

**Note**

CONCEPT OF PHYSICAL EDUCATION

What is Physical Education? How did it develop into a science? The journey is long and complex. As you know in ancient times life was not simple. Our ancestors had to struggle for their existence. They were required to be engaged in running, throwing primitive weapons and spears and jumping in order to save themselves from the wild animals and search for food. These activities not only kept them fit but also enabled them to meet the requirements of their daily life. These physical activities have today evolved into a well-established science that draws-upon of human anatomy and physiology, the mechanics of movement, and the way to optimize physical fitness through exercise. This application of science helps to enhance physical performance and health.

In this chapter, you will learn about the meaning, aims and objectives of physical education and understand the difference between the commonly used terms - play, games and sports.



LEARNING OUTCOMES

The learner-

- describes the meaning, definition, aim and objectives of physical education,
- differentiates among the terms play, games and sports,
- applies physical education in day-to-day life.

1.1 MEANING OF PHYSICAL EDUCATION

The term physical education is composed of two words, i.e., physical and education. While 'physical' is related to body and its bodily characteristics, 'education' means systematic instructions or training for life or for some specific situations or the process of learning & training.

Earlier physical education was largely restricted to the 'physical', indicating a well-built physique and strengthening of muscles. The main stress on physical education was laid down in ancient Greece. Philosophers like Socrates, Aristotle and Plato



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believed that physical training was a must for the youth. Even in India, physical activities were an essential part of life in ancient times. However, the concept of physical education kept changing with times. Today in common terminology, the nature of physical education is considered synonymous with physical training, drill, games, physical culture, health education or recreation, but in reality, it is much more than that.

The modern concept of physical education conveys that it as a stream of education through the medium of physical activities. It is now an integral part of the educational programme designed to promote the optimum development of an individual.

Physical education and sports are considered essential for health, fitness and wellness, in era of technological advancement where, machines have taken even most of the work of the human being. It helps in developing strength, speed, endurance, and coordination abilities; and inculcating social qualities, such as, empathy, cooperation, friendship, team spirit, and respect for rules, which are essential for healthy social relations with others.

Physical education is imparted through various types of physical activities such as walking, jogging, running, throwing, jumping, kicking, hopping, climbing, pushing, pulling etc. The games and sports in which people can participate include archery, athletics, badminton, basketball, cricket, football, handball, hockey, volleyball etc. Apart from this, yoga, aerobics, mountaineering, trekking and adventure sports also provide an opportunity to engage in fitness.

1.1.1 Definitions of Physical Education

Physical education has been defined in numerous ways by different experts and organisations. Some of them are as follows.

- 1) According to **Charles A. Bucher**, “Physical education is an integral part of the total education process, is a field of endeavour which has as 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 realizing these outcomes.”
- 2) According to **Jay B. Nash**, “Physical education is that phase of the whole field of education that deals with big muscle activities and their related responses.
- 3) According to **J.F. Williams**, “Physical education is the sum of man’s physical activities selected as to kind and conducted as to outcomes.”
- 4) According to **J.P. Thomas**, “Physical education is education through physical activities for the development of total personality of the child and its fulfilment and perfection in body, mind, and spirit.”





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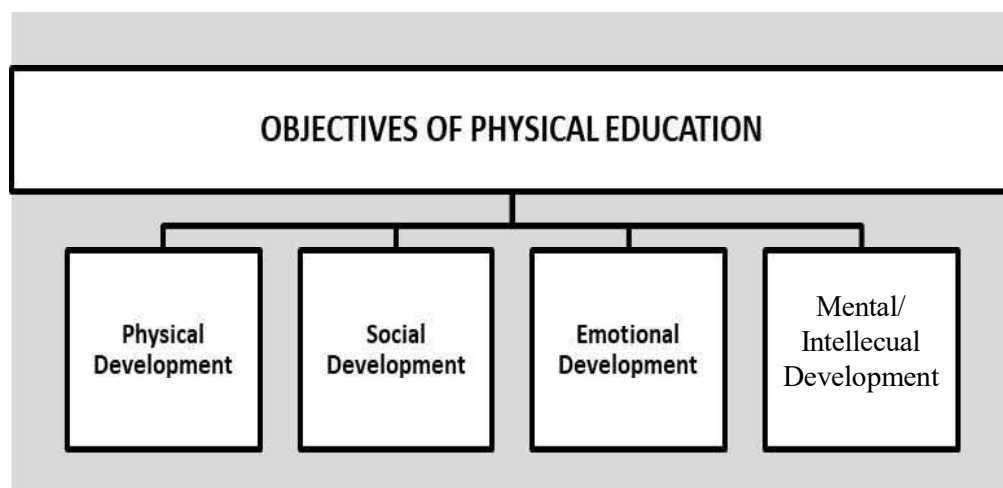
On the basis of above definitions, the following conclusions may be drawn:

- 1) Physical education is education through physical activities, which aims at the harmonious functioning of body, mind and intellect.
- 2) It includes all aspects of the personality i.e. physical, mental, intellectual, emotional and social.
- 3) The focus of physical education is on the natural quality of the human organism i.e. “large muscle” activity.
- 4) It lays emphasis on wholesome and holistic experiences.

1.1.2 Aim and Objectives of Physical Education

AIM: The sole aim of physical education is the **all-round or wholesome development of the personality of an individual**. It includes development of physical, mental, social, emotional, and moral aspects to make an individual a good citizen who is able to make contribution in process of nation in one’s own way.

OBJECTIVES: Objectives are the short-term statements of specific outcomes that build cumulatively to reach a goal. The most common objectives of physical education are as follows:



1. Physical Development

Physical development is the foremost objective of physical education. It deals with the development of muscular system of the body and ensures proper growth, strength, endurance, flexibility and over all fitness far a healthy life.



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2. Social Development

Physical education provides ample opportunities to its participants to interact with other individual and groups. Physical activities are the best source of attaining qualities like fair-play, cooperation, sympathy, courtesy, tolerance, cooperation, sportsmanship, and leadership.

3. Emotional Development

Each individual experiences emotions like pleasure, hope, wonder, anger, fear, jealousy, despair, loneliness etc. Physical education teaches every player to accept success and failure gracefully. It aims at emotional stability & selfcontrol which helps the individual in facing any type of situation with confidence.

4. Mental/Intellectual Development

Physical Education also contributes to the development of the mind. It helps students learn rules, techniques and strategies of games & sports. And also improves concentration, decision-making and problem solving abilities.



INTEXT QUESTIONS 1.1

1. Tick the correct option.

- 1) Who said physical education is the sum of man's physical activities selected as to kind and conducted as to outcomes?
 - a) Charler A. Budes.
 - b) Jay B. Nash.
 - c) J.F. William.
 - d) J.P. Thomas.
- 2) What is the primary goal of physical education in schools?
 - a) To enhance students' academic performance.
 - b) To teach students various sports and games.
 - c) To promote physical fitness, health, and well-being among students.
 - d) To reduce students' free time during school hours.
- 3) Which of the following best describes the concept of physical education?
 - a) Physical education focuses solely on athletic training and competitive sports.
 - b) Physical education is an academic discipline aimed at developing physical fitness, motor skills, and overall health.





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- c) Physical education is optional and focuses on recreation alone.
- d) Physical education is primarily about weight loss and strict diet regimes.

2) Answer the following questions.

1. How can physical education help in daily life?
2. Why is physical education considered a science today?
3. How does physical education contribute to emotional development?

1.2 MEANING OF PLAY, GAMES AND SPORTS

“Not All Games are Sports but All Sports are Games”

People are often confused with the synonymously used terms in physical education like play, games, sports, leisure, recreation, fun etc. The meaning of these terms is explained below for better understanding.

PLAY - Play refers to any activity that is free, uncertain, spontaneous, and unproductive. It is governed by internal rules and is make-believe. It is a form of human or animal activity or behavioural style that is self-motivated. Children carry on play for its intrinsic engagement rather than for any external benefits. Often it is marked by elements of competition, humour, creative exploration and problem solving and is a mimicry of role playing.

Froebel has defined play as “the natural unfolding of the germinal leaves of childhood.” It is an inherent tendency and a gift of nature. In fact, play is nature’s prescribed course of education and helps the child to grow physically, mentally, emotionally, and socially by providing freedom, spontaneity, and self-expression, highlighting the educational importance of play. The characteristics of play include voluntary behaviour, evenly matched competition, and it is economically unproductive.

GAME The word Game originated from the Proto-Germanic GA, which refers to the sense of “getting people together”. Games are a form of playful competition in which the outcome is determined by physical skill, strategy, or chance. These factors may be employed singly or in combination. It is a form of interactive entertainment where players must overcome challenges. Players take actions that are governed by rules in order to obtain a victory condition. It is a recreational activity that involves one or more players, and is defined by a goal that the players try to achieve. Players follow a given set of rules to play it. A game involves more than one player. This is an activity that typically involves skill, knowledge, or luck. There are fixed rules which are followed to win against an opponent. It involve both mental and physical activities, and usually involve chance factor in winning.



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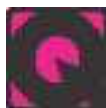


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SPORT - Any institutionalized game that demands the demonstration of physical prowess is known as Sport. It is a wider term which acts as an institution involving all physical activities, individual skills, and is governed by a set of rules. It is often taken competitively. It is a physical activity carried out under a set of rules laid down by the governing body of that particular sport. It is an activity that involves physical exertion and skill in which an individual or a team competes against others.



INTEXT QUESTIONS 1.2

1. Mark the following statements as true or false:

- 1) Social media and Video Games are good source of physical activities.
- 2) Physical education aims only at physical development of an individual.
- 3) Physical education is the integral part of total education process.
- 4) Physical activities provide opportunity to learn qualities like sportsmanship and self-discipline.
- 5) Play, games and sports are synonymous terms.





ACTIVITY 1.1

Identify the games which you play in your neighbourhood and list the benefits you get through participation.

1.3 ROLE OF PHYSICAL EDUCATION IN DAY-TO-DAY LIFE

It is an old saying that, “A healthy mind lives in a healthy body.” But, in the modern era of technological advancements, video games, mobile games and computer games have taken the place of our traditional games. Children and adults rarely take out time to play any indoor or outdoor games in this modern age of technology. This has resulted in sedentary lifestyle, leading to various side effects on human health. Some of them include ecological imbalance, social imbalance, cultural degradation, social disintegration, religious turmoil, various physiological and psychological strains etc.

Physical education has a special significance and unique role in the modern age. There are numerous benefits of engaging in a physical education programme. Through physical education, children get involved in a variety of physical activities, which gives them the opportunity to be active. It not only improves their physical competencies, but is also helpful in focusing on their life goals by mastering self-discipline and increasing awareness. It caters to the biological, sociological and psychological needs of a person.

Physical education has the potential to help people overcome various problems arising out of modernisation. It's role in day-to-day life can be summarized as under:

- 1) Physical education aims at the **overall and optimum development** of an individual, considering the child as a united whole of mental, physical, social, moral and physical qualities.
- 2) Participation in physical activities leads to the **development of organic system and proper functioning of human body**, which ensures optimal growth and development of an individual.
- 3) Through physical activities, an individual develops **neuro-muscular coordination**, which is indispensable to facilitate learning skills.
- 4) Physical activities are essential for the development of the child's **intellectual development**. To learn physical activities, intellectual mechanism in the form of thinking and problem solving is required for acquisition of knowledge. For example, players need to take decisions in different conditions and situations that improve their thinking.

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- 5) Physical activities help in the **mental development** of the individual. For example, a badminton player is definitely physically fit, but he must make a decision when he needs to Smash. The learning of skills, games, rules, techniques and strategies, and judgement equip an individual to interpret new situations effectively.
- 6) Physical education and sports provide **opportunities to control emotions**. Emotions like happiness, anger, sadness, excitement, and love are essential to life, but we must learn to manage emotions. Participation in sports leads to emotional release as well as control of emotions.



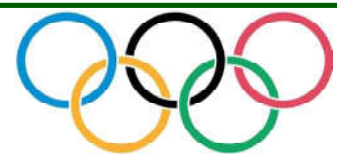
ACTIVITY 1.2

1. Make a List of Games that your Grandparents and Parents used to play in their childhood and compare those games with games you play.



INTEXT QUESTIONS 1.3

1. **Tick the correct option.**
 1. Which of the following is a primary benefit of engaging in physical education regularly?
 - A) Increased stress levels.
 - B) Enhanced mental well-being and reduced anxiety.
 - C) Reduced sleep quality.
 - D) Increased risk of lifestyle diseases.
 2. How does physical education contribute to improved social skills?
 - A) It encourages isolation and individual focus.
 - B) It teaches teamwork, cooperation, and communication through group activities.
 - C) It emphasizes only individual performance and personal goals.
 - D) It promotes competition over collaboration



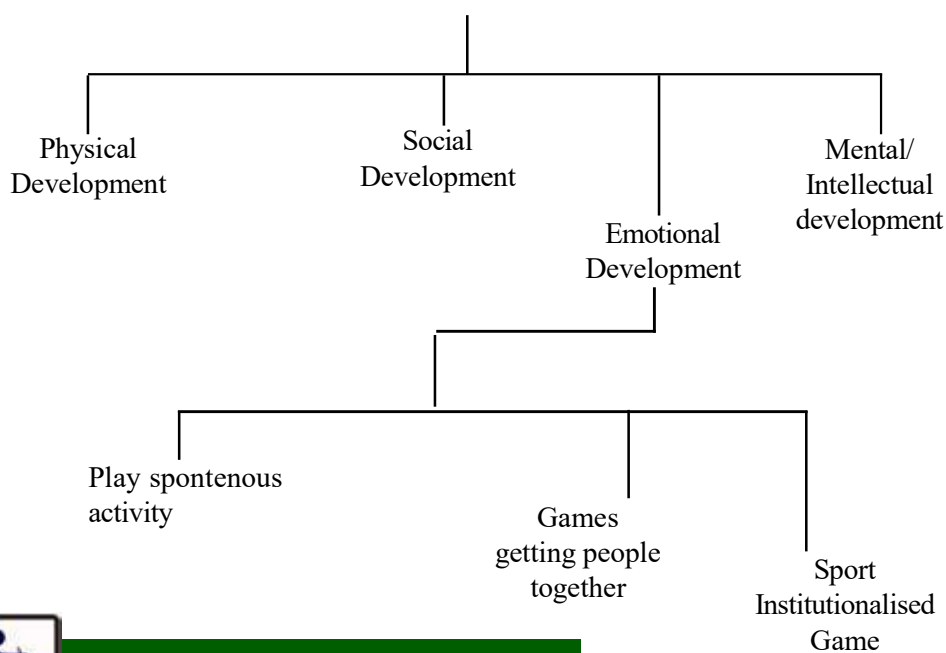


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3. Which of the following best describes how physical education can positively impact academic performance?
 - A) Physical education decreases focus and concentration in academic subjects.
 - B) Physical activity helps increase focus, memory, and cognitive function, leading to better academic performance.
 - C) Physical education only benefits physical health with no effect on academic success.
 - D) Physical education adds to academic stress.
4. Why is it essential to integrate physical education into daily life from a young age?
 - A) It helps develop lifelong habits for maintaining health and fitness.
 - B) It is only beneficial for athletes.
 - C) It solely focuses on competition without health benefits.
 - D) Physical education has little impact on long-term health.

Concept Map

Aim: All round Development of an individual



TERMINAL QUESTION

- 1 Explain the concept of social development.
- 2 Differentiate between game and sports
- 3 How participation in physical activities leads to the Physical development?



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- 4 what are the objectives of physical education?
- 5 explain the importance of physical education in day to day life.



INTEXT ANSWERS

1.1 Answer

- 1) c) J.F. William
- 2) c) To promote physical fitness, health, and well-being among students
- 3) b) Physical education is an academic discipline aimed at developing physical fitness, motor skills, and overall health.

1.2 1 False 2. False 3. True 4. True 5. False

1.3 Answer

- 1) B) Enhanced mental well-being and reduced anxiety
- 2) B) It teaches teamwork, cooperation, and communication through group activities
- 3) B) Physical activity helps increase focus, memory, and cognitive function, leading to better academic performance
- 4) A) It helps develop lifelong habits for maintaining health and fitness

