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17. Reforms Needed in Physical Education

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Abstract

As we are all aware of the fact that Physical aspect is the prime aspect of everybody's personality. It is the foundation on which all other aspects such as psychological, emotional, spiritual and social aspects rely. Thus, giving utmost attention to physical aspect of the personality is very important. Even though, the physical education is an integral part our educational system, it's not being given the attention it deserves. Some reforms are needed to make it one of most important aspects of our educational system.

Introduction

All of us know that physical education plays the most important role in school and college curriculum. It has been integral part of the curriculum. The physical education is not only related to physical training or sports coaching only. It is an eclectic discipline which derives its knowledge from various disciplines. During earlier days, the physical education curriculum in school and colleges included various types of physical activities only but the recent physical education curriculum includes various aspects such as health, physical fitness, recreation, competitive sports, recreation, sports industry etc. While the physical education is integral part of education system, it has not been considered as an important part. Because, while imparting physical education to the students, the teachers have face so many difficulties such as lack of facilities needed for physical education and sports, lack of infrastructure, availability of standard equipments, lesser organization of tournaments, less allotted time in the timetable of the institution for physical education classes, extra workload to physical education teachers etc. The Government and educational authorities less interested in Physical Education and Sports. The future of any nation depends on how healthy their young generation is, but there is extreme apathy towards health and physical education. There should well-designed curriculum, adequate funds, use of information and communication technology in teaching, provision of required facilities etc. which may be helpful to the physical education teachers for increasing the participation of students in various physical education and sports activities. The

participation of students in physical activities will lead to lesser possibility of life-style diseases and deformities in the students. Nowadays, the students are more involved in computers and related educational activities which are making them intellectually stronger, but at the same time they are losing their health and fitness which is necessary for living healthy and productive life. In longer run, this situation will be to having unfit nation which is very serious issue.

As far as sports is concerned, the students are more interested in watching the games than participating in it. This may be leading to their increased knowledge about the game but they are not having health benefits of participating in games. The students are becoming couch potatoes rather than becoming healthy and fit citizens of the country. The sedentary life is deteriorating their physical and mental health. The younger generation nowadays is facing lifestyle diseases such as diabetes, heart related problems, musculoskeletal problems etc. which were problems of aged people in earlier days. Thus, to have balanced growth and developments physical education should be given due importance in educational system.

The Physical Education is undergoing reforms in recent days. It has not remained related to physical activities only. A variety of activities are being incorporated in the syllabus. It has included several fitness related activities such as like walking, running, rhythmic activities, swimming, gym, aerobics, yoga, and recreational activities. It involves officiating and coaching of various games. The organization of competitive sports tournaments for better athletes. So many outdoor activities such as camping, nature tours, adventure camps etc. are also involved. These activities may develop good habits in the students. Along with this, participation in these activities help them in learning life skills such as leadership, self reliance, discipline, sportsmanship, and patriotism. This will also help in reduction of stress and tensions in their lives. It is the prime responsibility of physical education teacher to involve large number of students to participate in various types of physical activities. During earlier days, only few interested students would take part in sport activities for participating in interschool, intercollegiate or interuniversity competitions. They were interested in improving their performance. But nowadays, the concept of wellness is being given a lot of importance. The Yoga is the best way to attain holistic wellness. In the past, only few students were interested to participate in the inter college or inter university sports competition.

It will be unfortunate if the educational authorities continue to show apathy towards physical education. Because of this, the students may face the health risks such as obesity,

musculoskeletal weakness, cardio-respiratory problems, retarded growth etc. The allotted time for physical activities in present curriculum is not sufficient for achieving desired outcomes. The amount of participation in physical activities has decreased tremendously.

The physical education curriculum should be more focused on wellness and fitness related activities rather than competitive sports. This will lead to increased participation and creating healthy individuals. The fitness culture should be developed for national building process.

It is very important to shift the paradigm of our curriculum developers, education experts, authorities of schools, colleges and universities. The teachers of physical education must be teachers not administrators. Each and every department should be provides adequate facilities and infrastructure for implementing the curriculum.

Conclusion and Recommendations

Thus it can be concluded that, the Physical Education should be considered as integral and important part of entire curriculum and necessary steps should be taken by the concerned authorities to make it happen. This will not only lead to personal development but national development also. Several reforms in the National Education Policy should be made for making physical education curriculum more effective. There should be proper allocation of budget for promotion of physical education and sports by the government.

It may be recommended that, the educational institutions such as schools, colleges and universities authorities formulate the physical education curriculum including health, fitness, recreation and wellness related activities. The contribution made by the physical education teachers should be well recognized. Only qualified physical education teachers and coaches should be appointed in the schools and college. There should be creation and promotion of new health and fitness related courses and programs. Special focus should be given on training and coaching of interested athletes. The educational institutions should be provided with adequate funds for development of sports infrastructure in their premises. There should be proper monitoring mechanism for proper utilization of these funds. The general population should be made aware of the fact that participation of students in physical activities is very important for their success in academics also. This will lead to increase in support from parents and families to the players. Special attention should be given to rural and undeveloped areas where there is scarcity of sports facilities. Appropriate measures should be taken to overcome this barrier.

Modern technology should be incorporated in teaching of physical education. More use of information and communication technology should be encouraged. Both the government and private sectors should be involved in this development process. Then and then only we can expect that the students of our country will succeed not only at local level but globally also.

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