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## AN INVESTIGATION OF INDIA'S PHYSICAL EDUCATION AND ATHLETIC SCENE

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### Abstract

*Due to worldwide growth, physical education and sports have gained more significance. All socioeconomic classes are now starting to appreciate the discipline that was before undervalued. Hence, the emphasis needed for sports and physical education teaching is provided. A sportsperson who is considered as one of their nation's best ambassadors may be compared to a physical education instructor who works in schools and universities. The demand for physical education is lower than the rising risk of mortality for the ordinary individual, thus the situation doesn't seem hopeful overall. The article examines the current situation of sports and physical education in India. A summary of the Berlin physical education global summit report is also included.*

**Key words:** sports experience, physical development, tenacity, and fitness.

### Introduction:

Physical education and sports are one of the most important indicators and an integral part of education in every country and time. Each country should thus attempt to create a framework for an action plan to advance physical education and sports. Contrarily, despite a tremendous increase in media attention worldwide, particularly in India, sports are being badly neglected inside the educational system. The physical education act, which also provides resources for the nation and helps in the development of an evaluation system for educational achievements, supports the expansion of physical education. One must overcome obstacles and work to improve the structure and infrastructure status in the region, which is now deteriorating in comparison to earlier and current times, in order to develop the general discipline in physical education and sports.

### Physical Education in Post Globalization Era:

Despite efforts by member nations to promote and develop physical education and sports via international cooperation, its unique qualities and relevance to education continue to be a source of concern. The outcomes of Physical Education and Sports have been concerning given the social importance of sports and their substantial media attention (especially inside the school system). The official authority for physical education and sport's move toward high-performance and media-friendly sports provides evidence of its consequences (at a national level, across the public and private system). An essential example of how the Ministry of Education and the Ministry of Youth Affairs and Sports should be properly separated. Berlin hosted the Physical Education World Conference to talk about the state of sports and physical education. Studies exposing the increasingly insecure situation of physical education and sports in many countries provided support for this initiative. The following major findings were from a worldwide comparison study that collected data and literature from around 120 different countries.

Reduction in the amount of time allotted for physical education in educational programs.

a)

Budget cuts and insufficient personnel, material, and financial resources.

b)

The individual is in a low status situation.

c)

Teachers in many nations lack the necessary training.

d) Current physical education regulations are not correctly implemented.

### **Role of Physical Education & Sports:**

With physical education and sports, the vital link between these two fields of study is maintained. It is crucial to regard physical education and sports as a significant feature of education in all schools and colleges in a country, where sports should be obligatory beginning in elementary school and continuing through college. The reciprocal guarantee highlighted these ideas. In fact, a successful education entails instructing pupils in the foundations of life skills, such how to...

a)

I

Self-drive, imagination, and problem-solving

b)

Em

ploy interactive tools

c)

(co

munication, physical and IT)

d)

To

associate with and live among many social groupings. Physical education and sports are specifically able to promote all of these life skills that are based on the Board. It follows that international organizations, state governments, and municipal authorities must aggressively encourage physical education and sports. To support the cause of physical education and sports, the area of education needs to organize and simplify these efforts. As part of the effort to enhance the state of physical education and sports globally, this will include aiding in the restoration of the balance between physical education and sport in the educational system.

### **Physical Education & Sports: Indian scenario:**

Sports and physical education are crucial parts of the educational system, despite the fact that they have never received the attention they merit. While it has always been a part of the curriculum, neither academics nor students or administrators have ever taken it seriously. You are only permitted to talk when playing or performing in physical education. Physical education is often depicted by the general public as being composed of wide circles, unorganized play, and little work. "Sportsman is the best Ambassador of the Nation," wrote Abraham Lincoln. So, the physical education director or instructor may also act as our institution's or university's best representative. It is difficult to define the term "Physical Education" since it refers to a diverse spectrum of phenomena, is intricate, and means different things to different people. A child may reach their entire potential and attain perfection in body, mind, and spirit via athletics. Despite the fact that this definition places a lot more emphasis on certain traits than it does on others, they both share a few crucial elements. Some of them might be: Physical education is a part of the whole educational process. It is the culmination of all experiences and the responses they elicit. Large-scale

physical workouts helped people gain expertise and learn how to respond. The real goal of physical education is to advance a person's whole development, including their moral, social, intellectual, and physical selves. The circumstance is the same as in General Education.

The one aspect of schooling that may not have gotten enough emphasis in India is physical education. That's most likely a result of our being happy with what the British provided us and not really making an effort to create a unique, complete physical education curriculum that is catered to our needs. The emphasis has always been on the cerebral aspects, while the physical component has largely remained unaltered. Due to this, more Indians are disregarding their bodies, equating physical education with physical training, not maintaining the proper levels of physical fitness, and growing "soft" bodies. One of the major objectives of any physical education activity is the preservation and enhancement of the health of the students in our schools and institutions. Also, the school has a responsibility to make sure that every student achieves and maintains optimum health since doing so will make learning far more valuable generally, not only morally. A young child learns more quickly and efficiently when they are healthy. Values heavily influence whether certain behaviors improve or harm one's health. Unfortunately, a lot of people have value illnesses, which means they know what they should do to be healthy but don't really do it. Many continue to smoke despite being aware that doing so increases the chance of acquiring lung cancer. Despite being aware of how drinking affects one's ability to drive, people nonetheless do so. They are aware of the value of consistent exercise in helping them maintain their weight, yet they do little to alter their sedentary habits. For a very long time, experts in education, health, and medicine have agreed that school curriculum must include a regimen of directed physical education exercises. It is crucial to develop positive habits, attitudes, and appreciations toward all physical activities, including play, during the formative and quickly developing period of elementary school age in order to be prepared for adulthood with the knowledge, sound thought processes, physical stamina, and emotional maturity to live successfully in a constantly changing and highly complex society. In that sense, teachers have a crucial part to play in effectively overcoming this difficulty.

According to an adage, "the devil's workshop" is an idle mind.

### **Need of Physical Education & Sports:**

Instead of merely assessing performance, technique, or records from a journalistic standpoint, studying physical education and sports requires examining the underlying presumptions that the general public has about physical education and sports. Sports have always been more of a "escape" than a teaching tool, despite their value. A sport has always been seen as a distraction from the difficulties of everyday life. Find out why some of your friends participate in sports. There will surely be a mention of "fun" or "enjoyment" in the response.

### **Interpretation:**

Every college or university should provide physical education as an option with a 60% theoretical and 40% practice focus if it is not a mandated course. Another argument is that in order to get their degree, all first-year students need pass a mandatory physical education program, such as the National Physical Fitness Test. Like the Indian Institute of Physical Education and Sports Science, we need physical education institutions that provide 4- to 5-year degrees (IIPES). Physical Education and Sports are viewed as more than just a place to have fun; they are also seen as a location where theories from each area may be tested, as

well as as a phenomenon whose worth, significance, and influence on people and society must be continually evaluated.

### **Suggestions & Recommendation:**

1. Re design and reconstruction of the physical education curriculum in light of societal needs.
2. Per iodic refresher training provided by the appropriate agency for physical education staff.
3. Sub ject and associated area updating and upgrading in cooperation with leading educational and physical education agencies. strict adherence to the execution of the required physical education standard.
4. A true and honest evaluation approach for a comprehensive assessment and feedback.
5. Stu dying physical education and sports in school may be just as engaging and enjoyable as doing sports.
6. Bot h games may be equally enjoyable if the rules, themes, and "spirit" are grasped. Both general education and physical education are for a\$holes.
7. In the life of an ordinary man, recreation is just as vital as reading, writing, and math. When the emphasis is on the means—namely, strong muscles—physical activity assumes the guise of "Physical Education," whereas recreation emphasizes a "life is worth living" (joyous) attitude or makes use of free time.

### **Conclusions:**

Youth are a country's greatest resource and make up the majority of the under-25 population in the globe. With the available human resources, India has the potential to increase both work and output, but as one of the world's fastest-growing countries, retaining the human resource and the longevity of these young people is a challenge. Hence, a person should routinely participate in games, sports, and other exercise programs to guarantee the development of physical health and gain skills in sports and games that have a carryover value. He will be able to live a fulfilling life as a member of society thanks to this. On the other hand, society ought to provide its members the chance to engage in activities of their choice and therefore improve or preserve their level of physical fitness. Sports performance cannot rise unless the "General Standard of Health" is raised. Physical education and sports programs at educational institutions should focus on "Health Related" and "Performance Related" areas to ensure "improvement of Performance in Competitive Sports". Hence, physical education involves maintaining extraordinary physical condition to achieve one's prized life goals and promoting a systematic, all-around development of the human body utilizing scientific approaches. Hence, every organization involved in physical education should start by encouraging a positive and assured attitude among physical educators themselves. This will make it clear to them that physical education should not be confined to the periphery of schools or colleges, but rather should be integrated into the curriculum and given priority within the educational system.

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