



## பெரிய செய்தி மற்றும் செய்தி பெரிய செய்தி மற்றும் செய்தி

### UNIT – 1

## Changing Trends & Career in Physical Education

- ✍ 1.1 Meaning and definition of Physical Education
- ✍ 1.2 Aims and Objectives of Physical Education
- ✍ 1.3 Changing Trends in Physical Education
- ✍ 1.4 Various Physical Education courses available in India
- ✍ 1.5 Career options in Physical Education
- ✍ 1.6 Soft Skills required for different careers

## **1.1 Meaning of Physical Education**

Physical Education is an integral part of the total education process and has its aim, the development of physically, mentally, emotionally and socially fit citizens through the medium of physical activities which has been selected with a view to realizing their outcome.

### **1.1 Physical education-Definition; aims and objective:-**

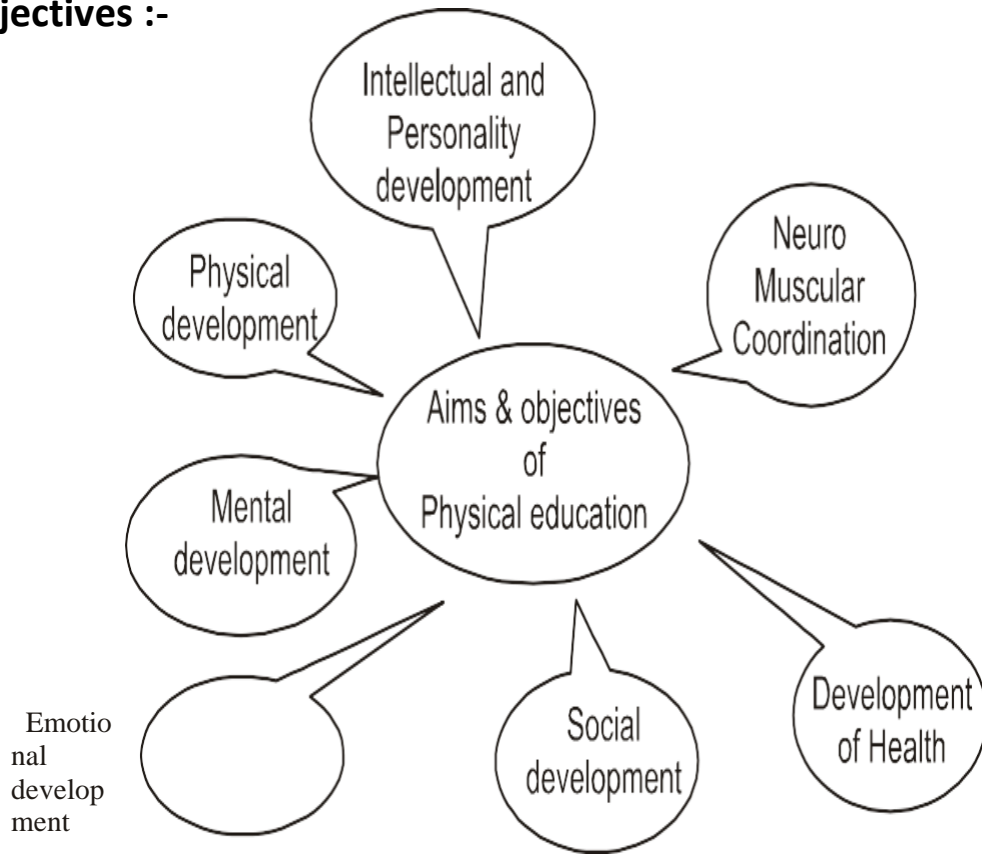
In fact the basis of physical education is difficult and very broad with changing time, its meaning also kept changing. Following time, its meaning: According to **Charles A Bucher**, "physical education is an integral part of total education process and has its aim in the development of physically, mentally, emotionally and socially fit citizens through the medium of physical activities which have been selected with a view to realize these out comes."

"Physical education is the sum of changes in the individual caused by experience which can bring in motor activity."

### **1.2 Aims and objectives of Physical Education :**

"The aim of physical education must be, to make every child physically. Mentally and emotionally fit and also to develop in him such personal and social qualities, that will help him to live happily with others and built him up a good citizen"

**objectives :-**



## **Changing trends in Physical Education:**

The tendency of physical education is not new to earth living. It is believed that its roots date back to ancient times. At that time it was used for different purposes. Its meaning was different from person to person. It is not wrong to say that the word "Physical Education" has a broad meaning. In ancient earlier, man needed physical education to stay alive. As civilization kept on changing, so did the meaning of physical education. But nobody understood its real meaning. Somebody called it physical training, a sport, body culture and some others called it health education and entertainment. But in fact, physical education is much more than that in the present context, the effort of imparting education through physical activities as called physical education.

## **Various Physical Education Courses available in India**

For career preparation in the field of physical education the details about various universities, colleges, institutions and degrees, diplomas and other courses, the duration of these courses and eligibility to get admission in such courses are given below:

The above-mentioned universities, institutes,

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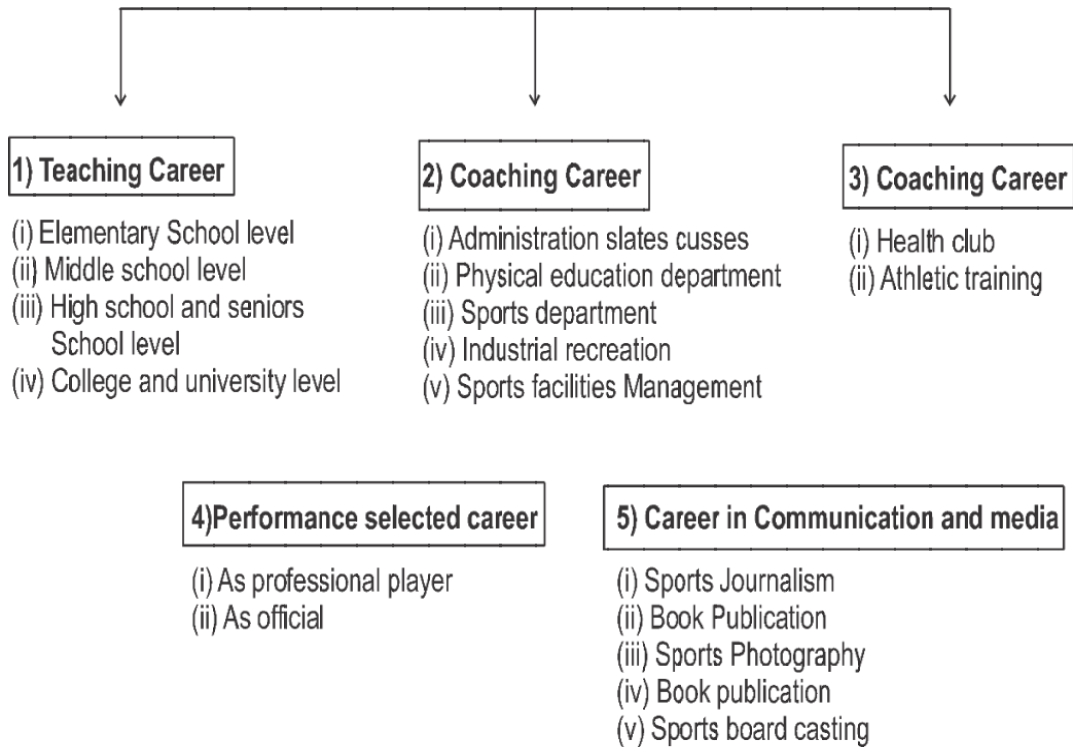
Name of Course	Name of Institute/ University/College	State	Eligibility for Admission	Duration of Course
Master's degree in Physical Education (M.P.Ed.)	Guru Nanak Dev University, Amritsar	Punjab	B.P.Ed.	1 year
M.P.Ed.	Punjab University, Patiala	Punjab	B.P.Ed./Graduat e in Arts/Sc./Phy.Ed.	2 years
Diploma in Coaching	SAI Netaji Subhash National Institute of Sports, Moti Bagh, Patiala	Punjab	Graduation	2 years
Master's degree in Sports (M.S.)	-do-	Punjab	Diploma in Coaching	2 years
M.P.Ed.	Govt. College of Physical Education, Patiala	Punjab	Graduation	2 years
B.P.Ed.	SAI Laxmi Bai National College of Physical Education, Gwalior	Madhya Pradesh	10 + 2	3 years
M.P.Ed.	-do-	Madhya Pradesh	B.P.Ed.	2 years
M.Phil. in Physical Education	-do-	Madhya Pradesh	Master's degree in Physical Education/ M.P.Ed.	1 year
Ph.D.	-do-	Madhya Pradesh	-do-	1 year

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M.P.Ed.	Maharishi Dayanand University, Rohtak	Harvana	Graduation	2 years
M.P.Ed.	Kurukshetra University Kurukshetra	Haryana	Graduation with 45% marks in Phy. Ed.	2 years
Ph.D.	-do-	Haryana	M.P.Ed.	2 years
B.Sc (Sports)	Gurunanak Khalsa College, Yamunanagar	Haryana	10+2	3 years
M.A. (Physical Education)	Punjab University Chandigarh	Harvana	Graduation/ B.P.Ed.	2 years
Ph.D.	-do-	Haryana	M.A./M.P.Ed.	2 years
Master of Physical Education	Indira Gandhi Institute of Physical Education and Sports Sciences, New Delhi	Delhi	Graduation in the respective subject [otherwise mentioned against the course]	2 years
Diploma in Physical Education	-do-	Delhi	Graduation	1 year
B.P.Ed.	Kolkata University, Kolkata	West Bengal	10 + 2	3 years
Diploma in Coaching	SAI National Sports East Bangalore Centre, Salt Lake City, Sector-III, Kolkata	West Bengal	Graduation	2 years
B.P.Ed.	Bangalore University	Karnataka	Graduation	1 year
M.P.Ed.	Bangalore University Bangalore	Karnataka	Graduation with additional degree in physical education	1 year
Diploma in Coaching	SAI National Sports South Centre, University Campus, Bangalore	Karnataka	Graduation	2 years
B.P.Ed.	SAI Laxmibai National College of Physical Education Kanavattam, Thiruvananthapuram-695586		Kerala 10 + 2	3 years
M.P.Ed.	-do-	Kerala	B.P.Ed.	2 years
MPhil.	-do-	Kerala	M.P.Ed.	1 year
Ph D.	-do-	Kerala	M.Phil./M.P.Ed.	1 year
Diploma in Coaching	SAI National Sports West Centre, Gandhinagar	Gujarat	Graduation	2 years

M.P.Ed.	Annamalai University PO, Annamalainagar South Arcot-608002	Tamil Nadu	B.P.Ed, or Equivalent	1 year
M.P.Ed.	University of Madras, Chepauk, Madras-600005	Tamil Nadu	B.P.Ed.	1 year
B.P.Ed	Ahgarh Muslim University, Akgarh-202002	Uttar Pradesh	10+2	3 years
M.P.Ed.	Benaras Hindu University, Varanasi-221005	Uttar Pradesh	B.P.Ed.	1 year

## 1.6 Career option in physical education





## **What are Soft Skills:**

The phrase '*soft skills*' is often used to describe the skills which characterise relationships with other people, or which are about how you approach life and work.

Others phrases that are often used for these types of skills include: 'people skills', 'interpersonal skills', 'social skills' or 'transferable skills'.

## **1. Communication Skills**

People with strong communication skills can build relationships. listen well, and vary their communication to suit the circumstances

**If you spend time on nothing else, work on your communication skills.**

## **2. Making Decisions**

Valued by employers for many reasons, being able to make decisions is key to getting on in life. Sometimes the actual decision doesn't even matter; what matters is that you have

## **3. Self Motivation**

made one and moved on.

People who are self-motivated get on by themselves. They don't need close supervision and they are good to work v/vith because they are generally positive about life and can be counted upon to keep going. It also helps to work on your personal resilience and adaptability to change.

## **4. Leadership Skills**

These are the set of soft skills that we least expect someone to develop by themselves. There are many leadership raining courses available and much has been written about how to develop your leadership skills.

## **5. Team-Working Skills**

Like leadership skills, there are many training courses to teach you how to work well in a team. However, there is also plenty of thinking to suggest that good communication skills, particularly good listening skills, together with an abibility to build rapport will go a long way to support your ability to work well in a team.

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### **Question for 1 Mark (30 words)**

**What is the aim of physical education?**

**Ans.** The Aim of physical education is all round development of the personality of the individuals.

**What do you mean by physical education?**

**Ans.** Physical education is the sum of changes in an individual caused by exercises which can bring in by motor activity.

**What do you mean by sports journalism?**

**Ans.** Through sports journalism we mean that we can gather information regarding all sports activities and to collect different types of material required for physical education. Such physical education teachers who have skill in communicating by oral or writing can avail the career option in the field of sports journalism.

**What do you mean by Health related careers?**

**Ans.** In the modern world, people are more aware of their health related issues. Each and every person is awake to his health. He remains to be hale and healthy. He wants to adopt a healthy life style. So there is an increase in job opportunities in health related careers in field of physical education. The number of health and weight control clubs has increased tremendously. The another field related to health career is athletics training.

**Q.5 What is the objective of physical education?**

**Ans.** Physical education facilities and ample time for the individual and the groups to participate in activities that are physically wholesome, mentally stimulating and socially sound.

### **Question for 3 Marks (60 Words)**

**Discuss the teaching career in physical education.**

**Ans.** Physical education has traditionally been declared as a professional field. Appropriate career offers many rewards to the teachers whether they are engaged in elementary school middle schools. High school, senior secondary

schools. College or universities. This career is usually considered to have many benefits. The teacher, in the field of physical education has deep respect among the students because he makes a good contribution to society this career provides internal satisfaction

- Elementary School
- Middle School
- High Secondary School
- College and university

These are teaching opportunities in the field of physical education at different levels.

**Write a note on career in book writing?**

**Ans.** Career opportunities are widely available in book writing in the field of physical education and sports, specially in India. As a matter of fact, there is shortage of books on physical education and its allied subjects in India. Some physical educators, who have deep knowledge of various. Sub-disciplines of physical education, such as sports biomechanics, sports sociology, sports medicine, exercise physiology, research methods, sports psychology, sports philosophy, sports pedagogy, sports management and various sports, may write textbooks as a part time careers.

**Write a note on career in sports Industry?**

**Ans.** Careers are also available in sports industry. A person who wants a careers in sports industry, must have the knowledge of physical education and sports. One may establish a sports industry at a small scale. It may be related to only T-shirts and trits. It may be related to only sports footwear. The knowledge of research and designing is also vital for such jobs, because new types of sports equipments and new types of tracksuits or swimsuits which are beneficial for increasing the performance of sportpersons are always in demand.

### **Question for 5 marks**

**What are the career option in physical education?**

**Ans.** Career option in physical education

- 1. Teaching Career :-**
  - (i) Elementary school level
  - (ii) Middle school level
  - (iii) High school and senior sec. s. level
  - (iv) College and university level
- 2. Coaching Career :-**
  - (i) Administration related career
  - (ii) Physical education department
  - (iii) Sports department
  - (iv) Industrial recreation
  - (v) Sports facilities
- 3. Healthy related career :-**
  - (i) Healthy club
  - (ii) Athletic training
- 4. Performance related career :?**
  - (i) As professional players
  - (ii) As official
- 5. Career in Communication and media :-**
  - (i) Sports journalism
  - (ii) Book publication
  - (iii) Sports photography
  - (iv) Sports board casting

**What are the main objectives of physical education?**

- Ans. 1. Physical development :-** Development of organ systems such as circulatory system, nervous system, muscular system, digestive system etc.
- 2. Mental development:-** Physical activities require alertness of mind, deep concentration and calculated movement. This objective is related to the mental development of an individual.

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3. **Social development :-** This objective is related to the development of social traits, which are essential for better adjustment in life. It is a better source for attaining the qualities like. Co-operation, fair play, sports man ship. Jolerance and sympathy.
4. **Neuro Muscular Co-ordination :-** This objective is centered with a better relationship between nervous system. Education provide ample opportunities of physical neuro muscular coordination.
5. **Emotional Development:-** The emotional development of an individual is also the major objectives of physical education every individual has various types of emotions viz. Pleasure, hope, jealousy, hatredness, fear, depression, anger, wonder, lust, loneliness etc.

**Development of Health :-** This develops healthy related habits through health education. This also provides education about the prevention of communicable diseases.