

**Course – Bachelor of Physical Education**

**Year - Ist**

**Paper Name - Introduction to Physical Education**

**Topic Name - Introduction to Physical Education**

**Topic No. – 1 (a, b)**

**Paper No. – I**

**Lecture No. – 1**

### **Lecture Name**

## **Introduction to Physical Education**

### **Introduction**

Welcome to the energetic world of physical education. Today friends let us talk about physical education, definition and importance of physical education in our life.

Physical Education is "education through the physical". It aims to develop physical competence and knowledge of movement and safety, and ability to use these to perform in a wide range of activities associated with the development of an active and healthy lifestyle. It also develops confidence and generic skills, especially those of collaboration, communication, creativity, critical thinking and aesthetic appreciation. These, together with the nurturing of positive values and attitudes in Physical education, provide a good foundation for' lifelong and life-wide learning.

Introducing students to activities like bowling, walking, hiking, or Frisbee at an early age can help students develop good activity habits that will carry over into adulthood.

Some teachers have even begun to incorporate stress-reduction techniques such as yoga, deep-breathing and tai chi. Tai chi, an ancient martial arts form focused on slow meditative movements is a relaxation activity with many benefits for students. Studies have shown that tai chi enhances muscular strength and endurance, cardiovascular endurance, and provides many other physical benefits. It also provides psychological benefits such as improving general mental health, concentration, awareness and positive mood it can be taught to any age student with little or no equipment making it ideal for mixed ability and age classes. Tai chi can easily be incorporated into a holistic learning body and mind. Teaching non-traditional sports to students may also provide the necessary motivation for students to increase their activity, and it can help students learn about different cultures. Teaching non-traditional (or non-native) sports provides a great opportunity to integrate academic concepts from other subjects as well (social studies from the example above), which may now be required of many P.E. teachers. The four aspects of P.E. are physical, mental, social, and emotional

### **Benefits of Physical Education**

We know that physical activity can benefit participants in many ways. These benefits are not however, natural by-products of random participation. Physical education programs must be designed specifically to reach selected objectives. Some of the beneficial outcomes which can be achieved through participation in the appropriate kinds and amounts of physical activity are:

**Reduced Risk Of Heart Disease:**

Physical education can counteract major risk factors of coronary heart disease: obesity, inactivity and high blood pressure.

**Improved Physical Fitness:**

A good program improves children's muscular strength, flexibility, muscular endurance, body composition (fat-to-muscle ratio) and cardiovascular endurance.

**Stronger bones:**

Regular physical activity increases bone density to create a sturdy skeleton.

**Weight regulation:**

A good program can help children regulate their weight by burning calories, toning their bodies and improving their overall body composition.

**Health promotion:**

Appropriate physical activity prevents the onset of some diseases and postpones the debilitating effects of the aging process.

**Improved judgment:**

Quality physical education can influence moral development. Students have the opportunity to assume leadership, cooperate with others and accept responsibility for their own behaviour.

**Self discipline:**

A good program teaches children to follow rules and established procedures and to be responsible for their own health-related fitness.

**Skill development:**

Physical education develops skills which allow enjoyable and rewarding participation in physical activities. New skills become easier to learn.

**Experience setting goals:**

Physical education gives children the time and encouragement they need to set and strive for personal, achievable goals.

**Improved self-confidence and self-esteem:**

Physical education instills a strong sense of self-worth in children. They can become more confident, assertive, emotionally stable, independent and self-controlled.

**Stress reduction:**

Physical activity is an outlet for releasing tension and anxiety.

### **Strengthened peer relationships:**

Physical education can be a major force in helping children socialize with others more successfully. Being able to participate in games and sports is an important part of fitting in, especially for those in late childhood and early adolescence.

### **Reduced risk of depression:**

Physical education is effective in the promotion of mental health.

### **More active lifestyles:**

Physical education promotes a more positive attitude towards physical activity.

## **Aims**

The aims of physical education are to enable the student to:

- appreciate and understand the value of physical education and its relationship to a healthy, active lifestyle
- work to their optimal level of physical fitness
- become aware of movement as a creative medium connected to communication, expression and aesthetic appreciation
- Develop the motor skills necessary to participate successfully in a variety of physical activities
- experience enjoyment and satisfaction through physical activity  
develop social skills that demonstrate the importance of teamwork and cooperation in group activities
- Demonstrate a high level of interest and personal engagement showing initiative, enthusiasm and commitment
- show knowledge and understanding in a variety of physical activities and evaluate their own and others' performances
- Demonstrate the ability to critically reflect upon physical activity in both a local and intercultural context
- Demonstrate the ability and enthusiasm to pass on to others in the community the knowledge, skills and techniques that have been learned.

## **Objectives**

**The objectives of physical education are split into 5 sub groups.**

### **A. Knowledge and Understanding**

demonstrate an understanding of the principles and concepts related to a variety of physical activities

- Understand the importance of physical activity to a healthy lifestyle  
recall and understand the various components that contribute to health-related fitness.

## **B. Movement Composition**

At the end of the course in this we should be able to compose and communicate meaning and ideas through movement.

## **C. Performance and Application**

- Display acquired motor skills necessary to perform a variety of physical activities
- Apply tactics, strategies and rules in both individual and group situations
- Use movement concepts appropriately in relation to themselves, others and their physical environment
- Apply health and fitness principles effectively through a variety of physical activities.

## **D. Social Skills**

- work cooperatively
- respect themselves and their social and physical environment
- support and encourage others (towards a positive working environment)
- develop attitudes and strategies that enhance their relationship with others
- Show sensitivity to their own and different cultures.

## **E. Personal Engagement**

- show initiative, creativity and a willingness to improve themselves
- take responsibility for their own learning process and demonstrate engagement with the activity, showing enthusiasm and commitment
- show self-motivation, organization and responsible behaviour
- recognize, analyse and evaluate the effects of a variety of physical activities on themselves and others
- Reflect upon and evaluate their own performance in order to set goals for future development.

Importance of Physical Education (slides)

**1 Helpful for Natural Development** - Man's body develops very naturally from the prenatal stage to the old age. When this natural development is accompanied with some physical exercises it improves the energy level of the body. Considering this fact even special body exercises are suggested for the pregnant women. In the same way there are different types of exercises for different age stages like infant, adolescent, young, adult and old age. This exercise becomes like a supplement to natural development in scientific way. The balanced emotional development is possible only with good body health and development. It can be considered as a fundamental use of physical education.

**2 Body Charm** - Beautiful body is considered as the first step towards success in life. Therefore people do so many efforts for well figured body. The beauty of the body depends on healthy muscles. Body can be well shaped through physical exercise just as an expert sculpture brings out a beautiful idol by carving an ordinary stone structure. The secret of charming body lies in the muscles of the body. From the very ancient time sculptures have been giving the importance and value to the beauty of the body. Keeping that image of beautiful and handsome body in our mind, we can also mould our body by giving enough exercise to the muscles. Thus we can get proper advantage of physical education.

**3 Strong and Healthy Body** -We can make our body stronger and healthier through physical education. The significance of strong body lies in the happiness that we get after doing some hard physical or mental work. In other word for a strong person hard work does not remain a matter of tiredness. The reason of physical weakness found in the society is that physically man is not strong and healthy. Man feels weakness and tiredness even after small physical work. Its psychological effect takes place that man does not stand for any physical work. Therefore on the large scale the society has to suffer as a lack of work efficiency and willingness for that. But the truth is that the peace and happiness of fresh life is possible only through hard work. It is physical work and effort through which we can fulfill our all the basic needs. Strong body is always healthy. Strong and healthy body can protect itself from various diseases because its immunity also remains strong. Healthy man can suffer hardness of all the seasons whether it is hot or cold or rainy season. In short, he can enjoy the pleasure of all things in nature.

**4 Boosts the Self Confidence** -There is no doubt about the advantages of physical education for strong and healthy body. Therefore the saying is also heard that healthy mind resides in healthy body. A healthy body is the gateway for reaching the Supreme soul. Strong and healthy body can give boost strength and increases the self confidence. And for the man who is full of self confidence even the problems become a game playing. He can pass his life with full happiness and peace of mind. It will become a service to humanity, if this psychological secret of advantage of physical education is spread and attract the people towards it

**5 Development of Discipline-** Physical education develops not only self discipline but also supports to maintain external discipline on man. Discipline is as important as the food for life. People with uncontrolled behaviour deny any kind of restriction and control. But they don't know that the real freedom lies in restriction. The pain of restriction itself becomes the pleasure of freedom. Physical education is a never failing key to bring discipline. Self discipline comes in man while concentrating on and following different rules of the games. This self discipline comes into action through different activities and arts and thereby creates interest in life. Well organized life style leads man towards living happy and peaceful life.

**6 Character Building in Life-** The presence of the three qualities- energy, character and beauty in life is very important for being a complete man in Indian culture. Energy and beauty are the direct advantage of physical education but indirectly it builds character too. Character can be developed well by physical education. The process of character building through physical education is so gradual that it can not be seen directly but can be felt. All the weaknesses from man's life fall down like the dry leaves from the tree. The ideal form the culture and the civilization of any nation and society is developed through good character. All the vices like violence, wars, jealousy, unhealthy competitions, hatred, etc. give way to the character.

**7 Constructive Use of Time-** It is man's natural desire that he or she wants relaxation from work. In the state of relaxation man neither works too much nor takes complete rest but he combines both the work and the rest. In combining the rest and the work, most of the people waste time in gossiping, playing card games, and other useless activities. Physical education provides new option in place of such useless activities. And this option is always healthy. Today there are entertaining games and skills available for playing. The saying "One way for Two" comes to true when man gets both the physical advantage and the entertainment

through physical education. In this way physical education becomes the best means of entertaining activity or time pass during the spare time

8 Helpful for Awareness in Society- Physical education is helpful for creating intimacy with society. In physical education team spirit is very important. Team is like a family. It is a miniature form of society. Team is the centre where the person gets opportunity to know the importance of cooperation with other people. According to the saying “With One Hand No Clap”, the person cannot get complete advantage of physical education on his own. This limitation motivates man to cooperate with others. Thus man develops faith in the feelings of communality and oneness with others. This faith becomes a part of man’s character and connects man with his or her family, society, nation, and the world. Physical education prepares an ideal citizen unknowingly and unintentionally. And such ideal citizen breathes in the air of freedom in the society being free from limited narrow mindedness. He creates happiness not only for himself but also for the society. Thus people devoted to the society, nation and the world can be prepared through physical education.

**Need and importance of physical education in modern era are as follows:**

- a. A physical educator considers the child as a storehouse of various mental, social and physical qualities. He tries to develop all the innate qualities with the help of various physical activities, which are parts of physical education.
- b. Various kinds of physical activities help in developing the organic system and functioning of the body. They also improve the abilities of human being to resist fatigue, to remain active and perform efficiently.
- c. Physical activities help in developing various kinds of intellectual qualities inherent in a child. Thus with the help of physical education, it is possible to develop children intellectually.
- d. By participating in various kinds of physical activities, children becomes emotionally mature.
- e. Generally, more than one player participate in physical activity and when people’ of different background and society come into personal contact with each-other, they learn to work in groups, with utmost co-operation and co-ordination.
- f. By participating in physical activities, qualities of group efforts, loyalty to the team and strong ties can be developed in participants. These qualities help in building a good moral character of the individuals.

g. To participate in any event, all the players are required to learn the fundamental skills and rules of the games as well. If they do not work according to the rules, they can be disqualified even from the game.

h. Human body is a composition of muscular and nervous systems, and to keep the body in proper condition, it is necessary to keep these systems fit and in good working conditions.

These systems will function properly if there be a kind of co-ordination between them. Such kind of co-ordination can be developed with the help of various physical activities. Thus, physical education helps in developing the neuro-muscular systems of the human body.

i. In all the team sports or in those activities in which more than one player participate, one player is appointed as the captain who functions as a leader.

When such kind of act is done at school level, player working as a leader gets various qualities of self-confidence, intelligence and loyalty, which helps him not only in school time but throughout the life time.

j. When children or any individual participate in any sport or physical activity, the first thing that he is taught is that they are playing or participating in the game not to win but to perform well.

k. Today, activities of physical education are being organised on national as well as on international levels. When players of more than one country take part in the games, they come in personal contact with each other.

**Conclusion** - On the basis of above discussion it can be said that physical education plays a very important role in the modern world and everyone must participate in any kind of physical activity