

Objectives and Importance of Physical Education : An Analysis

Dr. Elizabeth Kundu

Assistant Professor

Physical Education Department, Govt. College for Women, Hisar (Haryana)

Introduction

Physical education is an integral part of young people's education in senior cycle. As a result of their learning in physical education, young people can increase their enjoyment, confidence and competence in a range of physical activities. They can learn about health-related fitness and to take responsibility for being physically active now and in the future. Overall, they can develop positive attitudes to physical activity and its importance in a healthy and fulfilling lifestyle.

As part of senior cycle education, it is envisaged that physical education will be available in two forms. Leaving Certificate Physical Education as a subject which will be assessed as part of the Leaving Certificate examinations is under development. The senior cycle physical education (SCPE) framework has a different purpose and focus. It provides a flexible planning tool for physical education for all students in senior cycle and will not be assessed as part of the Leaving Certificate examination. Students' learning in physical education supports the overall vision of senior cycle education which is to develop students as resourceful, confident, engaged and active learners. Learners grow in confidence and competence as they acquire the knowledge, skills and attitudes necessary to enjoy and succeed in a variety of physical activities while in senior cycle and in their future lives. Physical activity, in its many forms, provides the medium through which students learn in, through and about physical education.

Learners can experience success in different ways in physical education. For some, the pursuit of excellence and the achievement of sporting goals will be the focus. For some, organising, leading and facilitating others to be physically active will be the measure of success. For others, including regular physical activity as part of a healthy lifestyle will represent a successful outcome.

The use of different curriculum models in conjunction with those physical activities selected by a class group and their teacher is at the heart of teaching and learning in SCPE. By using different curriculum models, learners can be encouraged not only to improve their performance in different physical activities but also to develop their understanding of the factors which impact on their personal performance and participation in physical activity.

Learners can be encouraged to undertake different roles and responsibilities, including leadership, coaching and officiating roles. They can learn to plan, organise, participate in and reflect on their experiences in physical activity. Students can learn about fair play, team work and how to relate to one another respectfully. As a result, they learn to be effective in the different competitive, creative and challenging situations that participation in physical activity continually offers them.

Subject Matter (Syllabus)

1-1 S.S. To understand the concept, meaning and different definitions of

1-2 Sh. Relationship with education and contribution to general education.

1-3. Sh. To know about the purpose of education and the process of physical development in it.

Objectives _

After reading this chapter, you will be able to learn about-

- 1.1 About the definition and subject matter of physical education.
- 1.2: Information about the nature, scope and importance of physical education.
- 1.3 Contribution of physical education to general education, personality development.
- 1.4 Analyzing misconceptions in physical education.
- 1.5 Contribution of physical education to national development

Relevant Terms

Physical culture : In physical culture, physical activities and weight lifting activities are done so that physical beauty can be achieved. Can be obtained

Exercise : Exercises done collectively are called Mamdil. The drill is conducted by bands or music.

Sports: Sports which include running, jumping, hockey, football. Target: In the field of physical education it is the main one who is physically educated.

Objective : To make a person's all-round development.

Concept of Physical Education

Physical education has been an important part of the daily routine of mankind since ancient times. Dance, horse riding, chariot racing, hunting, archery, sword fighting, Surya Namaskar and Pranayama etc. kept themselves physically fit and skilled as well as mentally fit. Being physically active was a natural necessity for human survival.

As humans developed culturally, emotionally and socially, so did physical activity. The modern era is called the Tantra era. Nowadays every work is being done by machines. One needs to use very little physical strength. The machine age has made human muscles nibble. In such a situation, there is a great need for physical education.

The youth living in the cities do not have to help their parents in their daily domestic life like the rural youth. One does not have to walk much in the cities because there is no dearth of means in the cities. Instead of participating in sports and other physical activities, they entertain themselves with radio, television, cinema etc. In such a situation, there is a great need of physical education to the urban youth.

Shapely and healthy youth is not only an asset to the nation, but it has always been needed. youth future of our country To move ahead in every field of education, it would be appropriate to adopt physical education as a medium. In this direction, for the complete development of the children, we There is a need to run sports programs planned from the beginning.

Meaning of Physical Education

Generally, the meaning of physical education is taken only from sports, but physical education is more comprehensive and has meaningful meaning in relation to our daily life. Physical education is that education which begins with physical development and leads to the perfection of human life, as a result of which he becomes a person with a strong and strong body, good health, mental vigor, social and emotional balance. Such a person is able to deal with new challenges in effective ways and is able to face them in a more meaningful and purposeful way.

Undoubtedly, in ancient times, body and mind were considered separate, but it is necessary to think a little here, whether without It is possible for the mind of the body to exist. A man with a body suffering from pain cannot concentrate on thinking. angry man The eyes often turn red, the nostrils swell and the body starts trembling. This means that there is a close relationship between the body and the mind. There is relation. When both body and mind are in good condition then only one can aspire for great achievements.

Physical education has been known by different names from time to time, but these are only parts of the whole physical education.

1. Physical Training

Many people refer to physical education as PT. Physical training builds physical health, strength and endurance. It is a kind of hard work. Mostly this training is used in army and police training centers. goes.

2 Physical Culture

This name of physical education was prevalent in the 19th century. People of old ideology use it even today. In this, activities of lifting weights are done so that physical beauty can be achieved.

3. Drill _

Heart is also a name for physical education. The word is derived from army. Any orderly work in the army is called Dil. usually But the drill is performed by bands or music. Massali is the collective practice of exercises.

4. Sports _

Sports is a broad term that includes sports, athletics and swimming. Running, jumping, hockey, football etc. are also included in these fields but sports are not physical education. These come under the program of physical education.

5. Gymnastics _

Many people name gymnastics as physical education. Due to the influence of the ideology of Europe, this term is used for physical education. became popular as synonyms. Even individual exercises have been called gymnastics.

Definitions of Physical Education

It is very difficult to give any single definition to physical education. There are continuous changes in the forms, functions and ideologies related to physical education. From ancient times to the modern era, it has adopted a special education system according to the needs of the individual, society and country and this system has been restored in this era. This is the reason why different definitions have been given to physical education .

According to Nash (JB Nash) "Physical education is a part of the whole education, which is related to the development of muscles. with actions."

According to Wayman (AR Wayman), "Physical education is that part of education, through which the complete development of man is done along with training through physical activities."

Charles A. Bucher According to "Physical education an integral part of the entire education process, entrepreneurship is an area of human performance that results from the performance of human beings through chosen physical activities."

Edward Hitchcock, " Physical education is meant for the transmission of the power and ability of the student to keep his body in a fit and smooth form and to make him intellectual and capable of giving great power to the emotional life.

Edward F. Waltmer and Arthur A. According to lisinger (Edward F. Waltmar & Arthur A. lisinger) : " Physical Education is the process by which changes come about in the individual through his active experiences.

Relationship of Physical Education with Education

Generally, every person keeps increasing his knowledge from different areas of life through his experiences, mental, intellectual, theoretical or practical. The aim of education is to develop the qualities inherent in the individual. In this process, the importance of physical education has been assessed more than that of general education because the mind and body remain equally healthy by sports, exercise, and entertainment. exercise the body Makes healthy, fit, strong and strong, so that both mind and body remain healthy. Physical education is the education of physical processes. Therefore, the student acquires education through various experiences. Physical education is muscular processes, but its purpose is not different from the purpose of education. along with physical development Mental and social development takes place. Plato's idea that music and gymnastics, if used together, can be used for spiritual development. If you create a medium then the results will be interesting. Similarly, if physical education is made a medium of development, phenomenal results will be achieved.

The aim of physical education is not different from the aim of general education. The physical education teacher always strives to achieve these goals by making long muscular process a medium, whereas for the general subject teacher, discussion of knowledge is the main medium of student education.

Aims of Physical Education

J. F. According to Williams, " The goal of physical education is to provide individuals and groups of individuals with skillful leadership, abundant facilities and time under conditions that will make them physically healthy, mentally alert and socially empowered ".

Charles A. Butcher divided the goals into four headings.

(i) Physical Development Goals

(ii) activity motivational efficiency development goals

(iii) Activity and mental development goals

(iv) Social Development Goals

Just as the ultimate goal of a basketball player is to put the ball in the basket, in the same way the goal of physical education is to create a person through physical activities and activities, not only in exercise and games but also in all functional situations of life. Can deal efficiently and effectively and can keep himself energetic, enthusiastic and restrained even in adverse circumstances.

Objectives of Physical Education

In basketball, the technique and process adopted to fulfill the goal of putting the ball in the basket will be called its objectives. Like how the ball will be caught, how will be the position of the hands, how will be the position of the feet, the eyes will be on the basket and the ball will be released at a certain angle. All these objectives are helpful in achieving the goal. J. R. According to Sherman, "The object of physical education is to enrich the experiences of the individual to such an extent, as may be limited to the individual, to enable him to adjust successfully to society so that he may grow and improve upon his desires and fulfill those desires." develop competence for.

Guidance is necessary in the field of education. Only the objective can guide you. These can be checked with any measuring bar

Is. They do the work of guiding the person or organization to go in a particular direction. No doubt it is achieved by general principles.

On the basis of these, many types of changes and adjustments are possible in the behavior of the students so that they move towards the goal. Can go Physical education is an integral part of education. Which has its own goal.

According to JF Williams, "The goal of physical education is to prepare individuals and groups of individuals for efficient leadership, abundant Provides facilities and time, which is physically healthy, mentally alert and socially empowered". A careful consideration of the definition reveals four resolutions:

1. Skilled leadership
2. more convenience
3. Possibility to participate in the game for each individual and group.
4. Physically fulfilling, mentally vigorous and socially empowered conditions.

The development of individuals and individual groups is the ultimate goal of physical education. Skilled hero, abundant facilities and time, reach the goal are the means of physical education and sports conditions and exercise procedures are the workplace of physical education.

Where the goal determines the direction of physical education, the objectives give proper explanation of physical education and educationists And remove the misconceptions about physical education in the minds of intellectuals. They also determine the reciprocal relationship between education and physical education .

The National Plan of Physical Education (1956) :

Keeping different parts of the body healthy, coordination of consciousness muscles, skill and behavior and development of personality Objectives of physical education.

After examining the viewpoints of various thinkers and physical educationists, the objectives of physical education are as follows-

1. Physical Development Objectives
2. Objectives related to mental development
3. Game Development Objectives
4. Objectives related to social development

1. Objectives related to physical development

The objectives of physical development are related to the development of various parts of the body through systematic physical exercise. It develops strength etc. in body power. This makes a person more healthy. His health and other systems are more powerful. Actions involving a person running, running, lifting, climbing, landing, throwing, catching, jumping, hopping and more are helpful.

2. Objectives related to mental development :

All the programs of physical education give a person the knowledge of sports skills and rules, health principles and exercise systems. Gives firmness and confidence to the mind and brain of a person. Herein lies the secret of a person's mental development. A physically educated person faces every situation with determination and confidence. With this, the child's mental stress and pressure can be removed. They are taught to think properly. Training can also be given to solve difficulties and control them.

3. Village Development Objectives :

By achieving these objectives, physical activity processes prove to be more useful because the speed increases due to the establishment of nerve-muscle coordination. The fine coordination between nerves and muscles helps a person to perform various gaming processes and sports skills. The person becomes more skilled in sports. The level of his game rises high. physical in the absence of sexual development The processes are clunky and look like a furnace.

4. Objectives related to social development:

his personal adjustment, group adjustment and adjustment as a social member. Physical education makes good use of free time, building good attitudes, development of good conduct and character, democratic outlook, qualities of a good player, beautiful sportsmanship etc. social development. The development of civilization, culture and humanity is possible through sports and games, perhaps not through any other activity.

Emphasizing the importance of physical education, "Rousseau has said, ' It is the sound formation of the body which gives the correct and definite operation of the mind. does."

Mechanical life and computerization in modern life have created a new type of human being who uses brain in abundance but not even an iota of body. Urban lifestyle has created many stresses and these are disastrous for humanity. are being proved. In this available situation, the importance of physical education has increased further, the essence of which is as follows: -

- (i) All round development
- (ii) Social adjustment
- (iii) Character development
- (iv) Physical efficiency
- (v) Development of neuro-muscular coordination
- (vi) Development of leadership potential
- (vii) Democratic Values
- (viii) Development of sportsmanship
- (ix) Proper use of free time
- (x) Development of creativity / creativity
- (xi) Creation of an ideal citizen
- (xii) Economic utility
- (xiii) National Integration
- (xiv) International reconciliation

Misconception in Physical Education

- (i) Sports and physical education are one and the same.
- (ii) Physical education is the rest period between academic classes.
- (iii) Anyone can teach physical education, no trained person is required for this.

- (iv) Physical education teacher belongs to a lower level of academic status as compared to other teachers.
- (v) Physical education classes are basically sports classes.
- (vi) Physical education classes are arranged in such a way that other teachers get a free period.
- (vii) Physical education stories do not get as much importance and respect as other stories.
- (viii) Physical education is not necessary for the students of primary classes.
- (ix) The main aim of physical education is to develop muscles.
- (x) Physical education teacher is not a citizen of character.
- (xi) Physical education teachers are of below average level in intelligence.
- (xii) Physical education only running, jumping and P.T. Is.
- (xiii) Women do not need physical education because they do not develop muscles.
- (xiv) Women should not indulge in excessive physical activities as it may injure their internal organs.
- (xv) There is no need for physical education for high level players. (xvi) The use of physical education is only recreational and does not lead to any learning process.

These days there are many theories related to physical education. Some people consider it only a means of jumping. Some keep it limited to exercise or acrobatics and even if some people understand it to some extent, then keep it limited only to strength and inspiration. An ordinary man considers it only a means of entertainment.

Our education system is still wrapped in age-old orthodox ideas and is not ready to give any proper place to physical education. Earlier it was not given full importance in any school or college of our country. Our students also do not consider it an essential subject. That's why physical education is neither easy nor is it given full attention in the school or college of our country, but it is considered futile to spend money and time in physical education.

If Indians had understood the importance of physical education very well, they would have progressed as much as the people of developed countries like America, Russia, Germany, Japan, China, France etc. have done. It becomes clear from this that to understand the importance of physical education in India, there is a great need to know its benefits and qualities.

People of today's era also believe that only physical education can make humans good and capable. That's why till date people of any country cannot lead a respectable life without physical education. Educational institutions alone cannot provide proper leadership to all the students. That's why it is necessary that physical education should be given full importance in every school or college.

Physical education is that part of the program of education in which children are developed and educated through physical activities. It affects the whole life of the children, due to which physical, mental, emotional and moral qualities are generated in them.

Conclusion :

Looking at all these aspects, it can be concluded that physical education is an integral part of education. Who Develops the overall personality of person. Physical education has many benefits, and schools need to offer this type of program. Physical education helps children stay healthy and fit, teaches teamwork skills, and can improve academic performance. If your child is not currently enrolled in a physical education class, consider finding a program they can participate in. It is an integral part of a well-rounded education and can help your child in many ways.

Reference

- Sarin and Sarin Educational Research Methods, Aggarwal Publications, Agra, 2007-08
- Singh, Krishnaveer Research Review and Evaluation International Research Journal Jaipur, 2008
- Saxena, Nirmal Educational Technology and Classroom Management Malik & Company, New Delhi, Jaipur, 2007
- Sharma K. Of. Sharma Prabha Chaturvedi Sudha Garg OP Education Dictionary, Swati Publications, Jaipur, 2005
- Sharma, R.A., Education Research, Surya Publications, Meerut, 2004
- Sharma, R.A., Education Research, Surya Publications, Meerut, 2004
- Shri Ram Prakash Sharma, Dr. (Smt.) Rajesh Sharma, Principles and History of Physical Education, Year 2009