

Importance of physical education for development of society in modern era

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Abstract:

In today's world physical education and sports is essential. Man can live healthy and better life only by doing physical exercise. Today new and new diseases are emerging and have made big harm to man's body. Man's life has become dependent on medicines. Sport has been recognized as an important development tool to help the youth, especially the social and emotional development of the underprivileged and neglected people. The UN recognizes the importance of developing specific sports-based curricula for the holistic development of youth. A review of global studies on the effects of play and physical activity on children's social and emotional development has also found that there are numerous benefits to social communication, along with confidence and confidence building. It is also said that physical activity can have a positive effect on the mental health of children. In this paper focused on importance of physical education in modern age.

Keywords: physical education, health, physical activity, modern society.

Introduction;

In the present age, physical education and sports are an essential part of education. It directly contributes to the development of physical fitness and fitness. It also helps to make young people aware of how to live a physically active lifestyle. Healthy and physically active youth will be academically motivated, attentive, and hopeful. We can also say that physical education and sports are only for the main curriculum of the school. It is the only program that offers young people the opportunity to learn motor skills, increase mental and physical fitness, Benefits from physical activity such as disease prevention, safety and injury prevention, reduction of morbidity and premature death,

and increased mental health. Physical education is just one course where young people learn about all the benefits gained from being physically active as well as the skills and knowledge to incorporate safe, satisfying physical activity into their lives, in addition to how they can interact with others. Schooling sessions should be easy to get from preschool to secondary. The goal is to deal with a variety of physical activities and to encourage those with disabilities to take up competitive sports.

Sports programmes did not emerged automatically. They were sponsored and patronized by administrator"s rules kinds and leaders. History of many states in India reveals that institutions which promoted freedom struggle and freedom fighters are primarily responsible for influencing the society through sports programme like vyayam-shalas, sword-fighting and Fencing etc. Sports play a very prominent role in modern society. It is not only important for an individual but also to a group in terms of the whole nation so much so that the World Health Organization has set a target that every person in the world should become fit and health conscious by 2000 A. D.

Great progress has been observed in the field of games and sports after the independence. Sports have grown tremendously and widely through-out the world and it opens the doors of inviting all people regardless of sex, race, religion, language and region. It has become a very strong social force influencing enough to concern the society in general. With the achievement of independence in 1947, India has made rapid progress in games and sports. A considerable amount of attention has been given to the increasing level of participation in sports by young people. The government"s action in making money available to develop sports programmes which are attractive to wide range of children folk in schools, colleges and community settings sports have made great strides in the middle of the 1970"s has been seen many changes with regard to the role and preparation of physical education, students involvement, curriculum reforms, growth of sports liberation of women and international involvements.

On the other hand, negative experiences related to fitness exercises and injuries. Carlson (1994) found student attitudes toward physical education were influenced by culture (gender, idolization of elite sports figures), society (family, mass media, sporting experience, skill level, peers, previous physical education experiences, and perceptions of fitness), and school (teacher influence).

What is physical education?

Physical education means providing training in the development and care of the body, from simple callisthenic exercises to performance and management of hygiene, gymnastics, and athletic

games. To understand physical education, we must understand physical fitness, which is intended to promote.

The importance of sport in modern society

Sports are important elements in modern society. Sports and games are influenced by changes that occur within our society. In today's modern society sports play very important role in spreading sports awareness through media attention & technology. There is also alternative sports experience having immediate enjoyment, relaxation as its main characteristics. Development of mass sports and its place in modern society is a topical issue of great importance. Popularization of physical culture, sports and healthy lifestyle plays an important role in society in any country. Mass sport is the basis of professional sport, the condition of physical perfection of the younger generations. Professional sport allows, by identifying individual opportunities and abilities of each person in a particular area of sports activity (through increased specialization and individualization of the training process), to achieve maximum, record sporting results. Records in professional sport, winning the official international, national and other sporting events, creates a moral incentive to the development of mass sports.

Aims of the Physical Education Programme

Physical Education also includes sport education. Physical Education is also the process through which sport, outdoor adventure activities, dance, gymnastics, aquatics and games are used by Physical Educators to help students learn motor skills and to learn about and achieve physical fitness where this is possible. Physical Education activities also assist the school to develop personal and social skill in students.

Physical fitness includes the following:

- * **Cardiovascular fitness** - It is the ability of your heart and lungs to deliver the oxygen that your body needs for its daily tasks. This is the fitness component that is addressed by such aerobic activities as brisk walking, walking, running, dancing, and swimming.
- * **Strength** - This is the amount of physical strength that a muscle or group of muscles can use against weight or resistance. This is addressed by activities such as weight lifting and bodyweight training.
- * **Endurance** - It is the ability of a muscle or group of muscles to repeat movements or hold a position in a given period of time. Long-distance running is an activity that helps develop endurance.

* **Flexibility** - It refers to the range of movement of the body. Pilates, yoga, and gymnastics help promote this particular fitness component.

* **Anatomy** - This refers to the ratio of body fat component versus its lean mass. Exercises that address cardiovascular fitness, strength, endurance, and flexibility promote fat reduction and muscle building. Music, gym, and math students are often challenged to get interested. To break the monotony of traditional physical education courses, many schools have updated their programs.

Concept of physical education:

“Physical education - is an educational process that helps a child shapes his motor skills, his psycho-physical qualities, as well as help him perfect his body.”

These are some of the trends that permeate physical education programs across the country: The theory behind this is that if students learn to like these activities early, they can easily adapt them to their current lifestyles and also take them to adulthood. Incorporation of non-traditional sports - This makes physical education a cultural immersion at the same time. It teaches cultural sensitivity and can be very funny. Designing a education program after health spa programs - This has the advantage that the scholar is exposed to a spread of activities which will only make education more fun for him. Here, the student can do one day and do yoga the next. A combination of cardio and strength training activities also promotes overall fitness. Adopting Sports League Model - In this scenario, the physical education class is run like a sports league. Students play the role of referee, player, scorer, and coach. It aims to develop students into better-rounded, balanced individuals. This includes martial arts and self-defense - not only do these activities capture the interest of the students - but they also promote their safety and well-being. This is a practical improvement over the general physical education program. Health and Nutrition Disciplines - Most education programs within the US include health and nutrition topics like the following: Hygiene, stress and anger management, self-esteem, and bullying. Some states even require physical education teachers to be certified as health educators. Exposures to Technological Enhancements - Students are taught the way to use modern gym equipment also as other health-related devices like pedometers and pulse monitors. Although the first goal of education remains to market the fitness and wellbeing of each student, of these trends and progress have changed the face of physical education forever. Movement is the foundation of physical education and the body is the main means of getting physical education. Even so, the goal of physical education is not limited to the body; Along with the body, it also includes the rituals that take place on

the mind, emotions, thoughts, etc. Physical education is the integrated knowledge of the experience gained by a person through various physical movements. Physical education is a part of a larger

holistic subject that deals with the movement of vital muscles and the functions associated with them. Such an interpretation Dr. J. B. Nash has done. "Physical education is a set of processes that help a child reach the most advanced stage of development through the perfect experience gained through vital muscle movements," Brownell said. "Physical education means the holistic development of a child's personality through the full and proper development of the body, mind, and soul through physical activity," explained the Central Board of Physical Education and Recreation of India.

Objectives of physical education

(1) Development of efficiency:

The efficiency of the body depends on the development of the senses and the health of the body. The development of the senses takes place through active labor and is due to the movements that take place from childhood. The main purpose of physical education is to teach the senses the movements that nourish and enhance their function.

(2) Collaborative development between the nervous system and the nervous system:

Improving physical activity skills is another important goal of physical education. All the natural movements of young children gradually become clearer with effort and practice. Basic activities like walking, running, jumping, throwing, catching, and balancing the body need to be done easily and skillfully. Properly guided children at an early age can improve the correlation between their muscles and nervous system so that the above basic actions can be mastered.

(3) Development of personality:

This is an important goal of physical education. Personality building is an important goal of physical education. Personality is a characteristic of a person's body, body posture, special behavior, tastes, attitudes, deeds, and artistic qualities. Many of these components are developed through physical education.

Importance of physical education

- **Improve physical health:**

Physical education Improves children's muscle strength, flexibility, muscular endurance, body composition, and cardiovascular endurance.

- **Skill Development:**

Physical education Develops motor skills, which allow safe, successful, and satisfying participation in physical activities.

- **Regular, healthy physical activity:**

Physical education Provides a wide range of fitness activities for all children.

- **Support of other subject areas:**

Strengthens the knowledge learned in the curriculum.

- **Self-discipline:**

Facilitates students' responsibility for health and fitness.

- **Improved judgment:**

Quality Physical education can affect moral development. Students have the opportunity to assume leadership, collaborate with others; Asks questions about actions and rules, and accepts responsibility for his or her, own behavior.

- **Stress Reduction:**

Physical activities become outlets to relieve stress and anxiety and facilitate emotional stability and flexibility.

- **Strong peer relationships:**

Physical Education is often a critical force that helps children to integrate successfully with others and gives people the opportunity to discover positive skills. Especially in late childhood and adolescence, having the ability to participate in dance, sports and games is an important part of the noble culture.

- **Improve self-confidence and self-confidence:**

Physical education instills a sense of self-worth in children who are proficient in physical activity skills and concepts. They can become more confident, assertive, independent, and self-controlled.

- **Objective-Determination Objectives:**

Physical Education gives children the opportunity to line up and struggle for private, achievable goals.

Some of the key sub-components are as follows:

Physical health includes personal hygiene, exercise, diet, health habits, rest, recreation, and more. All of these things are included in physical education. The human mind also has the right rites of physical education. Mental health is achieved through the practice of yoga in physical education. The mental health of an individual is concerned with society. Therefore, the goal is to achieve physical, mental, social well-being through physical education. Physical education also promotes decision making. There are many instances of immediate decision making in various sports of

physical fitness. For example, in Kabaddi, one has to make quick and appropriate decisions regarding when to fight, when to climb or when to defend. This can increase the ability to make

decisions. Controlling emotions and controlling them is beneficial for mental health. Winning or losing through various competitions in physical education makes a person experience feelings of happiness or sorrow. Although initially they were expressed in a more forceful form, gradually the players gained the ability to control them. While playing for the team or the country, it means team loyalty, social loyalty, patriotism, etc. Emotions grow. A person who controls his emotions is able to live a happy life by making appropriate adjustments in society. Confidence, virtue, patience, honesty, punctuality, kindness, justice, readiness, loyalty, etc Personal qualities are developed through physical education. Also cooperation, brotherhood, respect, empathy, philanthropy, team spirit, loyalty, sportsmanship, leadership, obedience, service attitude, honesty, discipline, etc. It is through this that one learns the lessons of the development of social qualities. Many sports-related aspects of physical education teach morality as well as moral values. The playgrounds play a role in inculcating morality in the child.

Conclusion:

Physical education is helpful for creating intimacy with society. In physical education team spirit is very important. Team is like a family. It is a miniature form of society. Team is the centre where the person gets opportunity to know the importance of co operation with other people. Now that the kids spend almost all my free time on the computer and phone, this aspect was especially important. After all, the purpose of education and modern education is a harmonious personality, - not only a range of knowledge and skills but also good physical development and therefore good health. This is why it is important to know the principles of physical education, its purpose, and its objectives. The Knowledge School Stage will help every parent to help their child take an active part in healthy personality development and develop properly.

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