



Sports, Physical fitness activity and its Educational impact

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Abstract

Sports & physical activity go hand in hand as they are linked to each other in promoting the wellbeing of the school going children. Children are prone to succumb to ill health in schools & colleges caused due to unsafe drinking water, playing in mud, infectious playground etc. But school children even at elementary education level can be made to gain physical fitness from the initial stage. The government in India is concerned about the increasing the immunity level of children through various community oriented schemes. This paper reveals the overall support the students gain from physical fitness activity & considers mandatory introduction of Physical fitness activity

Key words: *Sports, physical activity, educational impact, mental health indicators*

“Participation in school sports offers so many benefits to children and teens, from lower dropout rates to improved health and reduced obesity. It is significant to have one in seven parents of non-sports participants indicate that cost is keeping their kid out of the game,” - Clark. M.P.H., (CHEAR) associate director, National Poll on Children’s Health

Introduction

Science has shown that sports improves mental health, Cognitive memory skills, concentration behavior & over all academic achievement. The link between academic activity & sports is a very much debated topic. Sports & physical activity go hand in hand as they are linked to each other in promoting wellbeing of the children. (Shephard R J- Academic skills and required physical education 2012)

Children are prone to succumb to ill health I health in schools caused due to unsafe drinking water playing in mud, infectious playground etc (Report on World Development Indicators Participation In Education World Bank Report 2014).But increasing importance given to academic achievements by all stake holders in sidelining sports as a regular physical activity. (Hardman K, Marshall J. The state and status of physical education in schools 2000). Parents wish their children to become good learners



rather than good sportsmen parents are making their children to study as captive learners school's curriculum hardly provides for physical learning .(Report on World Development Indicators Participation In Education World Bank Report 2014).

Removing or reducing physical activity classes from the school time may be detrimental to children's physical and mental health as research indicates that school day physical activity is associated with total daily physical activity. (Hardman K, Marshall J. The state and status of physical education in schools2000)

The vast majority of research indicates that replacing academic learning sessions with physical activity does not have a detrimental impact on school grades; indeed some intervention research indicates that increased participation in physical activity leads to enhanced learning and better grades (Shephard R J- Academic skills and required physical education 2012)

There is evidence that there has been a reduction over the years in children's participation in physical activity and organised community sport, and this is particularly evident in Australia. (Shephard R J- Academic skills and required physical education 2012) . A recent study conducted by the American College of Sports Medicine (ACSM) investigated the link between physical activity in children and

academic performance in school. (Hardman K, Marshall J. The state and status of physical education in schools)

Initially, researchers predicted that kids who took physical education (PE) during the school day would do better academically, since it helps reduce boredom and helps kids stay focused. (Shephard R J- Academic skills and required physical education 2012) . Schools too pressurize the students to achieve academically.(Hardman K, Marshall J. The state and status of physical education in schools2000)

Advantages to school children

There are several benefits to school children when they involve in physical activities.

1. It helps to reduce childhood obesity / childhood diabetes
2. It improves blood circulation
3. It activities respiratory organs
4. It improves body weight /underweight problems
5. It removes abdominal disorders
6. It supports digestive systems
7. It supports immunity system of the body
8. It helps children to build better gums
9. It helps them to acquire a positive health habit.
10. It clears arteries & veins



Health impact on adolescents & teenagers

1. It strengthens the heart. The heart is a muscle. Like other muscles, its performance improves when it's regularly challenged by exercise. The heart responds to exercise by becoming stronger and more efficient. Strengthening the heart muscle can help ward off heart disease

2. It helps keep arteries and veins clear- Physical exercise reduces the amount of harmful cholesterol and fats in a person's blood. It increases the flexibility of the walls of blood vessels, and helps to lower blood pressure.

3. It strengthens the lungs. Working hard increases lung capacity, and their efficiency in moving air in and out of the body. As a result, more oxygen is drawn into the body and more carbon dioxide and other waste gases are expelled. Regular exercise helps prevent the decline in oxygen intake that occurs naturally with age or as a result of inactivity.

4. It reduces blood sugar levels. Exercise prevents sugar from accumulating in the blood by triggering muscles to take up more glucose from the bloodstream and use it for energy. This can reduce the risk of developing diabetes.

5. It controls weight. When a person is sedentary, he tends to be taking in

more calories than are needed. These unused calories accumulate as fat. A person who is physically active may have a deficit of calories, which takes fat away and lowers weight. Lowered weight is good for the heart and can be beneficial in people with diabetes.

6. It strengthens bones. Just as muscles grow stronger when physically stressed, bones also respond by getting stronger. Exercise increases bone density, which helps prevent osteoporosis, a condition in which bones lose density, weaken, and become porous and fragile.

7. It helps prevent cancer. People who exercise regularly have lower incidences of cancer. The cancers most affected include colon, prostate, uterine, and breast cancers.

8. It regulates blood pressure. Exercise has been shown to reduce stress levels. As the levels of stress in a person's body subsides, his blood pressure and his risk for heart disease decline.

9. It improves energy levels. Regular exercise often makes people feel more energetic, allows them to be more active, and reduces the likelihood that they'll tire during the day.

10. It enhances emotional well-being. Most people report that they feel calm and have a sense of well-being after they exercise. Exercise,



according to one theory, releases beta-endorphin, a natural substance in the body that is hundreds of times more potent than morphine. Another theory points to serotonin as the cause of the exercise high. Increased levels of serotonin in the central nervous system are associated with feelings of well-being, heightening of appetite, and lessening of mental depression. The weight loss that accompanies exercise can also to feel better.

Educational impact of physical education

1. **Psychological impact:** Physical education and sport have an educational impact. Changes can be seen in motor skills development and performance and educational potential. This shows the positive relationship between being involved in physical activities and psychosocial development. (Bajpai Asha .Dr- Child Rights in India: Law, Policy, and Practice 2003).

2. **Formative impact:** -Sport and physical education is fundamental to the early development of children and youth and the skills learned during play, physical education and sport contribute to the holistic development of young people. (Bajpai Asha .Dr- Child Rights in India: Law, Policy, and Practice 2003). In terms of physical and health aspects of child and youth development, there is an overwhelming amount of evidence

that focuses on the (mostly positive) effects of sport and exercise on physical health, growth and development.

3. **Ethical impact:** Through participation in sport and physical education, young people learn about the importance of key values such as honesty, teamwork, fair play, respect for themselves and others, and adherence to rules. It also provides a forum for young people to learn how to deal with competition and how to cope with both winning and losing. (Shephard R J- Academic skills and required physical education 2012) These learning aspects highlight the impact of physical education and sport on a child's social and moral development in addition to physical skills and abilities. (Bajpai Asha .Dr- Child Rights in India: Law, Policy, and Practice 2003).

4. **Learning / performance impact:** Sport-based programmes have been shown to improve the learning performance of children and young people, encouraging school attendance and a desire to succeed academically. Whilst a majority of research into the health and development impacts of sport has been conducted in developed countries, there are studies that support this relationship in developing countries. (Bajpai Asha .Dr- Child Rights in India: Law, Policy, and Practice 2003).



Conclusion

Science has shown that sports improves mental health, Cognitive memory skills, concentration behavior & over all academic achievement. The link between academic activity & sports is a very much debated topic. School attendance improves dropout rates decrease healthy children live in a healthy atmosphere with a healthy values. Community is thus empowered towards positive progression.

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