

## Need Of Physical Education Programme In Present Scenario

**Dr.Vandana Singh,**  
Arah Bihar

### Abstract

*Physical education is a component of education that takes place through movement. In physical education, as in all academic areas, students must learn the basic skills which require practice and refinement in the physical education setting. Students integrate and apply the skills learned in physical education to their everyday life. In addition, numerous benefits result from participating in a quality physical education program such as: learning how to live an active and healthy lifestyle, proper nutrition, skill development, improved physical fitness, reinforcement of other subjects, goal setting, self-discipline, leadership and cooperation, stress reduction, enhanced self-efficacy, and strengthened peer relationships. Cultural and global awareness can be enhanced through participation in physical activity, sports, dance and/or rhythms from other cultures. Through regular participation in physical education, students will have the opportunity to develop a pattern of life-enhancing and self-rewarding experiences*

### Introduction

**T**he purpose of a physical education programme is to guide students in the process of becoming physically active for a lifetime. The physical education setting also provides a unique opportunity for students to develop an understanding and respect for differences among people. Cultural and global awareness can be enhanced through participation in physical activity, sports, dance and/or rhythms from other cultures. Through regular participation in physical education, students will have the opportunity to develop a pattern of life-enhancing and self-rewarding experiences that contribute to their potential to be healthy New Century Graduates. Physical education should teach them how to integrate physical activity into their day both now and later in life. Schools represent an advantageous opportunity to promote physical activity in children. The ability to carve out time for physical activity whether it recesses, physical education or sports is unique to schools alone. Play, physical activity, physical education, recess, and sports are cherished parts of childhood.

### Benefits of physical education

Physical education programme can help you control or reduce your weight because testosterone and thyroxin speed up your metabolism. Physical exercise as bodily movement prescribed to correct impairment, improve musculoskeletal function, or

maintain a state of psychological-being. Physical exercise Release contracted muscles, tendons, and fascia, Mobilize joints, Improve circulation, Improve respiratory capacity, Improve coordination, Reduce rigidity, Improve balance, Promote relaxation, There are several benefits of physical education program are as:

#### Enhances communication skills

The team-building process enhances communication skills, and the skills required to get along and cooperate with students of varying ethnic backgrounds and personalities.

#### Develop life-enhancing strategy

Through regular participation in physical education, students will have the opportunity to develop a pattern of life-enhancing and self-rewarding experiences that contribute to their potential to be healthy New Century Graduates.

#### Regular Fitness Activity

The regular fitness activity helps students maintain fitness, develop muscular strength and improve cardiovascular health.

#### Improves digestive processes

A regular fitness activity improves the absorption of nutrients by the body, improves digestive processes and increases physiological processes.

#### Builds Self-Confidence

The participation in physical education in high school provides a positive influence on a student's personality, character and self-esteem.

**Cultural and global awareness**

The physical education setting also provides a unique opportunity for students to develop an understanding and respect for differences among people. Cultural and global awareness can be enhanced through participation in physical activity, sports, dance and/or rhythms from other cultures.

**Develops Motor Skills**

Physical education in high school is essential to the development of motor skills and the enhancement of reflexes. Hand-eye coordination is improved, as well as good body movements, which helps in the development of a healthy body posture.

**Health and Nutrition**

Physical education teaches students the importance of physical health. High school is an age where students misinterpret the meaning of "overweight" and eating disorders prevail. Physical health and education informs students on sound eating practices and the essential guidelines for nutrition.

**Reduce Stress**

High school students have substantial amounts of stress due to curriculum, homework, families and peer pressures. Involvement in sports, recreational activities or other forms of physical fitness offer a method of stress relief.

**Provide opportunity to teach skills**

School physical education programs offer students the opportunity to not only be physically active today but the opportunity to teach skills and behaviors conducive to maintaining physical activity for a lifetime.

**Healthy Child development**

The benefits of each are at the forefront of scientific literature over the last decade. No longer can an informed parent, educator or doctor ignore the importance of each in contributing to healthy child development. School physical education (PE) provides a context for regular and structured physical activity participation. To this end a common justification for PE's place in the school curriculum is that it contributes to children's health and fitness.

**Blood pressure**

Blood pressure control due to exercise as the requirement of blood by the muscles is increased. The pressure exerted on the walls of the blood

vessels increases as the heart pumps more and more blood to meet the requirement of muscles. Pulse become normal in the shorter duration after the cessation of activity in case of trained athletes.

**Conclusions**

Numerous benefits result from participating in a quality physical education program such as: learning how to live an active and healthy lifestyle, proper nutrition, skill development, improved physical fitness, reinforcement of other subjects, goal setting, self-discipline, leadership and cooperation, stress reduction, enhanced self-efficacy, and strengthened peer relationships. The physical education setting also provides a unique opportunity for students to develop an understanding and respect for differences among people.

**References**

1. Armstrong, N. and Welsman, J.R. (1997) *Young People and Physical Activity*, Oxford University Press, Oxford.
2. NASPE. 2012. Instructional framework for fitness education in physical education. Guidance document. Reston, VA: AAHPERD.
3. Mota, J. (1994) Children's physical education activity, assessed by telemetry. *Journal of Human Movement Studies*
4. Sallis, J.F. and McKenzie, T.L. (1991) Physical education's role in public health. *Research Quarterly for Exercise and Sport*, 62
5. Shephard, R.J. (1997) Curricular physical activity and academic performance. *Pediatric Exercise Science*, 9
6. Stratton, G. (1996a) Children's heart rates during physical education lessons: a review. *Pediatric Exercise Science*, 8, 215
7. Zeigler, E. (1994) Physical education's 13 principal principles. *Journal of Physical Education, Recreation and Dance*, 65, 4-5.