

Importance of Physical Education and Sports

Tawseef Ahmad Malik

Department of Physical Education University of Kashmir (J&K), India

Abstract: A sport is an activity in our lives where pursuits of different movement achieved through the total investigation of Neuro – muscular co-ordination. In this modern era, we can see that each and every individual directly or indirectly related to sports. Modern Physical Education commonly known as there is sports where pursuit of discipline freely formed such as biological, social and physical sciences. Over a decade, the society in general has realized the need for keeping fit and health through organized physical activity programme. Scientific evidence has made with a clear and that unless man engages himself in organized vigorous physical activity programme. The real benefits would not come.

Keywords: Physical, supervision, psychological, opportunity, fitness, training, awareness, recreation

1. Introduction

Imparting, education, education and preparing individual as a socially, emotionally, physically, psychologically fit citizen in true manner is real contribution to the nation. Education is the systematic process by which individual is shaped to fit into society, and maintain and advance the social order. It is a systematic process designed to make man rational, mature and knowledgeable. Education is the modification of human behaviour for his own personal happiness, for his better adjustment in society and helping him to be useful citizen contributing something original to the society. Physical education aims to provide a daily time period for some sort of physical activity for the students. It is also known as physical training & recreation class. It involves games, sports and exercises which contribute towards getting a refreshing break from the rigorous indoor learning classes. The daily physical activity improves the students' awareness of well-being and also teaches the values of maintaining good health. Physical education motivates students to participate in physical activities daily. It also promotes their health well into adulthood.

2. Sports and Physical Education

Sports and physical education as an essential dimension of education and culture must develop the abilities like self-discipline and will power of every human being to function as a fully integrated member of society. At the individual level sports and physical education contributes to obtain and maintain health and physical fitness. It also provides an opportunity to come out of the stress of modern mechanical lifestyle, other restraints, hypokinetic illnesses and diseases. Physical education includes sports, games, recreational activities, yogic exercise activities. It has been totally accepted as a part of the education system. The above statement has been universally accepted in our Indian education system from pre-primary level to the university level, because the education planners have visualized its centrality in education right from the early years. It was well established that sports and games form an integral part of any educational system. This truth was known to ancient philosophers like, Socrates and Plato. For proper education everybody looks for “a healthy mind in a healthy body”. So, the importance of sports and games or rather physical education in general can never be overemphasized. It was

well established that sports and games form an integral part of any educational system. This truth was known to ancient philosophers like, Socrates and Plato. For proper education everybody looks for “a healthy mind in a healthy body”. So, the importance of sports and games or rather physical education in general can never be overemphasized. [shodhganga.inflibnet.ac.in/jspui/bitstream/10603/137763/7/07_chapter%201]

3. Facilities for Physical Education and Sports

The school is a social institution entrusted with the formal education of the youth in the society. Sporting activities have been known to be an integral component of the educational programmes of the most, if not all nations of the world. In Plato's Republic, physical education was included as an integral component of the educational system. It is therefore the function of the school to socialize the individuals. Here in Jammu and Kashmir, physical education programmes are not much emphasized at all levels of the educational system. In most advanced countries of the world; education authorities have realized the benefits accruing from participation in sports programmes and they have not hesitated in including physical education in their curriculum as a part of the learning experiences offered to the students. The implication is that a lot of resources (finance) were put into physical education to enable the youths enjoy a worthy sports programme for their healthy development.

[<https://iiste.org/Journals/index.php/JEP/article/viewFile/1159/1080>]

The importance of adequate facilities for a successful programme of Physical Education in colleges Universities cannot be underestimated. The desired standard in Physical Education and sports can be achieved only through proper programme, adequate infrastructure facilities and proper administration. Facilities and equipment's are important to achieve the goals of Physical Education and Sports. To develop the potentialities of youth at universities they have to be exposed to multifarious activities for this exposure, we require playing facilities in colleges and universities. The programme on a paper comes alive only through proper infrastructure sport facilities under the supervision and care of technical experts.

Sports Training

“Training is a systematic process of boring, progressive exercise or work involving learning process and adjustment.” Sports training refer to the physical, technical, intellectual, psychological and moral preparation of an athlete by means of physical exercises. Sports performance can be improved through Sports training. Like any other type of human performance, sports performances are also a product of the total personality of the sports person. In general the personality of a person reflects aspects like physical, physiological, social and intellectual characters. Therefore apart from physical and physiological traits, the social and psychic traits of the sports person needs to be improved for achieving improvement in sports performances. [<https://docplayer.net/28089367-Effects-of-plyometric-swiss-ball-and-circuit-training->]

Importance of Training

Training results in acquiring and maintaining any and all skills. Though training is very important to any area of human effort, the importance of training in sports and physical education need not be over emphasized. Training provides the knowledge that is required for acquisition of any skill. Training is very important, as it reduces the need to relearn a skill or strategy or way of doing something. At the same time training allows the trainee to acquire the skills and knowledge of his precursors also and thus leads to greater achievements. It is generally observed that to master any skilled pursuit, nearly 10,000 hours of practice in the same is required. The above observation is dependent on the quality of the training that the practitioner undertakes and the quality of performance. Further training in physical activities is very important because it improves the physical factors involved in execution of the skills. Training designed for a specific activity is vital, since it strengthens the muscles and increases the efficient functioning of the circulatory system, thus facilitating the delivery of energy and removal of wastes from the muscles engaged in the activity.

Types of Sports Training

Sports training also refer to specialized methods and strategies of an exercise that is used in a variety of sports in order to develop and prepare athletes for sporting performances. In addition to traditional types of exercises, other training methods imparted on the athletes include:

- Cross training
- Boxing training
- Altitude training
- Endurance training
- Fartlek

Sports and Physical Education is important for your child

Loco-motor Skills: A loco-motor skill helps the body to do physical movements effectively. Examples of physical movements include running, running, hopping, descending, skipping, etc. More often these skills are used, greater is the child's ability to fine tune the movement of each skill. For example, improving running skills will enable the child to participate in communicate races and sprints. It is an important part of physical education training.

Object Control Skills: Object control skills require controlling implements and objects such as balls, hoops, bats and ribbons by hand, by foot or with any other part of the body. Object control requires lot of practice and concentration. This improves the movement and strength of the body. This helps in improving a physical as well as mental health of the child. Object control is an essential part of various sports coaching.

Physical Fitness: Physical fitness is a state of health and well-being and the ability to perform various sports and physical activities. It is achieved through proper nutrition, physical exercise and sufficient rest. It is taken care of during physical education and sports coaching. Nutrition should also be taken with care at home by parents.

Social: Social skills include self-discipline, cooperation, sportsmanship, handling equipment's etc. These skills have a meaningful impact on a kid's behaviour. These are taught to kids during the physical education class and during sports coaching.

Body Management: These skills mean controlling the body in certain situation. Depending on the exercise or movement body have adjust itself in different ways. These skills require agility, flexibility, coordination, movement. Sometimes non-motor skills play an important part too, wherein a child has to bend, twist, push, pull or stretch. Space awareness also is a critical part of various sports, which is taught in Body Management.

Game and Sport Skill: Different sports require different sports skills. Kids should be aware about these skills and rules, regulations and safety guidelines. Team sports inculcate team spirit and belongingness in the kids. They learn that participation is more important than winning or losing. [<https://www.thesportsgurukul.com/6-reasons-sports-physical-education-important-child-2/>]

4. Conclusion

Sports are viewed as a universal language that brings people together no matter their origin, background, religious beliefs or economic status. When young people participate in sports or have access to physical education they experience real excitement even as they learn the ideals of team work and tolerance. According to united nation, sports are a bridge to resolve difficulties in culture and conflicts. Sport is best in school life and it offers values to younger generation. Physical education on the other hand teaches youth not merely about sport but how to use sport to promote mutual understanding, well-being and friendship.

References

- [1] shodhganga.inflibnet.ac.in/jspui/bitstream/10603/137763/7/07_chapter%201
- [2] <https://iiste.org/Journals/index.php/JEP/article/viewFile/1159/1080>
- [3] <https://docplayer.net/28089367-Effects-of-plyometric-swiss-ball-and-circuit-training->
- [4] <https://www.thesportsgurukul.com/6-reasons-sports-physical-education-important-child-2/>