Recent Trends and Role of Physical Education and Sport in India

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Abstract:
Access to physical education and sport, which are crucial for a person's whole personality development, is a fundamental right of every person. Both inside the school system and in other spheres of social life, the freedom to develop one's physical, intellectual, and moral faculties through physical education and sport must be guaranteed. Physical education is "education through movement" within the context of comprehensive education, which includes both mental and physical education, so research and teaching in this area must consider certain other interrelated aspects of its subject. It is now considered to be an integral aspect of education, with a focus placed on educational experience rather than purely physical development. The paper is based on descriptive method and followed the secondary sources to reach the objectives of the paper. Objective of the paper: To understand the Recent Trends of Physical Education and Sport in India, To know the Role of Physical Education and Sport in India and To understand the Physical Education in Post Globalization Period. As can be seen, sports have come a long way on the road to becoming more respected in Indian society.

Key Words:- Physical Education, Sports, India

Introduction:
The proverb "health is wealth" emphasizes the importance of maintaining good health for the general well of both individuals and societies. A common adage is "All work and no play makes Jack a dull boy." The necessity of engaging in regular physical activity is actually the focus of this. We prefer to choose nutritious foods over stringent workout routines and healthy eating habits because our conception of health is so flawed. The current idea of physical education has increased one's awareness of the world. The idea of physical education is currently one of the most crucial elements in cross-cultural integration. A way for international understandings to be made is through sports, which have their own language. The development of amicable ties between the citizens of different countries can be facilitated by a variety of sports. A subset of recreational and professional activities that incorporates both physical exercise and competition, according to Simon Jenkins, is a sport. The New Encyclopedia
Britannica defines sports and games as "competitive or recreational activities that require some level of physical strength or skill. When games were first invented, pastimes like fishing, shooting, and hunting were considered to be organized athletic contests that were played by teams or people in accordance with set rules.

Objective of the paper:

1. To understand the Recent Trends of Physical Education and Sport in India
2. To know the Role of Physical Education and Sport in India
3. To understand the Physical Education in Post Globalization Period

Methodology:

The paper is based on descriptive method and followed the secondary sources to reach the objectives of the paper.


Physical education acts as a resource for the nation, aids in the development of the educational assessment system, and encourages the growth of physical education globally. Sports and physical education are essential components of education in every nation at every stage of history. As a result, each nation should attempt to establish a framework for an action plan to promote and improve physical education and sports. Contrarily, sports are being gravely undervalued inside the educational system while seeing a remarkable surge in the media spotlight across the globe, especially in India. When comparing the present to earlier times, we can see a decline in the importance of physical education in the classroom. In order to develop a discipline-wide approach to physical education and sports, it is necessary to overcome obstacles and fight for better infrastructure and structure.

Situation of Physical Education in India: The government of India made numerous efforts to remedy the deteriorating state of physical education after India attained independence in 1947. The creation of a committee with the name "Tara Chand Committee" was a significant step in this approach. The establishment of this committee occurred in 1948. This group provided a number of proposals to enhance the state of physical education in the nation. In 1948, the Dr. S. RadhaKrishanan Committee on School Education was also established. In 1950, a board known as the Central Advisory Board of Physical Education and Recreation was established to provide advice to the government on different physical education-related topics. The need of requiring physical education in both schools and universities was emphasized by the Kothari Commission on Education in 1965. The Government of India launched some unique types of programs to develop athletes in a variety of competitions and sports. The following other significant committees and boards were appointed to promote physical education and sports:

All India Council of Sports (1954)

- National Institute of Physical Education renamed as Laxmibai National College of Physical Education, Gwalior (1957)
National Institute of Sports, Patiala (1961)

- All India Sports Congress (1962)
- National Sports (Development) Bill (2011)

Through recess, designated classroom physical activity time, and other opportunities, students should perform more vigorous or moderate-intensity physical activity throughout the course of the day. Physical activity should be a priority for all schools, especially if there is a chance to increase academic attainment, because it enhances both health and learning. To teach health courses, physical education teachers must currently be certified in several states. Physical education and health are frequently offered as a single credential in colleges and universities. Beginning in the intermediate level, this push for health education includes courses on bullying, self-esteem, managing stress, and managing rage. Physical education can benefit from incorporating local indigenous knowledge to create a variety of memorable experiences and a method to learn about other cultures. Students can be introduced to a variety of ideas, such as holistic learning and the medicine wheel, by incorporating traditional knowledge from various indigenous tribes.

It could be centered on participating in age-old pastimes, experiencing a place or mood while outdoors, or outdoor environmental education. These types of lessons are simple to incorporate into other curriculum areas and provide an opportunity for Aboriginal children to integrate their culture into the local school community. Studies on how physical education can enhance academic achievement have been conducted. Sport Festivals are occasionally conducted after exams during the vacuum period. Students can now compete against one another by bringing their own class flag. Some colleges, like ITB, have PE as part of the freshman curriculum. Numerous sports are played, including basketball, volleyball, cricket, tennis, badminton, kho-kho, and kabaddi. There are several physical exercises taught. Trends in school sports and physical education Recently, trends in physical education have evolved to include a wider range of activities besides traditional sports. Early exposure to sports like Frisbee, walking or hiking, or bowling can help students form healthy exercise routines that will last into adulthood.

**Physical Education and Sports Courses Presented in India:** It is interesting to note that the oldest professional courses in physical education are the one-year Certificate in Physical Education and Diploma (now Bachelor's degree) in Physical Education. This is because physical education teacher education programs have evolved over the years in the nation. A step towards the advancement of physical education as a field of study and a profession on par with others like medicine, engineering, technology, law, etc. was made with the introduction of the Master's Degree in Physical Education in 1963–1964. Since then, it has gone by a number of names, including the Master of
Education (Physical Education), a one-year program offered by the Punjab Government College of Physical Education in Patiala, a division of the Punjabi University (later, other institutions introduced it and called it M.P.Ed.), and the Master of Physical Education, a two-year program offered by the Laxmibai National College of Physical Education in Gwalior (now the Laxmibai National University). The National Council of Teachers of Education has standardized the postgraduate degree in physical education in terms of its course structure, nomenclature, duration, etc., and directed all concerned institutions to fall in line or face derision. This was done in order to bring about uniformity, as well as to remove the misconception from people's minds as well as to make it easier for the administration to make appointments in educational institutions without any hassle about basic qualifications. Finally, the program has a two-year duration and is called as the Master of Physical Education (M.P.Ed.) with effect from 2002. AM.P.Ed. Course is run on yearly examination basis but several university departments of physical education and, even some colleges, have switched over to semester system as per general policy of the University Grant Commission on the structure of post-graduate courses.

Physical Education in Post Globalization Period: The unique nature and significance of physical education and sports to education remain a continuing cause of concern, despite attempts by member states to promote and expand them with international collaboration. Given the social significance and extensive media coverage of sports, the results of Physical Education and Sports have been worrying (especially inside the educational system). Its effects can be observed in the national movement in the public and commercial systems of physical education and sport toward high-performance and media-friendly sports. An important illustration of the need for a clear division between the Ministries of Education and Youth Affairs and Sports. The Physical Education World Summit was held in Berlin to discuss the status of physical education and sports. This project was supported by a study outlining the increasingly precarious state of physical education and sports in many nations. A global comparative study that gathered information and literature from approximately 120 nations produced the following key conclusions.

1. Less time is now allotted for physical education in educational programs.
2. Budget cuts and insufficient staff, material, and financial resources.
3. The subject has a poor social status.
4. Teachers in many nations lack the necessary training.
5. Current physical education regulations are not correctly followed.

Importance of Physical Education In daily life: There are many issues we are dealing with, and these issues can be resolved with the aid of physical exercises. According to Sharma et al., physical education is important because: Physical activity aids in the development of a child's innate intellectual abilities of many different kinds. Physical education can therefore aid in the intellectual development of kids. Players gain experience working in teams with
the finest coordination and cooperation. Participating in physical activities can help people develop attributes like teamwork, loyalty, and strong bonds. These traits contribute to people developing strong moral character.

1. A variety of physical activities aid in the development of the body's organic system and physiological processes. They also increase a person's capacity to withstand fatigue, stay active, and work well.
2. It fosters a sense of global fraternity and integration among players and their home countries.
3. Participants develop emotional maturity by engaging in a variety of physical activities.
4. The muscular and neural systems of the human body must be kept healthy and functioning properly in order to maintain the body's overall state.
5. If there is some sort of coordination between these systems, they will operate properly.
6. Participants become good decision makers and mentally developed only by taking part in various sports.
7. Physical education brings leadership qualities among players

**Discussion and suggestions:**

In India, education and research in physical education and sports are expanding quickly. The results, however, are unsatisfactory when we give little thought to our standards of instruction and research on a global scale. Research is being done in these areas as well as education is being given in sports institutions with a lot of potential. As can be seen, sports have come a long way to become more respected in Indian society. Government and non-government organizations have put a lot of effort into broadening the country's base of sports, but there is still much to be done in this area. People are drawn to games due to numerous incentives provided on various stages in the form of monetary awards, job reservations under the sports quota, etc. Physical activity can aid in children's intellectual development, according to a long-held belief that "a healthy body leads to a healthy mind." According to research, PES can improve self-esteem, mood, mental alertness, and blood flow to the brain, all of which can improve academic achievement.

**Conclusion:**

Government and the general public must restructure our curricula, the sports scientists must have good research facilities, and the design and effective execution of policies are significant issues to think about. It is necessary to fix every flaw at every level. In summary, we can say that there is much work to be done in India in the areas of teaching and research in physical education and sports. The general populace is aware of the value of good health. Even so, it's possible that the general population is unaware of or underappreciates the value of physical education. The relationship between effective physical education and individual health is frequently distorted by opinions about prior experiences with physical education in school. Health and physical education go hand in hand, and this is key.
References:


