

CURRENT ISSUES IN PHYSICAL EDUCATION IN INDIA

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Introduction

The international Charter of Physical Education and Sports, UNESCO 1978 says, “Every human being has a fundamental right of access to physical education and sport, which are essential for the full development of his personality. The freedom to develop physical, intellectual and moral powers through physical education and sport must be guaranteed both within the educational system and in other aspects of social life.” (Soni, 2022) Today physical education has gained national status. In current situation physical education profession is a highly valued and prestigious in society. Today modern physical education recognizes its responsibility for man’s total development. The current scenario in physical education and sports is the integral part of society and educational curriculum also. The government has successfully run its five years plans for progress of physical education and sports in different ways. This paper focuses on the current scenario of physical education in India.(Ray, 2019)

Objectives

1. To study nature and scope of Physical Education in India
2. To study current issues in Physical Education in India

Physical Education: Issues and Future Prospects

Physical education is the integral a part of general education, which combines the physical social and psychological aspects of human life through well directed physical, activates. Physical education is a science as well as arts. Today in the world of science , physical education like any other educational endeavour , it has imbibed a scientific outlook and science oriented course . In current scenario, physical education as a discipline and physical education as a profession have undergone tremendous change, it should not depend on drill and marching, physical training also. (Ray, 2019).

The main goals in teaching modern physical education are: (Wikipedia.com)

- To expose children and teens to a wide variety of exercise and healthy activities. Because P.E. can be accessible to nearly all children, it is one of the only opportunities that can guarantee beneficial and healthy activity in children.
- To teach skills to maintain a lifetime of fitness as well as health.
- To encourage self-reporting and monitoring of exercise.
- To individualize duration, intensity, and type of activity.
- To focus feedback on the work, rather than the result.
- To provide active role models

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.(Rath,2019). 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.

There are many issues that are of interest to all educators, issues that pose a challenge to all of those who seek to teach children. These include discipline problems, student drug abuse, violence, insufficient resources, lack of parental support for education, large classes, teacher burnout, and perhaps most importantly, a concern for the health and well-being of all children.

By far the greatest issue facing physical education in K–12 institutions is the reduction of time in the curriculum allotted to this important subject. The need for daily physical education is obviously important for the well-being of students, but it presents a dilemma for those who must balance academics, accountability, and what is best for the

child's overall education. (StateUniversity.com). It is obvious from the above discussion that there are issues in Physical Education in India. There is a need of comprehensive and inclusive policy to tackle these issues. Present status and interventions are not sufficient.

Future Prospects

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.(Rath,2019)

The importance of physical education has never been emphasised more than it is today. It is widely recognised that physical education and sports is relevant and important in developing an active and healthy lifestyle and the solution to rising obesity rates worldwide. Regular physical activity promotes growth and development and has multiple benefits for physical, mental, and psychosocial health that undoubtedly contribute to learning. Quality Physical Education is the most effective and inclusive means of providing all children, whatever their ability/disability, sex, age, cultural, race/ethnicity, religious or social background, with the skills, attitudes, values, knowledge and understanding for lifelong participation in physical activity and sport and is the only school subject whose primary focus is on the body, physical activity, physical development and health.(Raj, 2018). A set of comprehensive policy initiatives may lead better education system in Physical Education In India.

Conclusion

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.(Rath, 2017)

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