

Physical Education its importance and impact on Sports: an analytical study

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Abstract: Physical education in its modern concept is broader and more meaningful. There is no doubt that it is conducive not only to build up organic health but also in being 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. According to the National Association of Sports and Physical Education, physical education consists of four components: opportunity to learn, meaningful content, appropriate instruction and student and program assessment. Physical education helps students develop a positive attitude towards physical activity and adopt healthy and active lifestyles. This paper gives an over view on importance of physical education and its impact on sports, health and fitness.

Keywords: Physical Education, Sports, Fitness, Health, Life style.

1. Introduction

Physical Education is "education through the physical". It aims to develop students' physical competence and knowledge of movement and safety, and their ability to use these to perform in a wide range of activities associated with the development of an active and healthy lifestyle. It also develops students' confidence and generic skills, especially those of collaboration, communication, creativity, critical thinking and aesthetic appreciation. These, together with the nurturing of positive values and attitudes in Physical Education, provide a good foundation for students' lifelong and life wide learning. Physical education is a course taught in school that focuses on developing physical fitness and the ability to perform and enjoy day-to-day physical activities with ease. Kids also develop skills necessary to participate in a wide range of activities, such as soccer, basketball, or swimming. Regular physical education classes prepare kids to be physically and mentally active, fit, and healthy into adulthood. An effective physical education program should include engaging lessons, trained P.E. teachers, adequate instructional periods, and student evaluation.

1.1.AIMS OF PHYSICAL EDUCATION

The aim of physical education is to enable the student to:

- appreciate and understand the value of physical education and its relationship to a healthy, active lifestyle
- work to their optimal level of physical fitness
- become aware of movement as a creative medium connected to communication, expression and aesthetic appreciation
- develop the motor skills necessary to participate successfully in a variety of physical activities
- experience enjoyment and satisfaction through physical activity
- develop social skills that demonstrate the importance of teamwork and cooperation in group activities
- demonstrate a high level of interest and personal engagement showing initiative, enthusiasm and commitment
- show knowledge and understanding in a variety of physical activities and evaluate their own and others' performances

1.2 OBJECTIVES OF PHYSICAL EDUCATION

- To create opportunities for big muscle activity in order to facilitate the growth and development of the body.
- To sustain the child's interest in and love of physical activity by teaching activities based on the needs, interests and abilities of all children.
- To develop neuro-muscular skills so that they participate in various activities such as running, jumping, rowing, and catching and so on.
- To inculcate moral values such as fair play, team spirit, sportsmanship and respect for fellow players.
- To understand the need to abide by the rules and regulations of the games and sports.
- To create an awareness of the safety and first aid measures to be taken in sports and games.
- To teach recreational activities which may be useful during the leisure time of the child.

1.3 SCOPE OF PHYSICAL EDUCATION

Physical Education is a very developed area and it has a very wide scope. Today, it is not limited to various kinds of physical exercises. All the factors or activities which help in developing an individual's personality are included in it now. It consists of all the areas or facets of human activities. Now, knowledge of physical education or participation in physical activities are not concerned important only for the school going students, but also for people of all ages and both the sex. Whatever may be the physical abilities of individuals, all the persons should participate in different kinds of physical activities. The objective of physical education programme is not only to train or create outstanding players, but another important objective it has is to maintain the health of all the people using or participating in it.

1.4 NEED FOR PHYSICAL EDUCATION

Physical education refers to the process of imparting systematic instructions in physical exercise, sports, games, and hygiene. The term is generally used for the physical education programs at schools and colleges. Education aims at the training of the body, mind, and conduct of a student. To keep a healthy mind within a healthy body, a student needs regular physical exercise. The brain of students gets tired after schoolwork. His mind refuses to work. Therefore, for diversion and refreshment of mind, he requires some organized forms of physical and mental work. Physical education forms an important part of modern education. Almost every school can boast of a playground, and one or two teams. In every modern school and colleges, after class work, students join various sports and games. The students generally take to all kinds of physical activities and show a great deal of interest in them. Various kinds of games, sports, and physical exercises are taught in schools as part of physical education program. Some of them are outdoor, others indoor. The outdoor games include football, hockey, cricket, tennis, badminton, volleyball, and so on. Sports include popular pastimes like swimming, boating, athletic activities like pole jump, long jump, racing, and javelin throwing. Students are also taught physical exercises to improve and maintain good health.

A quality physical education program will help to

- Improve self-esteem, self-confidence, and interpersonal skills.
- Gain a sense of belonging through teamwork.
- Prepare to embrace cooperation and competition.
- Handle adversity through winning and losing.
- Develop social skills. • Learn discipline.
- Improve problem solving skills and increase creativity.
- Develop an understanding of the role of physical activity in promoting health.
- Reduce their tendency to risk behaviors such as use of drugs, alcohol, and tobacco, missing or dropping out of school, and getting pregnant.
- Enhance social and cognitive development and academic achievement.

2. IMPORTANCE OF PHYSICAL EDUCATION

Physical education considers the child as a united whole of mental, social, moral, and physical qualities and provides for the optimum development of all these through the physical activities.

1. Physical growth and development - Physical activity must be learned; hence there is a need for thinking on the part of the intellectual mechanism, with a resulting acquisition of knowledge. Physical activities are essential for the development of a child's scientific insight, intelligence and superior type of reflective thinking.
2. Intellectual development- Physical activities must be learned; hence there is a need for thinking on the part of the intellectual mechanism, with a resulting acquisition of knowledge. Physical activities are essential for the development of a child's scientific insight, intelligence and superior type of reflective thinking.
3. Emotional development – Physical education provides opportunities to control emotions. The give and take of games and sports offer scope for both emotional release and the controlling of the emotions.
4. Social adjustment - Physical activities provide opportunity of interaction between participants and others in varied situations enabling them to learn social qualities like sportsmanship, co-operation, honesty, friendship, fellowship, courtesy, self discipline, and respect for authority which promote social adjustment of an individual.
5. Personal adjustment - Physical education gives a full and worth- while experience to the individual which help him to realize fullest self-expression and highest satisfaction from the results of his action, and thereby facilitates his personal adjustment in life.
6. Character development – Group effort, loyalty to the team and strong ties is much in evidence in play and physical activities. They provide a valuable contribution to the development of good moral character.
7. Physical fitness – Physical education through exercise and knowledge about one's body and its requirements contribute immensely to physical fitness. Regular exercise improves our physical efficiently, sense of well-being and appearance.

3. BENEFITS OF PHYSICAL EDUCATION

1. Improved Fitness: Skipping, jumping, running, lifting and other exercises make a person more fit.
2. Unity, Team-spirit and Togetherness: Exercising with other students helps forge togetherness and boosts team spirit.
3. Makes a Person More Active: It makes a person more active and helps combating ailments associated with laziness or “potato couching.”
4. Lots of Fun: Physical exercises are fun and enjoyable especially when they are varied.
5. Increased Socialization: PE teaches students to be more social and also outgoing. This shapes their future life and interaction.
6. Better Health: Regular exercises improve the respiratory, cardiovascular, immune and other bodily systems. This keeps diseases at bay.
7. Boosts Self Esteem: Regular interaction with other pupils or students improves self-esteem and awareness.
8. Talent Discovery: Instructors or teachers can easily spot talent during the exercises and will guide a pupil so as to improve the talent.

9. **Boosts General Wellness:** In addition to making a person more active and fit, PE also improves general wellness.
10. **Reduces Injuries:** According to research, people who regularly exercise are less prone to injuries and will recover more quickly from fatigue or sickness.
11. **Encourages Team Spirit:** Working together and following instructions is the winning recipe for a strong and solid team.
12. **Goal Setting:** Students will be encouraged to set and aim at meeting their target. Over time, they become good goal setters and achievers.

4. EFFECTS OF EXERCISE ON MUSCULAR SYSTEM

Muscle size – is mostly determined by persons genetics, but can be affected with life choices like: anabolic steroids, exercise, and healthy food. Exercising specific muscles regularly can increase their size by up to 60%. This increase in muscle size is mainly due to increased diameter of individual muscle fibers.

Muscle coordination – It trains muscles to work more efficient and effectively by working together. E.g.: when the prime mover contracts more rapidly the antagonist (muscle) must also relax as quickly to prevent blocking the movement.

Blood supply – As a result of frequent exercise over a sustained period of time both the quantity of blood vessels and the extent of the capillary beds increases. Effects of exercise on muscular system would benefit by increasing size and number of mitochondria, improved perception of muscle tone and also overall improved: Coordination Power Balance Speed Agility Body composition Reaction time Muscular endurance Flexibility

5. Conclusion

Physical education has existed since the earliest stages of human society, in forms as simple as the transmission of basic survival skills, such as hunting. Later, the ancient Chinese, Indian, and Egyptian civilizations had traditions of physical education and activity, most commonly acted out in sporting competitions, military tactics and training, and martial arts. The first requisite for national and for individual development is physical education. As a matter of fact our people have been rather slow to recognize that exercise and perspirations are the bye-product of physical education. Not understanding the real concept of physical education people still talk about it in terms of drill, physical training, physical culture, sports, gymnastics etc. Even the educationists and the educational administrators, who are in the helm of affairs, are totally unmindful of the educative potentialities of physical education. If it implement and use in a proper way you can definitely develop healthy society in a healthy country.

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