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One Day International Multi-Disciplinary Conference
**RESEARCH, INNOVATION, CHALLENGES & OPPORTUNITIES
IN HIGHER EDUCATION**

On 13th January, 2023 @

Smt Salunkabai Raut Arts & Commerce College, Wanoja,
In collaboration with

Saraswati Kala Mahavidyalaya, Dahihanda
Arts And Science College, Kurha,

Physical Education Foundation of India, New Delhi.

**PHYSICAL EDUCATION AND SPORTS: CURRENT SCENARIO AND FUTURE
PROSPECTS**

ABSTRACT

In today's space age and automation world, almost everyone seems to be living increasingly inactive lives. They prefer to ride instead of walk, sit instead of stand, and watch instead of participate. The need for physical education as part of a balanced life is therefore great and it is widely recognized that exercise and sport are important and important in developing an active and healthy lifestyle and as a solution to the growing obesity worldwide. Considering the above discussion, it is clear that physical education in India is often a neglected part of education and many schools across the country do not understand the importance of physical education as part of the system. There are many benefits to physical education and some schools have succeeded in finding a balance between academic learning and physical fitness. A well-planned systematic health plan that includes various exercise and sports activities will surely reduce the current disease situation in the world. Also, through the implementation of a systematic movement guide, ongoing individual health care costs can be reduced and this can balance a person's financial well-being.

Introduction

The deterioration of the situation of physical education and sport is worrying. It is a big challenge for the developing countries of the world to connect with other developed countries to get guidance from their trainers and authorities. Some people are confused by this term and do not know what it teaches. It is most often misunderstood as "physical conditioning exercises" (P.T. exercises). Others think that exercise is playing, such as football, hockey, racing and other competitive activities, when that is not the case either. Some believe that the purpose of physical education is to shape the body. Few others think that exercise is only for entertainment, fun and enjoyment. In fact, these misunderstandings have led to many misunderstandings on the subject. In India, structured physical education must become an integral part of school curricula. Thus, for a young and socio-economically diverse population, moving through schools can become an effective all-round development tool for Indian children. The importance of physical education has never been more emphasized than today. In today's space age and automation world, almost everyone seems to be living increasingly inactive lives. They prefer to ride

instead of walk, sit instead of stand, and watch instead of participate. Such inactivity or a sedentary life is very harmful to physical and mental health. Due to this loose and inactive lifestyle, people suffer from hypokinetic diseases such as diabetes, cervical and bony spondylitis, back pain, joint pain, obesity and cardiovascular diseases. The need for physical education as part of a balanced life is therefore great and it is widely recognized that exercise and sport are important and important in developing an active and healthy lifestyle and as a solution to the growing obesity worldwide. Although physical education is part of the school curriculum in most countries, classes do not take place, therefore the physical activity of children and young people decreases. Current trends of Physical Education
The deterioration of the situation of physical education and sport is worrying. It is a big challenge for the developing countries of the world to connect with other developed countries to get guidance from their trainers and authorities. In this way, developing countries can get information about world-class infrastructure and technological equipment related to sports. Physical education in educational institutions is an area where physical education is increasing. Cricket, which has

turned out to be a religion in India, is a media-driven game and raises the financial status of the players. At the same time, cricket should not be overlooked, it is worth paying attention to other games as well.

Physical education of the future Inactivity has become a major cause of the global increase in non-communicable diseases (World Health Organization, 2009}). In 2008, the World Economic Forum called on employers to be active in the prevention of non-communicable diseases, an important factor in the development of a healthy workforce is a reliable group of employees who are receptive and aware of healthy lifestyle practices even before starting. work Health and Physical Education (HPE) is often stereotyped as "doing sport". However, if HPE is to play its role in developing a healthy workforce, HPE's learning environment must be designed to create meaningful learning for all, which is clearly more than creation. top athletes The ultimate goal of health and physical education teachers should be 1) development of lifelong and regular physical activity; 2) development of general physical skills; 3) inspiring holistic and positive emotional attitudes and) inspiring science-based knowledge to inspire civic engagement. In response to the global shift towards developing healthier people, there is currently a strong push in Australia for an expanded and more integrated role for HPE in the potential national curriculum. Other countries have been involved in such a process and there is much to learn from their experience. The Australian Council for Health, Sports Education and Recreation (ACHPER) Conference of 2009 was a major conference with an international panel of experts from all continents and 23 countries. Creating Active Futures: Draft Proceedings of the 26th ACHPER International Conference is a combination of research and professional perspectives presented at the conference. The articles in this volume arose from articles submitted for peer review rather than searching for specific articles. This volume is divided into parts based on five conference themes: 1) Themes in Health and Physical Education (HPE) pedagogy; 2) Practical application of science in HPE; 3) improvement of lifestyle;) development of sports excellence; 5) Teaching modern games. The "Topics in HPE Pedagogy" section offers different perspectives on teaching HPE on various paper topics, including first aid, philosophy, approach, cultural specificity, teaching methods and styles, curriculum, competence and emotional development. The second part combines science and HPE teaching and provides valuable information on injury prevention, information technology, personality and skill development. Volume 3 is a compilation of lifestyle improvement writings and research. Topics include adventure, nature, curriculum, immigrant perspectives, beliefs, and programs with a global focus on developing an active citizen. The Excellence in Sport section contains articles that attempt

to explain the aspect of excellence in sport. The final part of this book highlights some contemporary perspectives on teaching games.

Importance of Physical Education

Structured physical education must become an integral part of school curricula in India. Thus, for a young and socio-economically diverse population, moving through schools can become an effective all-round development tool for Indian children. Most schools in India have not integrated structured physical education into the school curriculum. The emphasis is on general subjects because schools do not understand how a structured physical education curriculum can promote the development of young children by increasing their physical, mental, emotional and social growth. With 29.5% of India's population below the age of 1 (Census of India, 2011), physical education needs to be used as an effective tool for holistic development of Indian children from different socio-economic backgrounds. The obvious benefits of physical education in keeping children fit, active and healthy are especially important when you live in urban India with a stronger economic background where obesity has become a major problem. Movement also promotes mental health, encourages and fights depression, and contributes to children's emotional development. Unfortunately, the Indian education system revolves around a fiercely competitive exam culture that puts enormous pressure on students. Physical activity ensures children's social growth by giving them self-confidence, promoting leadership, teaching teamwork and encouraging participation and creativity. These values are difficult to learn through textbooks, but they can be practiced in a practical and enjoyable way.

Conclusion

Physical education and sports have a bright future if they are perfectly channeled. The main concern now is to understand the gaps that exist and then provide suitable programs. A well-planned systematic health plan that includes various exercise and sports activities will surely reduce the current global disease situation. It also leads to excellent performance in competitive fields in international sports.

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DOI PREFIX 10.22183
JOURNAL DOI 10.22183/RN
SIF 7.399

RESEARCH NEBULA
An International Refereed, Peer Reviewed & Indexed Quarterly
Journal in Arts, Commerce, Education & Social Sciences

ISSN INTERNATIONAL
STANDARD
SERIAL
NUMBER
ISSN
ISSN 2277-8071

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