



Trends issues and development of physical education and sports

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Abstract

Physical Education is most vital subject of human life without it we can't make perfect life. The four aspects of physical education are physical, mental, social, and emotional. Another trend is in corporation of health and nutrition to physical education curriculum. While teaching student's sports and movement. Skills, physical education teachers are now incorporating short health and nutrition lessons in to the curriculum.

Keywords: physical education, sports, kids, trends, issues, basketball, softball, health physical activities

Introduction

In the present world of space age and automation era, all human beings appear to love a more and more inactive life. They ride instead of walk, sit instead of stand and watches instead of participates. Such type of inactivity or sedentary life is detrimental to mental and physical health, lack of this lethargic and inactivity lifestyle habits. Individuals are suffering from hypo kinetic diseases like diabetes, cervical and lumber spondylitis, back pain, knee pain, obesity and cardio vascular diseases. Thus, there is great need for physical education as a part of balanced living.

Thus physical education professional has to introduce various types of physical activities like walking, running, jogging, swimming, gym, yoga, and playing recreational games in the school and college for all the students. Physical education trends have developed recently to incorporate a greater variety of activities and not only confined to officiating, coaching and organizing competitive sports activities in school and colleges. But, now day, most of the school and college students do not go to the playground to play outer games anymore. This is due to the emergence of the computers and video games that become the best pastime of school students. Even many colleges are there they do not have physical education professional to run the course curriculum.

Physical Education Programmer in School Level

Our traditional physical education classes provide too little activity for few students only to participate and it offers little or no guidance for maintaining a healthful lifestyle. The amount of physical activity for the children and students has declined in and out of school in recent years. The school students have become more overweight and less fit. To help reverse that trend, physical education classes should be revamped so more on lifelong fitness activities. The physical education programs like fitness, health awareness, and lifelong exercise habits should be emphasized in their course curriculum apart from appetitive sports programmer. Physical education is dividable but also a healthy society. Sport culture can best contribute in the nation building process.

Physical Education Programmer in College and University Levels

Now days many colleges and universities offer both physical education and health as one certification stress and anger management is also introduced in physical education as future prospects. The students will practically learn it and participate various physical activities education programs for a new generation of college students that stress lifelong fitness activities, such as walking, biking, in line skating, indoor outdoor games, and aerobics. Further it should educate the student about healthful diets, and teach students now to monitor their heart rates and pulses. Many colleges do not seem to realize the value of physical education in the curriculum.

One main challenge is changing the mindset of the curriculum developers, changing the midst of the education department that equal importance should be given to physical education and sports. In every university and colleges of our country must have a department of physical education and sports needed by professor not the director of physical education. The department of physical education should be well equipped with sophisticated research equipment's in the field of sports exercise physiology, biomechanics, kinesiology, sport psychology, physiotherapy, and advance fitness center. A huge trend happening in physical education is centered on helping education is centered on helping kids, students for develop the skills needed to live a healthy lifestyle and to maintain this lifestyle as an adult. Gone are the always of just playing basketball, softball, and kickball for physical education and various advance sports are learning about fitness and what it means to be fit.

Issues of Physical Education and Sports

Physical educations in the school system have many challenges include in. The amount of time allocated to physical education. The number of trained staff the amount of training provided for physical education teachers, and spending on resources required delivering physical education in schools. Today more than ever, due in part to the enormous amount of time spent on phones,

computers, and engaging with social media. Because of this, weight related health issues such as childhood obesity and diabetes are more prevalent in children and has become major health issues. School which once played a huge part in health education are cutting back, or in some cases, eliminating physical education at all grade levels. For some kids, physical education may be the only opportunity for physical activity. Unfortunately, many schools and colleges are faced with budget cuts, and the first thing to go tends to be physical education. Many school and college teachers are not properly trained to teach physical education to their students. In addition, teachers must teach the required academic lessons, which leaves very little time for them to plan and teach physical education.

Which some sports share multiple issues some of the problems presented have to do with particular aspects of the game. A lot of issues don't contain immediate solutions, while some only require a simple rule change by the commissioner some reasons behind under development of sports in India are-

1. Social and economic inequalities have a negative impact on the Indian sports. Denial of access to sports infrastructure due to poverty, concentration of stadiums and other sports venues only in cities, lack of encouragement to girls to participate in sports etc. have impaired the development of a positive sports culture in the country.
2. Corruption has become synonymous with sports administration in India. Whether it is the most popular cricket or hockey or weightlifting, most of the sports authorities due to corruption charges.
3. Lack of infrastructure this is one of the most important factors for the apathy of the sport in India.
4. Compared to other developed and developing countries, allocation of financial resources is meager in India.

Conclusion

The current practices and present curriculum needs to be modified to generate interest of students in physical education and sports activities. The future challenges will mainly be the appropriate curriculum to be made and followed and to make available adequate funds from various organizations. Today, we need a strong discussion at a higher level in the matter of the major trends and issues facing health and physical education in our country. After designing the course curriculum, their implementations part is more important in our schools, colleges and universities.

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