

**Course Name: Bachelor of Physical Education**

**Year: Ist**

**Paper Name: Introduction to Physical Education**

**Paper No. 1**

**Topic No. – 5 (b)**

**Topic Name: Modern Trends in Physical Education in India**

**Lecture No.: 11**

**Lecture Title**

**Modern Trends in Physical Education in India – II**

**Summary**

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. 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.