

UNIT
1

CHANGING TRENDS AND CAREERS IN PHYSICAL EDUCATION



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Content

Concept, Aims & Objectives of Physical Education

Development of Physical Education in India - Post Independence

Changing Trends in Sports- playing surface, wearable gears and sports equipment, technological advancements

Career Options in Physical Education

Khelo-India and Fit-India Program



Physical EDUCATION -XI



Learning Outcomes

At the end of this unit, you will be able to:

- ◆ Recognize the concept of Physical Education
- ◆ Identify the aims and objectives of Physical Education
- ◆ Explore historical aspect of Physical Education in India
- ◆ Recognize various changing trends in sports
- ◆ Explore different career options in the field of Physical Education
- ◆ Understand Khelo India and Fit- India Programme

Discussion

Read the newspaper clipping given below

CBSE Makes Physical Education Compulsory in Schools

New Delhi: Central Board of Secondary Education (CBSE) has introduced a streamlined and well- designed Health and Physical Education Programme to mainstream health and physical education in schools especially for students of classes 9 to 12. This Programme will be introduced from next session and will be compulsory for all affiliated schools of the Board.

"CBSE has decided to mainstream Health and Physical Education for classes IX to XII with the aim of holistic development of the child, leading to a well-balanced individual in all walks of life," said a statement from the board.

"The aim of mainstreaming Health and Physical Education is also to enable the students to attain an optimum state of health. Therefore, CBSE aims to provide a focussed curriculum for Health and Physical Education imbued with Life Skills in all its affiliated schools," the statement added.

Keeping this in view, CBSE has asked schools that while preparing timetable for session 2018-19, one period every day may be reserved for Health and Physical Education especially for class 9 to 12 from session 2018-19 onwards.

Discuss in your group

- ◆ What do you think CBSE's Health and Physical Education Programme includes?
- ◆ Why has CBSE decided to make Health and Physical Education Programme compulsory for schools?
- ◆ Do you think school students are in need of such a Programme? Why/ Why not?
- ◆ Why is the Programme aimed especially for class 9 to 12?
- ◆ If you were to design the Programme, what features would it include? Why?

Present your ideas to the class.



1.1 MEANING OF PHYSICAL EDUCATION

If a survey was to be conducted and individuals asked what they understood when they heard the term Physical Education, the response could possibly be that physical education is knowledge related to sports activity, sports education, sports coaching, health education, education about yoga or anything related to individual fitness.



But is this really Physical Education? Not totally. Physical Education is all of the above and something more. While the above-mentioned activities are associated with Physical Education, they are not all that Physical Education is about. In an essence Physical Education uses physical activity or movement to bring about positive changes in the physical, mental, and emotional make-up of an individual. It is a broad field of education which deals with the relationship between physical wellbeing and movement and other domains of education.

Physical Education is a combination of two separate words, physical and education. The first word is physical which means related to body or related to any one or all of the bodily characteristics, that include physical strength, physical endurance, physical fitness, physical appearance and physical health. And, the second word is education which means preparation for life or systematic instruction and training.

When we look at the combined meaning of these two words, we can understand that physical education is a systematic training of an individual by using his/her own body to achieve the objectives of developing and maintaining the body, developing motor skills and physical abilities, making a habit of living a healthy lifestyle and developing the ability to control emotions for a fuller living.

In the modern context, Physical Education lays a strong emphasis on achieving overall fitness and wellbeing rather than only physical fitness through body movement. In fact, Physical Education is now called movement education. It indicates how the body moves to develop efficient motor activity.

Movement is basically governed by mechanical principles. A person must know the forces that act on the body in movement so that the movement is meaningful. Movement is affected by diverse factors such as physical fitness, emotional aspects pertaining to fear and anxiety and, even, atmospheric changes.

Movement is integral to all human beings. It includes both locomotor movement skills, such as running, jumping etc., which are necessary movements, and non-locomotor movements like twisting, turning etc. Movement is also a means of communication. In movement education, individuals have the freedom of self-exploration and are encouraged to find their own solutions to problems involving movements. They choose methods that are best suited to their abilities and perform movements that they desire. In movement education classes, students are given the freedom to follow their own methods of movement.

It is, therefore, essential the curriculum followed in the Physical Education Programme focuses on the overall fitness of a human being which is the need of today's youth and of the country as well, educating individuals to value their overall fitness by suggesting to them how can they improve and assess it.

Do you know?

There are two types of movements Locomotor and Non- locomotor.

- Movement such as walking, running, hopping, leaping, skipping, galloping are examples of locomotor movements.
- Movements such as stretching, twisting, turning, pushing, pulling and swinging are non-locomotor movements.

1.1.2 DEFINITION OF PHYSICAL EDUCATION

Physical Education is more than sports education. Let us see how some eminent scholars have defined Physical Education.

Physical Education is the sum of those experiences which come to the individual through movement.
-Delbert Oberteuffer

Physical Education is an integral part of the total educational process. It is a field of endeavour that has as its aim the improvement of human performance through the medium of physical activities that have been selected with a view to realizing this outcome.-
Charles A. Bucher

Physical Education is the sum of man's physical activities selected as to kind, and conducted as to outcomes.
-Jesse Feiring Williams

Physical Education is that phase of the whole field of education that deals with the big muscle activities and their related responses.
-Jay B. Nash

To sum up, Physical Education is a process of education which aims at the holistic development of an individual by using physical activity or body movement.

So, in a broader context, Physical Education may be defined as a teaching-learning process where physical activities are used as medium of instruction, and these physical activities are designed in such a manner as to improve physical fitness, motor skills, knowledge, sportsmanship, emotional stability and healthy behaviour.

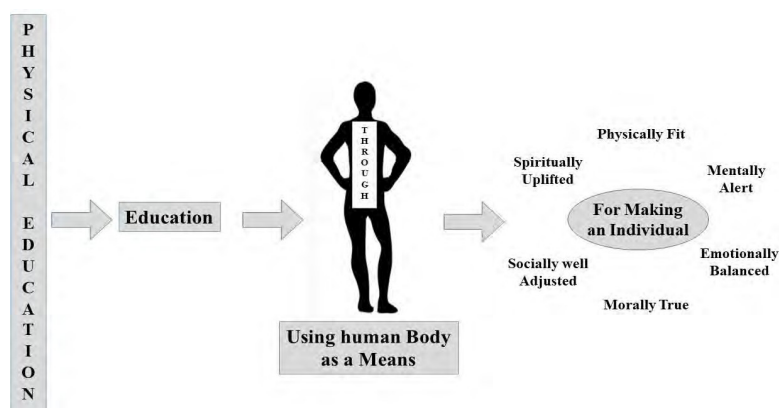


Figure: An illustration of Physical Education





1.1.3 AIM AND OBJECTIVES OF PHYSICAL EDUCATION

Physical Education is “education through movement”. It aims to maximize our physical ability, leading us to be healthy, knowledgeable, skilful, creative, productive and influential in all walks of life. Thus, the aim of Physical Education is the optimal and wholesome development of the individual for complete living, as well as optimum performance in sports competitions. According to National Plan of Physical Education and Recreation, “The aim of Physical Education must be to make every child physically, mentally and emotionally fit and also to develop in him such personal and social qualities as will help him to live happily with others and build him up as a good citizen.”

Do you know?

From April 2019, CBSE has made Health and Physical Education period compulsory for Classes 1st to 8th on an everyday basis.

Aim

Optimum and wholesome development of individual for complete living, as well as optimum performance in sports competitions.



Objectives

Value Physical Education
Develop Interest in the Discipline
Achieve Optimum Physical Fitness & Health
Awareness of Movement
Organic Development
Neuro-muscular Co-ordination
Emotional Development
Social Development
Develop Motor Skills
Enjoyment and Satisfaction
Development of Evaluative Skills
Interpretive Development
Moral & Character Building
Remedial Values
Optimum Sports Performance
Effective Citizenship

Extension Activity

Take part in any form of physical activity for one week (the activity can be any sports, simple jogging/walking, recreational activity, adventure sports etc.). After a week fill the table given below.

- Name of the Activity.
- What motivated you to choose this activity?
- How do you feel after participating in this activity?
- Would you like to continue participation in this activity?
- If your response to the above question is 'Yes' or 'No' give a plausible reason.



Objectives

1. **Value of Physical Education:** The chief objective of Physical Education is to make individuals aware of and appreciate the value of Physical Education and its contribution to a healthy and active lifestyle.
2. **Develop interest in the discipline:** The focus of a well-designed Physical Education plan should be to encourage a high level of interest and personal engagement in Physical Education showing initiative, enthusiasm and commitment towards the same.
3. **Achieve Optimum Physical Fitness and Health:** Physical Education Programmes should aim to develop an individual's physical fitness and to make her/him work to her/his optimal level of physical capacity. It also aims to develop healthy habits of sleep, exercise, food etc. for optimum health.
4. **Awareness of Movement:** The Physical Education Programme should make the individual realise that movement is a creative medium for communication, expression and aesthetic appreciation. Proficiency in fundamental movement skills through Physical Education supports the development of more specific skills such as dance.
5. **Development of Organ Systems:** The objective of Physical Education Programme is to develop all organ systems such as respiratory system, circulatory system, digestive system, nervous system, and muscular system. This leads to increased physical efficiency and capacity.
6. **Neuro-muscular Co-ordination:** The Physical Education Programme should be planned in such a manner that it helps in maintaining a better relationship between the nervous system and the muscular system. This helps in developing control and balance among different body parts.

Do you know?

According to National Planning of Physical Education and Recreation, the 'aim of Physical Education must be to make every child physically, mentally and emotionally fit and also to develop in him such personal and social qualities as will help him to live happily with others and build him up a good citizen'.

7. **Emotional Development:** Competitions are an indispensable part of sports and games and are marked by success and failure. Physical Education helps develop emotional stability and teaches acceptance of success and failure gracefully. These qualities are helpful throughout one's lifetime. Different situations occur on the sports field whereby individuals learn to control emotions such as anger, pleasure, jealousy, fear, loneliness etc. This makes them emotionally balanced.





8. **Social Development:** Physical Education leads to social development as it provides the individual ample opportunities for social contact and group living which help her/him to adjust in different situations and build relationships. Qualities like cooperation, obedience, fair play, sacrifice, loyalty, sportsmanship, self-confidence are developed. Development of these traits help the individual to become a good human being and also results in a healthy society.
9. **Develop Motor Skills:** The Physical Education Programme helps the individual develop the motor skills necessary for successful participation in different sports and a variety of other physical activities.
10. **Enjoyment and Satisfaction:** A Physical Education Programme provides enjoyment and satisfaction through physical activity.
11. **Development of Evaluative Skills:** A well-designed Physical Education Programme helps participants to show knowledge and understanding of a variety of physical activities and to evaluate their own and others' performances.
12. **Interpretive Development:** Physical Education helps develop interpretive ability amongst the individuals where they can critically reflect upon physical activity in both their local and intercultural context.
13. **Character Building:** A well-structured Physical Education Programme should be based on desirable life outcomes like building character traits such as morality, self-esteem, self-efficacy and resilience, including lowering levels of stress, experiencing positive growth, boosting academic achievement, being willing to set challenging life goals, and pro-social behaviour.
14. **Remedial Values:** Physical Education Programme teaches safety habits where one can learn about corrective exercises which will lead to safety habits amongst individuals.
15. **Optimum Sports Performance:** Physical Education brings an individual to optimum sports performance level.
16. **Effective Citizenship:** At last but not the least, the Physical Education Programme prepares an effective citizen who serves the country in better manner.

I. **Tick the correct option.**

1. In Jesse Feiring Williams's definition of Physical Education, "Physical Education is the sum of man's physical activities selected as to kind, and conducted as to outcomes," the phrase 'activities selected as to kind' refers to activities that are
 - i. based on desired outcomes
 - ii. based on physical activities

- iii. based on expected outcomes
 - iv. based on planned outcomes
 2. Physical Education uses the body as a means to exhibit our feelings which develop the quality of
 - i. expression
 - ii. creativity
 - iii. emotional stability
 - iv. Intellectuality
 3. Amongst the following which one is the key process in Physical Education?
 - i. Evaluating performance
 - ii. Checking competency
 - iii. Making efforts
 - iv. Developing skills
- II. Answer the following questions briefly.
1. Define Physical Education.
 2. How Physical Education develop neuro-muscular coordination?
 3. How can Physical Education contribute in moral and character building?
- III. Answer the following questions in 150-200 words.
1. How does Physical Education contribute to an individual's development?
 2. What is the modern concept of Physical Education?
 3. Charles A. Bucher defined Physical Education as "Physical Education is an integral part of the total educational process. It is a field of endeavour that has as its aim the improvement of human performance through the medium of physical activities that have been selected with a view to realizing this outcome". Elucidate this definition, and give examples how it would be interpreted in practice.
 4. What are the objectives of Physical Education?

1.2 DEVELOPMENT OF PHYSICAL EDUCATION IN INDIA - POST INDEPENDENCE

India progressed in all aspects after getting independence in 1947. In the field of Physical education numerous schemes were introduced by Government of India.





In 1948, Government of India was setup Central Government Physical Education Committee also known as Tara Chand Committee which recommends Central Institute of Physical Education and Recreation and improvement of standards of games and sports in India.

In 1950 Central Advisory Board of Physical Education was setup with a purpose to advise the government regarding physical education issues. One of the important objective of the board was to introduce Physical Education Subject as Compulsory subject at elementary , middle and senior secondary level. To promote indigenous physical activities, Central Advisory Board of Physical Education prepared National Plan of Physical Education and Recreation in 1956.

First Asian Games were held in 1951 at New Delhi which motivate Indian youth to participate in games and sports at International level.

Then health minister of India Rajkumari Amrit Kaur introduce Coaching Scheme for games and sports in 1953. The purpose of the scheme to streamline coaching program in Indian, since there are no professional coaching program running that time. As a result, National Institute of Sports (NIS) was setup in 1961 at Moti Bagh, Patiala, Punjab to produce qualified coaches in different games and sports.

In 1954 All India Council of Sports came into existence with a purpose to liaison between Government and National Sports Federations in order to assistant in financial matters. Under All India Council of Sports, State Sports Council and District Sports Council were established.

After 10 years of Independence in 1957, Minister of Education & Culture, Government of India established First College of Physical Education as Lakshmibai College of Physical Education (LCPE) at Gwalior, Madhya Pradesh. In 1973, Lakshmibai College of Physical Education was renamed to Lakshmibai National College of Physical Education (LNCPE). In 1995, LNCPE got status of "Deemed University" for central government under the name of Lakshmibal National Institute of Physical Education (LNIPE).

In 1958 Ministry of Education, established Sports and Youth Welfare Department to promote Physical Education in India. Ministry of Education sponsored National Physical Efficiency Drive to evaluate the physical fitness status of peoples in India in 1959.

National Fitness Corps was established in 1965 with object to make youth physically strong. In 1970-71 Rural Sports tournament scheme was introduced by the government with purpose to involve rural youth and spot natural talent in different sports. Sports Talent Search Scheme was launched to promote sportspersons of state and National level in 1970-71. To enhance women participation in sports National Sports championship was started in 1975.



In 1982, Asian Games were held in India which give huge boost in infrastructure and facilities related with sports. In 1984 Sports Authority of India (SAI) was established under the Department of Sports to maintain and proper utilization of sports infrastructure which was build for Asian Games. SAI has two objectives one is to promote sports and achieve sports excellence at national and international level.

In 1987, Society for National Institutes of Physical Education and Sports (SNIPES) was merged with Sports Authority of India (SAI) to promote and develop sports awareness among peoples. XIX Commonwealth Games 2010 was conducted in New Delhi. In 2018 CBSE launched Physical Education as Compulsory subject in class IX to XII as mainstreaming Health, Physical Education.

I. Tick the correct option.

1. Where Lakshmibai National Institute of Physical Education (LNIFE) is situated?
 - i. New Delhi
 - ii. Patiala
 - iii. Kerela
 - iv. Gwalior
2. Central Government Physical Education Committees was setup in 1948, which is also known as ?
 - a. Tara Chand Committee
 - b. Rajkumari Amrit Kaur Committee
 - c. Simon Committee
 - d. NIS committee
3. SAI Stands for:
 - a. Sports Appointment of India
 - b. Sports Academic of India
 - c. Sports Authority of India
 - d. Sports Accreditation of India

II. Answer the following questions briefly.

1. Write down few lines on different committee constituted for the purpose of development of physical Education in India after Independence.
2. Discuss the developmental process of first professional institution of physical education after independence.





III. Answer the following questions in 150-200 words.

1. Explain the Physical Education development in India after Independence.

1.3 Changing Trends in Sports- playing surface, wearable gears and sports equipment, technological advancements

1.3.1 Playing surfaces

Wider variety of playing surfaces is used for physical activity, exercise and sports. Nature of the sport, geographic location, climate, infrastructure etc. are a few of the factors which influence the nature of field utilized for playing. Grass and clay courts are highly favoured for outdoor sports due to natural availability of this play area in most of the parts of the world, but now synthetic playing surfaces are being widely used for field and court sports, artificial turf surfaces are commonly used as an alternative to natural grass and clay courts due to ease of maintenance and better sustainability under hard weather conditions like rain. Due to geographic or climatic conditions outdoor sports may not be possible throughout the year, so indoor sports facilities are also common in various parts of the world. Indoor courts and play fields mostly have artificial surfaces ranging from wooden surfaces, synthetic surfaces like rubberized or acrylic surfaces are popular.

I. Outdoor Sports

1. Athletic Jogging Track

- i. **Clay & Cinder:** These natural running outdoor tracks use a combination of fine ash, carbon and rock. The composition results in a softer surface, making them comfortable to run and jog. With the advantages, the challenge with clay and cinder track is to maintain an even surface during rain, wind etc.
- ii. **Synthetic:** The synthetic surface comprises rubber particles bound with latex or polyurethane. It also uses an asphalt or concrete base. It is common to add layers and integrate different textures in a synthetic rubber track. In modern sports, most of the running tracks use synthetic rubber for optimal traction and ideal running performance.

2. Turf

- i. **Grass and Clay:** Grass is another natural running track similar to the clay turfs discussed above. This is a soft surface which makes it easier to run because it puts less pressure on your foot. It is also low-impact, reducing the risk of injuries from overuse. Like clay and

cinder surface, grass surface is also tough to maintain and requires high amount of care.

ii. **Synthetic Sports Flooring**

- a. **Polygrass** : This is a synthetic sports playing surface especially used as an alternative to grass with similar looks but is a playing surface that is easy to maintain. Games like Football have officially approved polygrass for competitions. Polygrass is also popular for multi-utility sports at institutions and residential areas due to its durability and low maintenance.
- b. **Astroturf**: is another synthetic sports flooring especially popular for sports like hockey. Major advantage of polygrass is that the surface is even, with less friction, due to which the ball moves faster on the astroturf and movements become swifter.
- iii. **MUGA (Multi Utility Games Area)**: Kindergarten playgrounds, recreational areas, fitness and outdoor gym floorings are common in modern urban systems and at places where natural grass or clay surfaces are not possible to maintain. Modern multi utility games area (MUGA) are made of synthetic rubber, and thus have greater shock absorbency. This makes them highly safe for a wide range of activities.

II. **Indoor Sports**

1. **Courts**: Indoor courts are very popular for sports like badminton, basketball, handball, as they can be played around the year without restrictions of weather and climate. The indoor courts mostly have a synthetic or wooden surface. Sports like badminton are also played on synthetic mats laid on wooden floors.
 - i. Wooden courts
 - ii. Synthetic courts
2. **MUGA**: As discussed for out-door sports, multi-utility games arena (MUGA) are popular at indoor sports facilities where multiple activities can be planned and organised. The rubberised surface is easy to maintain and is durable and safe.

1.3.2. Wearable Gears and Sports Equipment

With the change in technology and development of sports sciences, equipment used in sports has undergone modifications in material, shape, size and weight. Along with change in sports equipment, various wearable gears and devices in sports





virtually touch every aspect of an athlete's preparation for sports participation. The modifications in sports equipment and introduction of modern wearable gears help athletes improve performance, prevent injury, help officials deliver correct and fast judgments and, surely with media coverage of athletes, the wearable equipment provide improved aesthetics. Lets discuss them according to their purpose:

1. **Safety :** Change in quality of sports helmets make them lighter and stronger to take the impact of ball. Gloves and guards are also made of modern materials to give extra protections to the players.
2. **Performance:** With the change in design, new attire, like modern swimsuits, are used to counter friction and improve performance. The designs of boots and footwear are aerodynamically designed to improve movement efficiency of athletes.
3. **Monitoring & Judgement:** Wearable gears like GPS and other devices to measure body chemistry and physiological status are of great advantage for athletes and coaches to monitor the performance of athletes and help take remedial actions.
4. **Aesthetics:** Activity wears and trendy athletic clothing and apparel used by top athletes as well as exercise or fitness enthusiasts. Top class athletes do adopt trendy wear due to media coverage and sports marketing playing an important role in sports promotion and sponsorships. Even fitness enthusiasts prefer aesthetically designed activity wear and fitness gear, as it gives them self-confidence and promotes image-boosting.

1.3.3. Technology in sports

In modern life, technology is a great tool in making life easy and comfortable. Technological advances have greatly affected sports science and other areas of life. As the market for the sports industry has expanded, alongside its growing popularity, demand for technological study has increased. Today no sports or athletics is untouched with the engagement and integration of technology, either for officiating, performance analysis or for safety and mechanical analysis. Let's try to understand the importance of technology in sports.

1. **Officiating technology**
 - LED lights are used in various sports like cricket where they help officials to identify and take correct decisions. In cricket, LED lights are used in stumps to decide on the status of the ball hitting the stumps.
 - Infra-red technology is used to help officials take decisions in various sports, 'Hot spot' is a infra-red imaging system which lets umpires and commentators see if the bat has struck the ball.



- Video technology is used in various sports like cricket, football, basketball etc wherein replays or recordings in slow motion are used to take decisions. VAR is a popular video technology used in football by the referees to take decisions during the match.
 - Laser technology is used in various games for detection of a foul and for eliminating subjective judgement of movements. 3-D laser technology is used in gymnastics for scoring of gymnasts and laser technology is also used in long and triple jump take-off boards to identify foul jumps.
2. **Protective equipment** : Technologically advanced materials to produce safer and more comfortable protective gear which enable sportspersons to play at their peak without compromising their safety, like helmets for cricketers.
 3. **Timing system**: GATES, laser or touch sensors can be used to provide the most precise race time possible. These timing systems also provide incredibly exact measurement down to the thousandth of a second, which eliminates rounding errors.
 4. **Location Tracking System** : Global Positioning System technology is being used in training and in competitive sport, including in preparation exercises as well as during play. By using Tracking System devices, teams can track the movement of players at the pitch and collect large amounts of data about their performance. The system is also now introduced in sports stadium to manage spectators and crowds during mega sports events.
 5. **Biomechanical and Movement analysis software** : These are integrated with video recording or live video of sports performance and exercise movements to evaluate the quality of movement and analyse deviations of an athlete's movements with the help of scientific evidence. Sensors are also attached to sports equipment like bats, balls, rackets, footwear etc. to evaluate metrics such as swing speed, power, directionality, force etc. Force platforms or force plates are also used to measure the ground reaction forces generated by an athlete body standing on or moving across them to improve technique and errors.

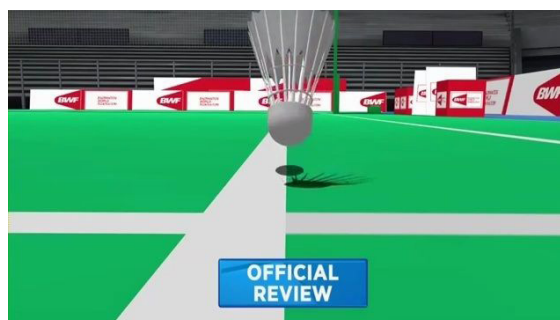
I. **Tick the correct option.**

1. Which of the following is a natural playing surface?
 - a. Cinder
 - b. Astroturf
 - c. Polygrass
 - d. Wood





2. In which of the sports is LED lights technology used?
 - a. Tennis
 - b. Cricket
 - c. Badminton
 - d. Football
3. Which technology is used in following picture?



- a. VAR
- b. GATE
- c. Senso-meter
- d. GPS

II. Answer the following questions briefly.

1. Briefly explain different technologies used during officiating in Sports.
2. What do you think Wearable Gears and Sports Equipment
3. What are advantages of using technology in sports ?

III. Answer the following questions in 150-200 words.

1. Classify various playing surfaces in sports ?

1.4 VARIOUS ACADEMIC COURSES IN PHYSICAL EDUCATION

Physical Education is a fast-growing discipline in India. To educate individuals in the field of Physical Education numerous courses are offered by different educational institutions.

The National Council of Teacher Education (NCTE) has recognised the courses which prepare teachers of Physical Education for school system in India. NCTE recognises only three courses for Physical Education Teachers.

1. Diploma in Physical Education (D.P.Ed.): This course prepares Physical Education Teachers for the elementary stage of school education i.e. for Classes I to VIII.

2. Bachelor of Physical Education (B.P.Ed): This course is designed for preparing teachers of Physical Education for teaching theory papers in Classes VI to X and conducting Physical Education and Sports Activities for Classes XI-XII.
3. Master of Physical Education (M.P.Ed.): It is meant for preparing Physical Education Teachers for Senior Secondary classes (i.e. XI-XII) as well as Assistant Professors/ Directors/ Sports Officers in Colleges/Universities and Teacher Educators in Colleges of Physical Education and University Departments of Physical Education.

In addition, research-oriented courses such as Master of Philosophy (M.Phil.), Doctorate of Philosophy (Ph.D.) and Post Doctorate Fellowship (P.D.F.) Programmes are also offered in Physical Education.

Apart from this, different educational institutions in India offer various courses in Physical Education (recognised by University Grands Commission, New Delhi or by the Institutions themselves). A few of these courses are listed below:

Post Graduate Diploma Level Courses

- Post Graduate Diploma in Adventure Sports Administration
- Post Graduate Diploma in Disability Sports
- Post Graduate Diploma in Fitness Management
- Post Graduate Diploma in Sports Coaching
- Post Graduate Diploma in Sports Journalism
- Post Graduate Diploma in Sports Management
- Post Graduate Diploma in Sports Nutrition
- Post Graduate Diploma in Yoga Education

Bachelor Level Course

- Bachelor of Arts (Programme) Sports & Performance
- Bachelor of Physical Education & Sports
- Bachelor of Physical Education (Four Year Course after 12th)
- Bachelor of Science Exercise Physiology
- Bachelor of Science in Physical Education
- Bachelor of Science in Physical Education, Health Education and Sports Sciences
- Master Level Courses





- M.B.A. in Sports Management
- M.Tech. in Sports Technology
- Master of Arts in Physical Education
- Master of Arts in Sport and Exercise Psychology
- Master of Arts in Yoga
- Master of Journalism and Mass Communication (Specialization - Sports Journalism)
- Master of Physical Education and Sports
- Master of Science in Exercise Physiology and Nutrition
- Master of Science in Physical Education
- Master of Science in Sports Biomechanics and Kinesiology
- Master of Science in Sports Coaching
- Master of Science in Sports Psychology and Sociology
- Master of Science in Yoga

1.4.2 CAREER OPTIONS IN PHYSICAL EDUCATION

When an individual graduates with a professional degree in Physical Education, the most obvious career option for her/him is to work as a Physical Education Teacher (PET) at an elementary, middle, secondary or senior secondary level school. While it is true that students who study or graduate with any professional degree in Physical Education do choose this career option, it is not only career option they have.

Physical Education is emerging as a fast-growing discipline and this is reflected by the various courses offered by educational institutions situated in India. Courses from sports coaching to sports journalism have emerged as favoured career options due to growing demand in this field.

Thus, Physical Education Programmes prepare their students for careers in both, school and non-school, settings. Graduates of Physical Education have the option to work for schools, colleges, universities, sports clubs, fitness industry, health providers and many more.

Extension Activity				
Visit any search engine on internet and fill the information in table.				
Course	Name of Institution	Duration of Course	Eligibility Criteria for Admission	Career Options of the Course
D.P.Ed.				
B.P.Ed.				
M.P.Ed.				
MBA in Sports Management				

A few career options are listed below:

Physical Education Teacher: After completing D.P.Ed., B.P.Ed. or M.P.Ed., one can be appointed as PET in a school or college.

Health Education Teacher: There is one paper in the Programme of Physical Education which is completely devoted to health education. After completion of the course one can work as a Health Education teacher.

Sports Coordinator: Skills such as organizing and directing all aspects of assigned recreational sports Programmes, including coaching and teaching responsibilities, and planning team activities are taught in Physical Education courses, so one can effectively work as a sports coordinator.

Do you know?

In 1920, Harry Crowe Buck of Pennsylvania, United States, established YMCA College of Physical Education at Chennai, Tamil Nadu. This is the first Physical Education college in Asia.

Professional Coach: After a Diploma in Sports Coaching, one can be appointed as a professional coach of a team or for individuals/athletes requiring a personal coach/trainer.

Outdoor and Adventure Sports Educators: A person with a degree in any Physical Education course and interest in outdoor and adventure sports can educate others in the field.

Sports Administrator: Supervision and Administrative skills are also taught in Physical Education courses. This enables the individual to work as a sports administrator.

Provider of Recreational Services: One can run a recreational club where recreational services such as Dodge ball, Bean bags, Bob ball, etc. may be provided.





One could set up an Amusement Park for provision of adventure sports such as river crossing, rappelling, etc.

Event Manager of a Sports Club: An individual who has graduated with MBA in Sports Management can offer his/her services as an event manager at any sports club.

Health and Fitness Club Manager: One can be appointed as health and fitness club manager after having a professional degree in Physical Education as well as an interest in the field.

Sports Clothing & Equipment Designer: If one has zeal and interest in fashion designing then she/he can work as a sports clothing and equipment designer.

Dietician and Nutritionist: After graduating with any Physical Education degree, an individual can choose the profession of a dietician and nutritionist also.

Sports Goods Marketing: Sales and Marketing of sports goods is a fast-growing industry and one can choose this line after graduating in Physical Education.

Yoga Trainer: Yoga has become popular both nationally and internationally, so one who is trained in yoga can provide her/his services to instruct groups/individuals through various levels and types of yoga.

Fitness Trainer: One can work as a fitness trainer after completing any course in Physical Education.

Physical Therapist: One can also work as a physical therapist after doing any physical education Programme.

Sports Journalist: Some institutes offer a sports journalism course, so those who have graduated in this course can work as sports journalists.

Adapted Physical Education Teacher: This dimension of physical education has gained much importance in today's society, because we have come to realise the right of each and every individual on this planet to live his/her life to the fullest. In this domain, a special curriculum is designed to train individuals for taking care of the physical education needs of persons with disability.

Thus, if you have a degree in Physical Education, you have to just think about your interest and choose a career option that suits your interest.



I. Tick the correct options

1. After completing M.P.Ed. you can teach Classes
 - i. I toVIII
 - ii. I toV
 - iii. VI toVIII
 - iv. XI toXII
2. Which course of Physical Education is not recognised by NCTE?
 - i. D.P.Ed.
 - ii. B.P.Ed.
 - iii. M.P.Ed.
 - iv. B.P.E.S

II. Answer the following questions briefly.

1. What is the full form of NCTE?
2. Apart from a professional degree in Physical Education, what other key skills are required for opting for a career other than teaching?

III. Answer the following questions in 150-200 words.

1. Explain different kinds of Physical Education academic courses available in India?
2. What are the career options an individual has after completion of professional course in Physical Education?

Art Integration - ROLE PLAY

Working in groups, conduct an interview for any one of the above-mentioned jobs. You will play the roles of

- Three/Four panelists who interview the candidate to determine how suitable the candidate is for a particular role.
- Two/three candidates.

As the interviewers you must try to assess the candidate's suitability and assess how the candidate (if selected) may react in difficult/problem situations. The situation will often involve some sort of controversy or conflict or dissatisfaction on the opposition's part, and require negotiating and reasoning as well as customer service skills from the interviewee. You will prepare a set of questions related to the candidate's





- educational qualifications
- previous work experience
- suitability to the position in hand.

As the candidate(s), you will prepare a portfolio related to your

- educational qualifications
- previous work experience
- suitability to the position in hand.

You must be prepared with methods of dealing with problem situations.

The other groups will watch and take notes/assess the group performing the Roleplay.

1.5 KHELO INDIA

The Khelo India Programme has been introduced to revive the sports culture in India at the grassroots level by building a strong framework for all sports played in our country and to establish India as a great sporting nation.

Participation in sports is an extremely important component for development of any nation. When we see India's performance in International sports events, it is found that India is making a steady progress and this is happening when only 5% of our total population participates in sports and games. If this percentage of participation is enhanced, then results could be different. Thus, to inspire young talent and to provide them with world-class infrastructure and training facilities, "Khelo India National Programme for Development of Sports" was launched by the Ministry of Youth Affairs and Sports, Govt. of India in the financial year 2017-2018.

Do you know?

The Khelo India Programme was approved in the Cabinet meeting of the Department of Sports, Ministry of Youth Affairs and Sports, Govt. of India, held on 20th September, 2017.

The budget allocation for the Khelo India Programme is Rs. 1,756 Crore for the period of 2017-18 to 2019-20.

The intention is to achieve the two main objectives which are mass participation and promotion of excellence in sports in the country.

1.5.1 VISION OF KHELO INDIA

The vision of the Government of India behind launching the Khelo India Programme is to further sports culture in India, especially at the grassroots level as well as achieve sporting excellence in the country.

1.5.2 MISSION

The mission of the Khelo India Programme is “to encourage sports for all thus allowing the population across gender and all age groups to harness the power of sports through its cross- cutting influence, namely, holistic development of children and youth, community development, social integration, gender equality, healthy lifestyle, national pride and economic opportunities related to sports development.”

In short, the aim of Khelo India Programme is to provide a platform to each and every citizen of India, despite their individual differences of age and gender, to participate in sports and channelize their sporting skills which ultimately leads to an all-round development of every child and youth. This will lead to community development, social integration and gender equality. It will inculcate a healthy lifestyle, bring laurels to country and provide economic opportunities.



1.5.4 AIM AND OBJECTIVES OF THE PROGRAMM

The Khelo India Programme aims at developing a sporting culture in the country, identifying talent from the grassroots, and grooming them for international success.

The intention of Khelo India Programme is to build a strong framework for each and every sport played in the country and to make India into a strong sporting nation arena. To achieve this Khelo India Programme has outlined twelve verticals namely





- Play Field Development
- Community Coaching Development,
- State Level Khelo India Centres
- Annual Sports Competitions
- Talent Search and Development
- Utilization and Creation/Upgradation of Sports Infrastructure
- Support to National/Regional/State Sports Academies
- Physical fitness of school children
- Sports for Women
- Promotion of sports amongst people with disabilities
- Sports for peace and development
- Promotion of rural and indigenous/tribal games.



1. **Play Field Development:** One-time funding of up to 50 Lakhs will be provided to States/UTs for developing, managing, equipping and maintaining playing field and sports infrastructure development and open spaces for public use by the Ministry of Youth Affairs and Sports, Government of India.

- ◆ NPFAL has been registered as a Society under Societies Registration Act, 1860 in February, 2009.
- ◆ Development of playgrounds in all gram panchayats can be taken up in convergence with the scheme of Mahatma Gandhi National Rural Employment Guarantee Scheme (MGNREGS) and any other scheme(s) of the State Government/Central Government.

Implementing Agency: Financial assistance will be provided by the Department of Sports.

2. **Community Coaching Development:** In this vertical, community coaches will be provided and coaching infrastructure developed across the country, based on a cascading model. A short-term Programme will be evolved for 'community coaching development'. From among the pool of existing Physical Education Teachers (PETs), about 2000 will be identified and will be trained as master trainers each year. They will in turn train other PETs/Volunteers as community coaches and develop teams at community level. Further, a system will be evolved for induction and utilization of community coaches.

Implementing Agency: Laxmibai National Institute of Physical Education (LNPE) and institutes of Sports Authority of India (SAI), are assigned for developing content and other protocols as well as conduct trainings for Master Trainers.

3. **State Level Khelo India Centres:** To utilize all available resources of sports such as unemployed trained coaches, other support staff, equipment, playing fields etc. a Memorandum of Understanding (MoU) will be signed between Sports Authority of India (SAI) and States/UTs and support will be provided to States/UTs to run centres where, as per SAI, day boarding schemes and training will be provided. Further, online sports coaching and education will be provided through Khel Pathshalas.

Implementing Agency: SAI will be the implementing agency.

4. **Annual Sports Competitions:** Khelo India will be the basic platform to showcase sporting skills and accordingly become a platform for talent spotting and providing development pathways for gifted and talented children to achieve excellence. The Central Government will organize National level competitions, i.e., Khelo India National School Games and Khelo India National University Games.





Do you know?

In the First Khelo India Youth Games 2018, Haryana with 102 medals (38 golds, 26 silvers and 38 bronzes) was on top of the medal tally, followed by Maharashtra (111 medals including 36 golds) and Delhi (94 medals including 25 golds).

On February 27, 2019, PM Narendra Modi launched the Khelo India App at the Youth Indian Parliament in Vigyan Bhawan, New Delhi to promote sports and fitness.

Implementing Agency: Technically, conducting of the competitions will be done by the participating National Sports

Federations in collaboration with the SGFI or the AIU/University Sports Board or their sports body, as the case may be. Providing financial assistance and overall monitoring of all aspects relating to the conduct of competitions will be the responsibility of the Department of Sports.

Ministry of Youth Affairs & Sports (MYAS) will simultaneously make efforts to supplement the project 'State Level Khelo India Centres' from Corporate Social Responsibility (CSR) funding through Central Public Sector Enterprises (CPSEs) and Corporate Houses to ensure sustainable funding of recurring costs of these centres.



5. **Talent Identification and Development:** Under this scheme players from 16 priority sports are selected at various levels of participation. For selection of talented players, a High-Powered Committee is constituted by SAI. All selected players under this scheme are given the chance to join SAI, National Sports Academies or other top academies in the country along with annual financial assistance of Rs. 5 Lakhs for 8 years based on their performance.

Implementing Agency: Department of Sports through SAI and State Governments will provide financial assistance as well as overall guidance, supervision and monitoring.

6. **Utilisation and Creation/Upgradation of Sports Infrastructure:** Majority of the schools, colleges and even Universities in the country lack proper playgrounds as well as sporting infrastructure. Efforts will be made to utilize the existing available sports infrastructure all over the country especially those under the control of Central Government/State Governments.

This includes the following two agencies

- i. **University Centre of Excellence Programme:** Under this component, grants-in-aid will be provided for infrastructure, equipment, gym equipment, recovery equipment, coach deployment, training for coaches, team development, training camps for teams, opening of extension centres and University Sports Centres, league development, sports science back-up, etc. to identified Universities. Ministry of Human Resource Development shall ensure that Ministry of Youth Affairs & Sports is included in the University Grants Commission (UGC) Steering Committee for Sports in Universities.
- ii. **Creation of Appropriate Sports Infrastructure:** Under this component, grants-in-aid will be provided to States/UTs, SAI etc. to develop critical sports infrastructure and other infrastructure where there are gaps.

Implementing Agency: The Department of Sports will provide funding while execution of the projects will be through MYAS/SAI.

7. **Support to National/ Regional/State Sports Academies:** Throughout the nation, sports academies both public and private are identified for need-based support. Financial aid is also provided to the identified academies for their operation and maintenance.

Implementing agency: The project will be implemented through SAI/States/UTs/Private entities, including eminent sportspersons.

8. **Physical Fitness:** Under Khelo India the component of physical fitness of school going children is given due emphasis. National Level Physical Fitness parameters will be developed for each region. An assessment kit which is easy to administer will be provided to each school to evaluate physical fitness of all students. After assessing the level of fitness across school-going children, a component of enhancing fitness levels of children will also be undertaken. A grading system for schools will be developed to encourage competition among schools to promote fitness.





Implementing agency: The Programme will be implemented through the Lakshmibai National Institute of Physical Education (LNIPE) and Master Trainers trained under the Scheme in association with States/UTs/Schools. Other Institutions of Physical Education will be empaneled throughout the country for effective implementation of the Programme.

9. **Sports for Women:** All the components of the Khelo India Scheme are gender neutral and afford equal opportunities to women for participating in sporting activities and development of sports. In addition, this vertical is specially devoted to holding annual national competitions for women. Emphasis will be laid on such sports disciplines where there is less participation of women so that a greater number of women participate in such sports disciplines.

Implementing Agency: Competitions will be conducted by the participating National Sports Federations through the SAI/States/UTs.



10. **Sports for Peace and Development:** Under this vertical the Government of India provides a special package to J&K for enhancing sports facilities in the State. To ensure optimal utilization of the infrastructure, soft support in terms of coaches, equipment, consumables, technical support, competition etc. will be provided. Efforts will be made to organise village level competitions in

respect of sports disciplines popular in the State of J&K for positive engagement of youth. Similar efforts will also be made in case of other extremism and terrorism affected and disturbed areas.

Implementing agency: The module will be implemented in association with the State Governments through the SAI.



11. **Promotion of Sports Among Persons with Disabilities :** Financial assistance will be provided to States/UTs and SAI for creation of specialist sports infrastructure for persons with special needs. Funds provided under this head will also be used for classification of players, equipment, training and preparation of teams for Paralympic Games and disciplines and competitions.

Implementing agency: This component will be implemented through the SAI/ Paralympic Committee of India (PCI)/States/UTs and other agencies involved in development of Sports among persons with special needs, in association with the beneficiary organisations.

12. **Promotion of Rural and Indigenous/Tribal Games:** In order to showcase and encourage children and youth to take up rural and indigenous/tribal games, annual competitions are organized under the Khelo India Scheme. Thus, we can say that 'Khelo India Programme' is not just about winning medals at the world sporting arena. It is a mass movement initiated by the Indian government to provide every possible support and facility to youth of the country for participation in sports. Under this Programme governments thrive to focus on each and every aspect that will contribute to making sports more popular among the youth of the country. The end result of this initiative will be to make India one of the top sporting nations in the world.





Do you know?

Ministry of Youth Affairs and Sports recognized archery, athletics, badminton, basketball, boxing, football, gymnastics, hockey, judo, kabaddi, kho-kho, shooting, swimming, volleyball, weightlifting, and wrestling as 16 Priority Sports disciplines.

1.5.5 Fit India Movement

FIT India Movement was introduced on 29th August, 2019 by Hon'ble Prime Minister with a objective to launch fitness as integral part of our lives .The Mission of the movement was to bring positive behavioural changes and to adopt physical active healthy lifestyle. Towards achieving this mission, Fit India proposes to undertake various initiatives and conduct events to achieve the following objectives:

- To promote fitness as easy, fun and free
- To spread awareness on fitness and various physical activities that promote fitness through focused campaigns
- To encourage indigenous sports
- To make fitness reach every school, college/university, panchayat/village, etc.
- To create a platform for citizens of India to share information, drive awareness and encourage sharing of personal fitness stories.

I. Tick the correct option.

1. How many verticals are there in Khelo India Programme?
 - i. Ten
 - ii. Eleven
 - iii. Twelve
 - iv. Thirteen
2. The Ministry of Youth Affairs and Sports, Govt. of India launched the Khelo India Programme in
 - i. 2013-2014
 - ii. 2014-2015
 - iii. 2016-2017
 - iv. 2017-2018

3. The maximum duration of 'Long Term Athlete Development Programme' is
 - i. 4 Years
 - ii. 6 Years
 - iii. 8 Years
 - iv. 12 Years
4. The scheme of 'Sports for Peace & Development' is exclusively for the state/UT
 - i. Jammu & Kashmir
 - ii. Delhi and NCR
 - iii. Uttar Pradesh
 - iv. Punjab

II. Answer the following questions briefly.

1. What is Khelo India Programme?
2. What is the philosophy of Khelo India Programme?
3. What is the vision and mission of Khelo India Programme?
4. What is the plan of government under the vertical of 'Promotion of Sports Among Persons with Disabilities'?

III. Answer the following questions in 150-200 words.

1. What is the need of sports competition in school? Discuss in detail.
2. Will the increase in professional sports leagues bring any transformation in Indian sporting culture? Justify your answer.
3. Do you think 'Sports for Peace and Development' will work for restoration of peace in Jammu and Kashmir? Support your answer with evidence.

IV. Complete the table about Khelo India given below.

Launched in	
Launched by	
Vision of Programme	
Mission of Programme	
Aims and on of Programme	





V. Case Study



Rohan, a student of class XI has taken up physical education as he is very interested in making his career in the field of Physical Education. When he was introduced to the career options available in the subject he became a bit hesitant about continuing in this field because for him physical education was just about playing so he approached his subject teacher to explain his position. On the basis of the given information given below are a few queries of Rohan and you have to give him the reply according to the information provided to you in your first chapter.










- (A.) A child interested in reporting the sports event should further study _____.
- (B.) For making a future in Officiating a person should do _____ course.
- (C.) Teaching physical education to primary students requires _____ as qualification.
- (D.) Designing and researching sports equipment is related to _____.
- (E.) Sports journalism involves _____.

VI. Art Integration

Art Integration













The Ministry of Youth Affairs and Sports, Govt. of India has organized a competition for a song for the opening ceremony of Khelo India School Games.

Working in groups, write a song for the competition and set it to music.

Weblinks		
Topic	Weblinks	QR Code
Indian Today News "CBSE makes Sports period compulsory everyday for Class 1-8 from April 2019"	https://www.indiatoday.in/education-today/news/story/cbse-sports-period-class-1-8-physical-education-divd-1480665-2019-03-18	
Josh Jagran News "Compulsory Sports Period for CBSE Students from April 2019"	https://www.jagranjosh.com/articles/cbse-students-to-have-a-compulsory-sports-period-from-april-2019-1552894646-1	
NDTV News "Compulsory Sports Period Every Day for CBSE Students"	https://www.ndtv.com/education/cbs-e-students-to-have-compulsory-sports-period-from-class-1-2008915	
Defining our Field	http://samples.jbpub.com/9781284034080/Chapter1.pdf	
Evaluation of Physical Education	https://www.inspiresport.com/the-evolution-of-p-e-in-schools/	
The Importance of Physical Education	http://www.veanea.org/home/1000.htm	
14 Essential Aim and Objectives of Physical Education	http://www.preservearticles.com/education/aims-and-objectives-of-physical-education/5158	
Aim and Objectives of Physical Education	https://www.importantindia.com/27346/aims-and-objectives-of-physical-education-pe-10-aims-and-10-objectives/	
National Council for Teacher Education (NCTE)	http://ncte-india.org/ncte_new/	
NCTE PE Courses	http://ncte-india.org/ncte_new/?page_id=910	





D.P.Ed.	http://www.ncte-india.org/ncte_new/regulation2014/english/appendix6.pdf	
B.P.Ed.	http://www.ncte-india.org/ncte_new/regulation2014/english/appendix7.pdf	
M.P.Ed.	http://www.ncte-india.org/ncte_new/regulation2014/english/appendix8.pdf	
Career in Physical Education	https://www.examsplanner.in/career-in-physical-education/	
Physical Education Courses in India with Career Option	https://targetstudy.com/courses/physical-education-courses.htm	
Sports Competition in India	https://en.wikipedia.org/wiki/Category:Sports_competitions_in_India	
National Games	https://en.wikipedia.org/wiki/National_Games_of_India	
CBSE Inter-School Sports	http://cbsegames.in/	
National School Games	https://www.sgfbharat.com/index.php?option=com_content&view=article&id=467&Itemid=120	
Inter University Competitions	http://www.aiu.ac.in/Events/events.asp	
Khelo India Youth Games	https://en.wikipedia.org/wiki/Khelo_IndiaYouthGames	
Khelo India University Games	http://www.aiu.ac.in/sports/Khelo%20India%20University%20Games%202018-19.pdf	

Duleep Trophy	https://en.wikipedia.org/wiki/Duleep_Trophy	
Ranji Trophy	https://en.wikipedia.org/wiki/Ranji_Trophy	
Z.R. Irani Cup	https://en.wikipedia.org/wiki/Irani_Cup	
Indian Premier League	https://www.iplt20.com/	
Santosh Trophy	https://en.wikipedia.org/wiki/Santosh_Trophy	
I-League	https://i-league.org/	
Indian Super League	https://www.indiansuperleague.com/	
Indian Women's League	https://en.wikipedia.org/wiki/Indian_Women%27s_League	
Hockey India League	http://league.hockeyindia.org/	
Pro Kabaddi League	https://www.prokabaddi.com/	
Premier Badminton League	http://www.pbl-india.com/	





Pro Volleyball League	https://provolleyball.in/	
Pro Wrestling League	http://www.prowrestlingleague.com/	
Summer Olympics	https://en.wikipedia.org/wiki/Summer_Olympic_Games	
Winter Olympics	https://en.wikipedia.org/wiki/Winter_Olympic_Games	
Commonwealth Games	https://en.wikipedia.org/wiki/Commonwealth_Games	
Asian Games	https://en.wikipedia.org/wiki/Asian_Games	
Khelo India Programme	https://yas.nic.in/sports/khelo-india-national-Programme-development-sports-0	

