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Current trends of physical education and its future prospects in relation to individual's health

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Abstract

The aim of this paper is to identify the current trends of physical education and to find out its future prospects in relation to individual health. As we all know that physical education plays the most significant role in school and college curriculum but less emphasis is given. In 21st century, physical education is no longer a physical training, sports coaching or merely indulging in play activities or physical fitness alone. It has emerged as a multi-dimensional discipline. Early period, only recreation and competitive sports were given prime importance in physical education curriculum in school and colleges. The modern programme of physical education gives emphasis on health, physical fitness and wellness, competitive and recreational sports, recreation, inter-personal skills and life style skills. The physical education is being taught as a part of curriculum in all the schools but lack of adequate time and trained teachers, good facilities are responsible for little interest in this field. The future challenges to make this field interesting involves a proper curriculum, sufficient funds allotment for holding various competitions and role of technology to create awareness about the importance of physical activities and sports in our daily life. So, this type of curriculum will definitely help the physical education professional to motivate their students to participate various types of physical activities so that they can adopt and maintain a lifelong involvement in physical activity, health and wellbeing. All the educational institution should take necessary steps to introducing various physical activities for their students so that the hypo-kinetic diseases like type II diabetes, hypertension, back pain, knee pain, cervical spondylolysis etc., can be controlled.

Keywords: Health, hypo kinetic diseases, physical activities, physical education curriculum

Introduction

In the Present World of Space age and automation era, all human beings appear to be living a more and more inactive life. They ride instead of walk, sit instead of stand and watches instead of participants. Such type of inactivity or sedentary life is detrimental to mental and physical health. Due to this lethargic and inactivity lifestyle habits, individuals are suffering from hypo-kinetic diseases like diabetes, cervical and lumbar spondylities, back pain, knee pain, obesity and cardio vascular diseases. Thus, there is great need for physical education as a part of balanced living. Physical education trends have developed recently to incorporate a greater variety of activities and not only confined to officiating, coaching and organising competitive sports activities in school and colleges. The physical education professional has to introduce various types of physical activities like walking, jogging, running, swimming, gym, hiking, aerobics, yoga and playing recreational games in their school and college for all the students. These activities can help students to develop good habits that will carry over into adulthood and old age. Some Physical education teachers have even begun to incorporate stress-reduction techniques such as yoga and deep-breathing to their students. It is the sole responsibility of the physical education professional to motivate the students about the importance of physical education so that students can understand and appreciate the physical education program better. More and more number of students would take interest to participate in various types of physical activities to keep their body fit. In the past, only few students were interested to participate in the inter college or inter university sports competition. So, that they like to go to the playground and participate to improve their performance. Nowadays, most of the school and college students do not go to the playground to play outer games anymore. This is due to the emergence of the computers and video games that became the best pastime of school

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students. Even many colleges are there they do not have physical education professional to run the course curriculum. The importance of physical education must be taught in school and colleges, so that they can know that through physical education, they can learn how to work as a team with positive attitude. Colleges, boards and University administrators should do something about the problems involving the unfortunate and unhealthy trend today. If the colleges continue to ignore the importance of physical education, students will be at risk of obesity, hypertension and other health-related problems.

Physical education programme in high school and senior secondary school

In our country, majority of the schools have Physical Education teachers at the secondary level (Classes 6-10) and physical education is not taught at the primary level whereas Sport and Play is one of the most distinctive features of early childhood. Some fitness experts say, physical education has not lived up to its name in school curriculum. Our traditional physical education classes provide too little activity for few students only to participate and it offers little or no guidance for maintaining a healthful lifestyle. Only Two HPER (Health Physical Education and Recreation) periods in a week, are not sufficient for the high school and senior secondary school students. Rather, every day thirty minutes moderate physical activities with two days high intensity activities programme should be introduced in both high school and senior secondary school. The amount of physical activity for the children and students has declined in and out of school in recent years. The school students have become more overweight and less fit. To help reverse that trend, physical education classes should be revamped so there is less emphasis on team sports and more on lifelong fitness activities. The physical education programs like fitness, health awareness, and lifelong exercise habits should be emphasised in their course curriculum apart from competitive sports programme. Physical education not only contributes to create healthy individual but also a healthy society. Sports culture can best contribute in the nation building process. Compared to other countries, India still has a long way to go in physical education and sports so far as infrastructures facilities and curriculum are concerned.

Physical education programme in University Colleges

Today, many universities in western countries require physical education teachers to be certified to teach health also. Many colleges and universities offer both physical education and health as one certification. Stress and Anger management is also introduced in physical education as future prospects. The students will practically learn it and participate various physical activities apart from competitive sports. It is all due to the health problems that are very commonly seen in every individual. The physical education programs for a new generation of college students that stress lifelong fitness activities, such as walking, biking, in-line skating, indoor outdoor games, and aerobics. Further it should educate the students about healthful diets; and teach students how to monitor their heart rates and pulses. Many colleges do not seem to realise the value of physical education in the curriculum. One main challenge is changing the mindset of the curriculum developers, changing the mindset of the education department that equal importance should be given to Physical education and sports. In every university and colleges of our country must have a department of Physical

education and sports headed by Professor not the director of physical education. It should be a teaching post not an administrative post like director who only organize sports. The department of physical education should be well equipped with sophisticated research equipments in the field of sports biomechanics, exercise physiology, kinesiology, sports psychology, physiotherapy and advance fitness center.

Health problem

The whole universe is facing the health problems that day by day the percentages of human ailments like cardiac, thoracic, cancer, obesity, diabetes and hypertension diseases increases rapidly. The most important thing is active participation in physical activity and positive lifestyle habits will definitely reduces these problems. Research studies show that physical active people are less likely to develop coronary artery disease, high blood pressure and stroke than those who are active. The people who are physically inactive have an increased risk of colon and breast cancer. The anxiety and depression are also very common due to less involvement in physical activity. The Physical activities help a person to maintain a sense of emotional well-being. The overweight or obese people significantly reduced their risk for disease with regular physical activity. The people who get regular physical activities have a more efficient immune system. Physical inactivity is now the fourth leading cause of death worldwide. WHO declares, globally, around 31% of adult aged 15 and over were in insufficiently active. Approximately 3.2 million deaths each year are attributable to in sufficient physical activity. Physical inactivity is a key risk factor for non-communicable diseases (NCDs) such as cardiovascular diseases, cancer and diabetes.

Recommendations

- All the schools, colleges and universities authorities should encourage physical education and they should also provide exclusive programme for health, fitness, recreation and wellness.
- All the physical education teachers working in the school, college and universities must be encouraged and awarded for their excellent job.
- Qualified physical education teachers and coaches should be appointed in the education institutes and more programs on fitness and health should be promoted apart from coaching and training.
- The National Physical Efficiency Scheme which was prevalent during 1958 to 1978 should be revived and introduced for boys, girls, men and women of all different ages.
- Latest infrastructure and clear cut plans should be introduced in schools to popularise physical education and sports activities among children.
- The government needs to play an important role by allocating appropriate budget for physical education and sports in India and proper implementation of it.
- A monitoring council is required consisting of Physical education and sports professionals to monitor the physical education programme of every school.
- The mindsets of the people also needs to change, so that physical education classes are not considered as a burden on children but rather a way out to perform well in the academics and an important component for the all round development of children.
- Every school should conduct a seminar for all the parents in the topic importance of health, fitness and wellness

programme. So that the parents will realise the importance of physical activity and fitness. Then only they will send their son and daughter to the ground and encourage participating in various physical activities.

- The Children belonging to the backward areas and rural schools should also be encouraged and provided better facilities for physical education, sports and health.

Conclusion

The current practices and present curriculum needs to be modified to generate interest of students in physical education and sports activities. The future challenges will mainly be the appropriate curriculum to be made and followed and to make available adequate funds from various organisations. The technology will also play an important role in expanding and creating the interest in physical activities. The importance of physical education and sports activities are being identified in today's world and efforts are being made to improve the situations so that more and more physical activities can be organised for the benefits of the students. Students today are different than the students of yesterday. The education of yesterday will not meet the needs of the students of today, and yesterday's health and physical education curricula in particular will not meet those changing needs. What we need today? Today, we need a strong discussion at higher level in the matter of the major trends and issues facing health and physical education in our country. After design the course curriculum, their implementations part is more important in our schools, colleges and university. It should be collective efforts from both government and private sectors and from the top authority of educational institutions.

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