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Physical Education, Physical Activity And Sports For Good Health.

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Abstract:

Physical education, often abbreviated to Phys Ed. or PE, is a subject taught in schools around the world . It is usually taught during primary and secondary education and encourages psychomotor learning by using a play and movement exploration setting to promote health and physical fitness.

Basic education featured heavily in the 1997 ISCED document, but the term was not included in the glossary. Each country interpreted the term in different ways, and leading up to the 2011 revision, a discussion paper was issued to seek clarification.

In most countries, ISCED 1 corresponds to the nationally designated primary education, and basic education includes that and also ISCED 2 lower secondary education (the lower level of secondary school). In other countries, where there is no break between primary and lower secondary education “basic education” covers the entire compulsory school period. For statistical reasons, ISCED 1 is then considered to be the first six years of schooling.

Universal basic education is regarded as a priority for developing countries and is the focus of the Education For All movement led by UNESCO. It is also included in the Millennium Development Goals as goal number 2: achieve universal primary education by 2015.

Secondary education or post-primary education covers two phases on the International Standard Classification of Education scale. Level 2 or lower secondary education (less commonly junior secondary education) is considered the second and final phase of basic education, and level 3 upper secondary education or senior secondary education is the stage before tertiary education. Every country aims to provide basic education, but the systems and terminology remain unique to them.

Tertiary education, also referred to as third-level, third-stage or post-secondary education, is the educational level following the completion of secondary education. The World Bank, for example, defines tertiary education as including universities as well as trade schools and colleges. Higher education is taken to include undergraduate and postgraduate education, while vocational education beyond secondary education is known as further education in the United Kingdom, or included under the category of continuing education in the United States.

Health education is a profession of educating people about health.[1] Areas within this profession encompass environmental health, physical health, social health, emotional health, intellectual health, and spiritual health, as well as sexual and reproductive health education.

Key Words: Physical Education, Activity, Sports and Health.

Introduction:

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countries secondary education is compulsory, at least until the age of 16. Children typically enter the lower secondary phase around age 12. Compulsory education sometimes extends to age 20.

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Tertiary education generally culminates in the receipt of certificates, diplomas, or academic degrees. UNESCO stated that tertiary education focuses on learning endeavors in specialized fields. It includes academic and higher vocational education.[

Health education is a profession of educating people about health.[1] Areas within this profession encompass environmental health, physical health, social health, emotional health, intellectual health, and spiritual health, as well as sexual and reproductive health education.

Health education can be defined as the principle by which individuals and groups of people learn to behave in a manner conducive to the promotion, maintenance, or restoration of health. However, as there are multiple definitions of health, there are also multiple definitions of health education. In the U.S., the Joint Committee on Health Education and Promotion Terminology of 2001 defined Health Education as "any combination of planned learning experiences based on sound theories that provide individuals, groups, and communities the opportunity to acquire information and the skills needed to make quality health decisions.

The World Health Organization (WHO) defined Health Education as consisting of "consciously constructed opportunities for learning involving some form of communication designed to improve health literacy, including improving knowledge, and developing life skills which are conducive to individual and community health.

Meaning and Definitions of Physical Activity and Sports:

World Health Organization (WHO) and the US Department of Human Services. The definition of physical activity is: "Physical activity is defined purely physiologically, as all body movement that increases energy use beyond resting levels". Definitions and terms are based on "Physical activity in the prevention and treatment of disease" Health is defined according to the World Health Organization (WHO) as: "A state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity".

Physical activity can occur spontaneously (leisure/work/transport) or organized and be divided according to purpose: Physical exercise is aimed primarily at improving health and physical capacity.

Physical training is aimed primarily at increasing the individual's maximum physical capacity and performance. Physical inactivity is described as the absence of body movement, when energy consumption approximates resting levels. People who do not meet recommendations for physical activity are considered physically inactive and are sometimes called "sedentary". Sport can be organized by age, sex, level of ambition, weight or other groupings. Sport can also be spontaneous and defined as a subset of exercises undertaken individually or as a part of a team, where participants have a defined goal. General recommendations for physical activity are found in [Table 1](#), not considering everyday activities. One can meet the daily recommendations for physical activity by brief, high-intensity exercise, and remaining physically inactive for the rest of the day, thereby creating a "polarization" of physical activity: Having a high dose of conscious physical training, despite having a low energy expenditure in normal life due to high volumes of sedentary time. Polarization of physical activity may lead to increased risk of poor health despite meeting the recommendations for physical activity. During most of our lives, energy expenditure is greater in normal daily life than in sport, physical exercise, with the exceptions of children and the elderly, where planned physical activity is more important.

Table 1

Recommendations regarding physical activity for different target groups. Note that additional health effects can be achieved if, in addition to these recommendations, the amount of physical activity increases, either by increasing the intensity or duration or a combination of both.

Target Group	Recommendations	Purpose
Children and youth Age 6–17 years	<p>The physical activity should be primarily of aerobic nature and the intensity moderate (easy/medium pulse increase) to high (marked pulse increase). Aerobic physical activity at high intensity at least 3 times a week. Muscle-strengthening physical activity 3 times a week. Weight-bearing activity, such as running and jumping, is positive for bone mineral density.</p> <p>The physical activity level will gradually be adapted to the individual's biological and psychosocial maturation.</p>	<p>Development of muscles and skeletal and nervous system.</p> <p>Maintain a healthy weight and a good mental health.</p> <p>Social development, integration, good self-esteem, and self-confidence.</p> <p>Enhanced learning ability.</p> <p>Recommendations are universal, but for individuals with illness, there may be special recommendations.</p>

<p>Adults Age 18–64</p>	<p>All adults from 18 years of age and above are recommended to be aerobically physically active at least 150 minutes a week at a moderate intensity (medium pulse increase), or at least 75 minutes per week at vigorous intensity (marked pulse increase). The activities should be distributed over at least three separate days. Muscle-strengthening physical activity at least twice a week should be performed.</p>	<p>Improvements in aerobic work capacity and muscle strength. Recommendations are universal, but for individuals with illness, there may be special recommendations. Profits from carrying out the activity are lower risk of disease, such as disturbed metabolism and certain cancers and bone fractures.</p>
<p>Elderly Age >64</p>	<p>Same recommendations as adults. Muscle strengthening exercises should be performed at a high velocity, if possible. Balance training should be incorporated prior to aerobic and muscle strengthening training. Individuals with impaired ability should perform as much exercise as possible.</p>	<p>Improvements in aerobic work capacity, muscle strength, and balance. Recommendations are universal, but for individuals with illness, there may be special recommendations. Medical advice may be required before exercise commences. Benefits of carrying out the activity are the same as for adults, and better functional health and independence.</p>

Games and Sports

Sport pertains to any form of physical activity or game, often competitive and organized, that aims to use, maintain, or improve physical ability and skills while providing enjoyment to participants and, in some cases, entertainment to spectators. Sports can, through casual or organized participation,

This is a list of games that used to be played by children, some of which are still being played today. Traditional children's games do not include commercial products such as board games but do include games which require props such as hopscotch or marbles (toys go in List of toys unless the toys are used in multiple

games or the single game played is named after the toy; thus "jump rope" is a game, while "Jacob's ladder" is a toy). Despite being transmitted primarily through word of mouth due to not being considered suitable for academic study or adult attention, traditional games have "not only failed to disappear but have also evolved over time into new versions." are passed from child to child, generation to generation, informally by word of mouth," and most children's games include at least two of the following six Traditional children's games are defined "as those that are played informally with minimal equipment, that children learn by example from other children, and that can be played without reference to written rules. These games are usually played by children between the ages of 7 and 12, with some latitude on both ends of the age range." [2] "Children's traditional games (also called folk games) are those that features in different proportion: physical skill, strategy, chance, repetition of patterns, creativity, and vertigo Bring back memories of your childhood by introducing your children to traditional Indian games that we played when we were kids ourselves! 20 Traditional Indian Games for Today's Kids.

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- | | |
|-----------------------|-------------------|
| 1. Hopscotch | 11. Maram Pitthi |
| 2. Kho Kho | 12. Gutte |
| 3. Marbles | 13. Lattu |
| 4. Gilli Danda | 14. Ashtapada |
| 5. Pallanguzhi | 15. Chaturanga |
| 6. Lagori | 16. Posham Pa |
| 7. Kabaddi | 17. Vish Amrit |
| 8. Antakshari | 18. Aankh Micholi |
| 9. Pachisi | 19. Carrom |
| 10. Chhuppan Chhuppai | 20. Kokla Chapaki |

Health Effects of Physical Activity:

Human biology requires a certain amount of physical activity to maintain good health and wellbeing. Biological adaption to life with less physical activity would take many generations. People living today have, more or less, the same requirements for physical activity. For an average man with a body weight of 70 kg, this corresponds to about 19 km daily walking in addition to everyday physical activity. For most people, daily physical activity decreases, while planned, conscious exercise and training increases. Unfortunately, average daily energy intake is increasing more than daily energy output, creating an energy surplus. This is one reason for the increasing number of overweight people, and a strong contributor to many health problems. More sedentary living (not reaching recommended level of physical activity), combined with increased energy intake, impairs both physical and mental capabilities and increases the risk of disease.

Effects on Physical Health

The effects of physical activity and exercise are both acute (during and immediately after) and long-lasting. Effects remaining after a long period of regular physical activity have far-reaching consequences for health and are described below. For example, some muscle enzymes' activity can be quickly increased by physical exercise/training but just as quickly be lost when idle. Other changes remain for months or years even if training ends—for instance, increased number and size of muscle fibers and blood vessels. Good health, therefore, requires physical activity to be performed with both progression and continuity. Most of the conducted physical exercise/training is a combination of both aerobic and muscle strengthening exercise, and it can be difficult to distinguish between their health effects

Effects on Mental Health:

Mental illness is a global problem affecting millions of people worldwide. Headache, stress, insomnia, fatigue, and anxiety are all measures of mental ill health. The term “ill health” constitutes a collection of several mental health problems and symptoms with various levels of seriousness. Studies have compared expected health benefits from regular physical activity for improvement of mental health with other treatments, for example, medication. Most recent studies show that physical activity and exercise used as a primary, or secondary, processing method have significant positive effects in preventing or alleviating depressive symptoms and have an antidepressant effect in people with neurological diseases

How Sport Affects Health

Sport's main purposes are to promote physical activity and improve motor skills for health and performance and psychosocial development. Participants also gain a chance to be part of a community, develop new social circles, and create social norms and attitudes. In healthy individuals, and patients with mental illness, sport participation has been shown to provide individuals with a sense of meaning, identity, and belonging. Whether the sport movement exists or not, training and competition including physical activity will happen. Sport's added values, in addition to the health benefits of physical activity, are therefore of interest. Some argue that it is doubtful, or at least not confirmed, that health development can come from sport, while others believe that healthy sport is something other than health. In a sporting context, health is defined as subjective (e.g., one feels good), biological (e.g., not being sick), functional and social. The environment for positive development in young people is distinctly different from an environment for performance, as the latter is based on being measured and assessed. That said, certain skills (goal setting, leadership, etc.) can be transferred from a sporting environment to other areas of life. The best way to transfer these abilities is, at the moment, unclear.

Having the goal to win at all costs can be detrimental to health. This is especially true for children and adolescents, as early engagement in elite sports increases the risk of injury, promotes one-dimensional functional development, leads to overtraining, creates distorted social norms, risks psychosocial disorders, and has the risk of physical and psychological abuse. Great importance is sport's goal of healthy performance development, starting at an early age. For older people, a strong motivating factor to conduct physical activity is sports club membership. One can summarize these findings by stating sport's utility at the transition between different

stages of the life from youth to adulthood and from adulthood to old age. There, sports can be a resource for good physical and mental health.

Sport's Effects on the Health of Adults and the Elderly

Adults who stop participating in sports reduce their physical activity and have health risks equal to people who have neither done sports nor been physical. Lack of adherence to exercise programs is a significant hindrance in achieving health goals and general physical activity recommendations in adults and the elderly. While several socioeconomic factors are related to exercise adherence, it is imperative that trainers and health care providers are informed about factors that can be modulated, such as intervention intensity (not too high), duration (not too long), and supervision, important for higher adherence, addressed.

Healthy aging is dependent on many factors, such as the absence of disease, good physical and mental health, and social commitment (especially through team sports or group activities). Increased morbidity with age may be partly linked to decreased physical activity. Thus, remaining or becoming active later in life is strongly associated with healthy aging. With increased age, there is less involvement in training and competition.

Relevance of Sports

Sports can make children and young people develop both physically and mentally and contribute with health benefits if planned and executed exercise/training considers the person's own capacities, social situation, and biological as well as psychological maturation. In children and adolescents, it is especially important to prevent sports-related injuries and health problems, as a number of these problems are likely to remain long into adulthood, sometimes for life. Comprehensive training is recommended, which does not necessarily mean that you have to participate in various sports. What is required is diverse training within every sport and club. Research shows that participation in various sports simultaneously during childhood and adolescence is most favourable for healthy and lifelong participation

As for children and young people, many positive health aspects come through sport also for adults and the elderly. Sport builds bridges between generations, a potential but not elucidated drive for adults' motivation for physical activity. The percentage of adults participating in competitive sports has increased in Sweden since 2010, from about 20 percent to 30 percent of all of those who are physically active, a trend that most likely provides better health for the group in the 30–40 age group and generations to come.

Recommendations for Healthy Sport

1. Plan exercise, rest, and social life. For health-promoting and healthy-aging physical activity, refer to general guidelines summarized in this paper.
2. Set long-term goals.
3. Adopt a holistic performance development including physiological, medical, mental, and psychosocial aspects.

