



# Sports and Physical Education : Current Scenario & Future Prospects

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## **Abstract:**

In the present world of Space age and automation era, nearly all human beings appear to be living a more and more inactive life. They like riding instead of walking, sitting instead of standing and watching instead of participating. So, there is great need for physical education as a part of balanced life and it is widely recognized that physical education and sports is relevant and important in developing an active and healthy life-style and the solution to rising obesity rates worldwide.

The matter of concern is the deteriorating status of physical education and sports. It is a great challenge for the developing countries of the world to set up a connection with other developed nations to get guidance from their coaches and authorities. Some people are confused by this term and do not know what it teaches. It is mostly misunderstood as 'Physical training drills' (P.T. exercises). Others consider physical education as playing activity like football, hockey, races and other competitive activities whereas this is also not true. Some opine that it is for physical culture to make body-shape. Few others consider physical education is meant only for recreation, fun and enjoyment. In fact, these wrong opinions have led to many misconceptions about the subject. Structured physical education must be made an integral part of school curriculums in India. For such a young and socio-economically diverse population, physical education through schools can become a powerful holistic development tool for Indian Children.

Physical Education ensures the social growth of children by providing them self confidence, promoting leadership, teaching teamwork and encouraging inclusion and championship.

**Keywords:** Children, Physical Education, Sports, Youth.

## **Introduction:**

The importance of physical education has never been emphasized more than it is today. In the present world of Space age and automation era, nearly all human beings appear to be living a more and more inactive life. They like riding instead of walking, sitting instead of standing and watching instead of participating. Such a type of inactivity or sedentary life is extremely harmful for physical and mental health. On account of this lax and inactive lifestyle people are suffering from hypo kinetic diseases like diabetes, cervical and lumber spondylitis, back pain, joint pain, obesity and cardio vascular diseases. So, there is great need for physical education as a part of balanced life and it is widely recognized that physical education and sports is relevant and important in developing an active and healthy life-style and the solution to rising obesity rates worldwide.

Although in most of the countries, physical education is part of the school curriculum, yet lessons are not given, thus leading to a reduced experience of physical activity for children and youth. The practice of a physically and

mentally active lifestyle in combination with healthy and nutritious diet, however, needs to be started in early childhood.<sup>1</sup>

### **Research Methodology:**

Secondary data and pertinent literature have been consulted. Documented sources including internet sources have also been perused. Moreover, previous studies, surveys and literature were also consulted for insight stimulation on the topic of the paper.

### **Purpose of study:**

The study aims at emphasizing the role of Physical education in today's hectic lifestyle as well as assessing its acceptance in the modern world and its future prospects. A large amount of people's saving can be utilized in development work, if they do not have to spend it for their medical care. Physical education can prove to be an effective tool for saving people's hard – earned money being unnecessarily spent in paying doctor's fees.

### **Current trends of Physical Education in Society:**

The matter of concern is the deteriorating status of physical education and sports. It is a great challenge for the developing countries of the world to set up a connection with other developed nations to get guidance from their coaches and authorities. In this way, developing countries can gain knowledge of the world-class infrastructure and technological equipment related to sports. Physical education in the education institutes is the area to be targeted for the upliftment of sports. Cricket, which turns out to be a religion in India, is a media-friendly game and raises the monetary status of players. However, Cricket need not be disregarded, but other games should also be paid attention to.

The brief finding of the world summit of physical education and sports at Magglingen are as below:

- (i) Development of quality standards and benchmarks for physical education which are based on scientific evidence and add particularly to personal and community development;
- (ii) Development of effective and modular strategies to secure and further develop physical education as an essential component of education.
- (iii) The integration of high-quality and culturally sensitive physical education policies world-wide into education and sports policies.<sup>2</sup>

### **Misconceptions about physical education:**

Physical education is a vast subject but unfortunately 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' (P.T. exercises). Others consider physical education as playing activity like football, hockey, races and other competitive activities whereas this is also not true. Some opine that it is for physical culture to make body-shape. Few others consider physical education is meant only for recreation, fun and enjoyment. In fact, these wrong opinions have led to many misconceptions about the subject. A few misconceptions are as under –

- (a) **Rest period:** Many people think it to be a rest period as it does not have any academic value. This opinion is wrong as this subject is going to be very demanding in coming time and has a great academic value. 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.
- (b) **No job career or profession:** This opinion is also baseless. Today special attention is given to sportsperson for their selection in various competitive examinations. There are many jobs for sportspersons in various departments. In many professions sportspersons are given preference.
- (c) **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.

- (d) **Wastage of time:** Many parents, students and teachers think that participation in physical activities is just wastage of time. However, this opinion is totally wrong. It develops body and mind, as both are inter-related aspects of the same unit. A sound body and a sound mind exist together. Hence, if physical condition of the body is good, the mental condition of the individual will also improve.<sup>3</sup>

### **Importance of Physical Education in Indian children:**

Structured physical education must be made an integral part of school curriculums in India. For such a young and socio-economically diverse population, physical education through schools can become a powerful holistic development tool for Indian Children. Most schools in India have remained unsuccessful in integrating structured physical education into the school's curriculum. Focus is on mainstream subjects, as schools fail to see how a structured physical education curriculum can add to the development of young children, by adding to their physical, mental, emotional and social growth. With 29.5% of India's population under 14 years old (Indian Census, 2011), physical education must be utilized as an effective tool for the holistic development of Indian children, from diverse socio-economic backgrounds. The obvious benefit of physical education of keeping children fit, active and healthy, is particularly important for living in urban India, from stronger economic backgrounds, where obesity has become a major issue.<sup>4</sup>

Physical Education also promotes mental health, providing motivation and fighting depression, while helping in the emotional development of children. India's education system, unfortunately, rotates around a dreadful competitive exam culture, putting immense pressure on students.

Physical Education ensures the social growth of children by providing them self confidence, promoting leadership, teaching teamwork and encouraging inclusion and championship. These values are hard to learn through text books, but can be taught practically and enjoyably through physical education.<sup>5</sup>

### **Future trends and Challenges:**

The school / college health and physical education programmes are diminishing across the world. It's great challenge in today's world how to integrate the importance of the health with the marks cards and grades. The decline in physical education throughout the world has been the subject of much research and was addressed as the World Summit on Physical Education in 1999. Even though some government policies have planned to implement the physical education and the sports in the compulsory curriculum; still in reality it has lot of resistance to get materialized. The challenges as on date may be discussed in the light of the following points :

- i. Identifying issues and challenges engaging young people and PE teachers.
- ii. Identifying concepts and principles of effective teaching and learning, curriculum and programmes.
- iii. Talent identification and development in sports.
- iv. Appreciating the roles of a coach and how these can be effectively managed in school.
- v. Counselling and spreading the awareness of physical education and sports.
- vi. Developing state of the art and modern infrastructure for sports for this modern world.
- vii. Introducing and encouraging female sports by developing female sports environment and facilities.<sup>6</sup>

### **Results:**

Physical education and sports has bright future prospect provided it is channelized in a perfect way. The primary concern now is realization of existing inadequacies and the subsequent provision of suitable programmes. A well – designed systematic health plan involving different PE and sports activities will definitely reduce the present global ill health scenario. The same will also result in an excellent performance level of global sports in competitive areas.

### **Discussion:**

It is a great challenge in today's world to integrate the importance of health with the marks – cards and grades. Even though some government policies have planned to implement physical education and sports in the compulsory curriculum, still in reality it has lots of obstacles to materialize.

### **Conclusion:**

Considering the above discussion, it is clear that physical education in India is often a neglected part of education and many schools across the country do not realize the importance of having physical education as a part of the system. Physical education has great advantages and there are some schools that have managed to strike the balance between academics and physical fitness. A well – designed systematic health plan involving different PE and sports activities will definitely reduce the present ill health scenario of the world. The present health care expenses at individual level can also be reduced by means of implementing a systematic PE programme and it may balance the individual economic well being.

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