

IMPORTANCE OF PHYSICAL EDUCATION IN PRE-SERVICE TRAINING

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Introduction:

The term physical education is always confusing in the history as physical training, physical culture, games, health education, recreation etc. Physical education is something more than these as it is considered as the phase of complete educational experience, which is related to growth and development human organism. It has also been the human survival through the muscular activities as its part. It refers more than athletics for physically gifted students. It refers to an instructional programmer emotional and mental well-being for every student. To establish a healthy environment in the school there are different physical programmes planned in a scientific manner. At the same various programmes in the formal and non formal activities are planned for the physical and health oriented activities to create an opportunity to the people of society specially.

Concept of Physical Education:

Every human being gives more value to his physical and mental growth rather any other thing in their life. Thus an education given in respect of physical well being of man is called physical education. Even the modern thinkers in education emphasize that the best individual is one who is physically fit, mentally sound, intellectually sharp, emotionally balanced and socially well adjusted. Since it is the need of society it has been given due place in the modern curriculum also. Physical education is different subject and Health education is different subject. Health related education is health education, where as Physique related education is physical education. As the health education and physical education are interrelated and the aims of these are similar like the development of human personality. In the word of J.B.Nash, - **Health and recreation are results, while physical education activities are means.**

Concept of Pre-service training

There are mainly two types of training in the field of education for teacher educators. One is Pre-service training and the other one is In-service training. For every student of teacher education has to undergo a training program for different stages, which are also comes under the required qualifications. At first everyone have to acquire the basic qualification and then the training program. In this field even pre primary level teachers training program have also been framed. Earlier the focus was on Primary and Secondary level training. Before joining the service the compulsory training program is known as Pre-service training. After joining the service while working as an employee if any type of training is undergone is known as In-service training. It has its importance for enhancing the professional skills of an individual.

Definitions of Physical Education:

Different views are there on physical education which is mentioned below.

T.Raymont - Education is that process of development which consists the passage of human being from infancy to maturity, the process whereby he adapts himself gradually in various ways to his physical, social and spiritual environment.

Jesse Helen Haag - Physical Education is education through physical activities, the objectives, course content, methods and materials of instruction and the activities

themselves differ considerably from health education, sports, dancing, gymnastics and swimming are some of these physical education activities.

Nixon and Cozens - Physical education is that phase of the whole process of education which is concerned with vigorous muscular activities are related responses and with the modification of the individual resultant from these responses.

Edward Hitchcock - Physical Education as understood is such a cultivation of power and capacities of students as will enable him to maintain his bodily condition in the best working order providing at the same time for the greatest efficiency of his intellectual and spiritual life.

Voltmer & Esslinger - Physical Education is education through physical activity. Physical Education is the process by which changes in the individual are brought about through his movement experiences.

J.F. Williams - Physical Education is the sum of man's physical activities selected as to the kind and conducted as to outcomes.

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.

Need of Physical Education:

The need of Physical Education is observed at all stages in society. We cannot restrict upto school or college level only. In the mechanical age the atmosphere, water, food etc are polluted. It reflects in body of every person. Through physical activities the body as well as the mind of the person is maintained. Even this controls the diseases of the individual. So every person is in need of physical exercise at different stages of life.

Scope of Physical Education:

We can observe that the schools consider physical education as an integrated part of general education. Through activity-oriented and well planned programmes they try to organize different physical activities like drill and marching, sports etc. which are directed towards physical, mental, emotional, social, intellectual and moral development of the child. In addition to this NGO's clubs, organizational schemes, private societies are planning these for providing an opportunity to the public in formal and non-formal plans.

Aims of Physical Education:

The aim of physical education is to make the child physically, mentally, and emotionally, well equipped and also to develop his personal and social qualities to make him a useful citizen of the nation.

- Physical Development
- Mental Balance
- Emotional Adjustment
- Manual Training
- Social Adaptability
- Encouragement of Games, Sports & Exercises
- Growth of leadership, discipline, co-operation.
- Making of good character and personality

Advanatages of Physical Education:

- Improves self confidence
- Relieves irritation and anger
- Improves physical strength
- Improves the decision making power
- Improves the memory
- Creates interest in day to day activity
- Relieves laziness
- Improves the glamour of face
- Improves competitive spirit
- Improves positive hopes
- Improves the nature of adjustment
- Provides an opportunity for self discipline.

Importance of Physical Education:

Physical activity provides the fitness in body which is not habituated in regular life. In normal course people do not realize the importance of physical education but when it is prescribed by the medical practioner everyone gets an opportunity to start or to involve in physical activities. It is difficult for a person who has discontinued the physical exercises in his life. But the people get relief when they continue the advice of expert.

Conditions for organizing physical education programme

1. Students should participate in sports activities on merit basis.
2. Play activities should be conducted by the game teacher.
3. Time table should be assigned for games in the normal school programme.
4. While selecting students for a team the same proficiency in skill should be taken into view.
5. Each child should be inspired to take part in any type of game.
6. Progress record should be kept while students participate in different physical activities.
7. Teachers supervising games must be relaced from the over load of class room.
8. Provision of good play fields and abundant sports equipments must be available to students.
9. There should be sufficient variety of physical activities.
10. Both in-door and out-door games should be organized.
11. Screening should be done for postural defects.
12. Emergency care should be provided to students participating in physical activities.
13. Financial grants should be assisted for purchasing game materials.
14. In order to attract the students towards physical activities prizes and awards should be given to the students.
15. The headmaster and other teachers should co-operate the physical education teacher to the programmes successful.

Conclusion:

The subject of Physical Education is given stress for Pre-service training for creating more awareness among the children at different stages. Not only the teaching institutions are taking interest but other Organizations, NGO's are showing more importance. So as the school education is giving due importance for physical programmes, we can also make the other programmes conducted at the need of people in society. Rhyme once said - **A sound mind resides in a sound body**. It is the sound constitution of the body that makes the operation of mind easy and certain.

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