

## Physically strong children are more suited not only on field but in classroom as well.

**Dr. N. R. Swami,**

Dayanand College of Commerce,  
Latur.

### Introduction:

**P**hysical superiority coupled with mental ingenuity has been the determining factor in most human struggles, and these two resources of mind and body must be developed simultaneously.

The students of today are strengthening factor in the evolution and preparation of tomorrow's citizens. Physical education is a unique approach towards the education of the individuals. It is the composite program designed to coordinate and foster the physical, social, emotional, mental and intellectual development of the individual, in order that they may be better able to approach life's problems.

Human world has been developing too fast since the time of its emergence. Curious man is, now, aware of the reality of the things which were menaces of fear years ago. Sun, moon, and stars are no longer mythical heroes. He wants to win over death all his ambitions can be fulfilled only with the help of the wealth of minds.

Some of the widely used headings for this particular area of education have been calisthenics, athletics, exercise, and gymnastics, when included apparatus and tumbling. Physical education evolved as this area in education expanded as the educational potential and became more apparent.

### Present Curriculum of Physical Education :

In schools and colleges, increasing pressure is being placed on the teachers regarding their accountability and students' academic achievement. Hence time becomes a sensitive issue and even more precious commodity. All subjects are equally important but those not considered as core subjects are often neglected, reduced or cut. Subjects such as art, physical education, and music were not considered as core but these subjects do contribute to students' overall education and development (Coleman (1999),

Lembord (2000), Wemer, and Almond (1996), of American College of Sports Medicine suggested that schools are the most likely place to change physical activity patterns and that physical education curricula should provide movement experiences that are enjoyable. Additional sessions of physical education would be ideal, but in the light of the child left behind legislation and the increasing emphasis on reading and Maths, a more collaborative approach between classroom teacher and physical education specialist offers greatest (1990) working together physical education teachers and class teachers can include more physical activity into the school day and bring in more enjoyment, fun work and intellectual developments simultaneously.

**Integrated Approach:** The primary goal of education is to help students gain knowledge and skills necessary to solve the problem that may occur in life. One of the most touted method for doing this is curriculum integration (McBee 2000). Those who are leading this movement claim that an integrated curriculum is far superior to the one that is compartmentalized and discipline based.

That national curricular standards for Maths, Science, and Physical Education supports interdisciplinary collaboration. Developing and implementing an integrated curriculum covers most topics at a contextual level while very few topics are covered in great depth. The result is that they get only superficial of the material that they are required to know in order to be successful on their next test. order thinking skills and to demonstrate an acquired knowledge and understanding through projects and performance. From this it can be understood that is helped to understand because the topic can be related to something right in front of you and adds relevance to the material being taught.

**Physical Fitness:** Physical fitness is the physical well-being that is related to optimal health. It includes having appropriate level of the components of fitness that provide dynamic health and a low rise

of developing major health problem. Fitness is also define as the ability to meet life's demand and still have enough energy to respond to unplanned events. There are five basic components of fitness. To improve these we often require certain level of motor skill of they are also involved in physical fitness program.

It is possible to develop basic components of fitness without proficiency in these and other motor skills. That is why it is possible that someone who is not a natural athlete can still be extremely fit. Fitness also means optimal quality of life including social, mental, spiritual, and physical components also called as wellness.

**Scholastic achievement :** The quality of education depends largely upon the quality of teachers. Teaching is a technical job, which requires certain qualities of head and heart. The teacher is the main source in creating and keeping up the interest in the children. Teaching in an art and the teacher is the real artist, because he creates a learning situation, builds up right attitudes, motivates the children to learn and provides an ideal environment for the scholastic growth of the students.

**Academic achievement :**

To make the students learn, a teacher must do certain things in certain ways. It is not enough for a teacher merely to know his subject matter and to have clearly in mind what he wishes his students to learn. In order to make pupils learn, he must carefully plan the procedure he will adopt and activate that the students actively participate in the learning experience.

#### **Physical Education & Scholastic Achievement :**

Physical education and activity can stimulate various parts of the brain have favorable effects on academic achievement.

Improvement in discipline, academic performance and self concept are the benefits associated with regular physical activity.

Moderate to vigorous physical activities favorably enhance skill performance in classroom functions such as arithmetic, reading, memorization and categorization.

Even when more time is devoted to physical education, academic performance has been found not to suffer.

The health benefits of exercises or physical

activities across the life span have been well documented. More recently scientists have begun to demonstrate that exercise also may improve cognitive functioning.

So, physically fit children are better suited not only on the field but in the classroom as well, is true. Anecdotal evidence is plentiful but empirical data to back up is harder to come by. If evidence existed that physical education contributed to intellectual development, it may gain credibility and instructional time.

#### **Conclusion:**

Physically fit person or students are better suited not only on the field but also in the classroom as well. If any one interested to prove, mental ability then it must have physically fit, then his or her brain have been working properly.

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