

Course Name: Bachelor of Physical Education

Year: Ist

Paper Name: Skill and Prowess

Paper No. 1 (Part-B 1)

Topic No. 8 (b)

Topic Name: Physical Education in Punjab Schools

Lecture No.: 23

Lecture Title

Physical Education in Punjab Schools

FAQ's

Q-1 How Physical Education helps students?

Ans- physical education helps students in Academic performance, Social assimilation, Mental health

Q-2 What is the role of High school physical education?

Ans- High school physical education classes have the potential to exert a tremendous positive impact on the students' mental, physical and social well-being. The opportunity to mentally relax during a tough academic schedule helps to reduce tension and mental stress. Physical education classes also provide an excellent opportunity to focus on physical health and may serve as an outlet for socialization.

Q-3 How Physical education reduces mental stress?

Ans- It gives the strong emphasis on student achievement and high stakes testing in high school, there is little time in the classroom for relaxation. Staff from the May Clinic note that participation in physical activities increases the release of beta endorphins, the natural mood enhancers of our brains. With an improvement in mood, a student may develop a more optimistic perception of the daily tasks ahead and surge forth with greater mental energy and less stress.

Q-4 How the immune system can be maintained by Physical education?

Ans- Participation in physical education classes contributes directly to improvements in physical health, which indirectly impacts the immune system. Physical activity helps to increase the body's potential for fighting sickness and disease by boosting the fighting potential of immune system cells that encounter unwelcome bacteria in the body. When high school students are healthier, they are less stressed because they aren't missing important classes and they can better stay on top of their schoolwork.

Q-5 How Physical Education can build confidence?

Ans- Excellence in some form of sport or physical activity will provide children with confidence. Introverted children will be able to express themselves through sports and this is one of the main aspects of physical education in India. Children who are allowed to take part in inter schools games and sporting events, meet new people and this builds confidence and also builds a sense of companionship and camaraderie. Children who take part in team sports will be able to visualize themselves as being a part of a group and this will be beneficial when they are a part of work groups in the future.