

EMERGING CHALLENGES IN PHYSICAL EDUCATION IN INDIA

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ABSTRACT

Today when almost all the small and big nations are making their mark in sports, our country despite of population of more than 120 corers has not made any great presence in world competition and Olympics. In Recent Rio Olympics India may not have fared as well as it did in the 2012 London Olympics, but there were many stand-out athletes who impressed with their performances. But the Rio Games made it abundantly clear — not just to the ignorant officials — but also to the people of India, that more infrastructure and investment is necessary for Indian sportspersons. The star of the Rio Olympics was debutant **PV Sindhu**, who became the first female to win the **silver medal** at the Olympics

In terms of medal tally, India finished their Olympic campaign on the **67th position**. Defying all odds, shuttler **PV Sindhu** and wrestler Sakshi Malik became the unlikely heroines and saved India from returning empty-handed for the first time since the Barcelona 1992 Olympic Games. This is not only the responsibility of the Central Government and State Governments. But it is also the responsibility of all those people who are linked with physical Education and sports directly and indirectly.

Certain Misconceptions about Physical Education, drawbacks, Nepotism, lack of latest facilities, infrastructure, Proper Physical Education Syllabus at primary, Secondary school level as well as in Colleges. Further there is no monitoring council on Teacher Training institutions, lack of Uniformity is syllabus for Physical Education courses, hinders the promotion of Sports & Games in India. To overcome these constraints, Central Govt. and State Governments have to focus on starting new courses in Sports at UG level, Integration of Physical Education and Sports in Educational institution at all levels. Further the Governments have to make Physical Education Programme as mandatory in all Educational institutions.

Keywords: Physical education, Drwbacks, PV Sindhu, New Courses.

Introduction

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We have never fulfilled duty and responsibility properly but have just completed our formalities, due to which we are facing such poor performance in physical Education and Sports. If we don't count few exceptional sports, our condition in many other sports is questionable.

Misconceptions about Physical Education: Physical Education is a rest period between academic classes anyone can teach Physical Education and it does not require professional training. Physical Education classes are free play periods. Physical Education classes are designed to give other teachers a free period. Girls should not participate because its activities can injure their internal organs. To participate in Physical Education programs one need large muscles than intelligence. Only delinquent children are sent in Physical Education classes. Goals of Education cannot be accomplished by Physical Education. The only value in Physical Education is that it causes fatigue (tiredness) and therefore enables one to sleep. Physical Education does not have the same academic prestige and importance as other classes.

DRAWBACKS IN PHYSICAL EDUCATION AND SPORTSIn our country the **budget allotted** for growth and development of sports and games is so less that we can't expect high level of sports performance. **Nepotism** is another drawback for our lower performance. Those who are not qualified but have contacts often dominate the deserving candidates. This phenomenon is so common even at national level that we can't imagine about the condition at lower level. Another drawback is lack of **latest facilities** like ground, equipment's, modern techniques, and strategies, Lack of International level coaches, trainers, psychiatrist and physiotherapists. There are less chances of getting jobs through sports and Physical Education. So, family members do not encourage children to pursue sports and games as core theme. Children are always motivated to join some job or business. Lack of proper **physical Educational syllabus** at primary, secondary school level as well as in colleges also a reason behind this.

Monitoring Body/Council: There should be required a **monitoring council** who could monitor the every Physical Education institute. There is lack of uniformity of Physical Education courses in different states. In few states where there are chances of getting good jobs through Physical Education, **people are running the courses to earn money only. They are opening their institutes by using their contacts. The aim of such people is not to impart the better Physical Education but to make money. They don't even follow the guidelines made by UGC or NCTE.** Therefore, it is completely questionable that how the people with less knowledge in Physical Education and sports can improve the standard of sports and Physical Education.

Role of Sports Associations and Media: Many sports organizations simply **sell the certificates** with the help of which many people are selected over the deserving candidates. **Media** has given special preference to **few selective sports** due to which other sports are often neglected. Media should try to develop the interest in all kind of sports for their development and make people aware absent the health and fitness. The chance to get jobs is bright **only in selective sports and this also is a big factor in growth of other sports**, in such sports even if you play at state level you get higher administrative jobs while in others even if you represent our nation you hardly get any job.

Selection on the basis of region, which can also be named as **quota system is another factor**, which comes between the selections of the best possible team. This again affects the performance of our country in the world of sports. Lack of scientific approach towards the development of sports and physical education in India and also the lack of research attitude is a major problem.

UGC should organize few refresher courses according to the nature of activity of people who are working as lecturer, sports officer, sports director etc. in various institutes. Casual reference is made about boosting of sports programme in the Universities and there is no place in the policy about the Colleges and Colleges of Physical Education and their development.

Physical Education as Elective Paper: The NCTE has made mandatory that admission in B.P.Ed. two year course is only possible if student has pass Physical Education as elective paper in under graduate course but none of the University/College has started this elective paper till date. The Union Ministry of Youth Affairs and Sports and Govt. of AP has recently released a draft of the sports policy. While going through the draft one feels that the policy makers have missed **two important agencies** which can serve a potential development of sports persons and sports trainers, if proper attention is paid towards them.

Proper Utilization of Available Infrastructure There are more than 250 Universities in India out of 650 Universities, each having a huge campus spread over at least 100 hectares of land. Each University - old or new - is having sports complex consisting of playgrounds, pavilion, indoor sports facilities, 400 mtrs. track and at some Universities swimming pools, Some of the Universities have teaching departments of Sport Science and Physical Education. Additional facilities like library, laboratories, student and staff residential accommodation are available with budgetary provision, sports programme, competitions, seminars, etc. as special features. In fact, all these readily available existing infrastructural facilities should have been taken into consideration by the policy draft makers.

New Courses in Physical Education and Sports The Universities are autonomous institutions. They can design new courses of sports and allied sciences and implement them. The new creed of sports technocrats can be generated by these Universities. Universities are having maximum youth power with tremendous resources. The schemes like NCC and NSS are successfully running in the Universities and their affiliated colleges. Thousands of youths(men and women) are engaged in this scheme and contributing substantially to social development and national integration. The cultural talents have no dearth.

Physical Education is Mandatory: The draft policy gives much stress in making physical Education and sports programme mandatory in educational institute's upto higher secondary level. The policy also emphasises the recruitment of physical Education teachers in schools and development of sports infrastructure in the school premises to create sports environment. It is a good proposition. The draft, however, fails to mention any development plans and strengthening of the resources of the Colleges and Colleges of physical Education in the country and an elective paper of physical Education at under graduate level in the colleges & universities as per NCTE norms for the admission in B.P.Ed. course.

There should be required a monitoring council consisting of physical education professionals like All India Council of Physical Education instead of NCTE. Who could monitor the every physical education institute? The Institutes/University of Physical Education must be headed by the qualified professional of physical education as per new UGC guideline. **Physical Education courses should be included in syllabus of public service commission to provide the broader base of job opportunity in the administrative area also.**

Integration of Physical Education & Sports in educational institutions of all levels. This has been in the agenda of previous policies, but the implementation has left much to be desired. The spectacular progress achieved by countries like Japan, China, Germany and Korea is attributed to their strong commitment to Physical Education and Sports oriented education In the institutions all levels. The development of most countries over the world, point out that the single most important factor which can bring about improvement in all spheres of life is Sports Education. It is high time that the government prepare sports oriented curriculum and advise state governments to follow in educational institutions including medical and engineering as is done in some institutions in Tamilnadu.

National Physical Fitness Programme. The draft policy authorized LNIPE. Gwalior to prepare Physical Fitness Curriculum for schools and not included fitness programmes for College, University and general population. The National Physical Efficiency Scheme which was prevalent during 1958 to 1978 is more apt now as it had message for men and women of all ages and be revived. It had bearing on Human Resource Development of the nation. Fit people are asset and weak are liable to nation. This scheme was similar to "President Physical Fitness" scheme in U.S.A.

Development of Sports Scientists. Apart from LNIPE Gwalior, recognize and encourage long standing institutions and Universities to produce experts in Sport Sciences. (Physiology of exercise, Psychology, Bio-Mechanics, Sports Management, Sports Architecture, Sport Nutrition, and allied subjects). Establish **National Sports Research Laboratory** with collaboration of other National Research related laboratories in the country. Include the representatives from National Association for Physical Education & Sports, Sports Management in sports policy making committees.

The nomenclature of Physical Training Instructors used in the policy may be replaced with Physical Education Teachers. Institute Annual Awards should be given for best Physical Education personnel at school, College and University levels. Institute Annual Awards are to be given to sports promoters (individuals/organisations) and private sports organizations. Constitute Sports Data Banks at State and National levels. Attention of print and electronic media is much desired to cover State and National School games and Interuniversity sports and games competitions.

Conclusion:

Certain Misconceptions are prevailing about Physical Education. It creates drawbacks because of Nepotism, lack of latest facilities, infrastructure, Proper Physical Education Syllabus at primary, Secondary school level as well as in Colleges. No monitoring council on Teacher Training institutions, lack of Uniformity in syllabus for Physical Education courses, hinders the promotion of Sports & Games in India. To overcome these constraints, Central Govt. and State Governments have to focus on starting new courses in Sports at UG level, Integration of Physical Education and Sports in Educational institution at all levels. Further the Governments have to make Physical Education Programme as mandatory in all Educational institutions.

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