



Physical Education And Its Role In Developing Students

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Abstract

Physical education serves the main purpose of making the body strong, healthy and able to overcome adversity in the outer world and give meaning to life by helping one attain Purusharth Chatushtya. Physical education students learn skills in exercises that help them stay in shape. Pupils who want to play sports are provided with specialized training and game preparation. Through physical education, students can increase their ability and confidence to participate in physical activities. It was included in the curriculum by the Central Council for Secondary Education. The main objective of introducing and promoting physical education is to raise physically literate individuals who have the skills and information necessary to lead healthy lives for the rest of their lives. People can re-engage in activities without the help of certified trainers after completing the necessary training. The main goal of physical education is to teach students the development of their bodies and self-care techniques, including everything from basic hygiene to nutrition control. It takes expertise to understand exactly what they are doing and why. This increases their expertise in the field of physical education. In this essay, we discuss the many benefits that physical education provides to children, such as improving mental health, developing a competitive spirit, and more. Physical education not only helps maintain physical fitness, but also promotes mental and physical well-being in youth.

Keywords: Physical Education, Students, Academic curriculum, Skills, Knowledge.

Introduction

Physical education includes two components: theoretical and functional. In order for physical education to fulfill its curative, preventive and protective purpose, it must focus on both components. Accurate understanding of the theoretical aspect prepares a person for the practical side. Apart from this, there is another important point to note that Indian physical education is different from western physical education. Physical education is related to the development of intellect and soul in Indian knowledge traditions, in addition to its role in protection and development. This spiritual element is underdeveloped in Western physical education, so it is important to consider what tradition of physical education we are teaching our children today and at the same time adopting. It is important to remember that the purpose of physical education is not only to build strength and energy in individuals, but also to instill in them the belief that their body is something that should serve to protect society and its well-being. It is also important to observe whether physical education is developing into a tool for spiritual growth. If we don't take these things into account, we most likely won't be able to do much. Sports and yoga should be an integral part of physical education. Just as yoga specifically places the practitioner at the center, society serves as a unique center for the sport. Just as sports help people move from physical health to social life, yoga helps people move from physical health to spiritual upliftment. Sport is a celebration of society, interdependence, symbiosis and group happiness rather than a manifestation of conflict. It should be taken with the same seriousness. Finally, it would be more accurate to say that we should work to integrate the overall physical, mental and spiritual development of boys and girls with physical education as a method of promoting social happiness.

Need and importance of physical education

Physical education is very important in schools. Students develop mentally with bookish knowledge, but are mostly found weak physically. That's why physical education should also be given to the students. All-round development of the students is possible only when they are physically developed as well. Physical education is very important for the physical development of children. By practical use of physical education, the height and weight of the students will increase, other parts of the body will be curvy, regularity will come in the students and there will be good progeny. Healthy children will be helpful in the progress of the nation. Physical education programs also provide entertainment to the students. Different types of sports and games which not only develop the body, but also entertain the children. Nowadays physical labor has reduced a lot. Due to machines, a person is not able to do physical labor, due to which he has started remaining backward from the point of view of health. Labor can be compensated by physical exercises. Keeping all these things in mind, physical education in schools becomes even more necessary.

Objectives of the Study-

The aims of physical education are as follows:

- (1) The aim of physical education is to help pupils develop their personality and sense of society.
- (2) The aim of providing physical education to pupils is to strengthen their overall physical development.
- (3) Physical education is an effective way to entertain pupils and instill in them a sense of sportsmanship.

Physical education programs

There must be a difference in the physical education programs offered to male and female students. Physical education curricula should be designed to promote the health of less healthy children. The curriculum must be designed keeping in mind the age of the children. These programs should attract the attention of the students and should not be forced on them in any way. All of these exercises should be part of the physical education curriculum because they encourage student cooperation and help them become physically healthy. The role of physical education in children's healthy body development Make sure that physical education lessons are adapted to the needs of different age groups. Students should not over-plan activities. The curriculum must cover extremely advanced skills or requirements. Rather, physical education teachers need to know when to motivate their students to work harder. Through physical education, teachers can help young people, especially younger ones, to improve their physical strength and endurance. Due to increased motor demands and development, students are better equipped to stay fit outside of the classroom. As a result, they value fitness and get fit. Physical education reduces the risk of obesity, heart disease and diabetes. Regular exercise also reduces the likelihood of developing a number of common cancers, including endometrial, bladder, breast, kidney, lung, stomach and esophageal cancer. Cancer patients can maintain their health and fitness through regular exercise. Through physical education, students acquire several basic skills. Physical education teachers can educate students about the benefits of physical education during class. In addition, students study the maintenance of their physical parts. to seek both themselves and their wives. healthy mind For the health of our brain and mind, we need moderate to intense physical activity. In addition, it reduces generalized anxiety disorder in adults and improves cognitive development in children aged 6 to 13 years. As a result, you help students cultivate fitness and begin exercising to lead an active and healthy lifestyle. Several studies show that children who are physically inactive and sedentary are more likely to have trouble falling asleep. However, children who engage in physical activity have better sleep patterns and manage stress and anxiety better. They also have better mental and social well-being as well as enhanced immunity.

Nutrition and a healthy diet

The teaching of a healthy, balanced diet to pupils is another advantage of physical education. To get energy for their sports, they consume nutritious food. No teacher can discount the significance of a balanced diet and healthy lifestyle for students. Children learn healthy eating habits and dietary avoidances through physical education. Children who are growing require nourishment; therefore they should eat well and understand how it is good for their health. Additionally, they learn about nutritional guidelines, which aid in the planning of a balanced diet that is high in nutrients.

Better academic performance

Better academic performance can be attained with the aid of physical education. After enjoying their favorite outdoor game, kids forget their worries. Sports players are more likely to maintain excellent behaviour, maintain concentration in class, and exercise discipline. Through physical education, athletics, and other physical activities, they can control complex emotions. Most of the physical activities that students participate in at school demand greater concentration, which promotes better behaviour and better academic performance. Additionally, their ability to focus helps them win medals in sports and high academic grades. After all, a healthy body is a prerequisite for a healthy mind.

I) Self-respect -

Participating in team sports in a structured environment helps to develop leadership skills and sportsmanship.

2. They learn new talents and how to respect their peers by assuming various team responsibilities.

As a result, they find it easier to work with other players when they have a sense of kindness, understanding, and support. A handshake, a high five from a colleague, and a slap on the back are a few examples of actions that boost self-assurance and teamwork. In a similar vein, receiving praise from teammates and coaches boosts contentment and self-esteem. All of this encourages kids to think they can develop their skills and potential to perform better in their chosen field. Students are aware that a positive outlook about oneself is unaffected by outcomes, whether winning or losing. Their goals should be to take part in a sport, work as a team, and learn new things. Every win or loss should be used as an opportunity to grow. For our young athletes, whether they are excelling in sports or academics, constructive criticism creates room for improvement. Moral character Sports for both individuals and teams help kids develop their natural talents. They develop self-control and a goal-oriented mindset. They are aware that there are difficulties in every game and that winning or losing is only a part of it. Therefore, there should not be any place for worry or disappointment of any type. Despite unfavourable outcomes, he assumes leadership and motivates the group to keep up its sense of camaraderie. Sports are rife with disputes and disagreements, and only devotion to

professional ethics may lessen them. Any sport requires discipline, whether it be mental or physical, depending on the circumstances. Students must abide by the rules of the game, the coach's directives, and the referee's rulings. As a player, he gains the ability to accept the umpire's often incorrect judgment. Which, in most cases, they find unacceptable. These trying circumstances teach kids discipline, patience, and understanding, all of which are valuable life lessons. Sports help our kids learn values like generosity, leadership, cooperation, compassion, and goodwill. Freshness It's important to take a break from your academics and job duties. To avoid any failure, we even chill the machine. Therefore, our kids need a break from school. Machines or humans, young minds in particular, are sensitive to this repetition. Students who are solely focused on their studies require many breaks throughout the school day. Through physical education, these young minds can lessen their tension. Additionally, they can renew your spirit and help you get rid of extra energy that boredom can cause. Games and other activities increase students' attention spans and calm the classroom down.

Conclusion

In addition to sports performance, the purpose of sports and physical education programs in schools should also be to improve the health and physical fitness of students. Anyone can become a better athlete in any sport if they are in good physical and mental condition. Therefore, the goal of physical education is to maintain an extremely high level of human fitness by promoting the proper, comprehensive development of the human body using scientific means. For this reason, physical education is essential for the development of physical fitness in society and in schools. Physical activity is essential for the overall development of pupils. Everyone should understand the value of physical education in schools because it improves children's lifestyle and school performance. Contrary to popular belief, physical education involves much more than just playing sports, running a track, or other forms of physical activity. Physical education promotes mental and physical well-being and helps people lead balanced lives. Nowadays, obesity is a problem, especially among young people. An unhealthy lifestyle is one of the main causes of obesity. Children need a fit attitude to lead an active and healthy lifestyle, so encourage them to be physically active. A large part of the population believes that physical education is a waste of time. This has to change as a way of thinking. Exercise has a direct effect on our brain. Exercise improves heart rate regulation and strengthens brain cells

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