



PHYSICAL EDUCATION'S ROLE AND RESPONSIBILITIES TO NATION BUILDING

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Abstract

Physical education is an ancient concept that was used by primitive men for survival and is thought to be the first form of communication. With the passage of time, physical education has evolved into a full-fledged profession and an essential component of human education. We are all aware of the importance of physical activity nowadays. Physical education and sports play an important role in encouraging people to be physically active in today's society. It is critical for an individual, a group, a nation, and, indeed, the entire world, to engage in physical activities and maintain a healthy lifestyle. Physical education, like all other forms of education, has a long history. Physical activity and sports help to instil leadership, comradeship, and good human values in children while also promoting health and wellness. Sports and physical activities can help citizens achieve national harmony and international peace. As a result, it is clear that physical education plays an important role in society and nation building.

Key Words: profession, nation building, leadership

Introduction:

In the early 1800s, Physical Education was primarily a private pursuit centred on gymnastics and personal hygiene. However, by the middle of the century, public schools in the United States were requiring daily exercise for all students and even incorporating callisthenics into the formal curriculum. However, over the next century or so, physical education classes in schools shifted away from pure physical conditioning and toward a sport- and game-dominated subject. The threat and unavoidable outbreak of global war then forced the government to refocus PE on fitness education and physical standards (driven primarily by the need for a fit "fighting-age" population). The much-debated "Presidential Fitness Test" was created as a direct result of this movement. It wasn't perfect, but physical fitness and exercise were important to me. Physical education was recognised as important in schools and throughout our country. However, economic downturns in the 1970s and 1980s, as well as subsequent budget cuts, resulted in a significant decrease in the presence of comprehensive PE programmes in our nation's educational institutions.

This group of young people brings a wide range of skills, talents, and levels of motivation to their physical education learning. They are present at all points along the physical activity spectrum. Some young people are extremely active and/or participate at a high level of

performance on a regular basis. Others, however, are not meeting the physical activity recommendations for young people.

Students' learning in physical education contributes to senior cycle education's overall vision of developing students as resourceful, confident, engaged, and active learners. Learners gain confidence and competence as they acquire the knowledge, skills, and attitudes required to enjoy and succeed in a variety of physical activities while in the senior cycle and throughout their lives. Physical activity, in its various forms, serves as a medium for students to learn in, through, and about physical education.

Learners can experience success in different ways in physical education. The pursuit of excellence and the achievement of sporting goals will be the focus for some. Some will define success as organising, leading, and facilitating others to be physically active. Others will consider regular physical activity as part of a healthy lifestyle to be a successful outcome.

Regular exercises create better learning:

Regular physical activity, and its impact on students' brains and biochemistry, leads to better execution and cognition. Students can process, store, and retrieve information more effectively, and they can concentrate better. Perhaps most importantly, though, there has been shown to be absolutely NO downside to spending more time in PE and less in other subjects: "The studies also suggest that increased time spent in physical education is not likely to detract from academic performance even when less time is devoted to subjects other than physical education."

Cultural and social values development

Physical education and sports are excellent ways to instil many cultural and social values in children. Sports and games teach certain social qualities such as leadership, cooperation, teamwork, self-discipline, and trust. Individuals can gain leadership skills through physical education. A person establishes relationships with other people and groups through games and sports. It aids in the development of cultural and social characteristics because when one team plays against another, we can observe the participants' feelings of leadership and cooperation. A good sportsperson demonstrates qualities such as obedience, fairness, generosity, courtesy, modesty, ethics, and morality. As a result, physical activities and sports foster social values and qualities. As a result, physical education motivates and inspires.

Our Prime Minister Shri Narendra Modi also said in a speech "Sport is an integral part of our everyday life. Some people think that the sport is only important for physical well-being.

- I feel a sport is important for overall development".



- A physical education programme aids in the proper expression of children's natural interests and desires, resulting in desirable personality traits in the child. Physical education and sports should be mandatory subjects at all levels of education, given the role and importance they play in the growth and development of children.
- Promoting health, fitness, and wellness is an urgent social need. Every individual desires to live a healthy and prosperous life, which can be attained through a solid, systematic, and consistent physical education programme.
- With the proper use of sports and physical education programmes, youth can be nurtured and channelled into productive citizens of society.
- Participating in a regular exercise regime and physical activity programme is the only way to overcome many hypokinetic diseases and health issues.
- Sports and physical education can help to foster patriotism, comradeship, friendship, unity, cooperation, cordial relationships, international integration, and other social qualities.

The Advantages of Physical Education

Physical education has many benefits and advantages, but its primary goal is the development of a person. To begin with, physical education improves a person's health and fitness through various activities, and it also maintains these trials throughout the person's lifetime. It also provides extensive knowledge about various communicable and health-hazard diseases, and physical education teaches effective ways to prevent these diseases. Physical education increases mental alertness and concentration, which are essential components of any physical activity, and it also aids in the reduction of a person's reaction time.

Physical education also promotes emotional and mental development by assisting in the resolution of stress, anxiety, tension, and other emotional issues. As a result, a person feels less tired and more content. It also aids in the development and promotion of a person's leadership abilities. A person meets and interacts with various participants, which helps to improve social skills and eliminates shyness or any fear of communicating with others. As a result, a person feels more self-assured and capable of dealing with any problem, which aids in socialisation.

Physical education develops a person's character and makes them fit for society by preparing them to face adversity, endure defeat, and make sound decisions and take risks, all of which are essential in today's competitive world. It also fosters feelings of fraternity, sportsmanship, cooperation, sympathy, courtesy, loyalty, and many other qualities among participants. Many people believe that physical education can help develop the human body in proper proportions.

**Misconceptions regarding physical education**

People are mostly unaware about all these advantages and hold many misconceptions regarding physical education and neglect the very benefits of it. Many parents believe that physical education has only to do with playing games and sport and there is no emotional development of the child, which is so very wrong. It is true that there are a lot of physical activities but parents are unable to understand that these activities actually sharpens the mind of their child and helps them to be more confident and active. People also believe that physical education is just a waste of money and time. Parents put more pressure on studies and complete neglects games and sport. As a result, the children become lax, inactive, and unable to compete with the rest of the world, and they fall behind. Physical education actually helps children focus more on their studies while staying healthy and fit. People are also hesitant to spend money on physical education because they believe it has no opportunity or future. But they are completely incorrect; a good athlete always makes a lot of money. Physical education is not a waste of money; rather, it is a means of increasing one's earnings. Another common misconception is that physical education makes people aggressive and violent, when in fact it helps to develop discipline and manners in a person.

Conclusion

Physical education is not given the proper importance and status in society as a result of all of these misconceptions. We must all work together to spread the benefits of physical education and dispel people's misconceptions in order to improve the spread of physical education. The use of body language, or the ability to communicate through body gestures and movement, is the most common and possibly the oldest method of communication along the path of progress for the human being. Even in a man's life cycle, body movement and gestures or physical activity come first, followed by language and writing skills. an early age. It is common practise to learn by observing and imitating one's parents.

Physical education is an important part of education because it helps to change an individual's behaviour in the desired direction through movement education. Because the play way method or learning by doing method is a simple method used in physical education, it makes a significant contribution to individual education and cannot be overlooked in the field of education. Based on the foregoing discussion, it is possible to conclude that physical education and sports play an important role in society and nation building, and their contribution is commendable. As a result, the following submissions and recommendations are made. Physical education and sports are essential components of both education and daily life. Sports and physical education are not only important for physical well-being, but also for an individual's overall personality development.



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