



## Physical Education Scenario in Urban India –Time For Decision Making In Physical Education & Sports Administration

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### Abstract

India is a youthful country with 230 million youth population. Indian history & antiquity has been seeded with the innumerable sporting activities since time immemorial. India was primarily recognized for archery since epic time. But with the introduction of British modeled education, physical education / sports education was sidelined & learning inside walled classrooms without any physical activity came to stay. This education model was supporting only academic learning while physical education was neglected completely after the independence Indian government introduced several educational reforms & physical education was made a part of the curriculum. But these regulations have not been followed by all educational institutions & even so many years of Indian independence Indian performance at global level sports meets & championships has been very dismal & poor. This paper analyses the reasons behind failure to introduce a homogeneous & uniform physical education curriculum at schools & this paper considers strategies to make physical education popular & support a healthy youth force.

**Key Words:** physical education, sports policy, strategies

### Introduction

Indian youth considered as the asset for the future, are exhibiting signs of unhealthiness & poor immunity. The Body mass index (BMI) survey of the Indian youth in an urban city showed that only 40% of them had a healthy BMI. Rest of the youth was suffering from overweight, underweight, poor immunity, poor physical fitness support parameters. Most of the Indian youth suffer from several health disorders. (Report of

promoting physical education in schools 2012).

The studies in this regard are so shocking that they reflected on youth lacked overall physical activity. Studies point to the need for educational institutions to mandatory introduction of physical education & demand for raise of play hours for children. The lack of health and fitness among such a large number again proves that physical activity/sports in schools should be viewed as an important part of the



curriculum , for the overall development of a child , There is a need for greater awareness about the importance of play and there must be more time allotted for the same.

### **Initial Steps towards Physical Education**

IN India the basic sports education starts at the school-level in the form of physical education. This helps to develop overall health of the students and encourages them to be a part of sports in future . There are accusations that physical education is often neglected in India due to various reasons. Many schools do not seem to realize the value of physical education in the curriculum (Desai & others -India Human Development in India - challenges for a society in transition).

**Policy Implications:** Physical education can be made more popular through following strategies

1. Including physical education as a major subject in the academic curriculum from elementary school level to university- level would be very supportive to the youth. (Report of promoting physical education in schools 2012).
2. Establishing exclusive universities for sports and physical education in the government / private sector will boost up healthy habits.
3. Ensuring public- private participation in physical education can enable more sustainability.
4. Getting corporate sector involved in physical education activity sponsorships
5. Venerating the achievements of the sportspersons through mass media, social media, Mobile applications, academic lessons etc can be helpful to encourage students to involve in sporting activities.
6. Regular encouragement to sports competitions and championships at all levels of education will be an added support
7. Enhancing the quality infrastructure for physical education would be an additional support
8. Encouraging sports scholarships in schools & colleges would help the aspirants to pursue sports as a career.
9. Ensuring active participation of sports organizations, clubs authorities, & sports associations is necessary. If these associations take interest to sponsor sporting activities regularly it would instill competitive spirit.
10. The Role of government in making physical education is very crucial .Government both central & state governments across the country can make uniform regulations regarding alleviating physical educational activities to the core. Government can increase the funding for physical education & all types of sports and help to elevate



related activities through enhanced budgetary allocation.

11. Government can designate sports authorities to ensure that the funds earmarked for Sports is not misused & reach the right persons at the right time.

12. Government has to set a comprehensible sports policy and plan of action focusing on preparing youth for global sporting events such as Olympics and other world championships.

13. Government should stop prioritizing certain sports such as cricket. It should afford equal importance to all types of sports & this will ensure equal treatment.

#### **Urban Schools & Physical Education:**

In certain urban schools physical education / sports periods are included in the syllabus only nominally. Most of the school / college authorities treat physical education as a 'rest period' between tight academic hours. In most of the urban schools, lack of space deters them from spacing a playground. In certain schools physical education / sports period considered as free periods where children are left out to roam free. In certain schools & colleges that any one free teacher is made to teach / train physical education. In certain schools / colleges teachers without the required training teach physical education. All these misconceptions about physical education / sports have to be removed in order to bring talented

children to the highest level of physical education / sports.

Physical education and sports not only create healthy individuals but also a healthy society. Therefore, sports culture can contribute to the nation – building process. Today, most small and big nations are making their entry to sports, based on this philosophy. However, India, despite a population of over 110 crore, has not yet made significant presence in the world of sports, including world championships and the Olympics. This is true of both individual events and group events. We have not done well in hockey at the global level. Being active in sports is primarily the responsibility of the youth, but the government should provide them with all possible facilities for their development. When these young men and women represent India in world championships, they need to uphold the pride of the nation. The budgetary allocation for sports, comes under they need to uphold the pride of the nation. The budgetary allocation for sports, comes under the Union Ministry of Sports and Youth Affairs, is not sufficient compared to the countries that excel in Olympics and other international sports events.

But more initiatives towards institution building & mobilizing support from grassroots level will support the cause of the promotion of physical education. Building a



sustainable future is a big dream for Indian policy makers this can be achieved through stimulation of children towards good healthy habits & physical fitness activities. (Stephen Robson -Strategic sports development , Route ledge , 2013). Physical fitness activities through physical education encourages self-development, promotes Self-awareness, endorse individuality & supports distinctiveness. These traits help not only the individual but also whole community positively. India can look forward to a sustainable society where its each member aims at positive personality development through healthy habits & fitness activities. (Report of the Sports Authority In India - Ministry of Youth Affairs & Sports 2013). The department of youth affairs & sports has been taking meticulous care in promoting Physical education in schools & colleges. But the need for a multi-dimensional approach towards promoting youth health & physical fitness. This also deters them from involving in drugs, crime, offense & erratic behavior. Physical education as an imperative ingredient of traditional learning system making it as a supportive education system can further assist in broadening the bases of youth empowerment & personality development. (Stephen Robson - Strategic sports development, Route ledge, 2013).

**Conclusion-** Hence in India physical education / sports policy needs an integrated appraisal. The incorporation of physical education / sports will help the nation to build a healthy youth. India being dominated by youth population can become a great sport country with global recognition only if the policy makers evaluate their old sports policy & redirect it towards opulent funding & mandatory training. A country needs healthy & physically fit youth & the role of all stake holders in promoting physical education needs further evaluation.

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