

## **An Academic Approach to Physical Education**

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### **Introduction**

For more than a century, Physical Education has been a fundamental part of the Indian Society. Education contributes to the development, advancement and perpetuation of the nation's culture. Education must meet the challenges present in the society.

Our nation's schools and colleges should be concerned with the well-being of the individual student in his preparation for a productive, long and happy life in which his potentialities as an individual are enlarged and fulfilled and where his freedom will be assured.

Physical Education, as a phase of the total educational process, helps in realizing these purposes. The effective physical education programme helps the students to understand and appreciate the value of good as a means of achieving their greatest productivity, effectiveness and happiness as individuals. In the past physical education has achieved only low educational status and a low degree of academic responsibility because it has emphasized the physical rather than the academic aspects and that physical education has been 'too far removed from the main educational stream' Physical Education must be identified as an important part of the education of each student.

A new approach to physical education has been introduced and this new approach has been classified as an 'Academic approach to physical education. This new approach of physical education relates to such concepts as academic achievement, learning and knowledge, as well as to skill and physical well-being.

### **ACADEMICS**

#### **Origin:**

Academia is a collective term for the scientific and cultural community engaged in higher education and research taken as a whole. The word comes from the 'akademeia' just outside ancient Athens, where the gymnasium was made famous by Plato as a center of learning.

**Definition:**

An 'academic term' is a division of an academic year, the time during which a school, college or university holds classes. These divisions may be called terms.

**Meaning:**

An academic discipline is a branch of knowledge, which is taught and researched at the college or university level. The academic discipline of physical education (often styled variously as kinesiology, human performance etc.) is taught as a field of study at the undergraduate and graduate levels in colleges and universities around the world. Both teaching and non-teaching degree programmes are offered through the doctoral level.

Physical Education as an Academic Programme In the United States, teacher preparation in physical education originally had close links to medicine. A programme of study would commonly include anatomy, physiology, health, first-aid, history and philosophy, educational, psychology and various physical skills—from gymnastics through dance, games and sport.

A sports engineering is one of the most attractive professional preparation programme in the United Kingdom. The programme consists of Bio-Mechanics, Laws & principles of Physics, Kin anthropometry & Kinesiology apart from structural engineering and other aspects.

Physical activity, sport and recreation programmes are delivered in many locations including home from infancy, schools through university; the work place; and communities. The adult population engages in physical activity through the time immemorial for health, cultural and social purposes.

**PHYSICAL EDUCATION IN THE NEW MILLENNIUM**

Modern Society in the new millennium has envisaged drastic changes in the entire life style of the populace. These changes have not only been restricted to any specific field of life but could be seen in all walks of life.

Academic impetus during the schooling and the Career impetus while one is on a job emphasize on mental activities subjecting the person to stress and strain thereby affecting the mental health and ability to function at the optimum level irrespective of whether one is a student or a worker.

S.N	PREVENTION ELEMENT	OBJECTIVES	POTENTIAL BENEFITS
1.	Disease	To use sport and physical education as forms of preventive medicine	Reduction of a person's risk of lifethreateningdiseases, such asCardiovascular disease, Cancer, Diabetes, Obesity and Mental health

A cursory analysis of student's daily activities shows an overload of mental activities and even onthe selected physical activities time urgency is of primary concern. This had led to a fall in the optimum potential of the student in his activity. Examination Anxiety, Social isolation, etc. affectsthe mental health of the student.

The story is not different even after schooling. The cozy work environment, user-friendlytechnology, makes individuals to strive towards career growth overlooking the health. Stress related problems are one of the most important concerns of the management.Lack of appropriate physical activities, ignorance of health related knowledge could be the factorsthat lead to the above.

### **INDIAN SCENARIO**

Studies show Indians carry certain genes that increase susceptibility to diabetes and lack those genes that provide protection at present 40 million Indians affected by diabetes of which almost 35-40% are people aged between 25 and 35 years. More than 1800 cases of diabetes are diagnosed everyday India has the largest number of diabetics in the world.

The sedentary lifestyle has led to obesity this is because we eat more calories than we use, the balance between the calories – in and calories-out differs for each person. Factors that might tip the balance include once genetic make-up, overeating, fond of fat foods and most importantly not being physically active. Being obese increases your risk of diabetes, heart disease, stroke, arthritis and cancer.

A whooping 10-14% of the adolescent population is affected by this disease due to junk food and lack of exercise. With a culture of working lunch seeping among professionals of the I.T city and children preferring soft drinks and chips over tender coconut water and fresh fruits, obesity is ringing an alarm bell.

A recent study by the National Institute of Nutrition, Hyderabad showed 98% of healthy school children showed high prevalence of malnutrition especially during exam time this is due to stress,confusion and exertion. Stress hormones sap significant amounts of nutrients

like vitamin c, b, magnesium and zinc resulting in disturbing the biochemical balance in the child's body.

A brisk walk in the morning is the best to lose weight. Start slow and then pick up the pace. For the first 20 minutes our body is functioning on stored energy after which it switches on to the fat burn. A 45 minute's walking programme is ideal to bring down your extra fat.

### **Conclusion**

- The existing situation in this country could well have resulted from the poor physical education programme that has been offered at both the high school and college level in the past emphasizing the physical rather than the academic aspects of physical education.
- An important decision must therefore be made with regard to what materials should be included in college courses.
- Pelton in his study entitled; "A critical analysis of current practices and beliefs underlying general physical education programmes" cites three basic concepts of physical education.

- They are as follows:

I. The development of 'strength and endurance' as an aspect of biological fitness.

II. The achievement of a personally satisfying level of motor skills involving 'fundamentals of movement'

III. The development of an aesthetic appreciation for the role of 'sports as a cultural force' in the modern world.

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