



Physical education and future challenges in India

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Abstract

The aim of this studies the current trends in physical education and the challenges it's facing in India. At the same time the school/college health and physical Education programs are diminishing across the country. It's a great challenge in today's world how to integrate the importance of the health with the marks cards and grades. Even though some government policies have planned to implement the physical education and the sports in the compulsory curriculum; still in reality it has lots of resistance to get materialized. Physical education and sports has a bright future prospect provided it channelized in a perfect way. The initial concern now is realization of existing inadequacies and the subsequent provision of suitable programmes. A total revamp in the concept of physical education and sports is needed to all. 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.

Keywords: physical education, curriculum, and challenges

Introduction

Physical education... or more widely known to all as Sports is considered as the need of the hour Today but equally at the same time it's the last preferred area in an educational or social setup (mainly in India). Physical education and Sports. Even though the many countries are shining in sports at its best and realizing Health is the call of the hour; but still the implementation of physical education and sports in their regular Life or curriculum or career is still getting a back seat. Right from the school level onwards till the university sports; the scenario is by and large same. Everywhere it's the sports and physical education which stands at the last. Basic physical activities imparted in the school at the early grass root level of a child has a great impact on his physical and mental health lacking which children may become lonely when they are asked to get involved in activities.

Misconceptions about physical education

Physical education is a vast subject and 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' (PT. exercises). This is wrong (this phrase is used by the forces to produce tough persons). Others consider physical education as playing activity like football, hockey, races and other competitive activities whereas this is also not true. Some say it is for physical culture to make body shape. Few consider physical education is meant only for recreation, fun and enjoyment. In fact, these wrong opinions have led to many misconceptions about the subject. Few of the misconceptions are as under:

1. Rest Period: People think that this is a rest period as it does not have any academic value. This opinion is also wrong as this subject is very demanding in coming time and has 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.

2. Wastage of Money: Games and sports require special type of equipment, apparatus, playfield, etc. which are costly. These days many facilities are provided by the government in the form of scholarships, awards and stipends to the sports persons. The government has set up various institutions which provide free education, diet, equipment, etc. to good sportsmen.
3. Leads to Indiscipline: This opinion is totally wrong. A good sportsman always behaves in a disciplined manner and follows rules and regulations on the sports field and in real life.
4. No Job Career or Profession: Today special attention is given to sportspersons for selection in various competitive examinations. There are many jobs for sportspersons in various departments. In many professions sportsmen are accepted happily.
5. Poor Social Status: Participation in physical activities is generally considered to be for those who have poor social status and are not given any recognition by society. Whereas, this trend is now changing. Today there are many sports awards like Arjuna award, Rajiv Gandhi Khel Ratna award, Padma Shree award given to sportsmen that add to their social status.
6. 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.
7. 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 same unit. In a sound body, sound mind exists; hence if physical condition of body is good, the mental condition of the individual will also improve.

Future trends and challenges

The school/college health and physical education programs are diminishing across the world. It's a great challenge in today's world how to integrate the importance of the health with the marks cards and grades. The demise of physical education throughout the world has been the subject of much research and was addressed at the World Summit on Physical Education in 1999. The final document of the Summit served as an official working document for the 3rd International Conference of Ministers and Senior Officials responsible for Sport and Physical Activity (MINEPS III) organized by the United Nations Educational Scientific and Cultural Organization (UNESCO) 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 lots of resistance to get materialized. The challenges as on date may be discussed in the light of the following points:-

1. Identified issues and challenges engaging young people and PE Teachers.
2. Identify concepts and principles of effective teaching & learning, curriculum and programme.
3. Talent identification and development in sports
4. Appreciate the roles of a coach and how these can be effectively managed in schools.
5. Counseling and spreading the awareness of physical education and sports.
6. Developing state of the art modern infrastructure for sports for this modern world.
7. Introduction and encouraging female sports by developing female friendly sports environment and facilities.

Conclusion

Based on the above and the references reviewed; it has been clear that the 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. There are many benefits that are available from physical education and there are a few schools that have managed to strike the balance between academics and physical fitness. In the Concept of physical education and sports is needed to all; the learners, the teachers and coaches, the Administrators and the policy makers. Home to office to the community etc. should follow. 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. 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. School. It is also important to reach out to the community resources by linking PE and sports programmes with them so that the society gets the best out of it.

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