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Changing Trends and Career in Physical Education



Objectives

- Meaning & Definition of Physical Education
- Aims & Objectives of Physical Education
- Career Options in Physical Education
- Competitions in Various Sports at National and International Level
- Khelo-India Program

INTRODUCTION

Physical education is an integral part of our education system. It plays a vital role in a child's development and growth. Schools serve as an excellent venue to provide students with the opportunity for daily physical activity, to teach the importance of regular physical activity for health, and to build skills that support active lifestyles.



Fig. 1.1 Physical Education

Studies have shown that regular physical activity leads to improved attributes such as increased brain function and nourishment, better circulation of blood, changes in body build affecting self-esteem, which may all support cognitive learning. The term Cognitive learning means when a person learns or gains knowledge by using his reasoning power, logic, intuition and perception. In this, the individual learns by listening, watching, touching, reading, or experiencing and then processes and remembers the information.

["Physical Education is not only most important aspect to healthy lifestyle, but it is also the basis of dynamic and creative intellectual activity."]

1.1 MEANING AND DEFINITION OF PHYSICAL EDUCATION

MEANING AND DEFINITION

Physical Education is derived from two words “Physical and Education”. ‘Physical’ means movements of the body and ‘Education’ means ‘knowledge’ or “to bring up” or “to raise.” In other words we can say “transfer of knowledge from one person to the other.” Physical Education means all round development of an individual.

Definitions

1. According to **J.B. Nash**, “Physical Education is a field of Education which deals with big muscular activities and related responses.”
2. According to **J.B. Thomas**, “True Physical Education is of the body and through the body.”
3. According to **J.F. William**, “Physical Education is the sum of a man’s physical activities selected as to kind and conduct as to their outcomes.”
4. According to **R Cassidy**, “Physical Education is the sum of changes in the individual caused by experience centering on motor activity.”
5. According to **Plato**, “Sound mind dwells in sound body.”
6. According to **Delbert Obesteuffer**, “Physical Education is the sum of those experiences which come to the individual through movement.”
7. According to **A.R. Wayman**, “Physical Education is the part of education which deals with the development and training of the Individual through Physical activities.”

It is clear from all above definitions that physical Education is an intergal and important part of general education. We conclude that Physical Education is a phase of total educational process which come through playful activities and tends to bring about a desirable change in the behaviour of an individual.



Fig. 1.2 Physical Education—Transfer of knowledge

1.2 AIM AND OBJECTIVES OF PHYSICAL EDUCATION

AIMS OF PHYSICAL EDUCATION

The aim of Physical Education is wholesome development of an individual. This aim can be achieved step by step by following the physical ethics as per practice. The main aim of physical education is to make every child physically, mentally, morally and emotionally fit and to develop such kind of skill so that he may live happily with others and build himself a good citizen. Physical development is basically the development of our organic system such as circulatory system, respiratory system, muscular system and digestive system. It involves the physical activities



Fig. 1.3 Aim

which are useful to develop the size, shape and proficiency of our body. It promotes a sound help which is necessary of our national building.

AIM of PHYSICAL EDUCATION

WHOLESOME DEVELOPMENT OF AN INDIVIDUAL

The aim of Physical Education and sports is the overall development of human personality, so that he is able to face the ups and downs of human life.

According to **Thomus Wood**, "Physical Education must have aim as broad as education itself and as noble and inspiring as human life."

Objectives of Physical Education

Objectives are steps by which we can attain the aim. The moment when aim is achieved it becomes an objective. Different Physical Educationalists had various views from time to time regarding the objectives of Physical Education.

I. According to **Cowell and Hazelton** :

1. Organic power, ability to maintain adaptive efforts.
2. Neuro-muscular development.
3. Social adjustment.
4. Emotional responsiveness.
5. Intellectual development.

II. According to **Nash** : Nash lists four objectives of Physical Education :

1. **Organic Development** : The end results of Physical Education activities which achieve physical power for an individual. The physical power is developed through big muscle activities.
2. **Neuro-muscular Development** : Neuro-muscular development means control over the motor mechanism of the human body. The ability to cut down on waste motion in order to bring efficiency in movement.
3. **Emotional Development** : Every Individual has emotions like courage, truthfulness, co-operation, strength to face defeat or victory, sportsmanship etc. Control on these emotions in normal conditions and under pressure is very important.
4. **Interpretive Development** : Interpretive Development is concerned with judgement making process and interpreting situations correctly.

III. **American Physical Education** : Association in 1934 gave five objectives of Physical Education:

1. Physical fitness
2. Mental health and efficiency
3. Social-Moral Character
4. Appreciation
5. Emotional expression and control

IV. According to **H. Clark** : Clark lists three objectives of Physical Education.

1. Physical fitness
2. Social Efficiency
3. Culture

CONCLUSION

After the mega-analysis of the above mentioned objectives, it can be concluded the following are the main objectives of Physical Education :

- 1. Physical Development :** Physical development is the most important objective of Physical Education. It includes strength, muscle tone, endurance, good posture and development of good healthy habits. It is overall development of our organic system. Such as circulatory system, digestive system, nervous system, muscular system etc. It proves that physical development is possible only with objectives of physical education.
- 2. Mental Development :** This objective is related to the mental development of an individual. Physical Education programmes need alertness of mind, deep concentration and calculated movements. The study of Physical Education includes understanding of rules and regulations, techniques of the game, anatomical and physiological studies, balanced diet etc. Through participation in various activities and competitions the individual learns to take decisions and draw conclusions. He gets proper mental development by understanding and facing various situations in the games.
- 3. Social Development :** Man is a social animal and can not live alone without society. Man is part of the society and has to follow the rules and regulations and law of the society. During competitions, an individual has to deal with players of his own team and he has to follow rules of the game and instructions given by the coach. He learns better adjustment in life and leadership qualities. Players come closer to each other without caring of different caste, creed, culture, place. It helps to develop them the feelings to sportsmanship, co-operation, courtesy, fair play and sympathy.
- 4. Emotional Development :** Every person has emotions like love, anger, hate, co-operations, truthfulness etc. Control on these emotions is a normal condition. Lack of appreciation and control on the emotions make an individual abnormal and wild. By participating in various physical education programmes, an individual learns to control over his emotions and leads a balanced life.
- 5. Neuro-muscular Co-ordination :** Neuro-muscular co-ordination means the co-ordination of brain and muscles. Sports have various activities like running, jumping, throwing etc., which develop a better relationship between nervous system and muscular system. Various physical activities provide a platform to the individuals to develop their neuro-muscular system in a better way. It decreases the reaction time and increases the exactness and smooth functioning of our body. Physical activities also develop the stamina of the players and athletes which helps in keeping the fatigue off during various activities and competitions.
- 6. Health Development :** Another significant objective of physical education is to develop good health of individuals. Various programmes of physical education spread awareness to prevent diseases and adopt a healthy life style. It helps in developing healthy habits. Various recreational activities reduce stress, tension and anxiety and help to promote stress free optimistic and charming attitude towards the life.

Objectives of Physical Education

- Physical Development
- Mental Development
- Social Development
- Emotional Development
- Neuro-muscular Development
- Health Development

1.3 CAREER OPTIONS IN PHYSICAL EDUCATION

After attaining the education in the field of physical education the following career prospects can be attained :

1. **As a Fitness Trainer :** For this profession, the person must be very fit and healthy. He should have the experience about the needs of the group, team etc. to give fitness schedule.

The fitness trainer should have a bachelor's degree in the sports science field. A fitness trainer has the options to become a personal trainer, fitness instructor and strength and conditioning coach.



Fig. 1.4 Fitness Trainer

2. **As a Teacher of Physical Education :** For this profession, one must be well qualified with certified degree or diploma in physical education from a recognised university.

A physical education teacher is one who works in schools to teach about health, fitness, nutrition and sports. Usually, they incorporate classroom teaching with the outdoor class components. Lecturers at the college or university level required a Ph.D, Master or other post graduation qualification in physical education.

3. **As an Administrator or Officer or Employee:** A

good sport person can be a good leader and a good organiser. This helps them to act as a good administrator. Many physical educationists are specially appointed as Administrator, Director, Managers, etc. Lot of private limited companies, semi-government companies, government sector firms etc. prefer to appoint a sportsperson. So, many players are chosen for these profession such as in Railways, Airways, Police, Defence, Banking, Electricity Boards etc.

The sports administratives are also involved in managing and promoting sports clubs, fitness centres, sports marketing programmes, in sales for sporting goods manufactures and as athletic directors. In sports administration, there are career options to become a Sports Development Manager, Sports Facility Manager, Sports Marketing Manager, Advertising Director, Athletic Programme Fund Raising Officer, Equipment Manager, Professional Sports Agent, Sports Museum Administrator etc.

4. **As a Sports Journalist or Commentator :** Today media, Newspapers, Magazines etc. need professional people of sports to perform journalism. So, this career option is also coming up as a new career option. Large number of channels and newspapers need good commentators or reporters etc. Hence, good sportsmen with impressive voice along with handsome personality are consumed as commentators or reporters etc. He should also have sports background. To become

Career Options in Physical Education

- Fitness Trainer
- Teacher of Physical Education
- A Administrator or Officer or Employee
- Sports Journalist or Commentator
- Biomechanist
- Specialist or Official of Game
- Dietician or Physiotherapist
- Sports Medicine Practitioner
- As a Coach
- Sports Psychologist
- Selling Fitness Products
- Sports Photographer
- As a Yoga Instructor

a journalist university degree is essential in journalism. To opt this career, you should have exceptional skills and writing experience. Good inter personal skills, interviewing skills, organizational skills, keen eyes for detail, curiosity and ability to work on deadlines are the other basic requirements for the sports journalist or a commentator.

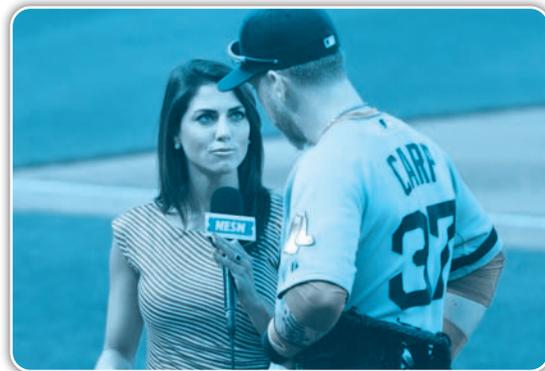


Fig. 1.5 Sports journalist

5. **As a Biomechanist :** Talent and good researcher or physical educationist, help in developing new scientific tools which help the human race. They are required in the fast growing industries.

Biomachanists explain how muscles, bones, joints react under certain conditions and how to improve performance using motion analysis techniques. Through scientific analysis of sporting techniques a sports biomechanist can provide valuable guidance to the athletes to improve their skills and performance.

6. **As a Specialist or Official of Game :** A good player can easily become a specialist or official of the game. A sports official is commonly known as the umpire or referee at a sporting event. Other sporting officials are adjudicators, scorer and linemen. The sports officials should have the ability to make quick decisions, resolve conflicts and be able to handle stress and pressure as well. They should also have a high level of fitness to keep up with the games.
7. **As a Dietician or Physiotherapist :** An educated physical educationist has good knowledge of Dietary. So, they can choose this as a profession. To become a sports dietician, you should have an interest in food and sports. An approved university degree in nutrition or dietetics course is essential; to become a registered dietician in the country. You should also have a good experience in the field of dietician. The International Olympic Committee Offers a post graduate level distance learning programme in sports and exercise nutrition.



Fig. 1.6 physiotherapist

The knowledge of physical education provides good experience of sports injuries and their treatment. So, they can adopt this as profession like sports-physiotherapist, rehabilitation expert Ortho–expert, Massagist etc.

8. **Sports Medicine Practitioner :** Sports medicine is a broad field of careers in which focus is always on the athlete’s fitness and physical wellness. The jobs in sports medicine include treating injured athlete’s, advising and educating to prevention strategies and staying upto date with latest research. The sports medicine provides career option as a doctor, physiotherapist, massage therapist and podiatrists as specialized in treating athletes. To have an option in sports medicine, you should be qualified for the courses in sports medicines.
9. **As a Coach :** For this as a career one must have a certified diploma from NIS (National Institute of Sports) in a game or sport. He must have good experience of playing and participating in the games.

Sports coaches are responsible for getting sporting teams or individuals ready to compete. Their extra duty is to include recruiting players, developing games strategies and teaching the skills of the sports. A coach requires good planning and organizational skills. Monitoring is another essential requirement to go ahead in coaching.



Fig. 1.7 Coach

10. **Sports Psychologist** : A sports psychologist works with the players to achieve their optimum mental health and well-being and improves the sporting performance. They may deal with athletes who are recovering from injury, who are under performing, struggling with pressure or help to improve their motivation. A sports psychologist must have interest in people and human behaviour. He Should be able to solve problems, have an inquisitive mind, patience and good oral and written communication skills. For this profession post graduate degree is required.

11. **Selling Fitness Products** : Starting a business in fitness industry can be a profitable and enjoyable endeavor. There may be different types of business that you can start in this market. You can become a trade show vendor, a fitness products reviewer or a fitness products distributor. Starting business in sports industry is really very profitable. You can also do several business at a time as well.

12. **Sports Photographer** : Sports photographers usually work for media who supply images and often work as a freelancer to the relevant publications. The job is very demanding and requires lots of travelling of long hours. A sports photographer also gets the opportunities to attend major sporting events, market it at a desirable rate to the sports fans. The job of photographer is very tough because it requires plenty of preparations, long hours waiting, watching for perfect shot to click the picture of athletes in action. You need to be very creative, skilled and hardworker to become a good sports photographer.



Fig. 1.8 Sports Photographer

13. **As a Yoga Instructor** : This career has good status, as the need of the society is coming up more towards yogic practice. Thus, yogic techniques help to give therapeutic effect along with overcoming stresses of life. For this as a career, one must have good experience of performing and education of yogic techniques.



Fig. 1.9 Yoga Instructor

1.4 COMPETITIONS IN VARIOUS SPORTS AT NATIONAL AND INTERNATIONAL LEVEL

Competitions are organised to identify the best athletes and teams. Competitions also popularise sports culture across the world. These competitions help to bring together the various teams, develop

a competitive spirit and simultaneously improving their athletic skills. Competitions help to develop mutual understanding amongst sportspersons of different countries and strengthen the bond of their friendship. The various sports competitions which are held at National and International level are given below.

National Level Sports Competitions

Sport	Competitions	Description
Athletics	National Games	Largest sports event in India organized every two years. Different states of the country participate and complete against each other in various field events.
Cricket	Ranji Trophy Indian Premier League (IPL)	Domestic cricket championship played in India between teams representing different states. A professional t-20 league championship contested every year by 8 teams representing various Indian states and cities.
Kabaddi	Pro Kabaddi League (PSL)	Professional level Kabaddi league in India. Launched in 2014. 12 teams participate in this tournament.
Football	Indian Super League (ISL) I-League	Men's professional soccer tournament first launched in 2014. It is contested by 10 teams. Men's professional football league in India founded in the year 2007. It is contested by 11 teams from across the country.
Hockey	Hockey Indian League (HIL)	Professional Field Hockey league in India founded in year 2013. 6 teams participate in this league.

International Level Sports Competitions

Single Sport events

Sport	Competitions	Description
Badminton	Badminton World Championship	It is an annual event organized by Badminton World Federation.
Baseball	World Baseball Classic	It is an international baseball tournament held between teams around the world.
Basketball	Basketball World Cup	International Basketball competition for men's national teams who are members of International Basketball Federation.
Boxing	Boxing World Championship	These are held biannually, hosted separately for men as well as women in alternating years.
Cricket	ICC World Cup World Twenty 20	International one-day cricket tournament contested by all teams of the world. World cup of T-20 Cricket game.

Hockey	World Cup	Organized by International Hockey Federation. 16 teams from around the world participate in this tournament.
Football	FIFA World Cup	It is organized every 4 years by the International Association of Football. 32 teams participate in this tournament.
Table Tennis	Table Tennis World Championship	Organized by International Table Tennis Federation every year alternating between individual events and team championship.
Triathlon	World Triathlon Series	Organized annually by International Triathlon Union to crown an annual World Triathlon Champion.
Volleyball	Volleyball World Championships	International Volleyball championship contested by 24 teams held every 4 years for both men as well as women.
Weight Lifting	World Weight Lifting Championship	Organizes by International Weightlifting Federation annually.

Sport events

Sport Competition	Description
Summer Olympics	International Multi-Sport event held every 4 years organized by International Olympics Committee.
Winter Olympics	International Multi-Sports event held every 4 years (2 years after Summer Olympics) for sports practiced on ice and snow.
Paralympic Olympics	International Multi-Sport event organized by International Paralympics Committee every 4 years for athletes with disabilities.
Commonwealth Olympics	International Multi-Sport event held every 4 years for athletes from Commonwealth of Nations.
Asian Games	Also known as Asiad, held every 4 years amongst athletes from Asian countries.
Youth Olympics	International Multi-Sport event held every 4 years for athletes 14-18 years of age.

1.5 KHELO INDIA PROGRAMME

Khelo India Programme is a national yojana/scheme for the development of sports in India. It was launched in the year 2018 by the then sports Minister Col. Rajyavardhan Singh Rathore in Delhi. This program has been launched to take sports culture in the country to the next level.

Aimed at mainstreaming sports as a tool for national development, economic development, community development and individual development, the Union Cabinet approved the execution of revamped 'Khelo India' program by consolidating the 'Rajiv Gandhi Khel Abhiyan' (formerly called the 'Yuva Krida & Khel Abhiyan'), the 'Urban Sports Infrastructure Scheme' and the National Sports

Talent Search System Programme'. The program strives to promote "Sports for Excellence" as well as "Sports for All". The Khelo India programme has been introduced to revive the sports culture in India at the grass-root level by building a strong framework for all sports played in our country and establish India as a great sporting nation.

Objectives of Khelo India

Following are the objectives of Khelo India Programme:

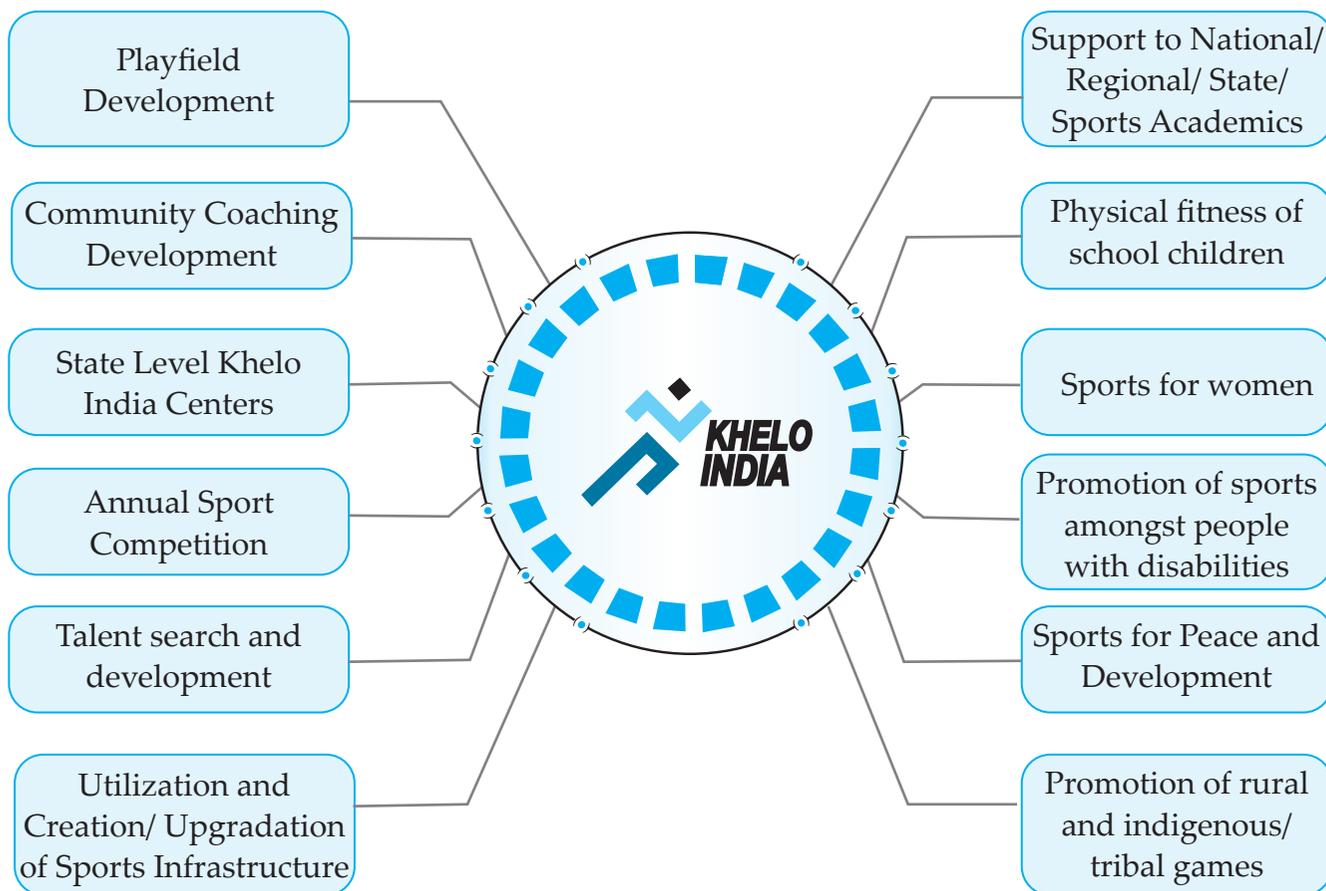
- It will be a Central Sector Scheme (Scheme implemented by the Central Government machinery and 100% funding by the union government).
- It is a Pan India Sports Scholarship scheme covering the 1000 most deserving and talented athletes across the sports discipline, every year.
- Selected athletes will be entitled to a scholarship amount of Five Lakh Rupees for eight consecutive years.
- It is an unprecedented scheme, a first-ever plan to be implemented for creating a long-term development pathway for athletes.
- To enable the sportsman to pursue both studies and sports, the program aims at identifying and promoting 20 Universities in the country as centres of sporting distinction.
- For sports promotion, latest user-friendly technology would be used. Ex: Geographic Information System (GIS) for locating the sports infrastructure, a user-friendly website for indigenous sports, a National Sports Talent Search Portal and information dissemination for the purpose of sports training through mobile apps.
- To ensure maximum entries for organized sports competitions, the programme encourages the school and colleges to organize programmes of high standards.
- Forming an active population with a healthy lifestyle is also the focus of this programme. For this purpose, a National Physical Fitness Drive is planned where children falling in the age bracket 10-18 years will be checked for physical fitness. Further, activities to support their physical fitness will be planned.
- The aim is to impact the whole of sports ecosystem inclusive of sports economy, competition structure, talent identification, coaching and infrastructure.
- The programme plans to engage youth living in deprived and disturbed areas into sporting activities so that they will be mainstreamed into the process of nation-building and weaned away from disruptive activities.

Categories of Khelo India

The different categories under the Khelo India programme are given below:

- Playfield Development
- Support to National/ Regional/ State/ Sports Academics
- Community Coaching Development
- State Level Khelo India Centers
- Physical of school children
- Sports for women
- Annual Sport Competition

- Promotion of sports amongst people with disabilities
- Talent search and development
- Sports for Peace and Development
- Utilization and Creation/Upgradation of Sports Infrastructure
- Promotion of rural and indigenous/tribal games



Eligibility for Khelo India Programme

The eligibility criteria for the Khelo India program is given below:

- Candidates below the age of 17 can participate in the under-17 category.
- Candidates below the age of 21 can participate in the under-21 category.

Khelo Indian school games

Prime Minister Narendra Modi inaugurated the first edition of Khelo India School Games (KISG) at the Indira Gandhi Indoor Stadium in New Delhi. It was held across 16 disciplines in Under-17 category. 5000 children from all states and union territories participated in the event from January 31 to February 8, 2018. The second edition of Khelo India School Games was rechristened as Khelo Indian Youth Games held from January 9-20, 2019 in Pune, Maharashtra.

Khelo India youth Games

The Union Ministry of Sports expanded its scope relative to Khelo India school Games. The participants are not allowed to participate in two categories, i.e., Under-17 and Under-21. It also allows students from various colleges and universities of complete.

Exercises

A. Multiple Choice Questions

- The aim of Physical Education is
 - Physical development
 - Mental development
 - Growth and development
 - Wholesome development of an individual
- Which of the following is the major aim of physical education?
 - to ensure child's optimal physical development
 - complete removal of boredom of the class-room activity
 - all-round development of the individual
 - to ensure programme of activity and sports for all
- Which of the following tournament is organized at National level ?
 - FIFA World Cup
 - ICC World Cup
 - Badminton world championship
 - Ranji Trophy
- Khelo India Programme was introduced in
 - 2015
 - 2016
 - 2017
 - 2018
- Which of the following is a multi sport event ?
 - FIFA World Cup
 - ICC World Cup
 - Olympics
 - Pro Kabaddi League
- How many components are there in Khelo India Programme ?
 - 10
 - 15
 - 8
 - 12
- The age group for Youth Olympics is
 - 9-12 years
 - 12-14 years
 - 14-18 years
 - 15-18 years
- ASIAD is known as
 - Commonwealth Games
 - Youth Olympics
 - Paralympic Games
 - Asian Games
- Which of the following game is related to FIFA world cup ?
 - Table Tennis
 - Football
 - Hockey
 - Boxing
- Badminton World Championship organized after
 - 1 year
 - 2 years
 - 4 years
 - 3 years
- Ranji Trophy is a _____ cricket tournament.
 - National
 - International
 - Professional level
 - Domestic
- Which course is necessary to pursue a health related career in Physical Education ?
 - Diploma in Yoga Education
 - Certified diploma after 12th class
 - Diploma course in Sports Medicine
 - All of these

13. This helps to modify one's behaviour towards progress ?
- | | |
|---------------|------------------------|
| (a) Science | (b) Technology |
| (c) Education | (d) Social development |

B. Very Short Answer Type Questions

1. What is the concept of physical education?
2. What are the aims of physical education according to Cowell and Hazelton?
3. What do you mean by mental development?
4. What do you mean by emotional development?
5. Describe any one career option in physical education.
6. List any five International sports competitions.
7. List any five national sports competitions.

C. Short Answer Type Questions

1. Write the three basic aims of physical education.
2. Write a short note on the development of physical education after independence.
3. What is difference between social development and emotional development?
4. Describe Dietician or Physiotherapist as a career option.
5. Describe sports Journalist as a career option.
6. What is role of a Dietician in Sports?
7. Discuss any three career options in physical education.
8. What are the objectives of Khelo India Programme?
9. Why competitions are necessary in Sports?
10. List all the components of Khelo India Programme.

D. Long Answer Type Questions

1. Define physical education and elaborate its aims and objectives.
2. Discuss about Sports Authority of India along with its different Sports Promotional Schemes.
3. Describe Integrated Physical Education. Write the Principle of IPE.
4. What are various career options in physical education?
5. Describe about the Khelo India Programme?
6. Write notes on the following :
 - (a) Sports Photographer.
 - (b) Career Option in Sports Medicine.
 - (c) Career option in Sports Administrative.

E. Value Based Questions

1. Physical education is not only a subject but it is a complete discipline. The integration of physical education is a comprehensive concept. Physical education is now not limited to the sports, games and physical activities but its scope has now crossed the limitations. The disciplines which are incorporated in physical education are sports philosophy, sports medicine, biomechanics, sports history, sports psychology, sports management, exercise physiology, motor development etc. The integrated physical education pays special attention on the inter disciplinary learning of these sub-disciplines.

Integrated physical education gives an opportunity to the students to make them understand the relationship among various disciplines. The responsibility of the physical education teacher has also increased because it is very essential for him to have complete knowledge about various branches of physical education. The integrated physical education will help to produce athletes and coaches of high caliber and will help to structuralise the quality programmes.

Read the above passage carefully and answer the following questions :

1. Discuss the disciplines which are incorporated in physical education?
 2. Integrated physical education is applicable to whoms discuss.
 3. Describe how integrated physical education is helpful.
2. Adaptive physical education is a direct service to the children with special needs. There are number of children who are usually impaired, physically handicapped, severely multiply impaired or having other disabilities.

Adaptive Physical Education (APE) is a modified or adapted, physical education programme specially designed for the requirements of disabled children. The schools should have special physical education programme for the physically or mentally challenged children. The APE instructor needs to be trained in assessing and working with special needs children. Lesson plan, activities and worksheets need to be adapted for the requirement of the children.

Read the above passage carefully and answer the following questions :

1. To whom the Adaptive Physical Education is given.
2. Discuss the role of instructor for Adoptive Physical Education.
3. Discuss the material provided to provide education for the disabled.

Answers

- | | | | | |
|---------|---------|---------|--------|---------|
| 1. (d) | 2. (b) | 3. (d) | 4. (c) | 5. (c) |
| 6. (d) | 7. (c) | 8. (d) | 9. (b) | 10. (a) |
| 11. (d) | 12. (d) | 13. (c) | | |