

Course Name: Bachelor of Physical Education
Year - Ist
Paper Name - Introduction to Physical Education
Topic Name - Relationship of Physical Education
Topic No. – 1 (c)
Paper No. – I
Lecture No. – 2

Lecture Title

Relationship of Physical Education with Health Education and Recreation

FAQ's

Q-1 What is meant by Physical Education?

Ans- Physical education is the area in which the teacher has chosen activities with specific educational objectives in mind. Through these activities the individual is directed and guided into those activities which satisfy several of the principle of general education (biological, psychological, sociological, and physiological).

Q-2 How is Physical Education confused among many activities?

Ans- Physical education is not to be confused with any one of its many activity areas or subdivisions. Athletics, gymnastics, posture education, aquatics, calisthenics, and others are but minute portions of the larger area. Physical education embraces all of the above-mentioned sub-divisions as well as many more, but it is not to be confused with any one specially or interest.

Q-3 What are the unique contributions of physical education?

Ans- The unique contribution that physical education has to make to general education is that of general body development through physical activity. When this physical activity is guided by competent teachers so that the other general outcomes of education accompany the physical activity, then, and only then, does the physical activity become more than physical culture or physical training.

Q-4 What are the physical educations objectives for supervisions?

Ans- Supervision is concerned with objectives in physical education which are both related to administration and to instruction and which will assist in improving: Instruction methods, Grading systems, Backgrounds of pupils, Teacher experience, In-service education programs

Q-5 What is meant by health education?

Ans- Health education is perhaps the largest of the areas allied to physical education. When we speak of health education, we most commonly use it in the sense of total fitness of the person, physical, mental, emotional, and social fitness.