

PHYSICAL EDUCATION: IT'S NEED FOR TODAY'S GENERATION

INTRODUCTION

The profession is based on the philosophy that physical education is an academic discipline, an essential portion of the General Education process. Further, the physical education curriculum is centered on the concept that movement skills, intellectual development, physical fitness and healthful living practices are elements of life that must be taught and reinforced. Specific knowledge, skills and practice techniques that best benefit the student do not just happen. Instruction, analysis and evaluation by a credentialed professionals are essential for implementing this philosophy.

While the role and contribution of youth is of vital importance in all countries, it is particularly significant in a country like India where the proportion of the youth in the country's overall social and demographic profile is continuously increasing. According to the 2001 Census, there were approximately 355 million people in the 15 to 35 age group, 74 per cent of whom lived in rural areas. The number is expected to rise to approximately 510 million by 2016. Both central and state governments need to harness the energies of this large group, providing them with adequate infrastructure of world standards for excellence in sports at national and international levels.

Physical education provides opportunities for students to gain current knowledge of physical fitness facts, healthful living practices, leisure time pursuits, stress management techniques, and to receive instruction in the skills necessary for successful participation in activities necessary for optimum health and physical efficiency.

“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity”. ~ **John Fitzgerald Kennedy**

Physical education should be made a part of the curriculum at all educational levels including junior and degree colleges because it includes training and maintaining one's physical body through educational means. It is also about sharpening overall cognitive abilities and motor skills via athletics, exercise and various other sports, games and physical activities. Here are some of the benefits that highlight the importance of physical education.

WHY PHYSICAL EDUCATION IS IMPORTANT?

With obesity at an all time high, schools and universities alike should encourage students to take part in activities that require physical involvement, be it in the form of exercise or sports. Some even come with their own fitness centers to give students a chance to enroll in their many programs. Campuses today that should be conscious about such issues, stress on the importance of physical education by making sure students are constantly taking part in different activities and sport functions. Here are the reasons why a child should be health-conscious at a younger age.

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. 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.

CONCLUSSION

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.

Physical education plays a vital role in the personality development of our youth. It makes them physically healthy, active and mentally alert, and also reduces their risk for health problems. It enables them to live in a healthy and competitive environment. It develops in them team-work, self-discipline, sportsmanship, leadership and socialization.

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