

## Revision Notes

### Chapter 1

#### CHANGING TRENDS AND CAREER IN PHYSICAL EDUCATION

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**1.1 Physical Education:** Definition, aims and objectives: In fact, the basis of Physical Education is difficult and very broad. With changing time, its meaning also kept changing. Following definitions clear its meaning:

According to Charles A Bucher, “Physical Education is an integral part of total education process and has its aim the development of physically mentally, emotionally and socially fit citizens through the medium of physical activities which have been selected with a view to realize these outcomes.

According to Cassidy, “Physical education is the sum? of changes in the individual caused by experience which can bring in motor activity.

#### **Aims and Objectives:**

“The aim of physical education must be to make every child physically, mentally and emotionally fit and also to develop in him such personal and social qualities is will help him to live happily with others and build him up a good citizen.”

It main aim is all round development and it can be attained through different steps or objectives:

1. Physical development
2. Neuro-Muscular Development
3. Mental development
4. Social development.
5. Emotional development
6. Development of health
7. Intellectual and personality development.

#### **1.2 Post Independence Development of Physical Education:** After 15 August

1947, the development of physical education moved in a new direction. Many organizations



were set up for the development of physical education as per following details:

**I. The central Advisory board of physical Education and recreation:**

This was set up in march 1950 under the president-ship of Dr. Tara Chand along with 10 other members. Its first Meeting was held on 19 march 1950. In 1958, a meeting of the principals of all the colleges of the country was held in Madras in which emphasize was put on imparting physical education.

**II. All India Council of sports:** The central Government prepared a policy to boost games and sports in India. In 1954, the Union Minister Maulana Abdul Kalam Azad called a meeting of the heads of different sports associations. Retired Admiral General K.M. Kariappa was appointed as its first president.

**III. Netaji Shubhash National Institute of Sports:** In 1958, a Committee was set up Headed by the Maharaja of Patiala to make an inquiry about India's poor performance and down ward slide in Olympic games. The Government of India established Netaji Shubhas National Institute of Sports in march 1961. It was Inaugurated by Dr. Sreemali.

**1.3 Integrated Physical Education:** Concept and Principles Concept: Under this, one must have the Knowledge of different sub topics and their utility, so that the students could be trained properly. The knowledge of integrated physical education will promote the fitness and wellness of the individuals. It will help is designing high quality programmers.

**1.4 Adaptive physical Education:** Concept and Principals. There are many children who suffer from various types of disabilities like mental retardation, deafness, blindness, speech impairment etc. For such children special program may be organized, so that physical, musical, cognitive, social and emotional abilities can be developed in them.

**Principle:** For successful implementation of adaptive physical education, certain principle may be kept in mind such as medical examination, interest and capacity of the student, appropriate equipment, proper environment, specific instructional strategies etc.

**1.5 Special Olympic Bharat:**

This organization prepares the progress with physical and mental disability for special Olympics. At national level, they are trained to participate in 24 single and team games by



the sports Authority of India. This organization was established in 2001 as per the act of 1982.

### **Career option in physical education:**

#### **1. Teaching Career**

- a) Elementary school level
- b) Middle School level
- c) High School and senior secondary school level
- d) Collage and University level

#### **2. Coaching Career**

- a) Administration relates course
- b) Physical Education Department
- c) Sports Department
- d) Industrial recreation
- e) Sport facilities Management.

#### **3. Health related career**

- a) Health club
- b) Athletic training

#### **4. Performance related career**

- a) As Professional player
- b) As officials

#### **5. Career in communication and midis**

- a) Sport Journalism
- b) Book publication
- c) Sports photography
- d) Book publication
- e) Sports broad casting

