

AN ANALYSIS OF PRINCIPLES AND FOUNDATIONS OF PHYSICAL EDUCATION

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ABSTRACT

The brief history of physical education would start in just about 1820 when schools focused on gymnastics, hygiene training and care and development of the human body. By the year 1950, over 400 institutes had introduced majors in physical education. The Young Men's Christian Association launched its very first chapter in 1851 and focused on physical activities. Colleges were encouraged to focus on intramural sports particularly track, field and football. But physical education became a formal requirement following the civil war when many states opted to pass laws that required schools to incorporate a substantial physical education component into their curriculums. But it was not till 1970 that an amendment was made to the Federal Education Act that allowed women from high school and college to compete in athletic competitions. Sex-based

discrimination was completely outlawed from government funded programs at this point. Physical Education is a course taught in school that focuses on developing physical fitness, which could be thought of as having the ability to perform and enjoy day-to-day physical activities with ease. Kids also gain knowledge of movement and an ability to develop and refine skills necessary to participate in a wide range of activities, such as soccer, basketball, or swimming.

INTRODUCTION

The personal impressions of fun as well as various expressions of a creative, innovative, skilled, have the physical fitness, healthy habits and have the knowledge and understanding of human motion. Physical education is a course that focuses on developing physical fitness in the youth. Same as Music, Gym and Math, this is a required course in primary and secondary school. Most of the time, it is also required in college. Regular physical education classes prepare kids to be physically and mentally active, fit, and healthy into adulthood. An effective physical education program should include engaging lessons, trained P.E. teachers, adequate instructional periods, and student evaluation. Physical education should include instruction that helps students develop physical skills and confidence. For example, elementary and middle school curriculum should include activities that help kids obtain and improve skills such as: running, catching, throwing, and striking, which could be applied to sports such as baseball, volleyball, or karate. Another example would be balancing skills that could be applied to dance or gymnastics. High school curriculum should focus on lifetime sports skills for example tennis or aerobic dance, with a secondary emphasis on team sports.

Physical Education in College

College athletics received a major stimulus when a National Collegiate Athletic Association was created in the early twentieth century's. There was a rise in popularity of sports within colleges and universities and funding greatly increased. Colleges took great pride in their athletic programs and sports scholarships became a norm. There was also a surge in people who enrolled in sports education programs to meet the growing demand for professionals in the field.

Physical Fitness

To understand what physical education, we must understand physical fitness which it intends to promote. Physical fitness is comprised of the following:

Cardiovascular fitness - This is the ability of your heart and lungs to deliver the oxygen your body needs for its daily tasks. This is the fitness component that is addressed by such aerobic activities as brisk walking, jogging, running, dancing and swimming.

Strength - This is the amount physical power that a muscle or group of muscles can use against a weight or resistance. This is addressed by such activities as weight lifting and body weight training.

Endurance - This is the ability of a muscle or group of muscles to repeat movements or hold a position over a certain period of time. Long-distance running is an activity that helps to develop endurance.

Flexibility - This refers to the body's range of movement. Pilates, yoga and gymnastics help promote this particular fitness component.

Body composition - This refers to the ratio of the body's fat component vs. its lean mass. Exercises that address cardiovascular fitness, strength, endurance and flexibility also promote the reduction of fat and the build-up of muscle.

Students of Music, Gym and Math often have to be challenged, in order to be interested. To break the monotony of the traditional Physical Education courses, many schools have updated their programs. These are some of the trends that are pervading the Physical Education programs across the country:

Including martial arts and self-defense - Not only do these activities capture the interest of the students - they also promote their safety and well-being. This is a practical improvement on the usual Physical Education program. Inclusions of health and nutrition topics - Most Physical Education programs in the US include health and nutrition topics such as the following: hygiene, stress and anger management, self-esteem and bullying. Some states even require that Physical Education teachers are also certified as Health teachers. Exposures to technological enhancements - Students are taught how to use modern gym equipment as well as other fitness-related devices such as pedometers and heart-rate monitors. Although the primary goal of Physical Education is still to promote the physical fitness and wellbeing of each student, all these trends and advancements have changed the face of Physical Education forever. Music, Gym and Math will never be the same! But recent awareness of the need for balanced curriculums particularly given the national concern over the state of obesity and children's attention towards non-physical activities like video games has brought physical education back in the spotlight. The government has resigned its commitment to physical education by making it mandatory in public schools in early classes. But it remains an elective at the high school level. One of the most interesting developments in the history of physical education has been how the definition of physical education has evolved. While it only encompassed traditional sports in the beginning, it now includes several less physical activities such as yoga and meditation which are considered critical to helping students develop a sense of control in such a stressful age.

Needs of Physical Education

All children need physical education. It is integral to the complete education of every child. The quality physical education program is planned and provides instruction which provides participants with many benefits.

1. Improved learning aptitude

2. Improved Physical Fitness
3. Improves cardiovascular endurance, muscular strength and endurance, flexibility, mobility, and body composition.
4. Improves power, agility, reaction time, balance, speed, and coordination
5. Skill Development
6. Children learn and practice motor skills in a safe environment. This allows for satisfying and successful participation in physical activities like individual and team sports.
7. Stress Reduction
8. Regular physical activity helps to release tension and anxiety. It also helps to build resilience and emotional stability.
9. Improved Self Confidence
10. As children master skills they become more confident in their abilities. When children are successful in a safe learning environment they become more confident, assertive, self - controlled, and independent.

Developing One's Motor Skills

Being physically active means strengthening one's cognitive processes and sharpening one's skills as a result. Exercising is a great way to keep the body in shape, and help it fend off illness while keeping kids at a healthy weight if they're considerably fit. Exercising doesn't mean pushing the body to do strenuous workout routines, but also taking part in other areas of physical fitness like aerobics, swimming, tennis, badminton, and the sort. Fueling Self-Confidence Kids when overweight tend to blend into the wallpaper, often being ignored by others or just not being the social type to engage and be of assistance. They're usually the target of verbal abuse and teasing, where physical education classes are often skipped with weak excuses. They can't see themselves in pretty / cool clothes because it is difficult to go out shopping or find their size. So they tend to wear over-sized outfits to hide their unsightly bulges, or avoid shopping all together. By being involved in physical activity, they can be sure that a dietitian could care for their eating habits, or a school counselor that can advise parents on being more health-food conscious and supportive to their kids when it comes to being more active and outdoorsy. It would build on their self-esteem when they reach a body type that doesn't fall in the overweight category. It helps them take part in events, be more open to team building activities, and gives them a fair idea of how to take care of their bodies.

Learning Right and Wrong with Food Types

Parents if not conscious about what they eat, tend to automatically feed their kids unhealthy foods. It is wise to hold parent-teacher conferences about healthy eating and how it is affecting kids and their performance in junior / senior college. Physical education classes also have sessions on healthy food habits and hygiene (which is also another important area). Kids will know from a young age about the right and wrong kind of foods, and how to limit such eatables before they grow and not even realize it. Teachers in charge of such classes should show graphic representations of what they speak of, to imprint the idea even more so in the minds of children

both young and old. Hygiene is everything Physical education classes may not always stress this point, but a lot of them do. It is an important habit to remain clean and fresh everyday, where kids tend to be messy and unclean when they're young. Classes stressing on the importance of regular baths, keeping

fingernails clean, putting sweaty clothes away for cleaning and so on, are a must in any school. Once they have that drilled into their minds, they will follow it religiously as they grow older. Physical education is an important part of the learning process, and without it we'd have lazy, obese, and unhygienic kids multiplying all over the world. Parents need to take responsibility for their kids as well as those in charge of physical education, when it comes to being and remaining physically active.

Aims

The aims of physical education are to enable the student to:

- appreciate and understand the value of physical education and its relationship to a healthy, active lifestyle
- work to their optimal level of physical fitness
- become aware of movement as a creative medium connected to communication, expression and aesthetic appreciation
- develop the motor skills necessary to participate successfully in a variety of physical activities
- experience enjoyment and satisfaction through physical activity develop social skills that demonstrate the importance of teamwork and cooperation in group activities
- demonstrate a high level of interest and personal engagement showing initiative, enthusiasm and commitment
- show knowledge and understanding in a variety of physical activities and evaluate their own and others' performances
- demonstrate the ability to critically reflect upon physical activity in both a local and intercultural context
- demonstrate the ability and enthusiasm to pass on to others in the community the knowledge, skills and techniques that have been learned.

Importance of Physical Education in present era

We know that healthy mind lies in healthy body. Now a day's video games and computer games have taken the place of our traditional games. Man does not have time to play indoor or outdoor games in the modern age of technology. Sport is important for man's all round development and for living healthy life. Physical education makes the immunity of our body stronger and so makes body more beautiful. In today's world physical education is essential. Man can live healthy and better life only by doing physical exercise. Today new and new diseases are emerging and have made big harm to man's body. Man's life has become dependent on medicines. For example digest medicine, medicine for excretion, medicine for sleep, etc. Because of these medicines man has become like a walking robot. In such condition is it fair to waste this body like this? How sad it is that man has time to do the service of technical gadgets like car, freeze, television but he does not have time to take care of his valuable body. Through physical education man can live his day to day life healthily. Physical education plays important role in man's development and proves helpful for better physical, mental, social, emotional and spiritual life.

CONCLUSION

Today very fast changes are seen in the field of physical education. First of all man gets physical education and then gets social education Thus man's social education has the basis of physical

education. Today it has become technological education. Thus very deep change is seen in education. The education has become so much dependent on technology that man does not spare enough time to take care of his or her body which is a very valuable gift of nature to man. Man has stopped physical exercises because of technological tools and other facilities. Previously man used to remain healthy by playing various outdoor games and thereby doing physical exercise. Now the games are played on computer so the life has become idle. The body has become the storehouse of various diseases. Most people confuse sport with physical education and that misconception can lead to bad practice both from teachers of PE and from those who hold power to make decisions within education. There is minimal talk in the press on how to improve the quality of PE. Instead it is focused on why can't state schools produce more world class athletes like private schools. One of the reasons why there are so many issues with poor levels of health and activity is because there is no consensus and understanding. Until this is achieved, especially at a political level and in the media, then real debate and discussion on how to improve provision of physical education will never truly occur.

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