



Meaning and Educational Outcomes of Extramural Programmes

INTRODUCTION

Competition is a contest between two or more, organisms, animals, individuals, economic groups or social groups, etc., for awards, group or social status, or for leadership and profit. It arises whenever at least two parties strive for a goal which cannot be shared, where one's gain is the other's loss. Competition is often considered to be the opposite of cooperation, however in the real world; mixtures of cooperation and competition are the norm. Optimal strategies to achieve goals are studied in the branch of mathematics known as games theory.

Extramural are organized among representatives teams/athletes from various institutions or clubs separately for each game/sport. These competitions are no school/college routine but scheduled by an organizing agency/ individual with the mutual consent of the participating institution. The best athletic element is carefully selected from the playing population of the institution to participate in extramurals. Preparation for extramural fixtures is more formal, serious and laborious than for intramurals. Extramural competitions involve careful selection. They serve as a stepping stone for higher achievements. The extramural programme is organized on staggered schedule basis i.e. competition in one sport at a time depends on the availability of facilities, personnel and time. Rarely are extramurals in more than one seasonal game/sport conducted at one venue and at one time. Organizers are given a free hand to fix draws, matches and schedules as per convenience. The objectives of extramural programme ought to be indication of why such competition are organized and conducted throughout the country. The objectives of extramurals are to be compatible with the objectives of physical education and sports and also with those of education in general. Extramural competitions in various games and sports contribute to the physical, social and emotional health of the individual. They contribute in the development of physical activities offering healthy exercise during training as well competitions. Extramural programmes help to develop an interest in many sports and physical education activities especially during school days.

MEANING OF EXTRAMURAL

The word extramural has been derived from two words, 'extra' which means 'outside' or 'without' and 'mural' means 'wall'. Extramural refers to that which exists outside the walls of an organized unit, be that a city, school, or hospital. These competitions are not school or college routine but scheduled by an organizing individual with mutual consent of the participating institutions. In the set-up of Physical Education and Sports context extramural is the contest between the selected players or team representing their institute in which two or more institutions participates which is organised by a competent authority. The best players are selected and trained to represent their teams. The performance level of the team reflects the highest standard of the institution in that particular sport. Extramural provide opportunity to talented students to develop and exhibit their potential fully and achieve excellence. They bring laurels to the institutions by registering victory in different events. Such types of competitions are inter college, intervarsity championship etc.

In an educational context, extramural means to study outside, but under the aegis of, a university or other institution. Extramural studies are taken by the student away from the physical campus, and are often used for those unable to attend classes.

Few meanings of extramural are given below:

1. Extramurals are part and parcel of the total physical programme not simply relevant to the educational institution alone but to other organizations clubs, industrial concerns, corporate bodies etc., where competition is the key notes of sport.
2. Extramurals require consideration of abilities and skills of all participants. Competitions amongst and between unequal individuals in physical abilities-for instance, children and adolescents and skilled and unskilled individuals is sure to confound social dilemmas. When equals compete, performance improvement in terms of abilities and skills is the natural outcome.
3. The urge to participate in extramural programme must come from the inner recesses of the heart; it should not result from any kind of external attraction and/or pressure.

EDUCATIONAL OUTCOMES OF EXTRAMURAL

With the organization of extramural programmes the students, teachers as well the institutions learn from each other. It also helps in the wholesome development of physical education programme. The organization of these tournaments enhances the experience and by which they can develop their skill maximally. The following are the educational outcome of extramural:-

1. Students develop confidence and get the opportunity to accept the challenge.
2. Students learn external techniques.
3. By inter institution tournaments one institution get popularity and winner gets distinction.
4. People learn new experiences which help in new experiments bringing out new ideas.
5. Leadership quality develops through these competitions.
6. In inter institution tournaments all the physical education students, teachers as well institutions gather, which helps in friendship and healthy discussions resulting in the removal of their professional difficulties.
7. Students of different institutions gather at one place and they show their talent during competitions.
8. By this tournament we are able to know the purpose and working systems of other institutions, so that they can remove their shortcomings.
9. It develops friendships among the students.
10. Students develop sportsmanship spirit.
11. By getting on one place they develop social relation and get opportunity to organize and control.
12. Daily coaching or practice session should not be too long or so strenuous that may affect the health of the contestant adversely or detract him, unduly from academic work.
13. Extramural activities, associations or interests are those that extend outside the University and that can constitute real or apparent conflicts of interest.

Participating in extramural activities is paramount in the healthy development of children. It is therefore vital that these activities are effectively communicated to parents so that they can ensure that their children participate and be part of the activities. Parents must be informed of the options available to their children and, together with the teacher, determine which activities are most

suited to the child's abilities. Any outcomes from these extramural activities should also be communicated to parents as they partner with the teacher in the development and education of the children.

EVIL PRACTICES IN EXTRAMURAL

There are various evil practices in extramural programme. Some importance evil practices are as follows:-

1. If more emphasis is given to prestige and publicity of the institution, it leads to the negligence of general physical education programme.
2. Tough competition sometimes leads to unwanted intra institutional rivalries.
3. Excessive long playing schedules, many hours' practices, travel and tours keep the children away from home and school which affect their other practices adversely.
4. Only the selected team and students, who are selected, get the chance to represent themselves during competitions.
5. Most of the players spent time practicing their own sport, emphasising on winning resulting to neglect in their study.
6. Strenuous competition sometimes leads to serious injuries to students.
7. Sometimes even eligibility rules are manipulated to include unauthorized players.
8. For the sake of winning student indulge themselves in drugs, doping for higher performance.

LIMITATIONS ON PARTICIPATION OF EXTRAMURAL PROGRAMME

Some of the limitations on participation of extramural programme are as follows:-

The extramural competition in major and minor games –

1. Other activities like rhythmic fancy drills, action songs, modified relay and modified games are suggested.
2. Such high level competitions are desirable at high schools, college level where a balanced programme of academic and sports are framed.
3. In fact physical education teacher must encourage the students by putting some examples. So that they can perform both in study and sports.
4. Tough activities are not very much favoured for primary student. As they are immature and have lower level of skill and fitness, strenuous efforts may bring adverse effect.
5. State and national level participation upto middle level classes are undesirable as it requires high level specialization and many hours of practice and travelling which will keep them always away from home and schools.

CONCLUSION

It can be concluded that in the process of promotion of extramural, care must be taken to select suitable activities and keep their number within the practical limit, so that proper management could be executed. Safety/ precautionary measures must be taken against the expected and even unexpected happening. All possible efforts should be made to have healthy competitions. The coaching/ practice for female students must be planned separately and differently

Extramural activities offer time and opportunities to the participants to develop and display skills in various games and sports. Through specialization and voluntary participation, extramurals offers participants the opportunity to excel and to experience the thrill of competition. It is a fact that an individual enjoys activities in which he has developed skill. Participation in team game offers an opportunity to develop proficiency in group activities.