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Modern Trends in Physical Education in India - II

Introduction

Hello and welcome to this special module on physical education and today we are talking about the modern trends in physical education. In the area of Sports & Development, 'sport' is generally understood to include physical activities that go beyond competitive sports. "Incorporated into the definition of 'sport' are all forms of physical activity that contribute to physical fitness, mental well-being and social interaction. These include: play; recreation; organized, casual or competitive sports; and indigenous sports or games.

Development

It relates with the development of sports in terms of:

1. Sports Infrastructure
2. Sports and coaching facilities
3. Finances
4. Incentives given to the players and trainer
5. Effect of sports policies
6. Participation in sports during various games at various levels
7. Performance in sports during various games at various level
8. Increase in number of sports institutions and sports experts

Development of sports in India

During the primitive days people used to indulge in sports for the sake of entertainment. Recreation was the main aim of sports. Greeks were considered to be first who brought physical education in sports to glorious

heights by making the games an integral part of the national policy and education. Slowly the concept of the sports changes from recreation to competition. Today we see the flood of competitions at international level, such as Olympic Games, Asian games, commonwealth games, SAIF Games, Afro Asian Games etc. Today sports are considered integral to all-round development of one's personality. Making an international mark in the field of sports also has a great bearing on national morale and prestige. In order to meet the increasing demands of the changing times, at national as well as international level, the government has taken upon itself to implement programmes to promote excellence in sports.

The Ministry of Youth Affairs & Sports was initially set up as the Department of Sports in 1982 at the time of organization. The name was changed to the Department of Youth Affairs & Sports during celebration of the International Youth Year 1985. It became a Ministry on 27th May, 2000. Subsequently, the Ministry has been bifurcated into Department of Youth Affairs and Department of Sports w.e.f. 30th April, 2008. Sports promotion is primarily the responsibility of the various National Sports Federations which are autonomous.

The role of the Government is to create the infrastructure and promote capacity building for broad-basing sports, as well as for achieving excellence in various competitive events, at the national and international levels. All schemes are geared towards achieving these objectives. The growing role of sports has made participation and winning of medals in competitive sports a matter of great significance. In recognition o

f this fact, many states have set up national training academies and specialized centres of sports excellence which offer an opportunity for exceptionally talented young children to train under experts for long duration with modern training aids. Several central/state universities also impart physical and sports education at graduate and post graduate levels. Besides, almost every state government has a department dedicated to promoting sports and youth affairs.

Various policies and committees

Dr. Tarachand Committee (1948)

After independence till date various boards, commissions and committees were established for the promotion of physical education in the country. Dr. Tarachand Committee (1948) examined the problems of secondary education including the physical education also. The committee recommended the following with respect to sports and physical education: To train teachers in the field of physical education in respect of organization, administration and recreation. To institute postgraduate course of one year duration. To establish training colleges in physical education in different states to increase the supply of trained teachers. To establish sports club, Gymnasia and Akharas in different parts of the country. The Government of India, Ministry of Education appointed in 1948 a commission with Dr. Radha Krishnan as chairman to consider the problem of Education in India and made recommendations: All students to be required to take a thorough physical examination at the

time of admission and thereafter once a year. Similarly, the staff members and employees of the schools should go through medical examination. School students should undergo a programme and physical education programme for the first two years. Corrective exercises should be provided for those who need.

Central Advisory Board of Physical Education and Recreation (1950)

In order to ensure a planned and proper development of physical education and sport in all sections of the educational and social set-up, the Government of India appointed a Central Advisory Board of Physical Education and Recreation (1950) with the following objectives: To suggest ways and means by which physical education could be made compulsory in schools and colleges; To formulate and recommend curricula of physical education for different levels of education - primary, secondary and university. To lay down norms for selection and qualifications of physical education teachers for appointment in educational institutions and To scrutinize the existing syllabi of physical education training courses (certificate and diploma) and suggest uniformity.

In 1951, the first Asian Games were conducted in Delhi despite the fact that the nation was in deep financial crunch. In 1953, Raj Kumari Amrit Kaur Coaching Scheme was started for the promotion of games and sports and to train Indian sports persons for participation in the National and International Competitions. In 1954, Central Advisory Board of Physical Education and Recreation was established by the Government of India to advise the Government on the coordination of all programmes and activities in the field of physical education and Recreation in the country.

In 1954, All India Council of Sports was established to act as a liaison agency between the Government and the National Federations of various games and sports and to offer financial assistance to these federations. Under the All India Council of Sports, State Councils of Sports and District Councils of sports were also formed to reach the grass-root levels:

In 1954, National Discipline Scheme (NDS) was initiated. Under this scheme, a few training centres were opened for preparing training instructors. The syllabus of this scheme included drills, parades, sports and games, rhythmic with songs, camps, cultural activities, patriotic songs, community work etc. The purpose of this scheme was to make the youth physically fit and inculcate discipline. This scheme was looked after by Late General J .K. Bhojsle, the then Minister for Rehabilitation.

In 1954, the School Games Federation of India was formed in order to organize and conduct annual Inter-State/National Championships in games and sports for the school students of various age groups.

Teaching and training endeavors

In 1956, A National Plan of Physical Education and Recreation was prepared by the Central Advisory Board of Physical Education. In this plan greater emphasis was given to promote indigenous physical activities to Establishment of the Lakshmbai National College of Physical Education (August, 1957), the premier national institution of physical education having all modern facilities, preparing quality teachers comparable in training to those in progressive countries with bachelor's and master's degrees in Physical Education and Recreation and with specialization courses for teaching and coaching in sports." The Course of Study as Under:

1. A three-year B.P.Ed. Course.
2. A two –years B.P.Ed. Course.
3. A two-year M.P.Ed. Course.
4. M.P.Ed. (Summer Course for in service candidates).
5. Master of Philosophy in Physical Education.
6. Facilities for Doctoral Programme.
7. Four-month Orientation Course for pre-relieved Army Officers).
8. Refresher Course in Physical Education for the Directors/Sports Officers and Lectures in Physical Education.

This college based in Thiruvananthapuram (17th August, 1985) conducted (1) Three-year B.P.Ed. Course, (2) Two-year M.P.Ed. Course. This is the only institution in the country to offer Sports Science Specialization at the Master's Degree level and is affiliated to Kerala University. In 1995, the premier institute of Physical Education, being run by the Central Govt. under the name of L. N. C. P. E. Gwalior was given the status "Deemed University", which is now known as Lakshmbai National Institute of Physical Education, Gwalior (M.P.).

In 1958, for the promotion of physical education, sports and youth welfare, a separate division was established in the Ministry of Education.

The Ad-Hoc Enquiry Committee on Games and Sports (1958)

The credit for bringing to fore the Asian Games, held every four years in Olympic Games style, goes to India and the first Asian Games were held in India in 1951 at New Delhi. India was fortunate to secure overall second position. Subsequently when Asian Games were held in 1954 at Manila (Philippines) , we went down to fourth position. In 1958 Indian Hockey team lost gold medal to Pakistan. This precipitating decline in the standard of sports gave a jolt to all concerned with sports in India, the sports federations, the Govt. and the like. In view of

this, Government of India set up an Ad-Hoc Committee in 1958 to suggest ways and means to improve the present situation. The chairmanship of the committee was bestowed upon Late His Highness Maharaja of Patiala Sh. Yadvinder Singh. Dr. K.L. Shrimali, the then Union Minister for Education, in his inaugural address to the committee on 7th July, 1958 referred to the poor standard of Indian competitors in all games and sports. The Following were the Recommendations of the Committee:

1. There should be planning on long and short term basis in the field of games, sports and Physical Education.
2. It recommended that there should be a Central Sports Institute for training of various teams and producing first rate coaches. This has since been implemented in the form of Netaji Subas National Institute of Sports, Patiala.
3. All coaching schemes be integrated and their programmes rationalized so that maximum populace could be benefited. This recommendation has resulted in the existence of National Coaching scheme being run under N.S.N.I.S. Almost everywhere N.I.S. trained coaches are being employed to give a sort of uniform type of coaching.
4. The importance of Physical Education teachers should not be undermined. All the physical education training institutions can be asked to carry out central plan of coaching. The colleges of physical education should reorientate their programmes and should pay more attention to games and sports.

Kunzure Committee - A committee for Coordination committee and Integration of Schemes operating in the field of Physical Education, Recreation and Youth Welfare. In 1959, Govt. of India appointed a co-ordination committee, under the chairmanship of Dr. Hirdya Nath Kunzuru, to examine the various schemes for Physical Education, recreation, character building and discipline operating in Educational institutions, and to recommend measures for the proper co-ordination in order to avoid duplication and wastage of resources and expenditure. The committee had a detailed survey of the various schemes operating in the country for the development of the youth. The Committee toured the different parts, for on the spot study of those schemes. It also interviewed educationists and other experts in the field and finally submitted the report in 1963. It recommended that: At the school stage there should an integrated programme consisting of basic curriculum compulsory for all and an optional curriculum. The contents of an integrated programme should be worked out by a body of experts. One of the optional subjects such as scouting, mountaineering, sports, dance, drama, music, the choice being left to the student, should be there.

Kaul & Kapoor Committee - Mr. M.K. Kaul and Mr. M.N.Kapoor - both members of the AICS comprised yet another Committee in 1960. This two-member committee popularly known as Kaul-Kapoor Committee - was deputed to the Rome Olympiad to study the organization and observe the system of physical education in the European countries. The major recommendations of this Committee were as under: Physical Education should

practically be considered as a part of general education in schools and introduced at the undergraduate level in the University education as an optional/elective subject. Educational institutions should thoroughly overhaul their department(s) of physical education and manage them more efficiently. Importance must be given to the development and maintenance of play fields and sport infrastructure in schools and colleges. Scholarships should be provided to talented and outstanding sports-persons in schools and colleges as incentives. Efforts should be made to create a net-work of sports and recreation clubs all over the country with the sponsorship of the government, corporate sector, universities, commercial establishments, industry and business houses.

Incentive schemes & Conclusion

Sports Scholarship Scheme - 1997 - The Sports Talent Search Scholarship Scheme was introduced by Government of India in 1970-71 to assist the young promising and talented boys and girls studying- at secondary stage of education but proficient in sports. The aim is to develop their talent in games and sports and to enable them to have nutritious diet during their studentship. The students are selected on the basis of national or state level sports competitions for the award of scholarships. Scholarships are also provided to outstanding university/college level sports-persons under the National Sports Organisation programme and to women under the programme of promotion of sports and physical education among women. The old scholarships are also renewed provided the awardees continue to improve their level of achievement.

Rural Sports Programme - Originally, the rural sports tournament scheme launched in 1970-71 by the Government of India, was implemented by the NIS - as pointed out above - with the basic objectives to (1) involve major segment of the rural youth in the mainstream of the country's sports activities, and (2) spot out and nurture rural sports talent. The programme involves holding of sports tournaments for the rural youth at the block, state, and national levels in such sports disciplines as archery, football (for boys), volleyball, hockey, weight-lifting, swimming, wrestling, kho-kho, kabaddi etc. Financial assistance is made available to the State Government @ Rs. 2,00,000 - per discipline up to three disciplines for each national level tournament and Rs. 30,000 - per discipline for state level tournament and Rs. 15,000 - per Union Territory for each discipline up to five discipline.

National Sports Talent Contest (NSTC) Scheme - The NSTC Scheme launched in 1985 aims at selecting school children in the age-group of 9-12 years through a battery of tests in the ten disciplines identified as Athletics, Badminton, Basketball, Football, Gymnastics, Hockey, Swimming, Table Tennis, Volleyball and Wrestling for their scientific training in the SAI 'Adapted Schools. At present 29 schools (including 8 day boarding) and two Akharas are functioning throughout the country. The entire expenditure is borne by the Sports Authority of India (SAI).

Sports Hostel Scheme - This Scheme was introduced in 1986 to groom the sports persons in the age group of 16-21 years who have attained advanced level of sports proficiency at the State/National level to enable them to seek berth in the national team to achieve excellence at the international level. SAI provides the facilities of boarding and lodging, sports kit, equipment, specialised training pocket allowance, TA/DA to participate in coaching camps and medical assistance with insurance cover.

School Games Federation of India - The Federation which is a voluntary body established in 1955, has a registered constitution duly framed by state representatives in charge of Physical Education and sports. The then Chief Inspector of Physical Education of Orissa, Late Shri A.C.Das, was the leader. The School Games Federation of India now conducts competitions at the national level for games and sports for various age groups such as sub-juniors, juniors and seniors but the boys and girls below the age of 19 can also participate. So this is basically an idea about the level of physical education in India especially after post independence era. We will be talking more about this in the coming lectures. Thank you so much for watching.