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Notes

B.P.Ed.- Semester-1 (2021-22)
History, Principles and Foundation of Physical
Education

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History principle and foundation of phy edu

UNIT-I physical education

I Meaning and definition of physical education

The concept of physical education is not new for the mundaness. In fact, physical education has its root in archaic period although it was used in various forms in the past, its meaning was different to different people. The term 'physical education' is indeed, complex and broad based. It includes many types of phenomena. In the beginning, physical education was used in the terms of physical activities; because physical education was essential for the people to survive. But the main stress on physical education was laid down in ancient Greece. The philosophers like Socrates, Aristotle and Plato were of the opinion that physical training were must of youth.

Even in India, physical activities were the essential part of life in ancient times. The meaning of physical education changed many times during the various civilization. Generally it has been misunderstood. Someone was of the view that physical education is whatever physical educators do. Sometimes, it was confused with physical training, play, games, physical culture, health education and recreations. But as a matter of fact it is more than these terms.

According to H.C Buck I-TIME
physical education is the part of general education programme, which is considered with growth, devt of education of children through the medium of big muscle activities it is the education of whole child by means of physical activities. physical activities are the tools. they are so selected and conducted as to influence every child's life physically, mentally, emotionally and morally.

Charles A bucher said.

An integral part of total education process which has its aim- the devt of physically, mentally, emotionally and socially fit citizens through the medium of physical activities which have been selected with a view to realizing these outcomes.

Oberteuffer said

physical education is the sum of those experiments which come to the individual through movements.

Cassidy said:

physical education is the sum of changes in the individual caused by experiences centering motor activities

JB Nash said.

physical education is that phase of the whole field of education that deals with big muscle activities and their related responses.

JF Williams and CL Brownell.

physical education is the sum of man's physical activities selected as to kind and conducted as to outcomes.

CC Cowell.

physical education is the social process of change in the behaviour of human organisms, originating primarily from the stimulus of social, big muscle, play and related activities.

Central ^{advisory} Board of phy edu and recreation

physical education is education, it is the education through physical activities for the development of the total personality of the child to its fullness and perfection in body, mind and spirit.

Aim and objectives of physical education :-

The aim of physical education is the whole some development of an individual, or it can be called that aim of physical education is complete living infact aim of physical education is an apex point which seems to be out of reach. In general

"wholesome development of an individual" is the aim of physical education and this aim can be achieved step by step these steps are called objectives. So it is said that aim is one objectives may be many in number

I. physical development

The foremost objectives of physical education is physical development. In fact it is the development of our organic systems, nervous system, muscular system and digestive system physical education is related to physical activities and when we perform these activities there are various effect of these activities on our organic systems.

these systems are devt in size, shape efficiency etc. Hence, it can be stated that physical education's devt is possible through this objective of physical education.

this also promotes a sound health which enables the individual to be the valuable asset for the nation. if our system remains in sound health they can perform their fn in an efficient way.

II Mental development

This objective is related to the mental devt of an individual.

This various physical activities of physical education program need alertness of mind. deep concentration and calculated movements. Moreover, it should be called the indispensable requirement of various physical activities. In fact it's a two way process. physical activities sharpen the mind and on the other hand to perform various activities, concentration of mind is essential. along these activities, phy edu. is also a subject as other educational subject

it includes rules and regulations techniques of games, anatomical and physiological activities, balanced diet, sanitization, health and disease, personal hygiene etc.

III Social development

This objective is related to social traits devt, which are essential for better adjustment of life. This programme of physical education provides a number of ways to devt these qualities each and every individual want to be a leader like qualities. through physical activities the players who belongs to different places come closer to one another. they adjust themselves according to the situations. Human relations are developed., it is the better source of attaining the qualities like, co-operation,

Courtesy, fair play, sportsmanship, tolerance and sympathy, these traits are dealt in different programmes of phy edu. A society can prosper in a healthy society environment and such type of environment is only possible through the programmes of phy edu.

IV Neuro-muscular Co-ordination

This objective is concerned with a better relⁿ B/w nervous system and muscular system. The activities of phy edu provides ample opportunities for the better neuro-muscular co-ordination. In various game situations our neuro-muscular co-ordination is devt, good neuro muscular co-ordination helps to keep off fatigue during vigorous activities. The proper use of our energy can be made if we are having good neuro-muscular co-ordination. We get accuracy and smooth fn of our body. In doing physical activities our reaction time becomes less. These activities helps in making efficient movements of our body thus, through phy activities our neuro muscular co-ordination becomes efficient.

V Emotional development.

The emotional devt of an individual is also the major objective of phy edu. every individual has various types of emotions like; - pleasure, hope, jealousy, hate, fear, distress, anger, wonder, lust, loonliness etc.

if an individual doesn't have appropriate control over these emotions. He becomes abnormal and uncontrolled. The emotions are vital for everyone. but excess of these is always bad. The programmes of phy edu deal these emotions and also teach us to have proper control over our emotions.

VI Development of Health.

The devt of health is also an objective of phy edu. This devt health related habits through health education. This also provides education about the prevention of communal diseases. There are various programmes about recreation. The programmes of phy edu. in modern age reduce the anxiety, stress and tension up to a large extent so that the health of an individual could be promoted.

Misconceptions about physical education.

In present day society, there are many misconceptions about phy-ed. even there are max numbers of people who even don't know the meaning of physical education. Some treat it as a physical training only. whereas, others treat it as physical culture. There are some people who have this assumption that phy edu is nothing except games and sports. Some think that it is only body building which is done by help of weight training exercises, while few think it is :-

Wastage of time

it is usually presumed that participating in games / sports is only the wastage of time that's why most of the parents don't allow their childrens to play games.

it is such a compititative age that parents lay too much stress of study and rebuke them if they go to play. Nowadays more imphasis is laid of study instlad of game and sports but as a matter of fact, this concept of parents is completely wrong by participating in games and sports which are included in the programme of phy edu the proper growth and devt of children takes place. they become healthy and fit. they come to know the way to lead a healthy life.

Physical education is nothing but to play. Infact various activities like games and sports are part of phy-edu. but various sub-theory taught such as Biomachanics, sports-medicine, research method, sports psychology, Sports Sociology, test and measurement, human anatomy and physiology etc. Games and sports also play very vital role in all round devt of child. A complete personality can be achieved by participating in sports.

Why do such people forget that a sound mind dwells in a sound body? Such people realize the value of physical activity when they cross forty years of age. Even they begin morning walk along with other physical exercises on the other hand, they stop their children to play games and sports.

create Indicipline

sportsperson always behaves in a dicipline way and follow the rules and regulations not only in playfield but in real life also. therefore it is the wrong notion Indeed Phy edu is the best way to utilize their energy. Moreover the programmes of phy edu. decrease the possibility of undesirable behaviours.

Wastage of money

The programmes of phy edu are very much helpful in the amelioration of economy of a Country. Nowadays sports and games are

Considered a big business. Good sportsperson get a lot of money by participating in games. by advertisements, and this has become a worldwide phenomenon. along these facilities in the form of sports equipments, uniforms, free education and free meals are provided. So, it's not wastage of money rather it's making of money.

physical education helps in physical development and not in mental development. This programme of phy edu sharpens the mind of individual who participate in them regularly. Along this physical education is also a subject as other subjects of education. Many research studies related intellectual devt have been conducted in Germany, Russia and USA. These studies clearly indicates that those students who participates in phy edu are found to be more intelligent in comparison to others.

Less Career opportunities

The career opportunities in the field of physical education are increasing rapidly. Now the job opportunities are not only teaching and coaching, they are increasing day by day in other field as well. Many physical educators are opting the career in fitness field working with

health clubs, sports management, sports medicine, sports media.

The increased specialization within the field of phy edu. has created additional career opportunities like biomachinists, exercise physiologists and sports physiologists etc.

physical education in body building

Most of the people are not well aware about physical education. It is the matter of astonishment that even the teachers of schools / collages don't know the real meaning of phy edu. So what can be expected to uneducated people? The standard of phy edu is going to be a pitiable owing to the misconceptions in society. That's why people want to keep off their wards from phy edu.

"padhoge likhoge to banoge hawab

jo kheloge kudoge to banoge kharab"

is such a proverb which has permanent wound for phy edu. it seems that this has become the conception of society. The change has been started slowly-slowly in the society. (A fact). The aim of phy edu is the harmonious devt of an individual.

Physical education as a profession

I

II

I **Teaching Career in physical education**
phy. edu. has traditionally been considered a professional field appropriate only for those interested in teaching careers. There are various senior sec. schools, even as elementary schools, middle schools, High schools, College and university as Coach, PTI and a sports teacher.

II **Coaching Career in physical education**
Coaching Career is also a tradition in field of phy. edu. There are numbers of job opportunities of Coaching as in field of teaching. Many coaches want a dual career a teacher and a coach. opportunity to a coach exists in school or non schools. They can work as a freelancer coach and schools and various academies for their specific hours. Numerous job options are available in State sports department and SAI

III **Health related Careers**

During the last twenty years there has been a rapid increase in the awareness of health. Nowadays people want to be healthy and fit. They want to keep away from the various diseases like, hypertension, obesity, heart disease, diabetes mellitus etc.

the very first and significant area under health related careers is health club and weight control club

Phy. educators can provide facility of play various games such as squash tennis and swimming pool etc other facilities like whirlpools, saunas steam room and massage.

Instruction regarding diet and nutrition can be given

IV Administration related careers

Owing to increase sports participation and sports related business there is a need for individual trained in sports management.

- (a) ⇒ opportunity in dept of physical education in various collage and universities
- (b) ⇒ Sports dept - there are many jobs related to sports dept's administration most probably the post of director. the post may be found at district level school and collages.
- (c) ⇒ Industrial recreation - opportunities given by many MNC's and National Companies these company lay stress on health, fitness and well being of their employees.
- (d) ⇒ sports facility management
people want facility of gymnasium, health club, fitness centre, stadium, sports, complexes ice arenas, aquatic centre, swimming pool

In such field facility managers are required to provide facility.

V Performance related careers

(a) As players

A large no. of players participate in different games. But only high skilled performers reach on top level.

They get scholarships. jobs are available in cricket, lawn tennis. Many jobs are in Govt, private and defence sector, Banks, railway and Industrial Corporation also appoint

(b) As officials.

The smooth conduct of a sports tournament depends on good officials. as a good player know all better ins and outs of the game. Such types of job of officials are as full time and also part time. there are various officials in the tournament. such as referee, umpire, timekeeper, scorer etc.

(c) Career in Communication Media

→ Sports Journalism

Those physical educators who have talent of writing may opt careers of sports journalism. an opportunity to work with newspapers and sports magazines, may write live events and feature article.

Covering of sports event and reporting is the most vital part of this career.

Interviews of players and Coaches. sports journalist will better to explain about sports events.

(d) **Book writing**

As a matter of fact there is shortage of phy. edu books. Some physical educators who have deep and extraordinary knowledge may get opportunities in this field.

(e) **sports photography**

this career is applicable to those physical educators who have keen interest in photography and a strong desire to communicate to public the true meaning of sports through photos. There are ample opportunities to work with Newspapers, T-V and Magazines.

(f) **Book publishing**

Editor work is needed who is familiar with the sports. This type of job is required knowledge, writing and editorial skills. also, get opportunity of publishing sports magazines.

(g) **sports broadcasting**

Career opportunity found in radio and television stations including cable TV local, regional and national levels. Sports Broadcasting requires not only the knowledge of game but communication skills, ability to face microphone and camera.

(d) Marketing

Job opportunity in Marketing and Selling sports equipments have increased. private Companies need people with an understanding of physical activities. Jobs are available as sales persons and as manufacturers' representatives. Sales person should be skillful. He must know How and what and whom to sell.

(i) Sports Industry

One may establish a sports industry as a small scale it may be related to only T-shirts and track suits it may be with sports footwear. New types of equipments, track, swimsuits which are beneficial for increasing the performance of players are such kind of sports industry job.

III. philosophies of physical education

The following philosophies are very significant in designing the programmes of physical education

- (1) Idealism
- (2) Naturalism
- (3) Pragmatism
- (4) Humanism

Idealism

Idealism is based on the word 'idea' in fact mind is the centre of ideas and activities. Ideas are produced in it. It is the fact that everything interpreted in terms of mind so all reality comes from mind. Human beings reasoning power assist them to find the truth though they may use various scientific methods the help in the discovery. According to idealism Human beings are more imp than nature because, their mind explain everything. In nature for them, as a matter of fact Ideas are true and never change in the same way value remains same. human beings have free will to have a choice B/w right and wrong.

physical education develop the personality of individual under Idealism including moral and spritual value, it devp the ability to think. phy. edu provides the

student a strong place by helping to devt the feeling of individual imp.

there is no doubt sports provide various opportunities for physical, mental, social moral and spritual devt.

Naturalism

When the principles of naturalism applied to the phy edu. they result in various concepts such as phy activities are very significant in the overall devt.

physical, mental, social, moral, emotional teachers set instructions according to the requirement of students, students are self directed

Naturalism has good and bad points infact philosophical practice of naturalism is extraordinary simple and advantageous but on the other hand. It is disadvantageous because it doesn't prepare the students for the fast changing or complex world.

Pragmatism

pragmatism used to be called experimentism

If we talk about this context with phy edu.

they result in various concepts such as the syllabus should be based on needs and interest of students, there should be

variation in the syllabus to provide a diversity of experiences for learning.

learning is achieved with the help of problem solving methods and the teacher should

Motivate and provide guidance to the students.

HUMANISM

Humanism is revolt against depersonalism. In the previous half century the phy edu programmes used to be teacher centered. During this period phy edu laid stress on phy fitness of students through Callisthenics, drills, march past. The max stress was also laid down on rule and regulations. But nowadays it's quite different this is humanistic approach of such programme. One type of programme is not appropriate for all the students as feelings, interests, needs, ambitions, aims, capabilities and different limitations for different students.

* paralympic games organised for disable players.

I

Biological Basis of physical education

physical education which was the biological compulsion in the primitive society as man had to run for hunting food and survive against natural calamities formed his basis of existence. - today men need to keep himself fit even in the highly merchandise world just to sustain his biological posture.

Physical education is necessary not only to keep oneself fit but is an effective means of emotional and mental outlet

(imp)

⇒ Growth and development

growth is an aspect of development either we can say development is much wider term of growth.

Growth

the process through body increase in size and shape growth is biological process growth is increase in mass from the time conception takes place in the mother's womb. the process of growth starts. the fertilized eggs continues to grow and after growth, the process goes on till the Birth takes place and complete physical maturity obtained

Gain in size, volume, height and weight, there is enlargement of cells, muscles, bone and elongation of skeleton and structure.

Development

proper development can't take place unless external factors such as nutrition, activity, protection from diseases, other cultural and social influences are well ensured.

More specifically devt can be defined as the emerging and expanding of capabilities of the individual to provide greater facility in functioning, such as devt of motor ability from uncertain step to proficiency in games.

Development refers to mental, intellectual conditions, emotions and social aspects, acquisition of skill and knowledge indicates development process.

⇒ principle of growth and development

(1) growth and devt is the result of interaction B/w the germ plasm (heredity) and the environment.

(2) growth and devt follows a specific genetic sequence as - infancy, childhood, puberty, adolescence and adulthood.

(During these stages, growth and devt move from simple to complex.)

- (3) Growth and devt is gradual and long process Because, longer the life span of a species the more gradual and longer the process of growth and development.
- (4) growth and devt, are inevitable but they are definitely effected by the quality of genes and environment factors
- (5) Growth and devt proceed at different rate of speed in different individuals, the physical, mental, emotional, intellectual and the social aspect of growth and devt are closely related.
- (6) Growth is determine by heredity. Because heredity sets the limits. Even if ideal environment factors are available, the individual would not grow beyond limits

Age and sex differences b/w Boys and Girls

- | | |
|---|---|
| (1) Girls grow faster upto the age of adolescence and slow down after age of 14 years | (1) Before the adolescence age growth in Boys is slow it increases 14-16 years. |
| (2) girls are smaller in size | (2) Boys are generally taller |
| (3) female has broader and shallow pelvis | Male has narrow pelvis. |
| (4) women has large body and shorter limbs | (4) Men has shorter trunk and long legs. |
| (5) female's shoulder are weak and narrow in strength | (5) Male has broad and strong shoulder with strong bone. |
| (6) female stop growing height around 18-20 years | (6) Boys generally continue to grow until the age of 20-23 years |
| (7) muscular strength is less | (7) Men have more muscular power. |
| (8) Women have smaller heart and fast pulse rate. | (8) Men have large heart and due to more muscle tissues |
| (9) Women have slower reaction time | (9) Men have better reaction time |
| (10) emotionally weak | (10) emotionally strong |
| (11) Menstrual cycle is biological aspect | (11) Do not have biological such activity |
| (12) Breath more shallowly with upper part of chest | (12) Breaths deep by more diaphragmatically |

→ Classification of physique:

Endomorph

- (1) have better digestive system and can digest hard food gives them more energy
- (2) they have large round head Broad face, square jaw, small ears
- (3) their abdomen is large full above the navel
- (4) have short and thick neck chest with fatty breasts
- (5) their palms are broad with short fingers
- (6) feet are also broad with low arch
- (7) have thick and hairy type of skin
- (8) they act first and think after
- (9) they are less secretive and fond of speeches.
- (10) have heavy buttocks and heavy legs.
- (11) ready to help, social
- (12) they always overestimate their abilities
- (13) they remain relaxed don't get irritated on small issues
- (14) they choose power lift, heavy lift, throwing, wrestling, sprints

Mesomorph

- (1) they are medium type of individual and known as athletic type of person
- (2) they are heavy, hard, and rectangular in outline with large and prominent bones
- (3) face bones are long and long oval shaped.
- (4) their neck is strong and long shoulders are broad with heavy and prominent clavicle bones.
- (5) their abdominal is large with low waist.
- (6) they have heavy buttocks with heavy forelegs
- (7) their skin is rough and the complexion is not so good
- (8) they are quite dominant assertive energetic and action packed and love to take risks
- (9) they are bold brave and take actions, quickly whenever they face any problem
- (10) they are courageous and clear minded and show discipline and kind of work

Ectomorph

- (1) they have poor digestive system and energy output is very low
- (2) they have delicate body structure
- (3) their face is small, forehead and chin is pointed and nose is sharp.
- (4) they have long slender neck long narrow throat drooping and hanging shoulders with long arms.
- (5) their abdominal is flat with hollow above navel
- (6) they have thin buttocks and long thin legs
- (7) their hands are small but fingers and toes are long
- (8) their feet are also long with high arch.
- (9) they are tall and thin but poor vital capacity
- (10) their skin is soft but more hairy growth
- (11) their reflexions are quick but actions are slow
- (12) they always underestimate their abilities but want to lead an ambition life
- (13) they feel irritated over fensed and excited whenever they face trouble they want to be alone
- (14) they are very submissive and one track minded solve their problem with mental level with less use of energy
- (15) they play sports like volleyball, Basketball and long duration events

II (Psychological Basis of physical Education)

Learning-

people have developed a magnitude of basic intellectual, social and movement skill acquired through the ever continuing process of learning.

it is a life long process. everyday new things are experienced by us and we try to change our behaviours on the basis of these experiments.

learning in physical education means a change in player's method of practicing, participating and performing a motor skill in sports situations or even a change in attitudes of player towards any particular thing be it the play itself his team members.

learning in the broadest sense is the organisation of behaviour according to the performance demands of some task.

Cratty

the learning process is the change in personality which constitutes a new insight or sense of values or ability

HC Morrison

"The acquisition of new behaviours or strengthening or weakening of old behaviours as the result of experience"

Henry P Smith

Types of learning

(1) Learning with the acceleration

This type of learning indicates that later gains are larger than earlier gains.

The slow movements in the early phase may be due to the fact that the learning or development that is taking place is of such a nature as not to be manifest and thus does not appear on the curve. We must not overlook that learning may consist of changes within the learner that cannot become manifest or be apparent until by accumulated practice and experience the learning acquires a certain degree of structure or precision. The period during which this takes place is the period of little or no apparent progress. It is something like observing the erection of the building where most of the essential underground work on which the erection of the structure depends, is not visible. The teacher must be aware that a certain amount of teaching is the groundwork which must be viewed as an investment of long range return.

Children often observe a great deal of learning and knowledge before they can demonstrate what they have acquired.

the +ve acceleration form of learning may create some problems of motivation in the early phase of learning.

the learner is strongly stimulated by success and where this is lacking he may give up before he can achieve more measurable amounts of success

Generally this kind of learning takes place in young person who is more readily satisfied with his performance/ level of learning, acquired and does not clearly realize the difference b/w his level and the more integrated perfect level.

(2) Learning Curve with -ve acceleration

(When the improvement in the initial phase of learning is greater than in the final phase the learning curve is negatively accelerated.)

(3) Learning Curves with plateau and limits

When the rate of learning is negatively accelerated the progress of learning levels off and then increases again if the practice continues this leveling off or plateau can be easily mistaken for the limit of learning

Laws of Learning

(1) Law of Readiness

Readiness or preparedness makes one learn more quickly and effectively.

If a person is not ready to act, it will be annoying for him to act on compulsion when a child is ready to learn. He will learn more willingly and effectively than at any other time. Thus the state of readiness is one of the most important laws of learning. The preparatory attitude is also called muscle set.

An individual should be physically, mentally and emotionally mature and ready to learn.

Interest is the motivating factor for all learning. So, every possible effort should be made for child for educational activity.

The physical education teacher should create interest in the students so that they may be ready to receive the activities.

The principle of giving warming up exercises is based on the law. Warming up prepares the muscles for vigorous activities and thereby injuries are averted.

(2) law of exercise

This law states that practice makes a man perfect by repeating over and over again the reaction becomes automatic.

This law is similar to somewhat law of use and disuse. It involves principle of exercises and of repetition of practice, or drill. We learn and retain by use and forget by disuse.

Individual learns by doing practice.

Charles A Bucher states

the law of exercise. in respect to the development of skills in phy edu means that practice makes for better co-ordination, more ~~shy~~ rhythmic movement, less expenditure of energy, more skills and better performance as a result of practice. the pathways B/w stimulus and response becomes more pronounced and permanent.

(3) law of effect

According to the Thorndike -

Satisfaction enhances learning to a great extent. This law is also known as law of satisfaction. It means the effective result of an activity, activity which are accompanied by a feeling of pleasure or satisfaction are more readily and easily learned than activities which are unpleasant.

The speed of learning depends on satisfaction

e.g.

play is pleasurable activity so children engage into it & without formal motivation

A physical education teacher always provide activities that produce a feeling of gratification and satisfaction

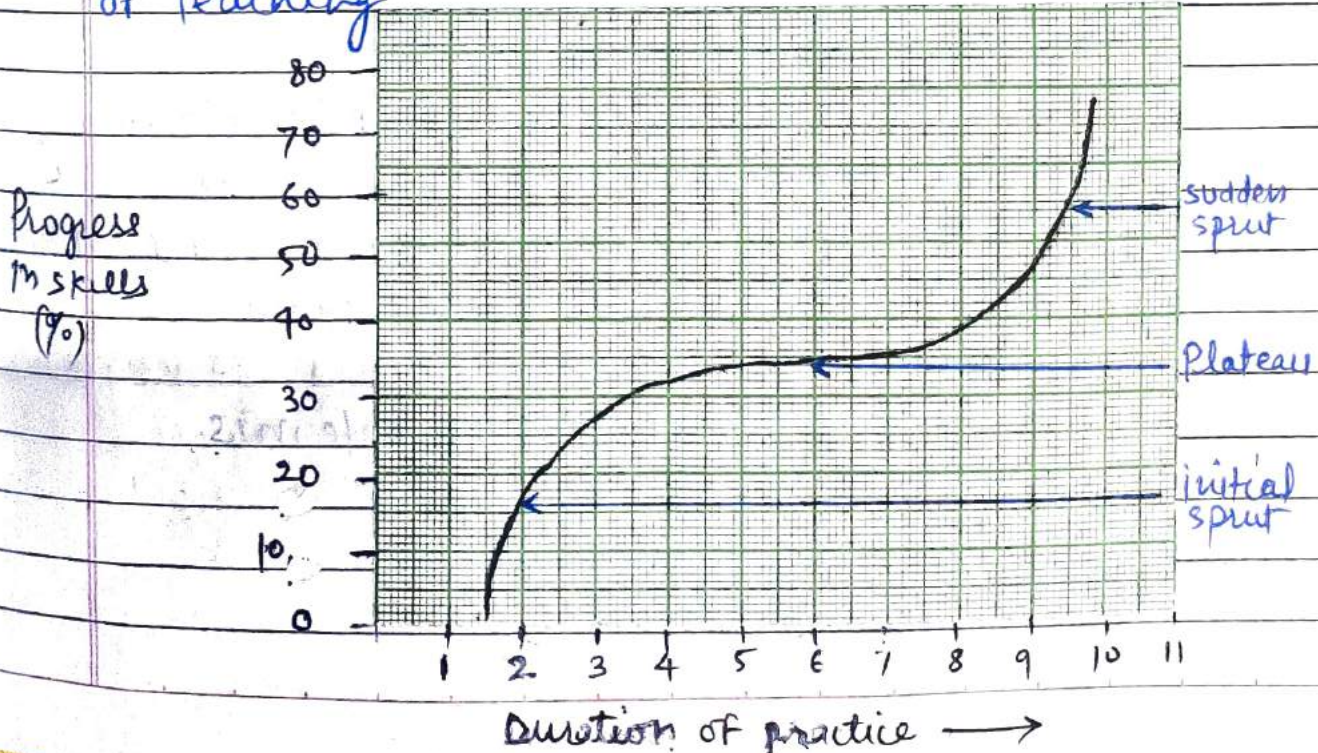
Learning Curve

Learning Curve is the graphic depiction of the process of learning. A student's progress in learning a given skill may be conveniently portrayed by charting a learning curve.

A quantitative record of an individual's performance is taken at stated intervals during the course of learning an activity and the results are plotted on the 2 axis chart.

The measure of mastery or success is generally plotted on the vertically axis and the amount of practice, time spend or no. of trials is plotted on horizontal axis.

The shape that the curve will take is depend on the units that are choosen to depict the progress of learning.



transfer of training

When we try to learn a new task we find that it is influenced by some of the previous learning or knowledge it is called transfer of training

(1) positive transfer

The effect of earlier learning is suitable of beneficial and enhance the subsequent learning if an individual makes use of previous experience or knowledge in responding to the new one.

eg

When a player learns to play Badminton it will be easier for him to play Squash.

(2) Negative transfer

When having learnt one skill makes learning the second skill more difficult. This more happens when a stimulus common to both skills requires a different response

eg Squash player - try tennis

(3) Zero transfer

Where there are no transferable elements
B/w previously learnt skill and the new
one

e.g

Bowling in cricket and skipping

PLAY AND ITS THEORIES

play has been looked at some various perspectives Fun, Frolic, past time and other synonymous words are the terms used by the common man to describe play

Theories

- (1) According to the Surplus energy theory a play by Friedrich Schiller (1873) there is lot of energy that is built up in human which can be released only through active play. play is medium of releasing the pent up energy.
- (2) Recreation or relaxation theory postulated by Moritz Lazarus (1883) in which he states that play is mode of relaxation or a de-stressor, which restores all the energy that has been lost in the day work related activity
- (3) In practice or pre exercise theory Karl Groos (1898) stated that play is very imp to practice behaviours that will help children to survive when they become adults.

- (4) Stanley Hall (1906) in his Recapitulation theory argues of play acting as a catharsis in removing certain primitive and unnecessary instinctual skills and not for survival for the future.

- (5) Appleton (1919) in his Growth theory agrees with Groos believing that play is way of learning behavior for survival.

- (6) Ego Expanding theory by Lange (1902) and Claparde (1911) stated that play is nature's way of completing the ego on expressive, exercising of the ego and the rest of the personality an exercising that develops cognitive skills and aids in the emergence of additional skills.

III Sociological Basis of physical education

Socialization process

Process of Socialization begins at birth and ends with death.

The human infant comes into the world as a biological organism. He is gradually moulded into a social being by the groups in society. He learns social ways of acting and feeling by imitating others.

The process of moulding into a person is known as socialization.

Definitions of Socialization

Bogardus - process of working together, of developing group responsibility.

Ogburn - process by which individual learns to conform to the norms of the group.

Cooley - a social process through which an individual develops his own self by learning the norms and by knowing about his own self from others.

Phases of socialization

- I Primary Socialization (crucial age)
- II Secondary socialization

I Primary stage

1) the oral stage

at the oral stage, the infant builds up definite expectations about feeding time and learns to signal for care.

2) it is concerned with toilet learning of the child.

Oedipal stage - (Puberty age)

this stage begins roughly at the 4th year and goes upto puberty, this is the period when a child becomes the member of family as a whole.

II Secondary socialization

Anticipatory socialization

In anticipatory socialization the individual mimic or copy the behaviours of his anticipated future role.

Re-socialization - it is the kind of learning which involves the learning of new ways of thinking, feeling and behaving that are completely different from one's previous ways of life.

Reverse Socialization

The younger generation transfers knowledge to the older generation. This occurs mostly in Industrial Societies where a pace of technological change is very rapid.

Agencies of Socialization

- (1) Family - Has first access to the youngsters before formal schooling. Thus, they have a strong early influence as norms, morals and roles.
- (2) School
 - (a) Emphasis and importance of being on time
 - (b) Teaches how to be docile
 - (c) Authority should be respected
 - (d) Learn and follow directions
- (3) Peer groups

Being to have a powerful influence of socialization around the time of adolescence when family influence weakens to establish a separate identity.
- (4) Mass media

Consisting of printing media, Internet

and TV - a powerful tool to socialization often introducing and indoctrinating people into such ideologies as sexism, ageism and racism.

Social Nature of Men and physical activity

There is an increasing focus on the benefits of physical activity and encouraging the worldwide community to become more physically active. Physical activity is important for both physical and mental health.

Lack of physical activity is a range of serious health problems including obesity, heart disease and some forms of cancer.

The most common reason given by men not being physically active is insufficient time because of work and study.

There are several common reasons why some men don't exercise.

(1) Lack of time for physical activity
Men of aged 30-50 are typically busy with work and family commitments when leisure time is limited, it's natural to choose enjoyable activities.

(2) Lack of Interest
Some men believe in "no pain no gain" misconception, and think that only grueling and uncomfortable forms of

physical activity are worthwhile. However, phy activity doesn't have to be particularly vigorous.

- (3) lack of motivation about phy activity
Some men view health as a low priority.
- (4) lack of physical ability
Health issues that make activity and movement uncomfortable such as obesity, back pain, persistent fatigue.
- (5) limited access to exercise facilities
Some men think that it is all about gym etc. Not so. activities that don't require facilities are walking, running, cardio.

Sports as culture heritage of mankind.

The term Culture is vast term which deals with the all complexities of the civilization starting from the very beginning with its basic aspects related to traditions and religions. Culture influence the society representation, community and religions etc.

Culture Shows the image of nation.

* Games and sports are as old as our civilization. These are phy activities which long ago our ancestors has adopted for their exercise and existence these including, running, fishing, fighting and jumping etc these activities were used to fulfil their basic needs slowly with change in time most of these activities were modified and were used for playing and recreation. Most of the activities like running, fighting etc were modified into sports. athletics, wrestling etc. and games like shot put and javelin.

* The term heritage is something that left from past to the present

and present to the future with proper modifications. Heritage makes proper link B/w past to the present

- * Games and sports are considered as culture and many nations have accepted it as their culture heritage. Games and sports are the pride of nation and every country tries to protect their culture
- * Games and sports and other related recreational activities also formed part of life in every civilized country. Egyptians, Greeks and European countries had contributed a lot in fields of games and sports.

Benefits of Games

- (1) Your fitness remains intact by playing, jumping ropes, badminton etc
- (2) Encourage your children to outdoor with them too
- (3) playing mental health is also good

Tradition in sports

Tradition have such an impact of people because it reflects our past and it brings a sense of comfort knowing it's happening again. Sports fans are going to love this Countdown sports traditions that have been around for years and going anywhere, anytime.

- (1) National Anthem before game
The tradition first originated during WWI and got great reaction from the crowd, all who were supporting their friends and loved ones.
- (2) Hand shake after game
Sportsmanship better than shaking hands with the opposing team after a long grueling game when both teams are trying to come out victorious. It is good example of love and respect to the game and players.
- (3) Ceremonial first pitch
Former players, celebrities and even presidents have been this well known and loved tradition.

(4) Rushing field after win

This goes more towards school and college sports team. Trying to rush the field in any sport probably going to get in a little trouble.

It is moment for the players to see their fans and meeting of fans with their ideal and loved player is unforgettable.

(5) playoff beard

This hairy tradition started back in 1980 and has made quite a journey. Once the team enters the playoff, they don't shave their beard until they win.

(6) jersey swap / hat throw

This is another great example of sportsmanship on and off the court. Many players feel that it is the way to show respect for their coaches while winning and love to their fans while giving and throwing on them same at hats they wear.

(7) Gatorade showers

One of the coolest traditions after the winning of game the head coach or key player get a cooled with ice and Gatorade dumped on his head during the celebration of winning the game.

Competition and Co-operation

Competition

- (1) Competition is a process in which individuals or groups struggle for some goal or end.
- (2) For competitions self-confidence, strong aspirations, the spirit of adventure and readiness to suffer and to struggle are needed.
- (3) Competition has limitations as it bounds by norms.
- (4) Unstructured competitions are always beneficial but uncontrolled competitions are always harmful or dangerous.

Co-operation

- (1) Co-operation is a process of working together for achieving common reward.
- (2) The qualities like natural awareness, understanding, helpfulness, and selflessness attitude are necessary for co-operation.
- (3) It is limitless as one can go to any extent to help other.
- (4) It is always beneficial as it brings normally positive result.

(5) Competition may cause satisfaction as well as dissatisfaction

(6) Competition may contribute to socio-economic progress as well as to general welfare but there is no chance for solution of international problems and disputes

(5) Co-operation provides satisfaction and contentment to people

(6) the degree of solution for many international problems and disputes provided by cooperation is higher

Leadership qualities

Leadership is the exercise and authority of making decisions.

Progress in any field depends upon the quality of professional leadership available when any leader is striving to promote his profession. He is promoting directly or indirectly.

The word leadership can be abbreviated
L - Loyalty

E - Enthusiasm, Endurance, Engaging personality

A - Alertness, adjustment, ability to coordinate activities

D - Discipline, Dependability, Desire to help others.

E - Energetic, Earnestness.

R - Reliability, Right thinking, Right judgement.

S - Sincerity, sympathy, Self control, Sacrifice, Super motor Capacity.

H - Health, Honey, Humour

I - Intelligent, Industriousness, Impartially, Interest in teaching, Innovative

P - patience, perseverance, personality
physical skill, public relations

Few other qualities a leader must have -

- (1) Innovative
- (2) Honesty
- (3) active listening
- (4) Self Confidence
- (5) Visionary
- (6) Strong Communicator
- (7) Delegation
- (8) Decision making skill
- (9) problem solving skills
- (10) fair attitude
- (11) Inquisitiveness
- (12) Self motivated
- (13) Humility
- (14) Care for others
- (15) Self Discipline
- (16) Emotional Intelligence
- (17) Self awareness
- (18) Self regulation
- (19) Empathy
- (20) Motivation and Social skills
- (21) passion
- (22) Resilience
- (23) Accountability
- (24) Supportive
- (25) tech savvy
- (26) Learning agility
- (27) empowerment

I Physical education in ancient period

* Greek-Homeric age

physical skills were taught from a young age and ancient Greece developed the first Gymnasiums which were large structures where sports and races could be held. Sparta was particularly fond of physical education. Young boys were sent off to military training from early childhood.

The Greek poet Homer was born sometime between the 12th and 8th centuries BC.

possibly somewhere on the coast of Asia Minor. He is famous for his epic poems, the Iliad and the Odyssey, which have had an enormous effect on western culture but very little is known about him.

period of Greek civilization

The civilization of ancient Greece emerged into the light of history in the 8th Century BC. Normally it is regarded as coming to an end when Greece falls to the Romans.

In 146 BC - However, major Greek kingdoms lasted longer than this, as a culture. Greek civilization lasted longer still continuing right to the end of the ancient world.

Philip of the Macedonians defeat Greek city-states is traditionally seen as drawing down the curtain on "Classical Greece" and ushering in the "Hellenistic age" this includes the conquests of Alexander the great and ends with the conquests of the Hellenistic states by Rome. (146 - 31 BC)

The history of ancient Greece falls into 4 major divisions, the "Archaic period" when the civilization's main features were evolving lasted from the 8th to the 6th Centuries BC.

Classical Greece flourished during the 5th and 4th BC, this was marked by the Persian war (510 - 479 BC)

The Golden age of Athens 479 - 338 BC and the later classical Era (404 - 338 BC)

Greek Civilization had a powerful influence on the Roman Civilization. Indeed some modern scholars see the same era as the continuation of the same civilization, which they label "Greco-Roman".

⊗ Cities and states of Greek Civilization

The typical Greek city was built around a fortified hill called a "acropolis". Here was located the city's chief temple, the city's treasury and some other public buildings.

At the centre of the city was the "Agora" the centre space where public meetings were held, and where traders set up their stalls.

Most industrial production took place in small workshops. Family members and some slaves would make up the work force in most of these. However, one workshop in Athens for manufacturing shields was said to have 120 workers, mostly slaves.

Different traders were concentrated in different parts of the city, but mostly near the agora, the main trading centre in the city. Potters, blacksmiths, bronze workers, carpenters, leather workers, cobblers, and other craft workshops would all have their own streets or districts.

As a city outgrew its local water supply, water was brought from neighbouring hills by means of channels cut in the rock, and clay pipe. Pools collect water and also private wells situated in the larger house.

The city was surrounded by high wide walls. In later times these were made of stones, brick and rubble. Towers were built at regular intervals.

Outside these walls was another public space the "Gymnasium". This is where athletes trained. Covered porticoes allowed training to continue in bad weather and also provided shade areas for activity like music, discussion and social meetings. Many gymnasias had public baths attached.

Surrounding the city was the farmland of city state. Many of the citizens lived within the city wall and walked out to their fields each day. Those whose lands were further away

lived in hamlets and villages which dotted the landscape and walked into the city for special occasions.

Many Greek cities-states were situated on the coast or a small island.

II Spartan and Athens, Education system the origin and development of ancient olympic games

Although games and sports had become an integral part of human beings it rose to its greatest height in Greece which is called "Golden Era"

In the history of games and sports Greeks were great lovers of physical activity and placed great emphasis on physical placement and achievement. Greece at that time was not a separate nation but was a group of cities which were constantly at war with one another and the outsiders. The requirement of physically fit soldiers might have one of the considerations but games and sports had become a way of life for their citizens. Two such states sparta and Athens figures prominently in History of games and sports in Greece.

In sparta the main aim of physical activity was to produce healthy men and women who could defend it.

Rigorous physical activity was part of child's training once he attained the age of 6.

Wrestling, jumping, running, throwing, marching, horse-riding and hunting

were part of this compulsory rigorous training.

Athens of the other hand gave more democratic freedom to its citizens. No doubt, in Athens military training prominently figured in their programmes. But they also gave emphasis to moral, mental, physical and aesthetic development. Gymnastic became their part of life style and Gymnasiums emerged as centre of political, social, and intellectual life. Greeks were great lovers of festivals which were regularly held, honouring the one or the other Greek deity.

Olympics own its origin to one such festival in the honour of god Zeus, the supreme god around 776 BC. and continued to be held every fourth year till it was abolished by Roman emperor Theodosius in 394 AD.

The Olympic games were great unifying force in Greece and a truce was used to be declared, and no fighting was permitted during this period.

Physical activity in ancient Greece have left their imprint in almost every phase of our life. As a befitting tribute in recognition to the contribution of the Greece in the fields of sports and games, the world chose Athens as the I Modern Olympic Games held in 1896.

III Physical education in various countries

physical education in Germany

Being situated in the heart of Europe Germany has exercised a great influence throughout the Europe (Based on) introduced liberal attitude regarding education and games and sports were given prominent place in school curriculum. Initially gymnastic occupied a prominent place.

"Gut Muths" known as grandfather of German gymnastics. placed gymnastic on scientific Basis, and also included games and swimming in this program. His programme was so successful that people encouraged their children to take part in gymnastics. Later on

Friedrich Jahn and Adolph Spiess carried on the work started by Gut Muths, and added new dimensions to gymnastics. Spiess stressed that phy. edu. Games and sports should be given same importance as was being given to other subjects.

His efforts bore fruits and in 1860 phy edu was introduced as compulsory subject in the educational institutes.

Physical education in Denmark

In Denmark "Franz Nachteggall" laid the foundation of physical education due to his persistent efforts. phy. edu, games and sports were introduced in the schools as the need for trained teachers grew.

He took lead in devt courses of study for this purpose. After his death, "Danish Rifle club" was formed where training in shooting and military drills was imparted. gymnastics too was introduced in all the clubs. Nils Bukh, introduced primitive gymnastics in which he included a series of exercises of arms, neck, legs, joints, abdomen etc. at one stretch without any break. as a result of Nachteggall's efforts phy-edu. was made compulsory in all elementary schools and high schools were introduced. Foundation of phy. edu. and phy activities thus laid.

physical Education in USA

The history of games and sports in America makes an interesting study which range from colonial period when sports and games were frowned upon and discouraged to the present when it has become a big business. The early settlers during colonial period were more concerned with survival with the wilderness and play was considered sinful as more and more settlers from European countries came they brought with them their own games. Settlers from England introduced hunting, fishing horse riding etc. and Dutch settlers were more interested in various type of ball games like bowling and also skating slowly but steadily games and sports become part of American culture and games like soccer, Baseball, tennis, Baseball, ice hockey, golf etc. became quite popular. YMCA made the tremendous contribution in the fields of games and sports. Basketball was invented by Dr. James A. Naismith in 1891 while working in YMCA training school Springfield, and in 1895, Volleyball invented by William G. Morgan at YMCA Holyoke. With the revival of Olympic games in 1896 the interest has continued to increase.

and today America is one of the leading country in fields of Games and sports.

Physical education in China

Although it is believed that since 2698 BC "kung fu" a medicinal type of gymnastic was prevalent in China simple exercises like bending, stretching, squatting were also practiced, Dancing, wrestling and bow and arrow use also popular.

period of Chou Dynasty (1122 BC - 256 BC) gave impetus to physical activities and shooting, football, Boxing, fencing, boat racing, throwing and chariot racing also become quite popular, the modern phy. edu. came to occupy an imp. position only in 19th Century. Earlier Calisthenics and Military drills were introduced but later on Ball games were also introduced. In 1929 phy. edu. introduced in the schools as compulsory subject. Gradually all major games found their ways in regular exercises programs and today China has emerged as a formidable country in the fields of games and sports.

physical education in Russia.

It is one of the developing country, Russia has responded in the last few years and Russia is considered in the first two countries of the world.

Delineate the history of Russia -

Imperial period (before 1917)

Communist period (after 1917)

* Imperial period (before 1917)
before 1917, Russia was ruled by the king 'zar' dictating the whole country is big. it was divided into 2 estates. there was no provision of education in "zar" period, and woman was state management considered a subject.

the relation of the king, only to the vassals. it was from the people working in the jagir lived a life of slavery.

⊕ Communist period (1917)

due to the 1st world war in 1917 and the efforts of communist thinkers, Russia the imperialist social system became fragmented and adopted communist ideology the foundation of the socialist soviet was a laid.

(Education system of Russia)

- * For children B/w 3 or 7 years age, education is given in the primary school,
- * till 10th class running uniformly throughout Russia
- * after 10th children are giving admission in professional Institutions,
- * Admission is given in Collage and Universities for Higher education

⇒ Russia Govt make arrangement for food and work for all the people.

Body as the result this standard of sports in Russia is particularly high following games are popular in Russia -

- (1) Gymnastics
- (2) Football
- (3) Basket ball
- (4) Cycling
- (5) Athletics
- (6) Sailing
- (7) Hockey
- (8) Skating
- (9) Adventures and Amazing Games
- (10) Ice Hockey
- (11) Dance
- (12) Swimming
- (13) Volley ball
- (14) Shooting
- (15) other games played on ice.

Russia participate in all olympic and sports competitions ~~in~~ in 1996 participated as USAN's part and performed very well and rise their level of performing worldwide.

- (1)
- (2)
- (3)
- (4)
- (5)
- (6)
- (7)
- (8)
- (9)
- (10)
- (11)
- (12)
- (13)

(physical education in UK)

In the most of the countries of ~~UK~~ Europe, phy-edu. is considered for the security of their country and defeat to remove the humiliation its program kept for the purpose. But the British made phy-edu only as a Entertainment adopted for, therefore, sports and athletics have a special place in "United Kingdom".

till the asian time many types of sports prevalent in UK, since the time immemorial and this country introduced many new sports also invented the game for came to England, from other countries included many improvement and places.

Complete amendments made. Archery was prevalent in the early period ~~it~~ after that find following places.

- (1) Hockey (from 5th Century)
- (2) Golf (from 17th Century)
- (3) football
- (4) Tennis
- (5) Athletics
- (6) Wrestling
- (7) Sailing
- (8) Horse riding
- (9) fishing
- (10) swimming
- (11) ice skating
- (12) throwing
- (13) hunting

In cricket, athletics, Hammer
throw and pole-vault were invented
here.

even today cricket is controlled
by the Melbourne cricket club.

Physical education in Australia

traditional activities and sports, are being popular that time in Australia like recreational pastime and games were indicative of the Indigenous way of life. Their environment demanded that they be physically fit in order to survive.

preparing for hunting and gathering,
climbing, jumping, running,
tools such as spears, boomerangs
team work

Traditional activity and sports

Marngrook.

it is a ball game played B/w 2 teams. it was usually played with a possum skin ball.

On 7 August 1858

- * First game of Australia ruled Football
- * Melbourne Grammar sch vs Scotch clg.

Many Indigenous athletes have succeeded in their chosen sport. They have showcased their talent across the range of sports and inspired other best members of their community to attain a level

I

Physical Education in India

History of physical education in ancient india.

* Indus valley civilization period (325 BC - 2500 BC)

There is no record any physical art or craft during the pre vedic age but an idea of the same can be formed during a time while careful study for the war weapon, tools and implements seals and sculptures. found at Harappan and Mohenjodaro.

during this age of objectives, physical exercise was achieved through a daily routine of work, game, sports and amusements.

- ⇒ Animal fighting was another past time during this civilization
- ⇒ Boxing was also in practice as evident from an ancient seals found during excavation
- ⇒ Marbles balls and Dice were used for games.

* Vedic period (2500 BC - 600 BC)

- (1) Suryanamaskars, the origin of which dated back to Vedic period was performed more as a religious duty than a mere phys. exercise or training. Now this has dev't into a very popular exercise for health.
- (2) The practice of pranayam was another dev't which took place during this period. It was considered beneficial for the lungs and as a mean of prolonged life.
- (3) Military training was also popular during this period. They were also involved in hand wrestling, use of 'bow and arrow', dagger fight, sword fight, mace fight, hurling the discus and spear, horse ride, chariot racing, hunting, elephant riding and boxing were also needed in battle.
- (4) Ball games and Dice game became very popular in this period. This game is played by men as well as women.
- (5) Bulls and animal fighting also popular in that time. Fights were organised in the fairs and festivals for amusements.

Early Hindu period (600 BC-328 AD)
Ramayan makes a great deal of reference to play, training and recreation.

Dramas and festivals played an important part of life.

Hunting was very popular which was considered as a royal sport. Big dogs were domesticated for the purpose of sports.

The game of chess was in fact the invention of some Hindu and this country is considered as original home of this game.

Animal combat were also prevalent. Wrestling, male fighting, chariot driving, archery and water tactics prevalent during the Mahabharat period depict the nature of physical culture practice of existence of that time.

Later Hindu period (320 AD - 1000 AD)

Great universities like Taxila and Nalanda developed during this period. There was a happy correlation of physical, intellectual and artistic at these centres of learning.

Wrestling, archery and mountain climbing were given special attention at Nalanda University. Swimming, Breathing exercises and yoga formed an essential part of students.

Cock fighting was another sports that time which was popular too.

Elephant, Buffalo and partridge fighting was also in existence.

Body health was considered as a step for the improvement of physical and spiritual conditions.

Medieval period (1000 AD-1757 AD)

- (1) In the 12th Century AD our system of phy-edu. was promoted in the gurukuls, where the teachers and pupils live together in the gymnasiums which enjoy the high patronage of kings.
- (2) During the 1200-1525 AD king paid more attention to the military training which results in the practice of handling different type of weapons and self defence.
- (3) The well known religious prophets like "Shri Samarth guru Ramdas" felt the importance of phy-edu. He used to do 12000, Suryanamaskar everyday. His efforts result, and called "Grand Father of Indian Gymnasium movement".
- (4) The phy activities in the gymnasiums included Suryanamaskar, dand, heavy cube swinging, and Mall Khambh, wrestling, sword fight etc.
- (5) Massaging was an extremely imp aspect of wrestling training, Boxing

was another notable activity. Hunting swimming and other activities were also popular in this period.

Chagan is considered to be precursor of polo. This sport played at night.

pre and post development of physical education

A flashback to pre-independence days:-

Physical education has always existed in the Indian society in one form or the other but had never been considered as a part of school curriculum, no doubt, English are the sports loving people and pioneers in the education but in India as a ruler, they also never paid any attention to the inclusion of phy-ed in the schools physical program in 1833 the Govt of India shouldered the responsibility of education and in 1870 the sub of education related to sport was made a state subject, only the centres retained the supervisory power, physical education was given no place in school program for the first time it was the Indian education commission in 1882 that recommended physical training and physical education to be promoted in the interest of young ^{and youth} by the encouragement of native games.

Dev't of phy-edu. in post independence period

As a result of various revolutionaries India finally got independence in the year of 1947. Now India became the Democratic society and govt of India did various efforts to improve the policies of education.

Govt of India realised the importance of physical education and physical activity for the people and took various important steps in the direction of improving the status of phy-edu.

An imp step in the direction was the Committee name Tara Chand Committee. This committee came to existence in 1948 various recommendations were provided by the committee to improve the condition or status of phy-edu in India.

To advise the govt in various issues related to phy-edu, a board name central advisory board was set up in 1950. To provide training to athletes to various games and sports, some special kind of schemes were being introduced by govt of India.

Contribution of G.D. Sondhi

Guru Dutt Sondhi
(10 Dec 1890 - 20 Nov 1966)
was a sports administrator in India
manager of Indian Olympic team at
3 olympics. founder of western
asiatic games (New Delhi and
patiala 1934) and the founder of
Asian Games Federation,
G.D. was born in 10 Dec 1890 in
lahore (now in PAK) to a
punjabi khatri family. his father
was barrister in jalandhar
He attained Govt collage lahore
(1905-1911) then Trinity Collage
Cambridge Eng (1914). he was interested
in sports during his study year in
Govt Collage. he was the half mile
and cross country sports champion
of Punjab University in (1911)
He was also member of Trinity
Collage Hockey team.

He then became the 1st Indian
Principal of Govt Collage (1939-1945)
after partition of India He joined
punjab university Chandigarh and
served at various positions as a
sports administrator. He believes that
sound body is necessary for sound
mind.

The charter members forming the federation could not attend were Afghanistan, Burma, Sri-lanka, Indonesia, India, Nepal, Pakistan, Philippines and Thailand while the various nominees could be attend.

The delegates also decided to hold the Asian games after every four years, midway B/w the olympic games.

at the later meeting during the first Asian games they agreed on the simple motto which was designed and proposed by GD Sondhi. Every onward the official flag. Sondhi had designed for the Western Asiatic games shows a red sun that represents the every glimmering and warm spirit of the Asian people.

Contribution of PM Joseph

puthenpurail. Mathew Joseph was an Indian educationist and the founder principal of Laxmi Bai National College of physical education which later grew to become the present day Laxmi Bai National University of physical education (LNIFE) Quilon Boman Changanassery in the south Indian state of the Kerala.

Joseph is also the founder of Physical Education Foundation of India - Foundation of India.

a Non government Organisation working towards effective dissemination of scientific knowledge in sports and sports education.

LNIFE have named their central library after him. He was honoured by the Govt of India in 1967 with the award of Padmashree, the 4th highest Indian civilian award for his contribution to the Society.

Organisation and Institutions (AICs)

(1) All India Council of Sports

The government today constituted All India Council of Sports as an advisory body to deliberate on matters relating to the promotion and development of sports in the country.

While the advice rendered by the Council will be duly considered by the govt, it will not be binding and obligatory on the govt.

The sports ministry said in a release the Council may organise national, international conferences, seminars, symposia for promotion of sports in the country.

It will be headed by the president in the rank of Minister of state and will include four members of parliament, sports personalities, Coaches, experts, administrations, Director general of SAI, DG National anti doping agency, Vice chancellor of LNIFE, officials from sports ministry, representatives from National sports federation, Top corporate bodies and NGOs.

Appointments of the president and members of the Council other than ex officio members will be made by govt.

The Council will meet from time to time, at least one in quarter and deliberate on matters relating to the promotion and devt of sports and games in the country.

The aim of Council include popularizing sports.

amongst the youth. increasing outreach of sports to the rural and tribal areas, areas affected by Left Wing Extremism. North East and Jammu and Kashmir matters relating to promotion of inclusiveness in sports with special focus on Women, differently able tribes; preventing drug abuse in sports, fraud of age and sex harassment of women in sports.

Bringing professionalism, transparency and good governance in functioning of NSF, promotion of sports sciences and medicines.

Augmenting sports infrastructure and ensuring its proper utilization. Issues arising out of match fixing and other malpractices in competitive sports, early identification of talent and nurturing of the identified talent.

Sports department of Punjab (SDP)

The state of Punjab had always enjoyed a pre-eminent position in the field of sports to retain/improve the pristine glory and the pre-eminent position in realm of sports. An independent department of sports came into existence in the year 1975. Under the able guidance of the department of sports Punjab, many athletes of Punjab had given excellence performance and achieved exceptional positions in international sports arena.

Flying Milkha Singh Olympian and arjun awardee. S. Surjit Singh, Olympian Prithpal Singh Olympian Jarnail Singh arjun awardee Prem chandra Dogra and padamshree Pragat Singh are the few examples Punjab had produced many stars of an international repute in all disciplines recognised in India.

Medal tally of Punjab in various national games -

Venue	Gold	Silver	Bronze
Pune	26	27	31
Bangalore and Mysore	44	28	40
Imphal	34	31	42
Punjab	61	44	58
Hydrabad	54	37	55
Guwahati	25	39	40

Sports Authority of India (SAI)

The Sports Authority of India (SAI) a successor organisation of the IX Asian Games held in New Delhi in 1982 was setup as a society registered under the Registration of Society Act 1860. In accordance of the Resolution no 1-1/83-SAI dated 25/01/84 of the department of sports Govt of India. It was established, with the objective of promotion of games and sports in the country. It was also assigned as the responsibility of maintaining and utilizing the existing stadiums in Delhi which were constructed during the 9th Asian Games. In order to adopt an integrated approach towards promotion and development of sports awareness society for national institutes of physical education and sports (SNIPES) was merged with SAI in 1987.

SAI is an apex body for promotion of sports in our country. The general body is being headed by Successor PM as its president.

The Governing body of SAI is headed by the Union Minister for human Resources devt and has Union Minister of states for youth affairs and sports as its sports vice chairman.

as per the SAT rules, the general body should generally meet annually whereas the governing body should ordinarily meet atleast once in quarter of financial year.

Indian Olympic Association (IOA)

(IOA) was formed in 1927 Mr Dorabji Tata was its first president, Dr D. G. Neohrem Secretary and G.D. Sondhi as assistant Secretary since the IOA is functioning and is affiliated with International Olympic Committee

IOA Composition of —

- (1) a president
- (2) Nine vice president
- (3) A secretary general
- (4) Six joint Secretary
- (5) A Treasurer
- (6) Seven members elected from among the representatives of state Olympic association.
- (7) 12 members elected from among the representatives from National Sports federation

The severity of disciplinary sanctions depends upon the degree of fault committed.

- (1) Caution
- (2) Warning
- (3) Suspension for a specified period of time
- (4) Expulsion from the IOA

Disciplinary action against the sports person official or coach

During International and national Competition any unsportsman like behaviour on the part of Competitor official or Coach which includes insulting, making undesirable gestures, abusing the decision of official provoking the opponents or spectators and disobeying code of ethics shall be punished as follows

- a) Disqualification for the duration of activity of that item of sports.
- b) Disqualification for the entire duration of competition
- c) Prohibition from participating in competition for a fixed period of time

Young men's christian (YMCA)

YMCA . the first collage for physical education of Asia was established in 1920 by Harry Crowe Buck (HC Buck) of Pennsylvania, United States the collage is now affiliated to the Tamil Nadu physical Education and Sports University.

It is Govt aided Collage. The YMCA Madras was started in 1920 and it started its academic operation from the year 1931 as the first Collage of South Asia with two academic programs

Certificate in physical education and Diploma in physical education to the University of Madras

its ancient origin is as below

Founded - 6 June 1844
Founder - Sir George Williams
Founded at - London, England
Type - International NGO
Headquarter - Geneva Switzerland
President - Patricia Pelton

National Laxmibai Institute of physical education (LNIPPE)

Laxmibai Institute of physical Education was established in Gwalior (MP) in 1957

It is Government of India deemed university under the ministry of youth affairs and sports. This university is affiliated to Vikram University. In 1993 Collage renamed to

Laxmibai collage of physical education later after 9 years further changed to Laxmibai National collage of physical education.

III Awards Honors and Eminent personalities

National awards.

Aryana Award

The aryana award is the highest national recognition given to distinguished sportsperson for their contribution in the field of sports. The award was instituted in 1961.

It is for outstanding performances given by a sportsperson during the year for which it is presented after taking into account the achievements during the preceding three years. The awardee is presented with bronze statuette of aryana the legendary pandava a scroll and a cash prize of ₹5,00,000 (5 lakh) along with a monogram a blazer and a tie. The president of India presents aryana award on 29 Aug Birthday of legendary Hockey wizard late Captain Dhyan Chand Olympian.

The scope of award has been enlarged to include such person who have made lifetime contribution to their sport.

From the year 1965 onwards, the award is given in the following three categories

- Olympian / Asian / Commonwealth Games and Cricket
- Indigenous games
- Physically challenged categories

Rajiv Gandhi Khel Ratna award.

The award was instituted by the Rajiv Gandhi trust in the year 1991-1992 with the objective of motivating sportsperson towards high level of sports performances and to intensify the spread of sport culture in the country. The award is given for the most spectacular and outstanding performance by a sportsperson. Only one award is given under this scheme. The award consists of 2,50,000 of (25 lakh) cash.

a scroll of honour and a plaque
Some of sportsperson who have been given this award are "Jyotima Sekdar" (athletics), Karnam Malleshwari (weight lifting)
Phulke Gopichand (Badminton)
Dhanraj Pillai (Hockey)
Abhinav Bindra (shooting)

Dronacharya award

In recognition of such Gurus (Coaches) the Govt of India instituted Dronacharya award in 1985 to honour eminent coaches who make outstanding performance as contribution in their respective fields. The award is given for commendable work performed in that sport.

The awardees are thus motivated to dedicate themselves to raise the standard of sport-person in international events and bring glory to the country. Each awardee is given cash price 10,00,000 (10 lakh) along with the bronze statue of Dronacharya, a scroll, a suit, a blazer and a tie. The award is presented by the president of India on 29 Aug every year which happens to be the birthday of Captain Dyan Chand wizard of Hockey.

Maulana Abul kalam Azad-Trophy (MAKA)

The running trophy was instituted by the Govt of India (in 1956-1957) in memory of Abul kalam azad former education minister of india. The trophy is awarded annually by the president of India to the university which gives the best overall sports performances in all India Intra university, national and international level competitions. In the year of the award, the university receives a replica of the trophy and a cash award of 15,00,000/- (15 lakh) for the promotion of university sports.

It is worth mentioning here that Gurunanak dev university won 14 times and Punjab university won 12 times appointed by ministry of youth affairs.

Youth services and scouts and Guide youth services

By 2024 the Bharat Scouts and Guides will be a globally visible consistency growing premium youth movement that is gender balanced, vibrant and responsive to trends.

providing young people with value based attractive by challenging youth programmes through competent leaders, effective communications optimum use of technology and efficient management.

its purposes —

- (a) Improve Vocational skills and Handicraft to be self dependant
- (b) develop youth to undertake Community development.
- (c) to lead the refined religious life in service of Mankind and God.
- (d) to realize one's best to protect public property.
- (e) to contribute for world peace through personal involvement through various event & club and program.
- (f) Work for upkeep of our national heritage and culture
- (g) participate in developing activities of national priorities of health
Education
Technology
Sanitation.

Service
peace

Stop the violence against children
and women

Scout and Guide

⇒ The Bharat scout and guides (BSG)
is the national Scouting and
Guiding association of India

Headquarters -	New Delhi
Country	India
Founded	7 Nov 1950
Awarded for -	Peace messenger
Award -	Indira Gandhi award for National Integration
Members -	5,695,676 Scout - 3,687,127 guide - 2,008,549
Chief National Commissioner	K.K Khandelwal
President -	Dr. Anil Jain
Affiliation -	World association of girl guides and girl scouts world organisation of the scout movement

Contribution of Eminent Educationist in physical education

Johan Basedow

Johan Basedow born on 11 Sept 1724
Hamburg Germany died on 25 July 1780
Magdeburg, Brandenburg
Influential German Educator and reformer
who advocated, the use of realistic
teaching methods and the introduction of
nature study, physical education and
Manual training into the schools.

Gut Muths John

Johan, Christoph Friedrich GutsMuths
also called Guts Muth, or GutsMuths.
(9 Aug 1759 - 21 May 1839)
was a teacher and Educator in Germany
and is especially known for his role
in the development of physical education.
He is also known as father of gymnastics.
GutsMuths introduced systemic physical
exercise into the schools curriculum
and he developed the basic principles of
artistic gymnastics.

Nachtegall lung

Nachtegall lung was born on 30 Oct 1777 and died on 12 May 1847. He was the early proponent and directly responsible for introducing physical education in schools of Denmark.

He stimulated to begin teaching gymnastics after reading Gutsmuths Manual of gymnastics.

In 1807 he was appointed professor of gymnastics at Copenhagen University and awarded an honorarium for giving free instructions to civilians who were interested to learn phy educ.