

ROLE OF PHYSICAL EDUCATION IN THE PRESENT SYSTEM OF EDUCATION IN INDIA

S G Kalleshappa

Physical Education Director

S S S Government First Grade College, Channagiri
Davanagere District, Karnataka State, India.

E mail id: kalleshappasg@gmail.com

Abstract : Today's beliefs and experiences in physical education are based on the history of this field of activity. This is the source of the identity of physical education. Many current activities have historical antecedents. For example, the first Olympic Games date back to 776 BC. in ancient Greece. Yoga and Karate, very recent activities, originated in ancient Eastern societies. Many other facts that will help physical educators better understand the present can be obtained by studying the past. In the government scheme relating to physical education, it is noticed that the greater importance of good health to the physical part of the body and its educational value is overlooked. It should be clarified that physical education affects not only physical health but also physical capacity and mental alertness. It contributes to the development of noble virtues such as sportsmanship, leadership, discipline, winning spirit, losing spirit and the ability to access physical education and sports, necessary for children. The comprehensive development of a person's personality is the basic right of every person. Both in the school system and in other areas of social life, the freedom to develop one's physical, intellectual and moral abilities through physical education and sports must be guaranteed. Physical education is "education through movement" in the context of comprehensive education, including mental and physical education, so research and teaching in this field must consider several aspects. other related to the subject. It is now considered an integral aspect of education, with an emphasis on the educational experience rather than purely physical development. The article is carried out using a descriptive method and closely follows secondary sources to achieve the goal of the article. Objectives of the document; Understand the recent trends in physical education and sports in India, know the role of physical education and sports in India and understand physical education in the post-globalization era. As one can see, sports has come a long way to become more respected in Indian society.

Keywords: Education, Yoga, Sports, Physical education, Physical culture, Sports Authority

1.0 Introduction

Ancient India resembled ancient China in many ways. The Chinese live in an environment that is religious in nature and closely linked to Indian traditions and culture. The ban on games, entertainment and exercise imposed by Buddha in ancient India did not completely prevent participation in such activities. Indian physical activities like chariot racing, elephant and horse riding, fencing, wrestling, boxing, kabaddi, kho kho, atyapatya, ballroom dancing, baithak, malkhamb, lathi, etc. has been practiced since ancient times. But neither the names of the inventors of the Indian physical training systems nor the date of their origin are known. However, we know for a fact that in India a scientific system of physical education existed and was practiced by the people. Yoga, which is popular in India and includes posture and breathing exercises, is very popular. This discipline of mind and body requires expert guidance and a person fully trained in this activity will follow a routine that includes 84 different positions. Physical activities are performed in open spaces as India's physical education system requires little or no equipment. Furthermore, places of worship or worship were academies of physical culture where sages and rishis were students.

2.0 Objectives

1. To learn about recent trends in physical education and sports in India
2. To know the role of physical education and sports in India
3. To learn about physical education in the post-globalization era
4. To know the role of physical education in higher education

3.0 A Physical Education Program can be implemented according to the following principles

- a. Physical education program planning should be done considering the interests and abilities of the program participants as well as its outcomes.

- b. More attention needs to be paid to traditional sports activities developed in our country.
- c. The activities encouraged should awaken a sense of personal importance and pride in each child.
- d. Students should be encouraged to develop the necessary intelligence to help them carry out their responsibilities in the spirit of democratic cooperation in the playground as well as in the gymnasium.
- e. Whatever plan is developed cannot be the only plan but must complement other programs.
- f. The program must not exceed our financial capacity.
- g. The program must be for everyone, not just a select few.
- h. Special attention should be paid to students who are capable and show keen interest.

Physical education should include developmental exercises, rhythmic activities, sports and games, walking and collective or group activities. All of these activities have both simple and complex aspects. Easy activities should start in elementary school, and as boys and girls grow older, they should learn more complex activities. Young children are not physically and mentally mature enough to participate in disciplined and challenging activities. Basic operations must be developed gradually. Preschool and preparatory education for children should be based on the desire to copy surrounding activities, sportsmanship and the ability to participate in courageous actions, defeating friends with courageous actions. This age is the most important stage of "Education through movements". At this stage, children must perfect the art of walking, running, throwing, etc. Higher levels of precision and accuracy should be left for the next era. As children reach adolescence, their interests and abilities will change. Therefore, more emphasis should be placed on the fundamentals of these activities, simple sports, and skills that help increase one's strength. College students copy their elders. They need to be taught at the next level about games, sports and athletics. Previously learned skills must be honed through practice and training. This is the age when boys and girls want to specialize in a specific field. Therefore, the technique of doing the job perfectly needs to be included in physical education lessons. Ignoring the last two classes, all other classes at foundation level can use the same course for men and women. Then, taking into account the different interests and abilities of the children, the lessons must be developed. Girls are attracted to fast-paced activities; Badminton, pitching, etc., cause no collision and are less tiring, and are enjoyed by the children. More intense sports such as basketball, netball, hockey can be taught later as well as higher level exercises. When preparing physical education lessons for all ages, due to limited facilities, lack of time and lack of teachers, we must see not only what is useful but also what is possible. There is a great deal of competition between the various national education policies drawn up by ad hoc groups on behalf of the national administrative system of the Ministry of Education and the sahayak cadet corps that operate similarly. A special committee appointed by the Ministry of Health, under the leadership of Dr. Hirdyanath Kungroo, recommended that a social program should prepare a course in which the positive points of many courses should be included. An attempt was made to bring together all the ideas put forward.

4.0 Place of Physical Education in the Current Education System in India

Government of India has established many committees related to the promotion of physical education and sports such as Kothari Committee, Kunzuroo Committee etc. Accordingly, L.N.C.P.E., Gwalior was established to promote physical education and N.I.S. Patiala to promote competitive sports. Then the central government sponsored programs such as the National Discipline Program, National Gymnastics Corps, National Physical Performance Program/National Fitness Program, etc. also appeared and disappeared in thin air. Immediately after the 1982 Asian Games held in Delhi, the Indian government established the Sports Authority of India, merging the Gwalior College of Physical Education and the Patiala Institute of Sports with ambitious plans. is to train the best physical educators and trainers. The Sports Authority of India has introduced 17 different programs as part of its sports promotion. L.N.C.P.E. Gwalior, L.N.C.P.E. Trivendram, NS NIS Patiala has been reduced to projects, the purpose for which these organizations were established has been completely forgotten. The focus is on a few elite athletes with the goal of winning medals at the Olympics, Asian Games and other similar international competitions. All poorly designed and implemented projects end in chaos. Everything that was done before 1982 has also disappeared. Our only Olympic hope, hockey, no longer exists on the world stage. Likewise, athletics, boxing, weightlifting. Weightlifting, cycling, football, volleyball and several other games and sports in which Indian athletes have achieved respectable positions at the Asian Games level have bottomed out. The scenario in the field of physical education is equally bleak. There are hundreds of private organizations run by influential politicians/businessmen that could be described as mushroom farms, churning out half-funded and trained physical educators poor, except for a few reputable organizations such as L.N.I.P.E. Gwalior, L.N.C.P.E.Trivendram, H.V.P.Mandal Amravati, Punjab Government College of Physical Education, Patiala and some physical education

departments in universities like Panjab University, Chandigarh, Guru Nanak Dev University, Amritsar. For India's population of hundreds of millions, we lack well-trained and competent physical education manpower to handle physical education programs at different levels, especially in educational institutions.

5.0 Causes of Decreased Sports Performance

In terms of population, our performance in international competitions is at its lowest even though there are over a hundred billion people in the country. Our sporting performance is shameful when compared to very small and very poor countries like Ethiopia, Somalia, Kenya etc. Details of our achievements at the Asian and Commonwealth Games show that the drought began in the 1980s, when politicians and bureaucrats took over federations and the Sports Authority of India. Degree was born. The main reasons for our poor performance are given below:

- a. Sports organizations at the state, national and regional levels are run by people who are not technically and sports-savvy.
- b. Giving false information to the government.
- c. Mismanagement by Sports Authority of India.
- d. Physical education and sports in educational institutions do not have a worthy place.
- e. The role of physical education teachers is still lower than expected.
- f. It is necessary to establish an official management agency for physical education.
- g. The role of UGC has not been effective.
- h. The basic goals of physical education are not respected.
- i. Commercialization in sports.
- j. The discriminatory role of the media in broadcasting sports.
- k. Government's biased attitude and other so on.

6.0 Trends, Issues and Challenges in Schools, Especially in Physical Education and Sports

The examination of the situation brings to light several areas of concern regarding current trends in sports and physical education. These concerns encompass inadequate or subpar delivery of physical education, insufficient time allocation, a shortage of qualified or potentially ill-prepared teachers, inadequate arrangement of furniture, equipment, and presentation materials, and overly large class sizes. It has been observed that physical education has been consistently reduced in educational curricula worldwide. In today's context, it is crucial for the physical education program to be integrated with the holistic well-being of young individuals participating in the educational system. As previously highlighted, the physical activities and exercises learned during childhood have direct implications for adult life. Furthermore, the impact of physical movement on enhancing focus and mindfulness in the classroom remains uncertain.

7.0 Current Skills and Competencies in Physical Education and Sports

The objective of physical education is to enhance physical abilities, enabling young individuals to move effectively, fully, and safely while comprehending their actions. Educational institutions work alongside network offices in various sectors, including businesses, private associations, NGOs, and governments, to develop practical programs. The key to establishing harmonious relationships lies in the willingness of those in power to address issues related to territory, inactivity, legal regulations, customs, fear of losing control, possessiveness, and misunderstandings about projects. Engaging in such intriguing activities enhances the accessibility of projects, services, regions, and offices. In order to support capable students, various organizations collaborate to facilitate their participation in diverse competitions. India, in particular, offers numerous opportunities, but due to financial constraints, many talented students are unable to pursue them. By joining forces, different organizations can inspire underprivileged students to demonstrate their abilities on a global scale. Therefore, it is crucial to have a specific educational program and funding from various offices to promote physical education and sports in higher learning, particularly in the field of physical education. Engaging in physical activities can assist individuals in developing attributes such as teamwork, loyalty, and strong bonds, which contribute to the cultivation of a solid moral character. Diverse physical activities contribute to the development of the body's organs and physiological systems, progress.

They also increase a person's ability to resist fatigue, be active and work well.

- ✓ It fosters a sense of camaraderie and international unity among athletes and their respective nations.
- ✓ Engaging in a variety of physical activities cultivates emotional growth and maturity in participants.

- ✓ The overall well-being of the body relies on the maintenance of optimal health and normal functioning of the muscular and nervous systems.
- ✓ A harmonious coordination between these systems is essential for their proper functioning.
- ✓ Engaging in diverse sports enables participants to develop sound decision-making skills and enhance their mental faculties.
- ✓ Physical education instills leadership qualities in athletes.

8.0 Sports

Concerns regarding current trends in physical education and sports are revealed by a reality check. These concerns include the absence or inadequate delivery of physical education, insufficient time allocation, lack of qualified or adequately trained teachers, inadequate provision of facilities and equipment, and teaching materials, as well as large class sizes. It is worth noting that the amount of time dedicated to physical education has been reduced in curricula worldwide. Now more than ever, the physical education curriculum needs to be linked to the overall well-being of children and youth as they progress through their education. It has been observed that lessons learned at a young age carry over into adulthood. Additionally, the importance of physical activity in fostering greater awareness in the classroom has not been recognized.

9.0 Present Skills and Competencies Physical Education and Sports

The place of Actual Instruction is to make actual expertise with the objective that all adolescents can move gainfully, sufficiently and safely and appreciate what they are doing. Schools and Training Foundations regularly work with network workplaces in all divisions of society, private and business, non-legislative and government relationship to design and make programs on a supportive reason. A critical consider building pleasant associations is the meaning of power that is anxious to vanquish issues related to territoriality, lethargy, legal orders, custom, fear of the deficiency of force, opinions of ownership, the confusion of undertakings, and others. Such pleasant activities work on the accessibility to tasks and organizations, similarly as zones and workplaces. Thusly, the fit understudies will be upheld through different associations to take part in different contentions. In India remarkably where there is so a great deal of capacity anyway due to nonattendance of money related resources, various understudies needs behind being so gifted. The coordinated effort from different associations will push poverty stricken understudies to show their capacity at different world level competitions. Thusly, acceptable getting ready through very much described instructive program similarly as supporting from different workplaces is critical to propel the actual training and sports practices at advanced education especially in actual schooling. Taking part in proactive tasks can assist individuals with creating ascribes like cooperation, unwaveringness, and solid bonds. These attributes add to individuals creating solid moral person.1. A variety of physical activities aid in the development of the body's organic system and physiological processes. They likewise increment an individual's ability to endure exhaustion, remain dynamic, and function admirably.

1. It fosters a sense of global fraternity and integration among players and their home countries.
2. Participants develop emotional maturity by engaging in a variety of physical activities.
3. 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.
4. If there is some sort of coordination between these systems, they will operate properly.
5. Participants become good decision makers and mentally developed only by taking part in various sports.
6. Physical education brings leadership qualities among players

10.0 Discussion and related suggestions

In India, training and exploration in actual schooling and sports are growing rapidly. The outcomes, notwithstanding, are unsuitable when we give little thought to our norms of guidance and exploration on a worldwide scale. Research is being finished here as well as training is being given in sports foundations with a ton of potential. As should be visible, sports have progressed significantly to turn out to be more regarded in Indian culture. Government and non-government associations have invested some part of energy into widening the nation's base of sports, yet there is still a lot to be finished around here. Individuals are attracted to games because of various motivating forces gave on different stages as financial honors, work reservations under the games share, and so on. Actual work can support youngsters' scholarly turn of events, as indicated by a long-held conviction that "a sound body prompts a solid brain." As per research, PES can work on confidence, mind-set, mental sharpness, and blood stream to the cerebrum, all of which can work on scholastic accomplishment.

11.0 Conclusion

Government and the overall population should rebuild our educational plans, the games researchers should have great exploration offices, and the plan and powerful execution of arrangements are huge issues to ponder. Fixing each defect at each level is essential. In rundown, we can express that there is a lot of work to be finished in India in the space of instructing and research in actual schooling and sports. The overall people knows about the worth of good wellbeing. All things considered, it's conceivable that everybody knows nothing about or overlooks the worth of actual schooling. The connection between powerful actual training and individual wellbeing is as often as possible contorted by feelings about related involvements with actual instruction in school. Wellbeing and actual schooling remain forever inseparable, and this is critical.

12.0 References

- i. Bailey. R (2006) Physical Education and Sport in Schools: A Review of Benefits and Outcomes. *Journal of School Health*, 76(8) 397-401
- ii. Cawley, J., Frisvold, D., & Meyerhoefer, C. (2013). The impact of physical education on obesity among elementary school children. *Journal of Health Economics*, 32, 743-755.
- iii. Cawley, J., Meyerhoefer, C., & Newhouse, D. (2007). The impact of state physical education requirements on youth physical activity and overweight. *Health Economics*, 16, 1287- 1301
- iv. Guiard, Y (1987). "Asymmetric division of labor in human skilled bimanual action: The kinematic chain as a model". *Journal of Motor Behavior*. 19 (4): 486–517.
- v. Jadhav.P.R(2018) A study on the importance of physical education and its effect on academic performance. *International Journal of Creative Research Thoughts*, 6(4) 613-618
- vi. Kumar . A & Kuloor.H (2020) Benefits and Outcomes of Physical Education and Sport in Schools. *Journal of Sports and Physical Education (IOSR-JSPE)*, 7(4) 29-32
- vii. Kumar. A (2018) Role of physical education and sport in India. *International Journal of Physiology, Nutrition and Physical Education* 3(1): 150-152
- viii. Mary S (2021) Importance of Sports in Education and life. *International Journal of Research in Engineering and Science*, 9(8) 71-73
- ix. Veerendra.K.M (2017) Recent Trends and Concepts in Physical Education and Sports – a Study. *International Journal of Research and Analytical Reviews*, 7(1) 148-155
- x. Wuest. D.A., & Charles A. (2006) *Foundations of physical education, exercise science and sport*. Boston: McGraw Hill, 14.