

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

Summary

Through the ages people have aimed to have some form of a program of physical activities. The aims and objectives of these varied with the needs, interests, and purposes of the times. Fitness always played a part in the results of all of these programs, but many times it was too closely related to military fitness. The first people to use physical education for other than a purely utilitarian reason were the Greeks. Although their philosophy was temporarily lost to the civilized world after their conquest by the romans, it was revived during the renaissance, and under the humanists again physical education become more than a utilitarian appendage to the curriculum. Physical education aims to give our modern society physical fitness in keeping with the biological needs of the individual and the demands of society. Physical education, through its many activities, also aims to provide for a wide variety of skills which can be of value in social, recreative, and cultural life of the people. Physical education still is primarily utilitarian, but military preparedness is not the primary aim of the program. Through proper planning a program of physical education is provided for all. The objectives of such a program are set up for all those associated with the program. The profession has need of a dynamic program of public relations to interpret the aim and objectives to the public, so that society may not only be aware of what the physical education profession is trying to do, but be willing to partake of and support the program as planned.