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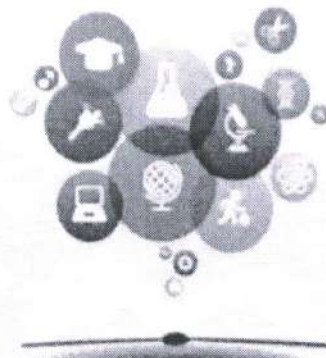
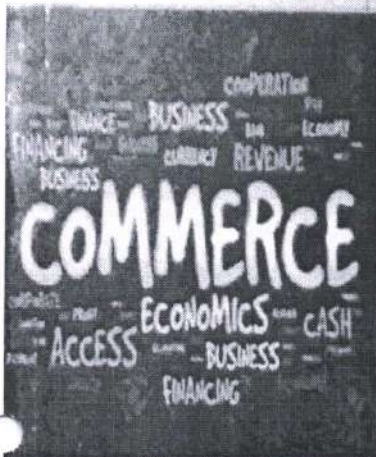
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Aspects Of Physical Education
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BHARATIYA MAHAVIDYALAYA, MORSHI

As we are well aware of the fact that human existence has various dimensions such as physical, psychological, emotional, intellectual and social dimension. Similarly, even though the name if "Physical Education", it comprises several other aspects which collectively form the curriculum of Physical Education.

There are so many aspects which are related to Physical Education; amongst them following are the predominant aspects. No one can study Physical Education in isolation; it has to be studied collectively. The Physical Education itself is interdisciplinary in nature. It gathers knowledge from various branches of knowledge. Thus, to understand Physical Education in depth one needs to understand different aspects of Physical Education.

1. **Physical aspect:** This is the first and foremost aspect of Physical Education. As human body is medium through which Physical Education is given to the student, it forms the most important aspect of Physical Education. Physical aspect includes study of human body and its various functions. It has so many sub-branches.
 - a. **Physiological aspect:** It studies the functions of human body. How human body performs various activities, which physiological systems of involved in execution of physical activities, how performance of various physiological systems of body can be improved is studied in physiological aspect.
 - b. **Anatomical aspect:** It is the study of structure of human body. The knowledge of human anatomy is primary requirement for teaching-learning of Physical Education. This leads to correct execution of physical activities and prevention of sports injuries.
 - c. **Biomechanical aspect:** It studies various movements of human body. It helps in proper understanding of motion of human body and improvement in these movement patterns. This leads to improved and injury-free body movements.
2. **Health related aspects:** It is well-said that, Health is Wealth. Physical Education is the prime source of attaining better health. The health related aspects include Body composition, cardio-respiratory endurance, flexibility, muscular endurance, muscular strength etc. Physical Education is the best medium through with health education can be imparted both individually and in groups.
3. **Psychological aspect:** A sound mind resides in sound body. Unless your body is in sound functioning condition, the mind cannot function properly. There is direct correlation between these two. Through Physical Education one can better physical condition which ultimately helps in having better psychological condition. The Physical Education provides outlet to suppressed emotions. By participation in physical activities one learns so many psychological attributes such as sportsmanship, courage, leadership, team spirit, resilience etc. Thus, one becomes psychologically sound and stronger by taking part in physical activities.
4. **Intellectual aspect:** It is observed that, physical activities involve lot of intelligence. Only intelligent person can play any game well. While playing one needs several qualities such as comprehension and analysis of situation, taking quick decision, taking proper decision, learning new skills properly and quickly, facing challenges, giving results etc. Thus, participation in physical activities leads improvement in several qualities of intelligence.
5. **Social aspect:** We know that, most of the physical activities are performed in groups. Even though some of the activities are performed individually, these activities are more enjoyable if performed in groups. Thus through participation in physical activities and sports, so many social qualities such as



- cooperation, team spirit, enjoying participation, taking failure and success equally, performing activities in group, maintaining healthy relationships can be learnt and developed. Physical Education teaches you life skills which are helpful in developing successful personality.
6. **Fitness aspect:** Nowadays, most of population is well aware and more concerned about the importance of fitness in their lives. The people are giving great importance to attainment of fitness. As Physical Education is imparted through body movements, it is obvious that participation in physical activities leads to improvement in fitness components such as speed, strength, endurance, flexibility and balance. The extent of improvement in fitness depends on type and intensity of the activities that are being performed. Fitness has become a fashion and this is a very good change.
 7. **Recreational aspect:** Recreation is most important for making life enjoyable and purposeful. Without recreational activities no one can give qualitative results for longer duration. Physical activities themselves are recreational in nature. These activities regenerate energy and positive attitude. Physical activities not only provide physical benefits but also reduce stress levels. Each and every physical activity is recreational and revitalizing in nature. It is the best medium of providing stress-free atmosphere.
 8. **Vocational aspect:** Along with other aspects, this is also one of the most important aspects. Physical Education can become a vocation. As people are getting well aware of the importance of Physical Education, there is a great demand for trained professionals in the field of Physical Education. Physical Education can provide jobs. It can also become a great business opportunity. People are ready to pay an excellent amount to train physical educationists.
 9. **Sports related aspect:** As Physical Education is the primary medium through which a person learns to perform various activities; sport is a more advanced and specific version of physical activities. The students who perform well in Physical Education can be selected in various sports activities of their own interests. Participation in sports activities leads to understanding of various organizational and management skills which are very helpful in the future life of the sports person. It also helps in making nice relations with others both locally and globally. Sports has become one of the most important aspects of everyone's life now.
 10. **Spiritual aspect:** Spirituality is not related to any specific religion. It is the quest for having a great soul. Through participation in Physical Education activities one learns to share sorrow and joy, helping others in difficult times, working with others towards a positive goal, respecting others, obeying discipline, behaving nicely with others, being true to self and others, fair play etc. These qualities are very important for the spiritual growth of an individual.

Thus, in summary, it can be said that Physical Education is the most powerful medium of attaining all-round development of an individual. It makes the person a worthy citizen who can contribute to the development of the nation in a positive direction.

It is quite essential to give importance to Physical Education in our education system. Without Physical Education, no nation can expect health, growth and prosperity.