

SPORTS EDUCATION IN TODAY'S SCENARIO

Dr. Narender Duggal
Assistant Professor
Deptt. of Physical Education
DAVCC, Faridabad

Abstract

Growth and well being is driven by innovation. Rejuvenation of industries and jobs are created by products, services, organizations and new technologies. Students are the future and we should put our efforts together to build sportsman spirit and some leadership quality within them. New technologies offer improvement in education systems and new opportunities. Some people believe that path taking you to a future related to physical education drives you directly to your mental and physical fitness which is going to help your health and well being in future. Safety education, health education and a good physical education are the top priorities for some people. This paper throws light on the today's scenario for sports education.

Keywords

Physical education, sports education, Innovation, strong, healthy, physical exercises

1. INTRODUCTION

The aim of a sport education program should be to motivate students to: Develop specific sports skills and apply them in sports and games. In sports community people are able to understand tradition and the values of sports as an individual. They also learn that how to co- operate with people and work as a good team member applying fair means of concepts, enjoying the sport with full enthusiasm in participating in it. It also works well in letting people understand the role of rules in sports which helps in developing leadership qualities within them. Sports education not only involves playing games. it is a kind of a one component of a comprehensive physical education program.

2. CHARACTERISTICS OF SPORTS EDUCATION

- 2.1. Students become member of the team quickly and easily.
- 2.2 It has formal schedule for competition.
- 2.3. Stats are recorded and sports are recognized.
- 2.4. For providing excitement entertainment is included.
- 2.5. Social interaction and meeting.
- 2.6. Students get involved and be socially independent.

3. ROLE OF A TEACHER

- 3.1. Teacher presence plays an important role in guiding students.
- 3.2. Strong rules should be established by the teacher to maintain discipline.
- 3.3. Set a schedule before beginning any sport or activity.
- 3.4. Facilitates instructs and assesses the students learning.
- 3.5. Team teaching scenario involves model working.

4. IMPORTANCE OF SPORTS EDUCATION IN MODERN AGE

“Healthy mind lies in a healthy body.” In today’s world our traditional games have transformed into video games and computer games. In the modern age of technology nobody plays indoor or outdoor games. Sports play a vital role in one’s development and for healthy living. Due to all the technology advanced reasons people have stopped thinking about their own health which is maintained by exercising and taking care of their health but they are more indulged in other things rather than learning sports education and their benefits. Avoiding physical education and exercises are resulting in increasing strength of patients. People are more prone to diseases because they don’t even spare a little time to stay fit. So physical education is essential for today’s world. Its advantages are as follows:

- 4.1 **HELPFUL FOR NATURAL DEVELOPMENT:** In a scientific way exercises takes place of a supplement in one’s life. As we know that our body develops in a natural way so we should exercise daily for our proper growth and development. There are various kinds of exercises for various age groups like infants, adolescents, youngsters and adults. When some natural development is supported by some physical exercises it helps in increasing the energy level of a body.
- 4.2 **STRONG AND HEALTHY BODY:** Sports education helps in building a strong and healthy body. As when we do hard work in physical exercises or mental work a particular happiness touches our heart that is the significance of a strong body. People get tired while doing physical activity just because they are internally weak, and not strong and healthy. Fact is the happiness and peace of fresh living is possible only through hard work. Strength in a body always keeps a body healthy. A strong and healthy body is not prone to diseases due to strong immunity.

5. BUILDING CHARACTER IN LIFE

To be a complete man in a particular culture, the three qualities required are – energy, beauty and character. Physical education mainly involves energy and beauty but indirectly it is linked to character building. Sports education helps in developing a good character. Physical education catalysis the process of building character very well.

6. SPORTS EDUCATION HELPS IN DEVELOPING DISCIPLINE

Sports education not only deals in maintaining external discipline on man but also focus on self discipline. Since we all know that discipline is as important as a meal for our survival. People are there which deny every type of work which is out of their comfort level or a kind of control, limitation or restriction. But, they are unaware that real liberty lies in limitations or being in

control. Devoting your life and freedom for something is a greatest mankind appreciated. After some time it becomes joy forever and a pride to achieve or complete it. Physical education is a key to success for leading a discipline life. If a person is considering different type of rules in various games it helps in creating a self discipline in a man. If a person lives a well organized life he is next to peaceful and happy life.

7. CONCLUSION

While considering the Sport education and physical education it is important to evaluate both positive and negative aspects of the particular topic which has been discussed. Some adopt sports education because they find it's related to health studies and may help them further in improving their health issues. In today's world it is important to understand that what all is good for yourself and what is not. So everyone should understand the importance of healthy living, participating in physical activity and active lifestyle.

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20. That details all the programs and resources that State Sporting Associations have available to assist schools with school sport programs. (Available free from ACHPER Victorian Branch www.achper.vic.edu.au refer under Links) State Sporting Associations – for a complete list and linked websites, refer www.achper.vic.edu.au under Links, Physical and Sport Education