

Challenges of Physical Education and Sports Technology in India

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Abstract:

Today it has been renowned that Physical Education is relevant and necessary to develop a healthy lifestyle. In the fast growing world the physical education emphasizes to have a healthy life style of a child. Everyone likes to take part in physical activity but it is not continued properly as the prime importance is given to academics. To impart the curriculum systematically, include dance and movement activities which are the necessity in this era. The difficulties faced by the physical educationist and necessity to overcome the problems is presented. More over the role of technology has made a revolution in the latest years. The PE teachers ought to be ready to adopt and keep posted to utilize the modern equipments, methods and systems. Sufficient funds shall be allotted to all the activities, sports and games. As an outcome a child shall learn to have a healthy lifestyle and the physical education shall grow along with other areas and shall produce fruitful results to the individual and to the society. This study was carried out in south India. There are various factors which are diminishing the interest of students in physical education activities. Although 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 an adequate 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.

Key Words: Physical Education, Sports, Curriculum, Technology.

Introduction:

The Physical education is an integral part of school curriculum. It's not a detach area from others. As an outcome of research, schemes, advanced technology, critical issues, awareness of health, it has become essential to develop the quality of PE programmes. Today it has been renowned that PE is relevant and necessary to develop a healthy lifestyle. Some misconceptions are there in the mind among school authorities, parents and students that PE activities requires lot of time allotment, may affect academics and chance of injuries are more. In case of severe injury and due to the insufficient availability of proper facility, trained people, doctors and physiotherapists the rehabilitation process it may keep them away from the academics and sports for many days. There are many potential children at the international standard but the traditional inclination has kept them away from involving. PE and sport is vital for the overall development of the child. It helps to achieve mind body unity, learn to be calm during victory and accept the defeat graciously in a sportive behaviour. PE is a scientific as well as technical subject. Yet, the PE and sports programmes are neglected and funds are allotted for the private associations. Thus it makes a variation from competitive sports. Competitive sports are good for economy, but at the same time it is more necessary to have good health and the entire development of the child shall be the primary focus.

The importance of physical education has never been emphasized more than it is today. It is widely recognized that physical education and sports is relevant and important in developing an active and healthy lifestyle and the solution to rising obesity rates worldwide. Although in most countries, physical education is part of the school curriculum, lessons are not given, thus leading to a reduced experience of physical activity for children and youth. The practice of a physically active lifestyle in combination with healthy nutrition, however, needs to be started in early childhood. Therefore, ensuring that all children engage in regular physical activity is crucial, and the schools are the only place where all children can be reached. 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.

Current Trends, Issues and Challenges in Physical Education and Sports:

Physical education not being delivered or delivered without quality, insufficient time allocation, lack of competent qualified and/or inadequately trained teachers, inadequate provision of facilities and equipment and teaching materials, large class sizes. It is noted that the amount of time dedicated to physical education has been diminished in the school curriculum throughout the world. The responsibility rests directly on the shoulders of physical educators to ensure that the importance of their subject matter is understood and embraced as a part of their schools' overall curriculum. Today, more than ever, the physical education curriculum needs to be linked to the overall well-being of children and youth as they matriculate through the curriculum. As has been noted, lessons learned at an early age carry into adult life. Furthermore, the importance of physical activity as a way of creating greater attentiveness in the classroom has not been recognized.

The aim of Physical Education is to develop physical competence so that all children are able to move efficiently, effectively and safely and understand what they are doing. Schools often work with community agencies in all sectors of society such as private and commercial, non-governmental and government organizations to plan and develop programs on a cooperative basis. An important component in developing the joint use of resources is the establishment of a program of communication and interaction. As the joint use of resources implies a sharing of human fiscal and physical resources, it requires that the leaders of cooperating organizations develop close relationships and partnerships among people, agencies, and institutions. A key factor in building cooperative relationships is the importance of leadership that is willing to overcome issues related to territoriality, inertia, legal mandates, tradition, fear of the loss of power, feelings of ownership, the misunderstanding of programs, and others. Such cooperative activities improve the accessibility to programs and services, as well as areas and facilities. In this way, the talented students will be sponsored through different agencies to take part in different competitions. In India specially where there is so much talent but due to lack of financial funds, many students lacks behind even being so talented. The co-operation from different agencies will help needy students to showcase their talent at different world level competitions. Thus, adequate training through well-defined curriculum as well as funding from different agencies is necessary to promote the PE and sports activities.

Role of Technology in Physical Education:

The one and the most reasonably priced mode of technology is simple video recorder. In this the students are in such a position to view their mistakes and rectify, like the glide in the shot put, landing with both the legs, extension of arm, swinging of arms. It is more effective then explaining theoretically or manually. The other mode of technology is the pedometer and heart rate monitors. Pedometer is the most common technology used in the field of PE. It tracks the person where the person is going on. How many steps they have made but it's not absolutely possible to know how far the person is. The average steps they make shall be studied. The heart rate monitors are used to fix the heart rate goals and to study how the exercise affects the body. Today it's a wireless world where everyone are familiar with high speed internet, data connection, tabs, lap top, cell phones, i phones, video games and various apps. These shall be used as one of the tool effectively for the development among children, youths and sportspersons. The downloaded videos helps to know the various movements, world record events, hard fought matches, inspirational talks, research analysis and many required data's shall be shown by using the video projectors. The research trends, healthy habits with the specified and modern explanation and appropriate figures are available to enhance the curriculum offerings in the education system. The growth in the tremendous technological application has emphasized on promoting physical activity, fitness, which is the

primary goal in everyone, life. The instructional strategy, different offensive and defensive methods, Habits of various sports persons, Tactics, Health tips all over the world can be known in seconds. Technology has made the students to learn in their way, which is directly a student oriented one. The technology has driven the world in to a challenged and enhanced variety of opportunities for the learners and teachers and researcher. Hence, it is more essential for the health and physical education teachers to update become more responsible in utilizing these technologies in an effective manner.

Conclusion:

Present paper concluded that Tthe utmost priority should be given to the curriculum framed and keep changing or modify to the aspects of future and need of the individual and society. Teachers need to have a lot of extending tasks to keep skills new enough to promote practice. Integrated learning is an effective method for the kindergarten children. Movement activities shall be used in other subjects too. The thematic approaches where movement is incorporated shall be a very flourishing device. Dance, music skills shall be imparted as part of the PE which apparently helps to stimulate and learn at the primary level. The PE teachers ought to be ready to adopt and keep posted to utilize the modern equipments, methods and systems. 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 in order to support the needy but intelligent children so that they can only focus on their game without worrying about the funds. 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 talent can be recognized.

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