-ed programs around the world are being decreased to prioritize other subject areas (especially math, science, social studies and English) in hopes to achieve higher academic achievement. However, several studies have identified a significant relationship between physical activity and academic achievement. Research also demonstrates that phys-ed does not have negative impacts on student success and that it offers the following physical, social, emotional and cognitive benefits:

Physical. Quality phys-ed helps students understand how exercise helps them to develop a healthy lifestyle, gain a variety of skills that help them to participate in a variety of physical activities and enjoy an active lifestyle.

Social. Quality phys-ed provides students with the opportunity to socialize with others and learn different skills such as communication, tolerance, trust, empathy and respect for others. They also learn positive team skills including

cooperation, leadership, cohesion and responsibility. Students who play sports or participate in other physical activities experience a variety of emotions and learn how to better cope in stressful, challenging or painful situations. Emotional. Quality phys-ed can be associated with improved mental health, since increased activity provides psychological benefits including reduced stress, anxiety and depression. It also helps students develop strategies to manage their emotions and increases their self-esteem. Cognitive. Research tends to show that increased blood flow produced by physical activity may stimulate the brain and boost mental performance. Avoiding inactivity may also increase energy and concentration in the classroom. Therefore, decreasing time for quality phys-ed to allow more instructional time for core curricular subjects – including math, science, social studies and English – is counterproductive, given its positive benefits on health outcomes and school achievement.

Physical Activity Versus Exercise

Physical activity is defined as all human movement; it is done at some rate of energy expenditure in all settings and for many different purposes. Exercise is a subcomponent of physical activity that is done for the purpose of increasing physical fitness. Intensity (i.e., rate of energy expenditure) is an important descriptor of physical activity because different intensities have different physiologic effects. Both physical activity and exercise encompass the full range of energy expenditure

Physical inactivity is a key determinant of health across the lifespan. A lack of activity increases the risk of heart disease, colon and breast cancer, diabetes mellitus, hypertension, osteoporosis, anxiety and depression and others diseases. Emerging literature has suggested that in terms of mortality, the global population health burden of physical inactivity approaches that of cigarette smoking. The prevalence and substantial disease risk associated with physical inactivity has been described as a pandemic. The prevalence, health impact, and evidence of changeability all have resulted in calls for action to increase physical activity across the lifespan. In response to the need to find ways to make physical activity a health priority for youth, the Institute of Medicine's Committee on Physical Activity and Physical Education in the School Environment was formed. Its purpose was to review the current status of physical activity and physical education in the school environment, including before, during, and after school, and examine the influences of physical activity and physical education on the short and long term physical, cognitive and brain, and psychosocial health and development of children and adolescents. Educating the Student Body makes recommendations about approaches for strengthening and improving programs and policies for physical activity and physical education in the school environment. This report lays out a set of guiding principles to guide its work on these tasks. These included: recognizing the benefits of instilling life-long physical activity habits in children; the value of using systems thinking in improving physical activity and physical education in the school environment; the recognition of current disparities in opportunities and the need to achieve equity in physical activity and physical education; the importance of considering all types of school environments; the need to take into consideration the diversity of students as recommendations are developed. This report will be of interest to local and national policymakers, school officials, teachers, and the education community, researchers, professional organizations, and parents interested in physical activity, physical education, and health for school-aged children and adolescents.

Promoting the Social Values among Youth

Physical education and sports play a vital role in promoting the social values among the youth. Moreover, physical education is considered as a school subject, which facilitate to prepare the youth for a healthy lifestyle and focuses on their overall physical and mental development, as well as imparting important social values among the youth such as fairness, self-discipline, solidarity, team spirit, tolerance and fair play (Bailey, 2005). Although estimates of children and adolescents currently achieving the recommended volume of vigorous- or moderate-intensity physical activity vary depending on how the data were collected, it is clear that few children are sufficiently physically active. An important question is whether the current status of physical activity among youth is an improvement, a worsening, or no different relative to previous years. If the situation is improving (i.e., children have been becoming more active), no changes or new efforts may be warranted; if the situation is stable or worsening, actions are needed. Few data sources provide clear and convincing evidence on trends in children's level of physical activity, but taken together the evidence is persuasive that children and adolescents in the United States have become increasingly less physically active over the past 40-50 years.

Health and Physical Education

'A sound mind is in a sound body in a sound environment.' Every person must possess a healthy mind: to have a healthy mind one must have a healthy physique. Healthy persons could

alone make a healthy society. Physical Education may provide the right direction and needed actions to improve the health of members of any community, society, nation and the world too.

Therefore an educational system encompassing the mental, emotional, social and physical dimensions of health becomes imperative to bring about all around development in children which, in turn, would pave way for the development of healthy society. Again, it is essential that physical education comes to the forefront of education. There are several misconceptions about what goes on during physical education classes. It is not throw out a ball and go play. There is much more that physical education teachers engage in on a daily basis. They are practitioners that refine skill, help students develop teamwork, pursue team and individual goals, and counsel and re-direct behaviour to achieve positive outcomes.

Development of Organic Fitness: This objectives deals with the program of activities which builds physical power in and individual through the development of the various organic systems of the body. (Jackson, G.1985). The systems such a circulatory system, respiratory system, nervous system, muscular system and digestive systems. Physical education is related to physical activities, which create various effects on our organic systems. These systems are developed in size, shape, efficiency etc. This promotes a sound health, which enables the individual to be the valuable asset for the nation. If our systems remain in sound health, they can perform their functions in an efficiency way.

Development of Mental health: The mental development objective deals with the accumulation of a body of knowledge and the ability to think and to interpret their knowledge. Physical education programmers need alertness of mind, deep concentration and calculated movements. Physical activities sharpen the mind, to perform various activities. It includes rules and regulations techniques of games, anatomical and physiological studies balanced diet, sanitation, health and diseases personal hygiene etc. Through participation in various activities

an individual learns to draw certain conclusions. He is able to understand the new situations faced in the games. He is able to take decisions independently.

Development of Neuro muscular co-ordination: The nervous system is strengthened only proper physical exercise. neuro muscular coordination develops well only if various of exercises are done repeatedly for a long period of time. Good neuro muscular coordination helps to keep off fatigue. We get accuracy and smooth function of our body. Our reaction time becomes less. Neuro muscular development helps one to perform the daily work with proficiency. It develops a well poised quick and efficient movement and body graceful carriage.

Social Development: In the democratic society in which we live it is necessary to have all individuals develop a sense of group consciousness and cooperative living. Social traits are essential for better adjustment in life. The programme of physical education develops these traits. They provide leadership qualities. Through physical activities, the players come closer with each other and adjust themselves according to situations. It helps in attaining the traits like cooperation, courtesy, fair play, sportsmanship, self-control, unselfishness, tolerance and sympathy.

Benefits of Physical Fitness

Fitness is very important for good health. Besides feeling better mentally, exercising can help protect you from heart disease, stroke, obesity, diabetes, and high blood pressure; and it can make you look younger, increase and maintain bone density, improve the quality of your life, and may keep you from getting sick. Exercising also helps you control stress better, and can

make you feel happier and less nervous. Before you start an exercise routine, ask your doctor about what exercises to do. Then make a plan to spend less time in front of the television and/or computer, and begin exercising more. Your doctor may suggest that you begin by doing little things first, such as parking in the farthest corner of your parking lot at work, taking the stairs rather than the elevator, taking your dog for a walk, or riding a stationary bike. Little by little, adding daily exercise will help you begin to feel better. Exercise or fitness is not just for Olympic hopefuls or supermodels. In fact, no one is ever too unfit, too young or too old to get started. Regardless of age, gender or role in life, one can benefit from regular physical activity. If there is a commitment to exercise in combination with a sensible diet, it can help to provide an overall sense of well-being and can even help to prevent chronic illness, disability and premature death. Some of the benefits of increased physical activity or physical fitness are:

Improved Health: increased efficiency of heart and lungs, reduced cholesterol levels, increased muscle strength, reduced blood pressure, reduced risk of major illness such as diabetes and heart disease.

Improved Sense of well-being: More energy, Less energy, Improved quality of sleep, Improved ability to cope with stress, Increased mental sharpness.

Promoting the Social Values among Youth: Physical education and sports play a vital role in promoting the social values among the youth. Moreover, physical education is considered as a school subject, which facilitates to prepare the youth for a healthy lifestyle and focuses on their overall physical and mental development, as well as imparting important social values among the youth such as fairness, self-discipline, solidarity, team spirit, tolerance and fair play (Bailey, 2005).

Recommendations

District and school administrators, teachers, and parents should advocate for and create a whole-of-school approach to physical activity that fosters and provides access in the school environment to at least 60 minutes per

day of vigorous- or moderate-intensity physical activity more than half (>50 percent) of which should be accomplished during regular school hours.

- School districts should provide high-quality curricular physical education during which students should spend at least half (>50 percent) of the class time engaged in vigorous- or moderate-intensity physical activity. All elementary school students should spend an average of 30 minutes per day and all middle and high school students an average of 45 minutes per day in physical education class. To allow for flexibility in curriculum scheduling, this recommendation is equivalent to 150 minutes per week for elementary school students and 225 minutes per week for middle and high school students.
- Students should engage in additional vigorous- or moderate-intensity physical activity throughout the school day through recess, dedicated classroom physical activity time, and other opportunities.
- Additional opportunities for physical activity before and after school hours, including but not limited to active transport, before- and after-school programming, and intramural and extramural sports, should be made accessible to all students.

Federal and state governments, school systems at all levels (state, district, and local), city governments and city planners, and parent-teacher organizations should systematically consider access to and provision of physical activity in all policy decisions related to the school environment as a contributing factor to improving academic performance, health, and development for all children.

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