



The problems and prospects of physical education in Maharashtra

Sharad Balasaheb Magar

Director of Physical Education and Sports, New Arts, Commerce and Science College, Ahmednagar, Maharashtra, India

Abstract

The importance of physical education has never been emphasized more than it is today. It is widely recognized that physical education (PE) and sports is relevant and important in developing an active and healthy lifestyle and the solution to rising obesity rates worldwide. Although in most countries, physical education is part of the school curriculum, lessons are not given, thus leading to a reduced experience of physical activity for children and youth. The practice of a physically active lifestyle in combination with healthy nutrition, however, needs to be started in early childhood. Therefore, ensuring that all children engage in regular physical activity is crucial, and the schools are the only place where all children can be reached. Quality Physical Education is the most effective and inclusive means of providing all children, whatever their ability/disability, sex, age, cultural, race/ethnicity, religious or social background, with the skills, attitudes, values, knowledge and understanding for lifelong participation in physical activity and sport and is the only school subject whose primary focus is on the body, physical activity, physical development and health. The present study will identify the current trends, issues and challenges in PE and sports based on which future challenges will be addressed.

Keywords: quality physical education, participation

Introduction

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Current Trends, Issues and Challenges in School PE and Sports

The “reality check” reveals several areas of continuing concern regarding current trends in PE and sports. These areas embrace: physical education not being delivered or delivered without quality, insufficient time allocation, lack of competent qualified and/or inadequately trained teachers, inadequate provision of facilities and equipment and teaching materials, large class sizes. It is noted that the amount of time dedicated to physical education has been diminished in the school curriculum throughout the

world. Physical educators have failed to ensure that the linkage between their efforts in the classroom and the health and cognitive development of their students. The responsibility rests directly on the shoulders of physical educators to ensure that the importance of their subject matter is understood and embraced as a part of their schools’ overall curriculum. Today, more than ever, the physical education curriculum needs to be linked to the overall well-being of children and youth as they matriculate through the curriculum. As has been noted, lessons learned at an early age carry into adult life. Furthermore, the importance of physical activity as a way of creating greater attentiveness in the classroom has not been recognized. The opportunity for schools to provide Brain Breaks, which stimulate students and reenergize their efforts, has largely been ignored in the overall curriculum.

Messages on New Physical Education

“New Physical Education runs on Fitness specifically on health related physical fitness” “Fitness for life is what Physical Education needs to be focused on to maintain life style” “Efficient body functioning leads to active and productive mind” “Class-room exercise in connection with time and space management makes learning lively” “Movement in Morning classes for economic use of aired Oxygen for the latent Potential” “Collaborative games, zip lining, classroom discussion for the kid to makes them smarter.”

Issues in Physical Education and Sport

- Gambling
- Drug Abuse
- Increasing Salaries
- Violence
- Burnout of young athletes

- Professionalization of collegiate athletics
- Racism
- Academic qualifications of athletes
- Emphasis on winning in youth sports
- Accountability of teachers
- Integrity of PE as a school subject
- Equity

Challenges in Physical Education and Sport

- Daily quality physical education K-12
- Advocacy
- Attainment of national health objectives
- Lifelong involvement in physical activity for all people

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 in order to support the needy but intelligent children so that they can only focus on their game without worrying about the funds. The technology will also play an important role in expanding and creating the interest in physical activities. The importance of physical education and sports activities are being identified in today's world and efforts are being made to improve the situations so that more and more talent can be recognized.

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