



# EMERGENCY AND NECESSITY OF PHYSICAL ACTIVITY AND EXERCISE IN EVERYDAY STUDENT LIFE IN HIGHER EDUCATIONAL INSTITUTIONS

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## **Abstract:**

Physical Education is the foundation of any comprehensive for physical activity Programme in an educational institute. Physical Education offers cognitive content and instruction designed to improve motor skills, knowledge and behaviours for physical activity and physical fitness. Hence, such an important segment of sports education is essential in student life. In recent modern time's very small percentage of students are realizing the importance of physical activity and exercise in their life. This percentage is very much low when comes to higher education institutions. The students are showing reluctance towards going out to playgrounds or outdoors for physical activity, instead, they prefer to sit in a room or house, and play on electronic gadgets and online video games. In a way, they are developing an addiction. Lack of physical activity and exercise leads them to hypokinetic diseases such as obesity, diabetes, low back pain, hypertension, cardiovascular disease and mental health issues which ultimately affect their health and quality of life. Under such an alarming situation, this paper introduces the emergency and necessity of Physical Activity and exercise in a higher education student's life.

**Key Words:** Physical Activity, Necessity, Emergency, Higher Education Institutions.

## **Introduction:**

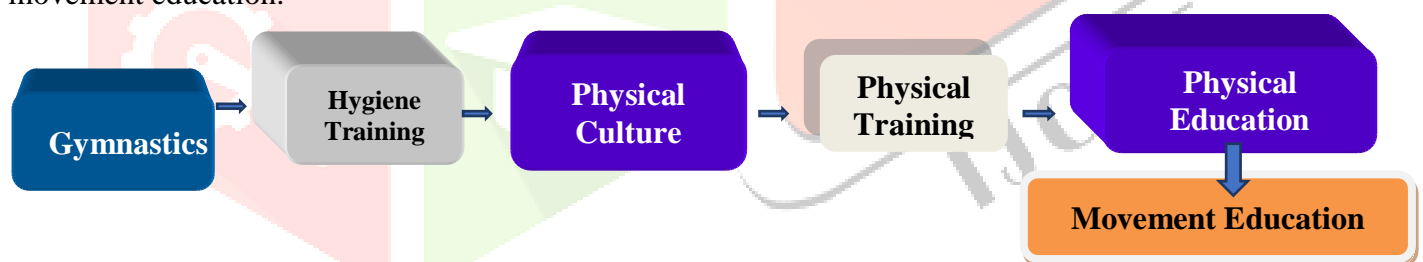
A sound mind in a sound body. Nowadays video games and computer games have taken the place of our traditional games. Students do not have time to play indoor or outdoor games in the modern age of Institutions. Sport is important for students' all-around development and for living a healthy life. First of all, students should get physical education and then social education. Thus, man's social education has the basis of physical education. Today it has become technological education. Education has become so much dependent on Institutions that students do not spare enough time to take care of his or her beautiful body

which is a very valuable gift of nature to them. Students have stopped physical movements because of technological gadgets, hectic academic schedules, and being unaware of physical activity and other facilities. Previously students were used to playing various games and sports and thereby doing physical exercise. Now, games are played on electrical gadgets so life has become inactive. The human body has become the depository of numerous illnesses. Under these situations, it is pressing for explaining the prominence of physical activity in the student's life.

Physical Education is a combination of two distinct words, physical and educational. The first word is physical which means related to the body or related to any one or all of the bodily characteristics that include physical strength, physical endurance, physical fitness, physical appearance and physical health. And, the second word is education which means preparation for life or systematic instruction and training. When we look at the joint meaning of these two words, we can understand that physical education is a systematic training of an individual by using his/her own body to achieve the objectives of developing and maintaining the body, developing motor skills, physical abilities, making a habit of living a healthy lifestyle, developing the ability to control emotions for a fuller living.

### **Evolution of Physical Education:**

The evolution of Physical Education as a discipline has covered a long journey. In the past, it has been known by many other labels. Most of them are now considered too narrow and restricted to cover the entire scope of Physical Education. Physical Education evolved from gymnastics (during the 1800s) to hygiene to physical culture to physical training and now is known as Physical Education as well as movement education.



As we know, the needs of the youth today are different from those of the youth of the western years. This holds true in the field of education more than in any other sphere. Changes in society are reflected in the education system, and the education system of yesterday will not meet the needs of today's students.

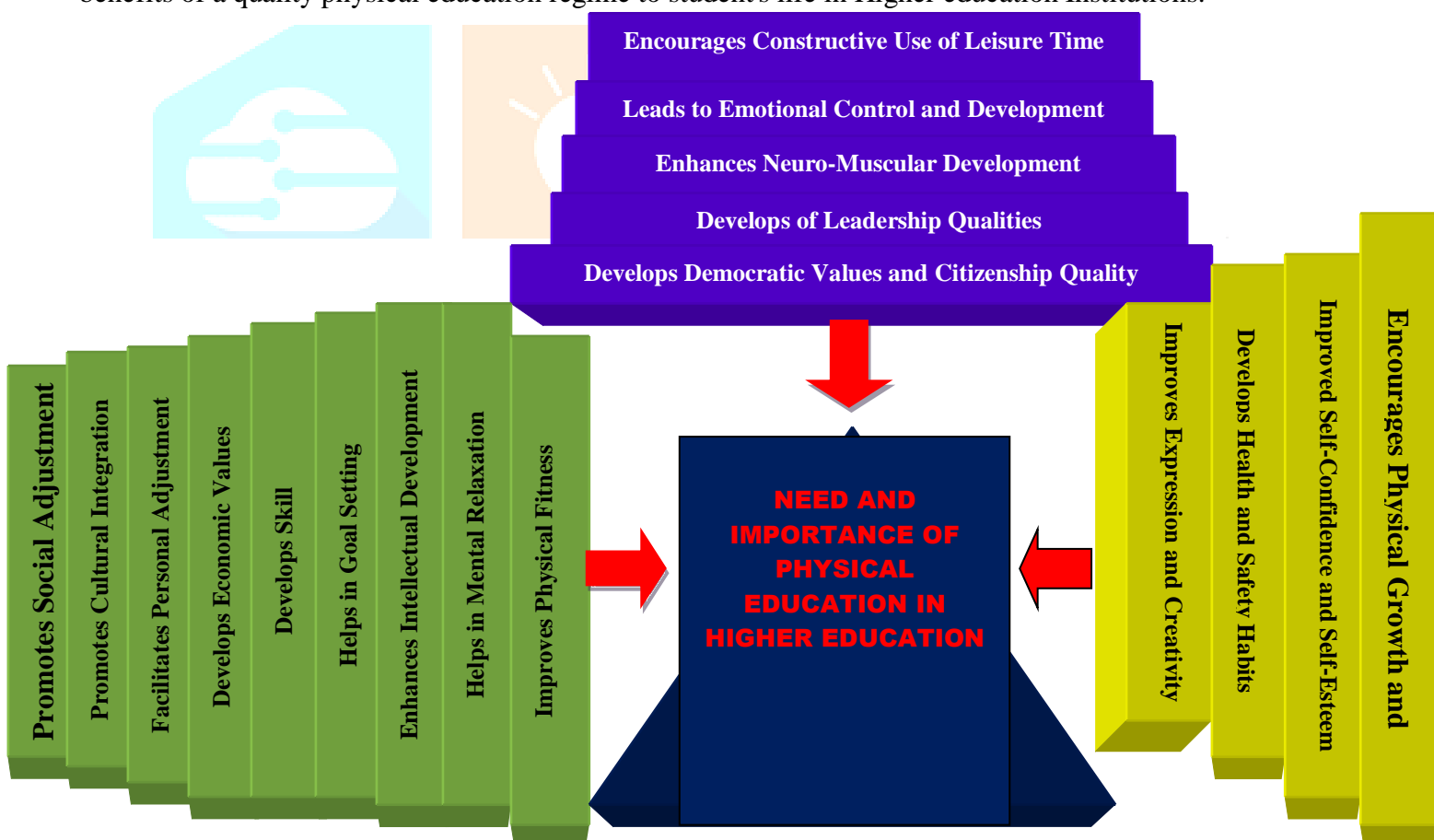
In the modern context, Physical Education lays a strong emphasis on achieving overall fitness and well-being rather than only physical fitness through body movement. In fact Physical Education is now called movement education. It indicates how the body moves to develop an efficient motor activity.

Movement is integral to all human beings. It includes both locomotor movement skills, such as running, jumping etc., which are necessary movements, and non-locomotor movements like twisting, turning etc. Movement is also a means of communication. In movement education, individuals have the freedom of self-exploration and are encouraged to find their own solutions to problems involving movements. They choose methods that are best suited to their abilities and perform the movements that they desire. In movement education classes, students are given the freedom to follow their own methods of movement. It is, therefore, essential the curriculum followed in the Physical Education Programme focuses

on the overall fitness of a human being which is the need of today's youth of students and the country as well, educating individuals to value their overall fitness by suggesting to them how can they improve and assess it in Higher Education Institutions.

### **Emergency and Necessity of Physical Activity and Exercise in Everyday Student Life in Higher Educational Institutions:**

Physical activity benefits in developing students' capability and self-efficacy. It helps them to take part in an extensive range of physical activities that are vital to their lives both in and out of college/University. A good quality program about physical activity allows all students to enjoy and make it in many kinds of physical exercises. The reputation of the physical education regime is to aid students to develop a wide range of techniques and skills as well as give them the capability to use tactics, strategies, and novice ideas to execute effectively both at home and college/University. The total education of a child cannot be imagined without PE being an integral part of the curriculum. A well-structured and well-implemented PE Programme is a burning need in the current education system. Figure 1 illustrates the benefits of a quality physical education regime to student's life in Higher education Institutions.



**Figure 1:** Benefits of quality PE Programme to student's life in Higher Education Institutions.

**Enlargement in Educational Performance:** One of the benefits of physical education is that it supports in enlightening the academic performance of the students. Most physical activities that students do in colleges/Universities are connected to upper levels of attentiveness which in turn helps with good behaviour. Physical exercises and sports activities help in boosting up the knowledge learned in the classroom.

Breaks Monotony, Helps to Focus: A continuous hectic work schedule without breaks deteriorates the performance of a worker as he/ she may tend to lose their focus on work. Students too are susceptible to this monotony. They need some breaks in a day which can refresh them so that they can maintain better academic focus. This is where physical education comes into the picture. When students participate in physical movements in college/ Universities they can break down the fatigue that is causing boredom and refreshes themselves.

**Improves Cognitive Development:** On the Games and Sports field one has to take very rapid and keen judgments, at times immediately. Involvement in physical activity and sports benefits us to reach that level of aptitude where difficult-solving becomes part of nature.

**Improves Expression and Creativity:** Human body is the main tool in Physical Education for showing expression and creativity. In Physical Education when an individual performs any skill, he/ she brings his/ her own unique element into it, which is based on his/ her expressive ability and creativity.

**Combat against student obesity:** Regular Physical activity is vital in the fight against student obesity and hypokinetic diseases. It is well known that numerous health problems are related to obesity such as hormonal imbalance, diabetes, high blood pressure and so on. Regular exercise habits that are affected in pre-adolescence and adolescence will likely continue into adulthood. Throughout their life and helps in maintaining their body weight, leading to a healthy and active lifestyle.

**Improves Physical Fitness:** Regular physical activity contributes immensely to students 'overall physical fitness and well-being through the development of muscular strength and the improvement of cardiovascular health.

**Develops Skill:** Regular participation in the Physical Education regime is needed for the development of movement skills and the improvement of reflexes. Further, perfection in hand-eye coordination and neuromuscular, which helps in the development of a healthful body posture and functioning.

**Boosts Physical Quantity and Quality:** For proper growth and development it is essential all our human organs and body systems function within physiological limits. Regular involvement in sports activity leads to an enhancement in the absorption of nutrients by the body, thereby better gastrointestinal processes and growing physical and physiological functioning processes.

**Leads to emotional balance and Progress:** Participating in sports and games, different situations stand up where participants learn the art of adjusting their psychological emotions and disabling inverse emotions like conflict, irritation and frustration.

**Boosts societal adaptation:** Physical activities such as games and sports offer abundant chances for collaboration between fellow players. This enables the participants to learn social qualities and values like

sportsmanship, teamwork, goodness, attachment, fellowship, good manners, self-discipline, and esteem for authority which help the social adjustment.

**Facilitates Personal Adjustment:** Physical Education provides a worthwhile experience for self-expression in varied situations, which facilitates personal adjustment in society. Students involved in sports show higher self-esteem and are more socially competent and less shy and withdrawn.

**Enhances Neuro-muscular Development:** Physical activities lead to neuro-muscular coordination, especially if different types of techniques and skills are carried out frequently over a lengthy period of time. For carrying out a task precisely or learning a technique, a good neuromuscular mechanism is indispensable.

**Promotes Cultural Integration:** Physical Education plays a central role in the values of all peoples. Throughout the such competitive activity, individuals from dissimilar cultures associate with each other and come to know about the rituals, customs, traditions and way of life of others, thereby helping cultural development.

**Improves Management Abilities:** Self-Efficacy, intelligence, reliability, honesty, dedication, and originality are some of the qualities of a good leader. Chances for the cultivation of these personality attributes are offered on the sports field, and the playground is the best laboratory for evolving these characteristics.

**Develops Health and safety Habits:** While participating in any physical activity or sport sports persons have to wear protective gear as well as follow safety rules. This becomes a habit and inculcates healthy and safe habits among the students.

**Develops Democratic Values and Citizenship Quality:** Physical Education teaches the art of winning and losing graciously, the spirit of being fair to others, observing of rules, maintaining a friendly attitude and respect for others, as well as patriotism which is essential to democratic living.

**Encourages Constructive Use of Leisure Time:** Students have a lot of energy and when they engage in any sort of physical activity surplus energy is efficiently utilized. If they are not involved in physical activity, they may utilize that surplus energy in ways that are undesirable. Physical Education provides students with an opportunity to use their free time constructively.

**Develops Economic Values:** Physical Education is fast evolving as a profitable profession. It offers several opportunities for business and self-employment, as well as employment in various agencies at various levels. The concept of sponsorship of players, teams and events by corporate houses, which is fast entering the sports arena, has provided a novel and significant dimension to it.

**Helps in Mind Relaxation:** Physical activity promotes the secretion of feel-good chemicals called endorphins in the brain that improve the mood, reduce anxiety and enhance self-esteem, thereby making the player more relaxed. Physical activities such as jogging, walking, fitness regimes, recreational activities, sports and games help in releasing and decreasing mental stress and anxiety caused by the modern lifestyle. These activities divert attention from stressful situations and provide an outlet for frustration. Thus, physical exercises become an outlet for releasing tension and stress and facilitate emotional stability and resilience.

**Improved Self-confidence and Self-Esteem:** Physical Education provides a stronger sense of self-worth in every player and sportsperson. This makes the individual more confident, assertive, independent and self-controlled when performing any physical activity.

**Helps in Goal Setting:** Physical Education is a systematic process of education, where individuals are trained to achieve short-term, long-term and specific goals. Therefore, it prepares individuals to set personal, achievable goals in life and strive for achieving them.

### **Conclusion:**

This paper presents the need for physical education in higher education organizations' students' life. The evolution of physical education from past to recent is discussed and identified that in the modern context, physical education lays a strong emphasis on achieving overall fitness and well-being rather than only physical fitness through body movement. Therefore, it is essential that the curriculum followed in the higher education PE Programme must focus not only on the overall fitness of a student but also educating the individual student to value their overall fitness. Finally, a discussion on the benefits of PE to students at higher education institutes from the individual, social and economic perspectives is presented in detail, which further emphasizes the importance of physical education to the student at higher education and Institutions organizations.

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