



Role of physical education in college level: A case study

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Abstract

The research paper we talk about education and research in physical education and sports, we have to look upon some other inter-related aspects of its field, because physical education is 'education through movement' within the framework of total education, which is both mental and physical. Now it has become an inseparable part of education and emphasis is laid on educational experience rather on just muscle building. As we see, sports have traveled a long journey on the way of their upliftment in the Indian society. It is a good omen for the country that we are receiving positive results in all the sports especially in athletics. With such sincere efforts on the part of both - government and public, we can hope that Indian Tri-colour will soar high because of sports achievements.

Keywords: physical education, college, sports, life

Introduction

As a contribution to the United Nations dedicated 2005 Year of Sport and Physical Education. 'Every human being has a fundamental right of access to physical education and sport, which are essential for the full development of his personality. The freedom to develop physical, intellectual and moral powers through physical education and sport must be guaranteed both within the educational system and in other aspects of social life'

Physical Education as Part of Education

In institutionalized education, the main goal has been developing children's cognitive capacity in the sense of learning knowledge in academic disciplines. This goal dictates a learning environment in which seated learning behavior is considered appropriate and effective and is rewarded. Physical education as part of education provides the only opportunity for all children to learn about physical movement and engage in physical activity. As noted, its goal and place in institutionalized education have changed from the original focus on teaching hygiene and health to educating children about the many forms and benefits of physical movement, including sports and exercise. With a dramatic expansion of content beyond the original Swedish and German gymnastics programs of the 19th century, physical education has evolved to become a content area with diverse learning goals that facilitate the holistic development of children.

Sport Education

One prevalent physical education model is the sport education curriculum designed by Daryl Siedentop. The goal of the model is to "educate students to be players in the fullest sense and to help them develop as competent, literate, and enthusiastic sportspersons" (2011, p. 4, emphasis in original). The model entails a unique instructional structure featuring sport seasons that are used as the basis for planning and teaching instructional units. Students are organized into sport organizations (teams) and play multiple roles as team managers, coaches, captains, players, referees, statisticians, public relations staff, and

others to mimic a professional sports organization. A unit is planned in terms of a sports season, including pre-season activity/practice, regular-season competition, playoffs and/or tournaments, championship competition, and a culminating event (e.g., an awards ceremony or sport festivity). Depending on the developmental level of students, the games are simplified or modified to encourage maximum participation. In competition, students play the roles noted above in addition to the role of players. A sport education unit thus is much longer than a conventional physical education unit.

Fitness Education

Instead of focusing exclusively on having children move constantly to log activity time, a new curricular approach emphasizes teaching them the science behind why they need to be physically active in their lives. The curriculum is designed so that the children are engaged in physical activities that demonstrate relevant scientific knowledge. The goal is the development and maintenance of individual student fitness. In contrast with the movement education and sport education models, the underlying premise is that physical activity is essential to a healthy lifestyle and that students' understanding of fitness and behavior change result from engagement in a fitness education program. The conceptual framework for the model is designed around the health-related components of cardiorespiratory fitness, muscular strength and endurance, and flexibility.

Online Physical Education

Online physical education is a growing trend. Fully 59 percent of states allow required physical education credits to be earned through online courses. Only just over half of these states require that the online courses be taught by state-certified physical education teachers. Daum and Buschner (2012) report that, in general, online physical education focuses more on cognitive knowledge than physical skill or physical activity, many online courses fail to meet national standards for learning and physical activity guidelines, and teachers are not concerned about students' accountability for learning.

Quality Physical Education

- Gives students the knowledge and skills to participate in a lifetime of physical activity.
- Teaches movement skills and how to assess physical activity.
- Uses materials that are appropriate for the age and skill level of the students.
- Uses activities that keep students active for most of class time (more than 50% of class time).
- Meets the needs of all students.
- Is an enjoyable experience for all students.

Benefits of Physical Education

- **Improved Fitness:** Skipping, jumping, running, lifting and other exercises make a person more fit.
- **Makes a Person More Active:** It makes a person more active and helps combating ailments associated with laziness or “potato couching.”
- **Increased Socialization:** PE teaches students to be more social and also outgoing. This shapes their future life and interaction.
- **Unity, Team-spirit and Togetherness:** Exercising with other students helps forge togetherness and boosts team spirit.
- **Better Health:** Regular exercises improve the respiratory, cardiovascular, immune and other bodily systems. This keeps diseases at bay.
- **Lots of Fun:** Physical exercises are fun and enjoyable especially when they are varied.
- **Boosts General Wellness:** In addition to making a person more active and fit, PE also improves general wellness.
- **Goal Setting:** Students will be encouraged to set and aim at meeting their target. Over time, they become good goal setters and achievers.
- **Reduces Injuries:** According to research, people who regularly exercise are less prone to injuries and will recover more quickly from fatigue or sickness.
- **Boosts Self Esteem:** Regular interaction with other pupils or students improves self-esteem and awareness.
- **Relaxes the Mind:** PE helps relax the mind especially after being in a classroom for long or handling a challenging academic task.
- **Step to Future Career:** Many careers such as gym instructors, physiotherapist, sportsmen and others are founded on physical education.
- **Boost Strength:** PE helps to improve the strength, stamina and endurance. Good exercises include skipping rope, carrying each other, playing soccer (football) and more.

- **Talent Discovery:** Instructors or teachers can easily spot talent during the exercises and will guide a pupil to improve the talent.
- **Minimize Monotony:** Unlike learning, PE is quite varied and can be interchanged at will. This ensures that all participants have something to enjoy.
- **Encourages Team Spirit:** Working together and following instructions is the winning recipe for a strong and solid team.
- **Warm-up Exercises:** Most warming-up exercises are founded on physical Education. Think of skipping, squatting, and running on the spot.

Conclusion

Education and research in Physical education and Sports in college is growing at a rapid pace. However, when we think little about our standards of education and research at the international level, the outcomes are not satisfactory. Sports institutes with great potential are imparting education in this field and research is being carried out in such centers. As we see, sports have travelled a long journey on the way of their up liftment, In the Indian society. Government and Non Government agencies have worked a lot for the broad basing of sports in the country, but a lot is to be done yet in this regard. People are also getting attracted toward games due to many incentives offered on various stages in the form of cash prizes, and reservation in jobs under sports quota etc. We have to restructure our curriculums, excellent research facilities to be provided to the sports scientists, formulation and proper implementation of the policies are important matter for contemplation. All the shortcomings at every level should be eliminated. In brief, we can conclude that a lot has to be done in the field of education and research in Physical Education and Sports in college in India.

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