



Current Trends In Physical Education and Sports

Edited By
Dr. Sagar P. Narkhede



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Current Trends In Physical Education and Sports

**Edited By
Dr. Sagar P. Narkhede**

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PREFACE

Academic excellence and quality sustenance in higher education have become inevitably necessary today. In this regard, Department of Physical Education and Sports of Saraswati Kala Mahavidyalaya, Dahihanda, Akola, has taken the initiative by publishing Edited Book on **“Current Trends In Physical Education & Sports”** is really a praise worthy step.

Rapid, unprecedented development in the field of higher education over the world has compelled and necessitated to bring about revolutionary change in our traditional higher education set up. The University Grants Commission, the supreme higher education regulatory authority in India has shown inclusive move displaying reflection of global impact of developments in higher education by creating, and constituting the National Level autonomous institute entitled NAAC, at Bangalore with its related powers and responsibilities.

Contributions and discussions of all of our today's scholars and academicians will lead and certainly provide a new insight to step ahead in direction of bringing about quality in higher education.

I wish you all the best.

Hon. Shri. Gajanan Dalu (Guruji)
Ex. MLA, President,
Shri. Sant Gajanan Maharaj
Shikshan Sanstha, Akola



MESSAGE

It is rightly said that knowledge is to share not store. Knowledge is the only thing which increases by distribution. Just like one lamp lights another lamp, knowledge spreads by sharing it with others. Books are one of the best ways of sharing and spreading knowledge. With this idea in mind, Department of Physical Education and Sports of Saraswati Kala Mahavidyalaya, Dahihanda, Akola, has going to publish Edited Book on "Current Trends In Physical Education & Sports". I am glad to find that we have got tremendous response from various colleges and institutes in Maharashtra and even from all over India.

I, as a President of Karmyogi Appasaheb Pratishthan (Sangawa Mel), Murtijapur, Dist. Akola and Management of Saraswati Kala Mahavidyalaya, Dahihanda, Akola heartily appreciate this quality initiative of this college.

I am sure this book will be useful in sharing and spreading knowledge in Current Trends in Physical Education & Sports.

I congratulate all participants on behalf of Saraswati Kala Mahavidyalaya, Dahihanda, Akola.

On this occasion, I extend my greetings and wish this book a grant success.

Hon. Shri. Diwakar Gawande,
President,
Karmyogi Appasaheb Pratishthan
(Sangawa Mel),
Murtijapur, Dist. Akola



MESSAGE

I am happy to hear that the Department of Physical Education and Sports of Saraswati Kala Mahavidyalaya, Dahihanda, Akola, has going to publish Edited Book on “**Current Trends In Physical Education & Sports**”.

I congratulate the Principal, Dr. D. R. Yawale and Dr. Sagar Narkhede, Director of Physical Education and Sports for selecting such a nice topic for book publication. It will definitely help the researchers, academicians and other stakeholders to think in a different manner and try to implement the conclusions.

I hope that this book will serve as a forum for exchange of ideas, experiences, collection and dissemination of information on various subjects at National Level.

I hereby congratulate the editor of this book and also the contributor for making useful resource book for professionals.

I give my best wishes for the success of this book.

Hon. Shri. Omprakash Dalu,
Secretary,
Shri. Sant Gajanan Maharaj
Shikshan Sanstha, Akola



MESSAGE

It gives me immense pleasure to announce that the Department of Physical Education and Sports of Saraswati Kala Mahavidyalaya, Dahihanda, Akola, has going to publish Edited Book on “**Current Trends In Physical Education & Sports**”.

Creativity and innovations are considered to be core competencies in today world. There are number of emerging trends that will influence the thinking process of new generations to achieve their goals. The book will provide opportunities to exchange innovative ideas among the contributors.

I congratulate Dr. Sagar Narkhede, Director of Physical Education and Sports for selecting such a nice topic for book publication. It will definitely help the researchers, academicians and other stakeholders to think in a different manner and try to implement the conclusions.

I hope that this book will serve as a forum for exchange of ideas, experiences, collection and dissemination of information on various subjects at National Level.

I wish you all the best.

Dr. D. R. Yawale
Principal,
Saraswati Kala
Mahavidyalaya,
Dahihanda, Akola



EDITORIAL

Since last few years, the Indian sportsmen are achieving great heights at international competitions like Olympics, Asian Games, world championships and so on. They are bringing laurels to the nation. In spite of having talent and vigour, the number of players winning medals at international level has remained merger due to the lacunas in the Indian sports scenario. Therefore, it is a need of the hour to bring a drastic change in the system governing physical education and sports in India. Today, Sports Psychology, Scientific Training Nutrition & Diet, Sport Management, Media are considered as success mantras in Physical Education & Sports.

In this light, our college is going to publish Edited Book on “Current Trends In Physical Education & Sports” to make available a platform to academicians, researchers, coach, trainers, sports personnel, students and other stakeholders for exchange of ideas, experiences, collection and dissemination of information on various subjects at National Level. A wide range of sub themes covering every facet of the physical education and sports were given. I am proud to state that we got overwhelming responses from the researchers all over India. The papers included in this book deal with a wide range of studies.

I hope that this book will be definitely appreciated by the readers and it will provide a wide spectrum about different areas of physical education and sports, I take this opportunity to extend my gratitude towards Hon. Shri. Gajanan Dalu (Guruji) Ex. MLA, President, Shri. Sant Gajanan Maharaj Shikshan Sanstha, Akola and Hon. Shri. Omprakash Dalu, Secretary, Shri. Sant Gajanan Maharaj Shikshan Sanstha, Akola & Hon. Shri. Diwakar Gawande, President, Karmyogi Appasaheb Pratishthan (Sangawa Mel), Murtijapur, Dist. Akola for their motivation and support.

My special thanks to Principal of our college Dr. D. R. Yawale for their efforts in publishing this book.

Last but not the least, I am also thankful to the contributors for sending their papers in time and also cooperating in the publication process.

Finally, I sincerely thankful to the DnyanPath Publication, Amravati for bringing out this publication in all its glory.

Dr. Sagar Narkhede,

Editor & Director of Physical
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Saraswati Kala Mahavidyalaya,
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- I N D E X -

1.	Fluid and Electrolyte Balance	1 - 6
	Dr. Tushmeetkaur Bhatia Dr. Ashwin Kshirsagar	
2.	Respiratory Response To Exercise	7 - 11
	Dr. Sujay Bisht Ashutosh Sharma	
3.	The Role of Social Media for the Growth And Development of Physical Education And Sports	12 - 14
	Dr. Swapnil S. Madke Dr. Manohar M. Mane	
4.	Cuurent Trends In Physical Education: A Review	15 - 19
	Prof. Rohit Adling	
5.	Factors Contributing To Sports	20 - 26
	Dr. Sachin Chamle	
6.	Role of Social Media In Physical Education And Sports	27 - 30
	Dr. Pradeep H. Shende	
7.	Rise in Use of ICT in Sports And Physical Education	31 - 34
	Asst. Prof. Ashish Govindrao Barde,	
8.	Management of Nutrition, hygiene In Physical Education And Sports	35 - 39
	Dr. Jayawant Mane	
9.	New Trends, Future challenges And Innovative Practices in Physical Education And Sports in India	40 - 48
	Dr. Sachin Shivajirao Deshmukh	
10.	Benefits of Yoga, Traditional Sports and Games and Yoga Lifestyle in the Modern World for Stress Management	49 - 55
	Dr. Madhavsing Ingle	
11.	Innovations In Physical Education And Career Opportunities	56 - 58
	Dr. Jaikumar G. Kshirsagar	
12.	Development And Challenges In Sports Entrepreneurship	59 - 61
	Dr. Devendra Gawande	
13.	Management, Planning And Financing in Physical Education And sports	62 - 67
	Dr. D. S. Wankhade	
14.	Trends And Technologies In Sports Entrepreneurship In Modern Era	68 - 70
	Prof. Gajanan S. Paikat	

15.	Enrichment In Sports Entrepreneurship Throughout The World Prof. Gajanan V. Patil	71 - 73
16.	Trends And Innovations In Management of Sports In Modern Era Dr. Anil Vaidya	74 - 76
17.	Current Trends In Physical Education And Sports Dr. Chandrashekhar B. Kadu	77 - 79
18.	Impact of Covid-19 Pandemic On Vaidarbha Kho-kho Game Dr. Prashant Govindrao Gawande,	80 - 82
19.	Professional Opportunities Through Physical Education And Sports Dr. Khushal Jagtrao Alaspure	83 - 86
20.	Significant Role of ICT Tools In Physical Education And Sports Prof. Dr. Nitin W. Deulkar	87 - 90
21.	Use of Social Media Resources in Physical Education And Sports Dr. Shrikant S. Mahulkar	91 - 93
22.	Pandemic And its effect on Physical Fitness And Physical Activity Dr. Harish Kale	94 - 96
23.	The Study: Impact of Yogic Exercises On Mental And Physical Health Dr. Sanjay V. Deshmukh	97 - 102
24.	Impact of Politics On Sports In India Ulhas V. Bramhe	103 - 106
25.	Currents Trends in Yoga to Development Human Health Dr. Vikrant Ramchandra Wankhade	107 - 108
26.	Significant Impact of Social Media On Sports Prof. Avinash V. Kharat	109 - 111
27.	Importance of ICT in Enhancing Sports Performance Dr. Yogesh S. Nirmal	112 - 115
28.	Role of Sports In The Multidimensional Development of Children And Youth Dr. Ajit J. Bhise	116 - 118
29.	Impact of Meditation Level to Enhance Performance Level in Archery Dr. Sunil Kumar	119 - 121

30. Career In Sports Management: Managing Sports In Present Era	122 - 124
Prof. Ganesh S. Vishwakarma	
31. Role of Social Media In Sporting Events And Activities: Development of Sports On Digital Platform	125 - 127
Prof. Anjali Digambar Barde	
32. Significant Role of ICT In Physical Education And Sports	128 - 130
Dr. Rajni W. Bhoyar	
33. Headship of Women in Sport Movement	131 - 133
Dr. Kamini Mamarde	
34. Research In Physical Education & Sports	134 - 135
Dr. Sangita Mangesh Khadse	
35. Current Trends In Physical Education And Sports	136 - 138
Dr. Sangita N. Lohakpure	
36. Empowering Woman Through Physical Activities And Sports	139 - 141
Shweta P. Mendhe	
37. Use of Information and Computer Technology (ICT) in Physical Education And sports	142 - 143
Dr. Sudhakar Sakharamji Deshmukh	
38. Career Opportunity in Physical Education And Sports	144 - 147
Vikas Khelukar	
39. Physical Education Issues And Development In Sports	148 - 150
Prof. Sachin J. Kokode	
40 Changing Trends in Physical Education And Sports	151 - 153
Dr. Sachin Suresh Mahalle	
41 Career Opportunities In Physical Education And Sports	154 - 156
Prof. Sarjerao R. Wagh	
42 Trends And Innovations Through ICT In World of Sports	157 - 159
Prof. Sunil G. Dhakulkar	
43 Integration of Digital Technologies In Physical Education	160 - 162
Syed Anisoddin	
44 Impact of Sports Psychology On Sports Performance	163 - 166
Dr. Sagar Pralhadrao Narkhede	

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Fluid And Electrolyte Balance

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Abstract :

The most important nutrient in life is water. Water comprises of 40% - 70% of an adult's body mass, making it the most copious substance in the body. It forms 75% of weight in a muscle and 10% of weight in fat mass. Along with water, electrolytes like sodium, potassium and chloride are equally crucial part for balancing the bodily functions. Water is held back in the extracellular (fluid between the cells) and intracellular (fluid inside the cells) compartments and moved from one space to another with the force created by electrolytes. **Euhydration** is the state of optimal total body water content as regulated by the brain. The body's systems function most efficiently in this state. **Dehydration** is the process of losing body water is known as dehydration. According to the Food and Nutrition Board of the Institute of Medicine the Dietary reference intake for water is 2.7 liters per day for an adult women and 3.7 liters per day for men (Inst. Of medicine of national academies). The following part of chapter will explain in brief about the physiological effects of dehydration, dehydration assessment and dehydration solutions.

Keywords : Dehydration, sport drinks, Thirst.

Electrolytes :

As stated earlier, water is not distributed equally among the body tissues and it is to be moved from one place to another with the help of force. How is it controlled? Certain mineral salts containing positively and negatively charged ions make the electrical activity easy inside water. Thus mineral salts which dissolve in water to form ions are **electrolytes**. Cations and anions in the electrolytes have electrical

charge that attracts water molecule and also draws the water molecules from one place to another. Electrolytes such as sodium, calcium and chloride are found inside the cells whereas electrolytes such as potassium and magnesium are found outside the cells. Sodium potassium pump is the well-known mechanism by which the movement of electrolytes is controlled by cells. Maintaining the electrolyte balance within and among the cells is important and it occurs in **kidney** and **gastrointestinal tract**. Figure 1 and Figure 2 depicts the procedure by which the electrolyte balance is maintained in the body.

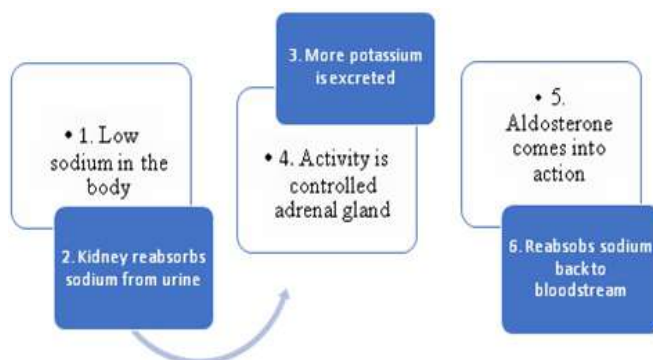


Figure no. 1. Maintenance of electrolyte balance through kidney

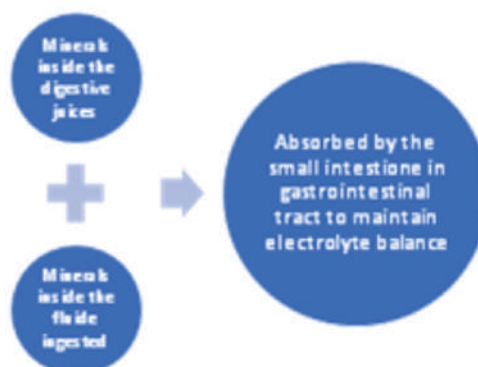


Figure no. 2. Maintenance of electrolyte balance through gastrointestinal tract.

Assessing The Hydration :

The gold standard for hydration assessment is provided by combination of total body water and plasma osmolality (Samuel N. C, Michael N. Sawka, 2005). However it is not possible on a onfield basis to calculate the hydration status with these laboratory methods. The simple and inexpensive methods that we can use include **Body weight difference, Urine color, 24 hour urine volume, Urine specific gravity, Thirst.** (Armstrong LE 2007, Armstrong LE, Herrera Soto JA, Hacker FT, et al. 1998, Judelson DA, Maresh CM, Anderson JM, et al. 2007)

1. **Body weight difference:-** At least three consecutive numbers of nude body mass should be made after urinating, ad libitum fluid ("drinking at one's pleasure." this consists of consuming fluids when desired and of the selected or preferred concentration, flavor, consistency, temperature, etc.) and food ingestion in order to accurately quantify the pre exercise body mass. As menstrual phases influence the body water, women may need more than three trials for estimating the body mass. For determining postexercise body mass, toweling off all sweat is must. To calculate the loss in percentage the following equation is used: **pre-exercise body mass before exercise – body mass after exercise/body mass before exercise × 100**. Eating habits and bowel movements can prove to be the limitation of accuracy in this method.
2. **Urine color:-** the simpler way of indicating hydration status is urine color . according to the a picture of the 7 shade Urine color chart developed by Wardenaar and Bacalzo, a progressively darker color indicates increasing dehydration whereas a urine light in color indicates adequate hydration. Supplements, such as vitamin pills, results in a darker urine color and can prove to be a limitation of accuracy in this method.

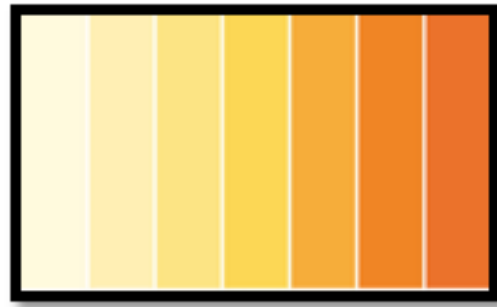


Figure no. 4. Urine color chart developed by Wardenaar and Bacalzo

1. **24-hour urine volume:-** To assess the hydration status through this method, the individual is supposed to collect all urine produced throughout the day in a clean plastic jug. A healthy woman produces 1.13 liters of urine per day, whereas a healthy man produces 1.36 liters of urine per day. When the body is dehydrated and trying to conserve water, the urine volume becomes low and concentrated. Hence a concentration less than the above mentioned values is considered to be a marker of dehydration.
2. **Urine specific gravity:-** A handheld refractometer is used to assess hydration status through this method. It measures the density of urine sample relative to density of water. Place a few drops of urine on the stage of a handheld refractometer and point it toward a light source. Any fluid that is denser than water has a specific gravity greater than 1.000. In healthy adults 1.013 to 1.029 is the normal range of urine specific gravity. Value exceeding 1.030 indicates dehydration. Whereas when excess water is consumed, the values range from 1.001 to 1.012.
3. **Thirst:-** Dry mouth is the indicator of partial dehydration. Thirst offers an estimation of degree of dehydration. A

“little thirsty” or “moderately thirsty,” state indicates that an individual is mildly dehydrated by 1% or 2% of body weight loss. The thirst mechanism is activated when the body water content is reduced and the substances within the blood and other body fluid increases. Factors such as taste, volume and content of fluid may influence the thirst.

Other methods of hydration assessment are the

laboratory methods which are very specific and accurate. Dilution methods to determine total body water via plasma osmolality measurement are the most accurate, valid, and sensitive ways to determine hydration status. (Samuel N. C, Michael N. Sawka, 2005). Along with these assessment methods, observing the signs of hypohydration and hyponatremia can give better chance for prevention. (McDermott BP et. al. 2017)

HYPOHYDRATION	HYPONATREMIA
Thirst	Altered mental status
Flushed skin	Muscular twitching or weakness
Apathy	Apathy
Dizziness or lightheadedness	Dizziness or lightheadedness
Nausea or vomiting	Nausea or vomiting
Chills, heat sensations	Acting “out of sorts”
Gastrointestinal cramping	Swelling of extremities
General discomfort	Mood changes
Dyspnea	Disorientation or confusion

Table no. 1. Signs and symptoms of hypohydration and hyponatremia.

Physiological Effects of Dehydration :

Dehydration along with the environmental factors leads to both aerobic and anerobic performance decrements in athletes. The further portion of the chapter explains the physiological changes due to dehydration leading to decline in performance. Maintenance of cardiac output so that sufficient oxygen is delivered to the tissues and waste products are removed from metabolically active tissue leads to enhanced aerobic capacity. Cardiac output is the result of stroke volume and heart rate.

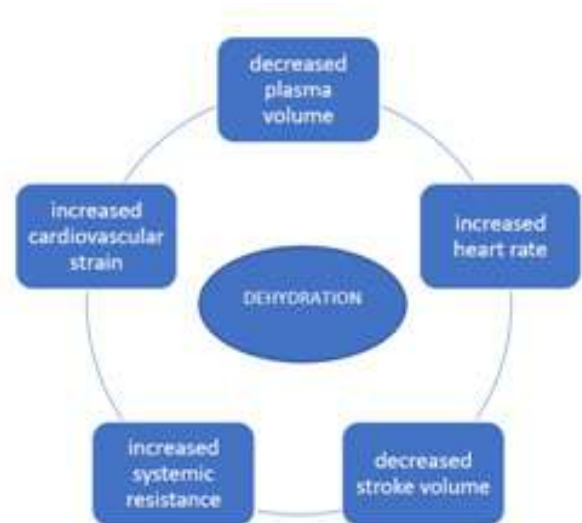
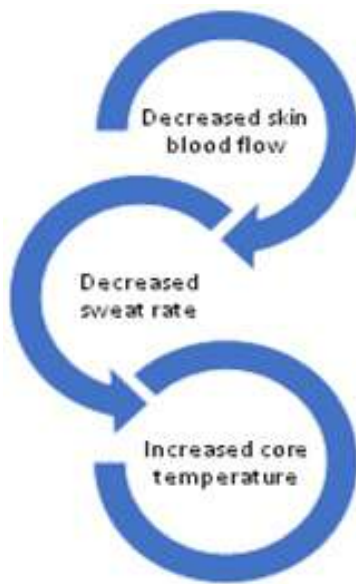


Figure no. 5. Cardiovascular changes due to dehydration

Hyperthermia is the another factor affecting the aerobic capacities due to dehydration. Due to dehydration, the skin blood flow and the sweat rate both decreases leading to diminished heat dissipation through body resulting in hyperthermia. Both thermoregulatory changes and cardiovascular changes can have compounding effects on the performance. (Barr SI 1999)



changes due to dehydration
Figure no. 6. Thermoregulatory

Increased use of carbohydrate in the form of muscle glycogen and increased lactate production are the another metabolic changes leading to reduced endurance performance. along with this increased rate of perceived exertion and reduced cognitive function are also witnessed with dehydration.

Talking about the anerobic performance, Daniel A. et. al in a review article on hydration and muscular performance concluded that hypohydration/dehydration reduces strength, power and high intensity endurance and, therefore, is an important factor to be considered when by a person to maximize muscular performance. These changes are obvious after more than or equal to 5% loss of body water. Anerobic changes related to dehydration can be inconsistent because there is less requirement of oxygen to perform the task, hence there is no negative effect of decreased cardiac output. Another possible reason is dehydration due to exercise and heat exposure likely leads to reduced anerobic capacity than fluid restriction alone. (Judelson DA et.al. 2007, SwakaM et. al. 1990)

Maintaining Euhydration :

Even a mild dehydrated condition can lead to “no win” situation. Therefore it is important to follow proper hydration methods. American college of sports medicine and National athletic trainers association have given certain hydration guidelines that provide information about the amount of fluid to be ingested before, during and after exercise.

NATIONAL ATHLETIC TRAINERS ASSOCIATION	AMERICAN COLLEGE OF SPORTS MEDICINE
Before exercise: 2 to 3 hours prior to event drink approximately 500 to 600 mL, 10 to 20 minutes prior to event drink 200 to 300 mL.	Before exercise: 4 hours prior to event slowly $\cdot\text{kg}^{-1}$; if no urine production or urine is dark, 2 hours prior to event drink approximately 3 to 5 L.h $^{-1}$
During exercise: drink 200 to 300 mL every 10 to 20 minutes	During exercise: customized plans are best; a good starting point is during strenuous exercise, drink 0.4 to 0.8 L.h $^{-1}$
After exercise: ideally, in 2 hours, drink sufficient fluid to replace lost body weight; rapid rehydration: drink 25% to 50% more fluid than sweat lost to compensate for urine lost during rehydration	After exercise: time permitting, normal meals and snacks with sufficient water will restore Euhydration; aggressive rehydration: drink approximately 1.5 liters of fluid for each kilogram of body weight lost

Table No. 2 NATA and ACSM hydration guidelines.

Role of Functional Beverages :

Functional foods are defined by the European Commission as “a food product that can only be considered functional if together with the basic nutritional impact it has beneficial effects on one or more function of the human organism thus either improving the general physical conditions or/and decreasing the risk of the evolution of disease”. The following are the classification of functional beverages, (i) dairy-based beverages, including probiotics and mineral-enriched drinks, (ii) vegetable and fruit beverages and (iii) sports and energy drinks. (Corbo MR et. al. 2014) Essential electrolytes like sodium, potassium, chloride, calcium, phosphate, and magnesium are used to form sport drinks. (Evans GH et. al 2017)

By maintaining high levels of glucose in blood, Carbohydrate intake produces an anti-fatigue effect, supporting muscle energy production during physical activity, and if muscle glycogen is getting depleted. Therefore, the integration of carbohydrate through the use of sport drinks is of great importance to maintain optimal sports performance. Along with that rate of gastric emptying of a carbohydrate solutions is more slow from the stomach than either water or a weak sodium chloride (salt) solution. Hence increasing the glucose concentration of a sport drink significantly reduces the gastric emptying rate. Research suggest that adding glucose and sodium to sport drinks, aside from supplying an energy source, stimulates both water and sodium absorption. Sodium increases both thirst and palatability of the drink. For rehydration purposes, the sodium concentration should range between 20 mmol/L and 60 mmol/L. (Orzu S, Imperlini E, et.al. 2018)

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Respiratory Response To Exercise

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Chapter Outline :

After studying this chapter you should be able to:

- Explain the different roles of chemical and neural control of breathing.
- Describe the location and adequate stimulus of chemoreceptor.
- State the effects of changes in PO_2 , PCO_2 and H^+ on breathing.

There are number of physiological changes take place in the human body when the body stress on exercise. This chapter will focus on the response of the respiratory system to exercise condition. How our body maintains the acid-base balance through the respiration process and how chemical buffering, pulmonary ventilation and renal function maintain acid-base balance in the body.

During the exercise, the gas exchange requirement of the lungs increase due to an increase O_2 consumption and elevated CO_2 production. In addition, respiratory rate and tidal volume increase ventilatory requirement. During prolonged high-intensity exercise, increases in CO_2 production, Hydrogen ion (H^+), lactic acid concentration and comes to increased body temperature stimulated for the increase in pulmonary ventilation. Specially an anaerobic workout which increases lactic acid concentration and comes to decrease pH value in blood as well as in muscles. The production of lactic acid depends on three leading factors-

- I. Volume of training
- II. Exercise intensity
- III. Muscle fibre recruitment

During heavy anaerobic exercise lactic acid may elevated export approximately 100 milli/gram person with muscle pH value is 6.4 and blood pH value is nearly 7.0. But on the other hand, during intermediate exercise make come the blood reaches 6.80 (which is the lowest value ever recorded) with a lactic acid value of 2.80.

Acid-Base Balance :

During the high intensity activity which result in elevated production and accumulation of lactic acid and hydrogen ion (H^+). The respiratory system plays a vital role in neutralizing/ adjusting acid-base balance during and immediately after training. Acid such as lactic acid and carbonic acid release hydrogen ion (H^+) due to the metabolism of the carbohydrate, fat and protein which inorganic acid that disassociated and increases the hydrogen ion (H^+) concentration in the blood fluid and this directly lowering the pH value.

An acid is a chemical compound that in solution given up hydrogen ion. Bases react with acids to form salts and promote certain chemical reactions (base catalysis). The respiratory system aid regulation of Hydrogen ion concentration by changing the rate and depth of pulmonary concentration. As Internal environment (body fluid) becomes more acidic, muscles losses their contractibility. During the metabolism of food, acid metabolism is released within the body. On the other hand during exercise (anaerobic exercise) even more acid is produced; if acid were allowed to accumulate leads to serious illness even death.

Figure 1: The bicarbonate buffer system

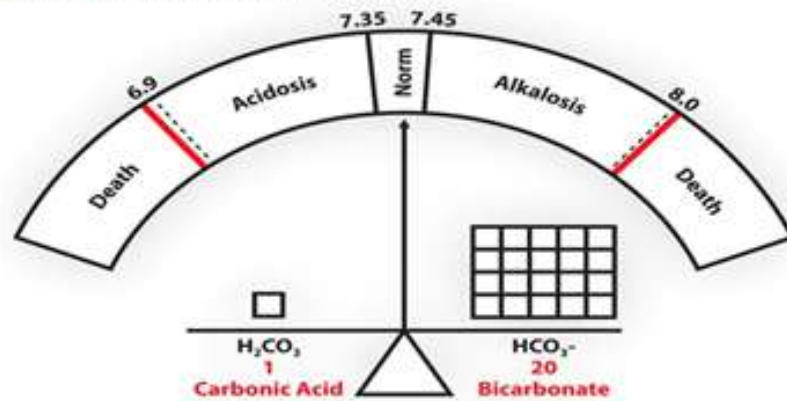


Figure adapted from Caroline NL: *Emergency care in the streets*, 2nd ed. Little, Brown and Company: Boston, 1979.

The body maintain a proper acid-base internal environment occurs through three basic mechanisms-

- I. The Chemical buffering in blood
- II. Pulmonary ventilation
- III. Renal function

The chemical buffering in blood :

The body chemical buffer consists of three individual buffer forms: the Bicarbonate resulting due to disconnection of carbonic acid, phosphate buffer and the plasma protein buffer and third called carbonino haemoglobin. (Bond to haemoglobin)

Table 1 Buffering capacity of blood component

Buffer	Slykes ^a	Percentage %
Bicarbonate	18.0	64
Haemoglobin	8.0	29
Proteins	1.7	6
Phosphates	0.3	1
Total	28.0	100

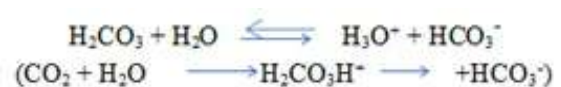
*milliequivalents of hydrogen ions taken up by each liter of blood from pH 7.4 to 7.0

Source: - W. Larykenney, J.H. Wilmore & D.I. Costill, *physiology of sports and exercise* (Fifth edition), Cardiorespiratory response to acute exercise. P.no-201

Carbonic acid (H_2CO_3) is a weak acid and in therefore in equilibrium with Bicarbonate (HCO_3^-) in solution. About 60% to 70% of the CO_2 is carried in the form of Bicarbonate (HCO_3^-). Water and CO_2 combined to form carbonic acid (H_2CO_3) and reaction in catalysed by the enzyme known as carbonic anhydrase found in

red blood cells. Carbonic acid is a weak and soluble acid so it is easily split H^+ and form a bicarbonate ion(HCO_3^-).

This buffer system can be written as-



Now the Bicarbonate diffused out of the RBC (Red blood cells) and into the plasma. To maintain the electrical in balance imbalance because of the shift of negative changed Bicarbonate into the plasma, the chloride ion diffused from plasma into the RBC is called the Chloride shift. When blood transported or enter the lungs when, the PCO₂ is lower the H⁺ and Bicarbonylrejoin and form carbonic acid. Since carbonic acid is not stable; it is discomposed into Carbon dioxide and water. The respiratory is now responsible for eliminating CO₂ through exhalation.



The part of carbon dioxide released from tissue is associated with plasma but in a very small amount almost 7 to 10% only and this CO₂ come out where the PCO₂ is low, i.e. in the lungs. Where it is diffused in the pulmonary capillary into the alveoli and exhaled.

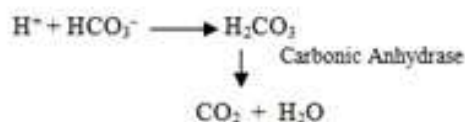
The third form of the buffer is known as Carbamino hemoglobin (CO₂Hb). The name of this component is so because CO₂ bind with the globin part of protein portion of the haemoglobin molecule. The buffering of the H⁺ by protein portion of haemoglobin maintains pH value. When PCO₂ is low in the lungs CO₂ released from the haemoglobin and allow to enter the alveoli that to be exhaled.

Pulmonary Ventilation :

The buffering of H⁺ by the protein portion of haemoglobin maintain the blood pH value relatively. The Bicarbonate H₂CO₃ remains soluble so it diffuses from the red blood cells into the plasma. There is an exchange for chloride ions that moves into the blood cell to maintain the ionic Equilibrium. This phenomena Termed as chloride shift increase the chloride content of erythrocyte (RBC) in venous blood than in arterial RBC, particularly during exercise. Various researcher reveal 60 - 80% of total carbon dioxide exist as plasma Bicarbonate. Bicarbonateforms in accordance to the law of mass. Carbonic acid formation accelerates tissue PCO₂, O₂ increase. The PCO₂ lower as carbon

dioxide leaves the blood via the lungs. This disturb the equilibrium between carbonic acid and bicarbonate ion formation. The H⁺ and bicarbonate ion formation. The H⁺ and bicarbonate ion recombined to form carbonic acid in term CO₂ and H₂O reform (Carbon anhydrase). It reforms a carbon dioxide through the lungs:-

In lungs



Now the chloride moves from RBC to plasma because plasma bicarbonate decreases due to pulmonary capillaries.

Respiratory Regulation of pH value :

The respiratory area of medula oblongata in the brain and chemoreceptor in the aortic arc are sensitive to change in H⁺ concentration of blood and increase CO₂ in the body fluid (Blood) which combines with water to form carbonic acid decreases the pH value. An Elimination of CO₂ will cause the pH value to rise. The increase of H⁺ concentration stimulates the respiratory system. Thus, this leads to the increase of ventilation known as Hyperventilation and removing or blow off CO₂. The lower H⁺ concentration will take rest, the respiratory mechanism. Alternation in the rate and depth of ventilation is that alveoli ventilation can immediately effect the changes in blood flow pH value. E.g.- As the blood pH value Falls below normal resting level, respiration is strongly stimulated and hyperventilation occurs. The Hyperventilation eliminate CO₂ which in turn increases the blood fluid pH level. Hyperventilation a rate twice normal will cause the blood and blood fluids pH value as much as 0.25 pH units. On the other hand, when alveoli ventilation is reduced 1½ of normal such as in the case when blood pH value is 7.4. The pH decrease 0.25 per pH unit. The power of respiration buffering system is 1-2 times greater than the chemical buffer system.

Renal function :

When there are excessive bicarbonate ions in the extracellular fluid the condition is called Alkalosis (Alkaline). These ions enters in the tubes and passes into the urine accompanied by Sodium (Na-) or some

other positive ions (K^+) carbonate ion removable of carbonate ions from Extracellular fluid Shift the alkaline towards acidity.

When there is an increase in CO_2 in the extracellular fluid acidosis occurs. In this Case there is excessive number of H^+ being secreted in the tubes; this combined with the tubular buffer and then exceed in the urine.

Central and peripheral control of respiration :

The second type of receptors is capable of modifying the actions of neurones contain in the respiratory control centre can be classified into two types -

1. Neural
2. Humoral

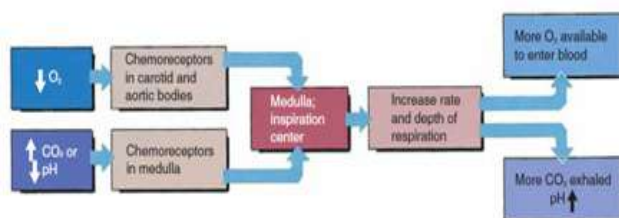
1. Neural :

The neural input refers to afferent as afferent input to respiratory control Centre from a neuron that are exactly why means or other than blood bone stimulus.

2. Humoral :

The humoral input to the respiratory control centre influence to some blood bones. The humoral receptors are specialized neurons, which are capable of responding to change environment. Traditionally respiratory chemoreceptor classified into on the basis of location as Central chemoreceptor and peripheral chemoreceptor.

Figure – 2 Chemical regulation of respiration



Central chemoreceptor :

The central chemoreceptor located within the medulla oblongata but it distinctly separated from respiratory centre and affected by PCO_2 and hydrogen

ion H^+ of the cerebrospinal fluid and increase in either PCO_2 and H^+ of the cerebrospinal fluid which results to increase in the central chemoreceptors sending afferent signals or input into the respiratory centre and increase the ventilation.

Although slower to respond than the peripheral receptors, central chemoreceptor are responsible for about 80% of our sensitivity to CO_2 . The difference in speed of response can be understood as the central receptors are situated in the brain, behind what is known as the 'blood–brain barrier'. As arterial P_{CO_2} rises, so does the CO_2 content of cerebrospinal fluid. This occurs because the BBB is permeable to CO_2 but not to hydrogen ions. CO_2 diffuses across the BBB into the cerebrospinal fluid (CSF) where it is hydrated to carbonic acid, which quickly ionizes to increase CSF hydrogen ion concentration and hence reduce pH. The mechanism by which a change in pH causes stimulation of chemoreceptor neurons remains controversial

Peripheral chemoreceptor :

The primary peripheral chemoreceptor are located in the aortic arch are term as the aortic bodies, and those located in the carotid artery are termed as the carotid bodies. The peripheral chemoreceptor is responding to increase the arterial H^+ ions concentration and PCO_2 . Additionally the carotid bodies are sensitive increase in blood potential level and decrease in arterial PCO_2 when comparing these 2 sets of peripheral receptors, the most important role played by aortic bodies.

Once the PCO_2 is increases the ventilator efficiency as linear function of PCO_2 is likely due to CO_2 stimulation by both the carotid body and the central chemoreceptor.

In healthy individual at sea level changes in arterial PCO_2 have little effected on the control of ventilation. On the other hand increase in blood level of potassium ions can also stimulated the carotid bodies and promote an increase in ventilation because during exercise blood potassium level rises from contracting muscles may play a role in regulating ventilation during exercise.

Chapter Summary :

Pulmonary ventilation is generally not a limiting cause for performance even during maximal effort,

although it can limit performance in some elite endurance athlete. The respiratory muscles are intended to avoid fatigue during long term activity. Excess H^+ (Decreased pH) weaken muscles contractility and ATP generation. The respiratory and renal system plays vital roles in maintaining acid-base balance. The renal system is involved in more long term continuation of acid base balance through the secretion of H^+ . Carbon dioxide is transported in the blood primarily bound to bicarbonate. Once it reaches the lungs, CO_2 is formed again and exhaled. Whenever H^+ concentration begins to increase, whether from carbon dioxide or lactate accumulation, bicarbonate ion can buffer the H^+ to prevent acidosis.

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The Role of Social Media for the Growth And Development of Physical Education And Sports

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Abstract :

Role of social media as in how it helps or aids to reach more and more into the public domain. Social Media today is the best means to reach the public at large for any purpose. Social media creates an enthusiastic, knowledgeable, and motivated Environment of Physical Education and Sports. It has eventually also created the intention of Nationalism in the public. It makes education easy and cozy. Also, because of social media, today students get multiple opportunities to improve learning and training. My view on the Impact of social media in Physical Education and Sports are as Easy Learning, Easy Revision, Easily Accessible, Builds Community (connects students), Increases Participation, Motivation.

Keywords : social media, growth, development, physical education, sports

Introduction :

The simple and small general introduction to social media in physical education and sports is...

Social Media : The term social media refers to a Digital based technology that facilitates the sharing of ideas, thoughts, and information through virtual networks and communities. It gives us a Quick Electronic communication of content such as personal information, documents, videos, and photos.

It also promotes –

- a) Self-directed learning
- b) independent decision making
- c) Social Learning (Active learning)
- d) Career-oriented learning

These days any information that goes to the public

domain goes through social media.

Physical Education : Physical Education is a foundation of a comprehensive school physical activity program. Physical education provides cognitive content and instruction designed to develop motor skills, knowledge, and behavior for physical and physical fitness.

This is :

- a) Increase physical activity
- b) Makes students stay on task
- Sport – An activity involving physical exertion and skill in which an individual or team competes against another to win. Sports pertain to any form of competitive physical activity or game that aims to use, maintain or improve ability and skill while providing enjoyment to participants.

History of Social Media In Physical Education And Sports In World And India :

Prior to 2000, the means of social media were totally different as of today information was not an easy thing to send in the public domain as today, it was too costly as well. Social media does not mean only a digital posture or data. Prior to the computer /mobile age social media meant pamphlets, brochures, banners, advertisements, etc. there were corner groups at that which spread information, the chaiwallah, pan walls were the original social media admin to today they were the ones who published the things in domain internationally, till 1980s digital media was not so popular, till that time physical education was also not that popular on international platforms, through every country educated their soldier physically then too. But it was not the very concept of teaching it in school and colleges. Also, it was too difficult to advertise Such concepts because of less reach to most of the population.

After 2000 it wants too easy for education list to promote physical education because of social media. By the time social media grew the popularity and fan base of sports grew too. Social media created an environment of physical fitness and sport through physical education. It also included physical education subjects in academics. Central Government also took initiatives to promote physical education and sports on social media. In 2019 our youth and sports minister Shri. Rajya Vardhan Singh Rathore started a #Khelo India movement, then he started the #FIT India movement, and also during every National, International Sports event the hashtags go on trending which creates an Environment and motivation for the students to also choose physical education and sports as their career option.

Digitalization has increased the reach of physical education and sports in the public and social media has played a vital role in these promotions.

OBJECTIVES OF SOCIAL MEDIA IN PHYSICAL EDUCATION AND SPORTS:

Education Experience: - social media provides an edge in educative walking someone else doing it for again and again. These days every sports person spends equivalent time for training and evaluation on social media, watching highlights. Also, social media helps to easily digest the vast knowledge available on digital platforms.

Personal /Physical development: -social media helps the overall development of an athlete or a player which is not that effectively possible through mere physical education as-

i). **Personality:** In this era of competition everyone wants to look fit, social media gives too much attention to fit athletes due to which every other person focuses on the perfect personality.

ii). **Physical fitness:** - We must have heard the poverty, survival of fittest, here because of social media lots of people focuses on physical fitness and training by watching training session routines of the people they idealize.

Moral and Character development: - Physical education has a wide scope, it is not only limited to the physical development of an Individual. one needs to be a mortal string of a player spirit character. Social media today has played a vital role in doing so any flow in moral character is rapidly criticized on social media and every grateful act is highly appreciated. Social media makes one learn how an ideal character must be as Shri. Mahendra Singh Dhoni (MSD) is cool, calm, mature,

giving ideas to juniors.

Attitude towards a decision: - social media has drastically changed the attitude of athletes and players toward their leisure because of the over the competition because of social media everyone person spends leisure wisely. Also, all the games are not won on the field some are won through the mindset the positive mindsets of utilizing leisure as training makes one more confident, and also in terms of physical education people have started revising, enhancing their tricks, and training.

Effective Citizenship : Social media has highly impacted physical education and sports by creating and awaking the spirits of Nationalism. It has generally a competitive approach against every nation and also this brings out the best possible from the person.

Improvement of Knowledge : Social media indeed has created a lot of improvement in knowledge, due to its easy accessibility. Knowledge of social media is a digital asset one can anytime utilize and anyone.

The aim of their entire objective is optimum and wholesome development of an Individual for complete living.

Scope of Social Media In Physical Education And Sports :

Widened the training camp to the last edge of the society which were initially not possible now people on get themselves educated trained through social media, fulfilled the dream of anybody until the last section of society. To content with leaving groups and other educational systems that make education convenient. Physical education and sports have been marketed at low cost on social media. Motivation for the personnel i.e. physical education and sports, the Internet is everywhere so can be physical education and sports through it.

Social Media is a better source of Broadcast than any other source.

Indeed, social media is any day a better source than any other media because it is –

- a) Cheap
- b) Easily accessible
- c) Available 24 x 7

- d) large audience oriented
- e) Available in all languages
- f) Great motivation
- g) Used by the majority
- h) User friendly

Importance of social media in physical education and sports :

- Increase standard in performance
- Improve behavior ship of sports personal
- Creates accessible education for physical education student
- Online training
- Reach till anybody
- Easily capture the market

Negative Impact of Social Media On Physical Education And Sports :

Social media has adversely affected physical education as the name itself physical and these days people trainee themselves virtually by watching videos or following their ideals what they show on social media platforms might not be true that they follow usefully they do it to promote or advertise some brand. Social media imaginary situation which never exists in the real world makes people lazy, in sport, the competition is somewhat over.

Conclusion :

Ace to me social media has played a vital role in the development of physical education and sports. It has

become a necessity of the digitalized world. Today every other person is engaged on social media due to which education has also shifted on it. Indeed, social media has increased the reach of physical education and sport to the general public and we hope people use social media wisely and their leisure to learn something productive.

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Cuurent Trends In Physical Education: A Review

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Abstract :

The aim of this paper is to identify the current trends and challenges in physical education and sports and based on these current challenges, future trends and challenges would be discussed. There are various factors which are diminishing the interest of students in physical education activities. Although the physical education is being taught as a part of curriculum in all the schools but lack of adequate time and trained teachers, good facilities are responsible for little interest in this field. The future challenges to make this field interesting involves an adequate curriculum, sufficient funds allotment for holding various competitions and role of technology to create awareness about the importance of physical activities and sports in our daily life. All these issues have been discussed in the present study.

Keywords : Physical Education, Sports, Curriculum, Technology.

Introduction :

The importance of physical education is now increasing rapidly in the 21st century. Today, physical education and sports are widely recognized and applied to develop an active and healthy life, and it seems to be gaining ground. This is a result of physical education and sports and rising circulation rates around the world. This paper looks at the challenges facing physical education in India, including the low quality and low priority of physical education and sports in school schedules. It goes on to suggest changes in the physical education classroom with the use of different forms and types of technology for the holistic development of

students socially, emotionally, internally, and physically. In some countries, even though physical education is part of the school class, assignments are not given, so children and young people experience less physical labor. The practice of a physically active life along with a healthy diet should be started at an early age. Assignments are important to ensure that all children participate in regular physical activity when such methods are used in the classroom, and seminary is the only place where all children can be reached. Quality physical education is the most effective and comprehensive way to equip all children, regardless of their ability/disability, companionship, age, artistic, race/ethnicity, religious or social background, the opportunity for lifelong participation, location, values, knowledge, and understanding. Recommends the use of audio and videotape recordings, YouTube, mobile literacy, etc. to perfect student literacy in physical education. In physical labor and sports, it is the only academy subject whose primary focus is on the body, physical labor, physical development, and health. The current study needs to identify the current trends, issues, and challenges between PE and sports, on the basis of which unborn challenges have to be faced.

Challenges to Physical Education in :

- In India, Physical education is considered a low priority subject as for many people it does not directly or mainly contribute to the development of the country. This has led to a situation where physical education is sidelined without including other 'more important' subjects in the list.
- The main subjects that lead to jobs and thereby increase profits are given more time in school and college, and subjects like physical education

struggle to maintain a school or college schedule of seven to fifteen hours per week.

- A school/college enrolls a large number of students. Therefore, in some places, classes are conducted in two shifts. The limited space and costumes have serious objections to teaching physical education and sports co-curricular, with a crowded class of eighty or more students each. This results in the allocation of available classrooms to priority subjects, physical education and sports classes are assigned to other unused areas and are established on the field.
- School or college classes has been reduced.
- Physical education is not given frequently in schools. There is inadequate allocation of time for physical education, as well as lack of competent good or trained mentors, lack of necessary materials and facilities for physical education and sports as well as lack of teaching materials and large classroom size.
- Their efforts in the physical guidance class have failed to reconcile the relationship between their students' health and cognitive development. The responsibility of ensuring that their subject matter is understood and accepted as an important part of the curriculum falls directly on the shoulders of the physical education teacher.

Physical Education Curriculum :

The main purpose of physical education is also to develop physical ability so that all children will be able to move efficiently, effectively and safely and understand why they are doing these movements. The result of physical education is physical knowledge, which is also in numerical and written form, which is the foundation for children to learn all the physical abilities and exercises.

Today, students and young people need to be connected with physical education through the curriculum as it will lead to the holistic development of the students. Introducing students to activities such as bowling, walking or hiking or Frisbee at an early age can help students develop good activity habits that will help them stay active throughout adulthood. It is still

not accepted that physical activity helps to focus in the classroom. Physical education is important for increasing students' concentration and relaxing their brains and is largely neglected.

In recent times, we have seen the development of a new trend of doing various physical activities instead of some traditional sports. Generally, one hour period is given for physical education at school and junior school level. On the other hand, in senior colleges, the emphasis is on sports participation rather than physical education.

The four aspects of physical education are physical, mental, social and emotional. Some teachers have started incorporating stress-reducing techniques like yoga, pranayama and meditation. This is a relaxation activity that has many benefits for students. Studies have shown that it generally provides mental health benefits such as improving mental health, concentration, awareness and positive mood. It can be taught to students of any age with little or no equipment that makes them ideal for mixed abilities and age classes. Teaching students' unconventional sports can also provide students with the motivation they need to increase their activity and help students learn about different cultures. It is more prevalent at the elementary school level, where students do not have a specific health class. Recently most primary schools have specialized health classes for students as well as physical education classes.

The following should be included in the physical education class today

- The main objective is to focus more on active lifestyle, fitness and healthy lifestyle.
- Pedagogy requires further knowledge-based lessons to be taught to students.
- The conditioning and games that are available in each area should be included so that the students get to know the culture of their own community and there by strengthen their self-confidence by creating a healthy image of themselves.
- Incorporating health and nutrition into the physical education curriculum.
- There is a need to provide equal opportunities for all, including students with disabilities, to participate in

physical activities.

- The use of technology should be an important part of the curriculum.

B. A Quality Physical Education Programmed needs to include :

- Curricular instruction for all secondary academy scholars for a minimum of 150 twinkles per week.
- Good, enthusiastic preceptors.
- Well planned assignments incorporating a wide range of conditioning.
- A high position of participation by all scholars in each class.
- An emphasis on fun, enjoyment, success, fair play, tone- fulfilment and particular health.
- Applicable conditioning for the age and stage of each pupil.
- Conditioning which enhances cardiovascular systems, muscular strength, abidance and inflexibility.
- A participation grounded intramural program.
- Creative and safe use of installations and outfit.

Future Physical Education :

Physical education should be personalized for physical education. One type of fitness program does not fit everyone. This is very challenging, but nowadays with various tools in mobile, with creative tools like Physical Best, Fitness Tracker, physical educators are becoming more like personal trainers than trainers. For good health and wellness, we should focus on activity and nutrition. If you can't do everything, you should at least do everything you need to do to stay healthy. So, while it is important to play age-appropriate sports, your focus should be on building lifelong skills and attitudes. Being active and eating well is essential at any age, but as we get older it becomes a matter of life or death. We can't put fitness in the bank and use it later; You just have to be more discriminating with the help you render toward other people. We need to focus on participation and stop the spectators from becoming a nation, with some highly skilled players playing and everyone else watching. All students should be provided opportunities for both co-operation and

competition in physical activities. Both are important life skills and both can be fun. Our students should graduate by understanding the main principles of fitness and nutrition. They should inform consumers about activity, nutrition and wellness and be willing to accept self-responsibility for their own health through prevention.

New Technologies in Physical Education :

Technologies are playing a major role in the development of students in the classrooms in developed countries. It can also be accepted in Indian schools. One of the cheapest and most effective of these is a simple video recorder that can see the mistakes students make in things like throwing motion or swinging forms, using video recording techniques through mobile today. The findings from the research shows that this video recording medium seems more effective than trying to explain to students what is wrong and then trying to correct it. Teachers have also found the use of other technologies such as pedometers and heart rate monitors to be very successful, using them to determine the intensity of student activities and expected heart rate, as well as help students, understand how exercise affects their body in physical education.

Other technologies that can be used in physical education settings include video projectors, GPS and even gaming systems. Using a projector can help students learn how to do an exercise well or how to play a game properly, as well as the rules of the game. The GPS system can be used to activate students in the outdoor environment and active exercise can be used by teachers to show students a great way to stay fit in and out of the classroom. Another type of technology commonly used in physical education is the use of pedometers. The pedometer does not track how far a person is going but lets them know how many steps they are taking. This will let them know how many steps they are taking on average. The rapid development of technology over the last twenty-five years has provided many novels and imaginative ways for teachers to effectively present instructional material. Technologies such as projection systems, smart/interactive whiteboards, and wireless transmissions (WiFi and

Bluetooth) allow for the display and transfer of information beyond traditional chalkboards. Teachers can enrich physical education instruction using those tools, provided that set-up and/or implementation does not reduce student activity time. Motion-analysis software and digital video make it easier to evaluate student performance, thus enhancing teacher, peer, and personal evaluation. Many pieces of technology, such as heart rate monitors, pedometers and active games, have the ability to track performance, allowing students to document and monitor their progress.

Areas of technology that can be used to improve performance :

1. Equipment, e.g. tennis rackets/cricket helmets
2. Clothing, e.g. lycra shorts/lightweight protection
3. Footwear, e.g. running shoes/football blades
4. Surfaces, e.g. all-weather/artificial pitches
5. Facilities, e.g. sport-specific venues/climate control.
6. Cameras, e.g. photo-finish/action replay
7. Computers, e.g. storage of information/match analysis
8. Software, e.g. technique analysis/Dartfish

Advantages of technology for spectators :

1. Increased experience at home through the use of more cameras/player cam.
2. A wider range of sports accessible/visible through technology eg glass walls in squash.
3. All-weather surfaces – improved skill, truer bounce, multiple fixtures.
4. Improved camera technology eg Hawkeye
5. On-screen information/interaction eg shots on target.

Advantages of technology on performers :

1. Increased knowledge of diet, eg carbo-loading
2. Supplementation eg creatine.
3. Faster rehabilitation eg O2 tents, hypobaric chambers, ice baths
4. Improved testing to provide feedback on the effectiveness of training programmers.
5. Improved analysis of performance, eg match analysis, GPS data.
6. Advances in stress management techniques.

7. Equipment designed for individual needs.
8. Facilities to recreate environments, eg. Humidity chambers.
9. Instant feedback on performance, eg heart rate monitors.
10. Advanced clothing/equipment design, eg lycra suits/prosthetics.

Benefit of technology for coaches :

1. Video analysis of matches to highlight strengths/weaknesses and or tactics/strategies.
2. Video analysis of technique – dartfish.
3. Detail analysis of the success of nutrition/training programmes.
4. New training techniques/equipment to improve performance.
5. Specific/detailed recording of performances/split times.

Disadvantages of technology :

1. Could lead to increased injury or violence/shorter careers e.g. from bladed boots/use of rugby shoulder pads/players bigger / fitter / more powerful.
2. May lead to cheating/violence e.g. drugs.
3. Can disrupt or slow down 'game' e.g. time is taken for playback.
4. Could be an unfair advantage / be expensive / be dependent on sponsor e.g. technology not equally available to all such as high tech bikes.
5. Reduces traditional ethic or nature of sport / can lead to 'win at all costs' ethic. e.g. use of high tech equipment at junior or local level / TV or internet or modern media that has made the sport a global 'product'

Increased technology to help officials make the correct decision has improved the sporting event.

Advantages :

1. Ensure correct decisions are made/fair competition/less controversy/players more confident in decisions.
2. Helps officials communicate with each other.
3. Less pressure on an official to make the final judgment/less post-match criticism.
4. Timing/measurement accurate.

5. Creates excitement in the crowd waiting for decision/allows players to officially challenge decisions.

Disadvantages :

1. Officials using technology can still be wrong/technology can't be used for everything/officials are an integral part of the sporting contest/over-reliance on technology/lose the respect of official's decision being final.
2. The specific technology used must be an accurate/high level of reliability.
3. Changes the nature of the sport.
4. Cost limits use of technology at events/not consistent for all players or spectators.
5. Breaks in play can be disruptive for spectators if too long.

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Factors Contributing To Sports

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Introduction :

Sport is an intrinsic human intuition. From youngsters to the older, people are messing around. It has become human instinct to play any game as indicated by the nation, time, place, circumstance, culture and climate. Sport is a craftsmanship just as a science. To gain ground in any subject, its establishment should be logical. Actual work is vital in sports.

Clarifying a portion of the logical highlights of actual development would be extremely valuable for learning various games to get the best accomplishment in the opposition. While choosing players in a logical manner, the objective is to organize the singular's capabilities and the particular game, ability interest or need. It is up to the individuals from the determination advisory group to choose the round of giving an open door and giving incorrectly need. To say the least, infinitesimal muscle deserts and the capacity of a cell to have a biochemical impact additionally influence human abilities. Science takes a stab at that. In the current present day logical age, in each field of advancement, progress, in view of the guideline of involvement, comprehension and utilization of logical information, methodical level headed and logical strategies, techniques are utilized. The field of sports and actual instruction can't be barred from this. It is just through the use of exploration and use of logical information that they have had the option to see the quick development of sportsmanship at the global level in different games.

The elements that influence the game or the presentation of the players are unique. The presentation of a player relies upon many factors yet the exhibition need of a player relies upon his presentation. There are physical and mental variables that add to accomplishment in sports. Each game and development

requires a particular old style set of abilities. Assuming you prevail in one game, you can't prevail in another, on the grounds that many variables are expected to succeed and to pick the right technique or way. Wellness is only one of the variables adding to sports and it assumes a major part in making progress in many games. Moreover, there are mental variables, then, at that point, there are many elements, including hardware supply, preparing open doors, training and showing abilities, healthful status, interconnected establishments, financing, etc.

Sports associations face genuine difficulties like specialized, monetary, social and hierarchical changes in a cutthroat climate.

Factors adding to sports :

Each game requires an assortment of actual parts to succeed or perform well. Wellness parts are by and large isolated into these particular wellness classifications or parts. Long haul execution influences progress including preparing support, educator Agility , center around expertise improvement, proficient obligation regarding the work, and preparing objectives. These variables are exceptionally expected by the mentors and afterward the intrinsic requirement for the hypothetical model of powerful games preparing practice to establish a formative climate for the players and to give them full information about it. This climate is very helpful to the mentors.

Actual variables influencing the exhibition of the players :

2.1 Aerobic endurance :

"High-impact perseverance is the circulatory framework and the capacity of the entire body to move reliably, even in the midst of weakness." "Otherwise

called cardiovascular wellness and perseverance, the capacity to practice consistently for broadened periods without exhaustion." Vigorous perseverance is the body's capacity to support moderate to focused energy actual work for an extensive stretch of time through nonstop securing of oxygen. This is a significant variable in the presentation of competitors in sports and sports. Vigorous perseverance empowers the body to keep up with the necessary blood and oxygen supply for a particular time frame. The main piece of the body is the heart, lungs, circulatory framework and the nose, throat, windpipe and other significant organs. This part assists with providing blood to all pieces of the body all the more proficiently; So his work is additionally huge. The improvement of this factor most certainly helps in keeping up with great execution of the player and this impact is seen on the players of each game. Aerobic endurance factor is a component which is exceptionally near the exhibition.

2.2 Muscle strength :

"The capacity to neutralize obstruction is the strength of the muscles." "Strength is the capacity of muscles to make strength." The impact of muscle strength on different elements connected with the presentation of competitors and the advantages of acquiring muscle strength have been examined. Inordinate strength in the muscles is connected with the attributes of producing greatest response power in a brief timeframe which contributes essentially to the general exhibition of the competitor. Different investigations have shown that having more muscle strength can improve general athletic abilities like hopping, running, and Agility al capacities. Muscles contract while utilizing strength. The quicker this activity is played out, the quicker the development. To lift more weight, the speed is less and to shed pounds, the speed is more. Muscle strength urges the competitor to work out however much as could be expected and furthermore lessens the danger of injury. The muscle strength of the player in each game is unique so his presentation might fluctuate so the thing that matters is clear in his exhibition. Subsequently, this component is viewed as firmly connected with work.

2.3 Muscle endurance :

"Muscle endurance is the capacity to utilize muscles as often as possible without getting worn out." "Muscle endurance is the capacity of a muscle or muscle gathering to perform dreary withdrawals against strength throughout an extensive stretch of time." The higher your muscle perseverance, the more reiterations you will actually want to finish. Muscle endurance can be characterized as muscle limit or bulk, it is a key wellness factor and is significant for any high-intensity game and for some, group activities. Muscle endurance has different advantages including working with every day exercises, working on the viability of wellness and strength works out, diminishing the danger of injury, and expanding sports execution. Factors influencing Muscle endurance are muscle fiber type, heredity, aerobic exercise, strength preparing. This is a vital component for a player's exhibition. It influences the game and the player's exhibition.

2.4 Explosive power :

Explosive power is the capacity to apply most extreme power in the briefest conceivable time." "The capacity to utilize power at speed is a touchy power." Unstable power is additionally a part of dynamic energy, the pace of speed increase or strength advancement, or a significant component showing the capacity of the neuromuscular framework to create "high activity speeds." There is a relational variable that influences the presentation of the players.

2.5 Speed :

"Speed is the capacity to move the entire body as quick as could be expected." Speed in sports is characterized as the capacity to play out a development, (for example, tossing, run or bounce) in the most limited conceivable time. Consequently, speed is additionally connected with your solidarity, or capacity to produce power as fast as could be expected. Notwithstanding, speed is utilized to clarify the mix of your specialized abilities and qualities so that speed can be expanded really quick kept up with for an extensive stretch of time. As it were, you can imagine a mix of Reaction Time, speed increase, greatest speed and speed perseverance. These movement factors have a few likenesses, for example, working at extreme focus,

they all rely upon various actual frameworks. That is the reason competitors can't be awesome of all. In spite of the fact that speed is viewed as profoundly reliant upon heredity, fortunately every one of these speed abilities can in any case be improved with day by day adjusted preparation. When preparing, every one of them require sped up and touchy activities that are finished with the right force. Speed is a basic piece of the game so it influences the exhibition of the game and the presentation of the player.

2.6 Anaerobic Capacity :

Anaerobic limit is the aggregate sum of energy in energy frameworks (barring oxygen), a mix of these for the ATP, phosphocreatine, and lactic corrosive frameworks. "The capacity to run quick for extensive stretches of time, or to recuperate from dreary runs (glycolytic frameworks) is called anaerobic capacity." Anaerobic capacity is a significant rule for the exhibition of competitors, for little focused energy actual developments as well as the capacity to work down to the wire as a perseverance building peculiarity. Not at all like high-impact limit, anaerobic limit isn't effectively quantifiable.

Anaerobic energy is put away in muscle tissue as adenosine triphosphate (ATP). The put away energy in the muscles gives just one to four seconds of energy, after which the Phosphate Creatine (PC) framework is utilized to make extra ATP for prepared competitors to endure as long as 20 seconds. Orientation, bulk, muscle fiber type, muscle fiber size, muscle engineering and strength, substrate accessibility, metabolic pathway work, stockpiling of response items, commitment of oxygen consuming energy framework, heredity, actual preparation are generally factors that influence anaerobic limit. Anaerobic capacity assumes a significant part in the game of quick developments so the presentation in the game can be expanded to an exceptionally undeniable level.

2.7 Flexibility :

"Flexibility is the full development of the joints." Flexibility is exceptionally helpful to keep the body youthful and bring a sort of straightforwardness and magnificence in your customary developments. Being adaptable is one of the main indications of good wellbeing. In old style terms, the more prominent the

length of development of joints and muscles, the more noteworthy the Flexibility. Flexibility is an endowment of nature to man. Flexibility is exceptionally connected with the presentation of the competitor. On the off chance that the Flexibility of the player's body is diminished, the speed of development of the player diminishes, strength and power lessening and he might get harmed. Ordinary Flexibility preparing assists increment with running of movement, increment muscle strength, and forestall injury.

Flexibility preparing can assist you with keeping away from wounds, back torment and equilibrium issues. An all-around extended muscle can undoubtedly finish its whole development in the correct manner. Flexibility hugely affects how players perform. Flexibility plays various parts that influence a player's presentation. As a matter of first importance, Flexibility contributes colossally to the portability of the joints, with the large effect being that everybody realizes how much better a player can be on execution. In sports like football or ball, for the fundamental components, for example, extreme focus cutting, side to side speed increase and focused energy dialing back, the players should have Flexibility in the lower legs. Since competitors appear to experience the most wounds nowadays, attempting to add yoga and other Flexibility choices to competitors' preparation can assist with forestalling a portion of those wounds. Flexibility preparing would help be able to forestall injury, yet additionally further develop execution by setting up the body for unnatural developments during sports.

2.8 Agility :

Agility is the capacity to rapidly change the place of the body or the course of the body. Agility is the capacity to alter bearing when running quick in a specific heading. Nimbleness is the heading wherein you really want to rapidly alter course while keeping up with balance, strength, speed, and body control. Despite the fact that speed and strength can be valuable for Agility, the fundamental enhancements in execution come from acquiring the abilities of turning, moving appendages and turning rapidly. Deftness is the capacity to adjust bearing at high velocities and taken care of. This can make speed more successful for assaulting players. Agility expands strength, further develops

Reaction Time, and the general impact is to assist players with staying away from injury and lessen the seriousness of the injury. Agility drills train the mind how to control the body when it reacts to upgrades. By zeroing in on explicit signs, Agility drills assist with further developing body act, equilibrium, coordination, and the idea of touchy developments. In the event that the player's Agility is at a decent level, the control of the player's body is awesome. The player genuinely must have command over his body while playing the game, so you can see that his exhibition is at a decent level.

2.9 Balance :

The capacity to keep a straight body position is called balance. The expression "postural soundness" will be connected with balance. You think adjusting is an exceptionally straightforward errand. However, the equilibrium really relies upon the muscles, the eye, the inward ear, the little cerebrum and numerous different pieces of the mind. There are two kinds of scales, static and movement. The principal type is stopping on a couple of legs, while the subsequent kind is keeping up with balance while moving. A large portion of us have a laid back mentality with regards to arranging an image about ourselves. The best equilibrium of the players in the game is to push ahead with more productivity and better control. Dynamic equilibrium is particularly valuable for serious games, as it implies that they have more command over their focal point of gravity as indicated by the consistently changing actual developments. Balance helps in generally coordination. Balance assumes a significant part in the game. Balance assumes a unique part in occasions when you may unexpectedly have to alter procedure or bearing. Particularly in ball sports; Tennis, hockey, netball and football. With regards to high-intensity games, balance assists you with performing harder, longer and more grounded. A huge advantage of Balance is that it diminishes the danger of injury. For perseverance competitors, balance assists you with running better, walk longer and swim better. To further develop your equilibrium, it is critical to comprehend the sort of equilibrium and remember practice for your equilibrium. The capacity to remain upstanding or control body developments is a significant part of many athletic abilities.

2.10 Coordination :

"Coordination is the capacity to join the different developments of the body into a particular design." Legitimate coordination is needed to finish any work ability. Coordination is the body's capacity to move effectively and productively. For great coordination, a competitor needs to consolidate a few developments into one. Coordination is about our coordinated abilities and can be isolated into complete coordinated abilities. Great coordination can improve your capacity in the game. It can assist with forestalling a wide range of wounds and assist you with being more powerful with age. While cardiovascular wellness and standard measurements of solidarity and adaptability are extremely significant, you really want to zero in on how you coordinate your developments. The coordination between the hands and the eyes demonstrates the connection between the eye developments and the hand developments, so your hands make an ideal development in light of your eye developments.

2.11 Reaction Time :

The capacity to react rapidly to improvements is called Reaction Time. "The time essentially when we react to the sensations through the five faculties is called response yesterday." We can characterize the Reaction Time in a game as the span between a player seeing his rival's moves and his reaction. Different investigations have shown that Reaction Time significantly affects the exhibition of players. The Reaction Time is ordered into two kinds. The primary kind can be delegated basic Reaction Time while the subsequent sort can be named complex Reaction Time. The contrast between the two sorts is the quantity of boosts that the body reacts to. By and large, the straightforward Reaction Time is somewhere in the range of 0.16s and 0.2s in the vast majority. The response seasons of top class players are 0.15s, obviously quick Reaction Time is significant in extreme focus games. For instance; In a 100-meter race, an individual who has an exceptionally short Reaction Time enjoys an incredible benefit. It is significant in this race who bounces forward when he hears a gun. It basically implies how quick a player can react to an improvement. For a competitor, even a five percent improvement in Reaction Time can have a major effect

among normal and fantastic execution. The reaction time relies upon the three principle factors: insight, process, reaction. In sports or with regards to sports rivalries, the improvement might be visual (seeing), (hearing) or contact, contingent upon the actual development.

2.12 Body Composition :

"The proportion of muscle to fat ratio to non-fat weight is Body Composition." Fundamentally alludes to the dissemination of muscle and fat in the body. Body size, for example, stature, length and periphery are additionally assembled under these elements. The competitor really must keep his body in extent. Weight reduction will be trailed by weariness and steady sluggishness. The mix of diet, every day sports practice, and day by day schedule is the best way to further develop a player's presentation. Body creation, for example, muscle to fat ratio and bulk, can significantly affect sports execution. Body shape and surface can be viewed as significant in sports. Where you enjoy the benefit of being tall (for example ball, volleyball) or thick (sumo wrestling) or light and solid (vaulting). Both Body Composition and body weight can positively affect execution because of the kind of activity performed by the competitors. These two elements can influence a competitor's odds of coming out on top in a given game. While body weight can influence a player's speed, perseverance, and strength, body arrangement can influence a player's solidarity, spryness, and appearance. A fit body, i.e., one with high muscle/fat substance, is regularly helpful in sports where speed is involved.

3. Factors of Sports Psychology that have a successful effect on the performance of the players:

There is a scope of physical and mental variables that add to a fruitful exhibition in sports, and achievement necessitates that every one of the parts meet up and convey in the correct manner. For some games the wellness factor is the most significant, similarly the mental element is significant. Mental and actual elements are viewed as significant variables in the achievement of a game. This is on the grounds that when a player succeeds, his thinking begins at the absolute starting point. Three parts connected with

sports brain science were incorporated for a huge review of a few games. The three most significant games brain science factors are recorded underneath.

3.1 Analytical and Strategic Ability :

Strategic ability is the ability of the mental system to evaluate and respond to strategic situations. Strategic skills are the decisions that a player or team uses to gain an advantage in a competition. Examining a competitor's weaknesses e.g. Dummy pass in rugby. In response to the changing competitive environment, tactics often need to be adapted quickly. How does strategic awareness affect performance? Strategic awareness, critical to game performance, is the ability to identify strategic responses that arise during the game and respond appropriately. Strategic Performance Strategic training in sports involves decision-making and reaction to a particular sport, as well as strategies and game plans for the chosen game. Training is usually done during practice or during the competition using open exercises that require a response to external stimuli, forcing the player to respond. When you study both analytical and strategic ability, you can easily achieve success if the players play the game by studying the player in front or the team in front.

3.2 Motivation and Confidence :

Motivation is a psychological cycle that starts, supports, or guides a player's conduct (preparing, rivalry disposition, misfortune the board, execution). Motivation is an inner energy power that decides all parts of our conduct; It likewise influences how we think, feel, and associate with others. In sports, high Motivation is broadly acknowledged as it permits players to realize their true capacity. Motivation is extremely critical that it is the main commitment to sports execution over which you have control. Motivation will directly affect the degree of accomplishment you have accomplished. Assuming that you are roused to further develop your presentation, you will try sincerely when required. At the point when competitors feel sure, they are more ready to transform athletic skills into extraordinary exhibitions. Certainty assists players with arriving at that undeniable level. Certainty permits players to flourish in their current circumstance. Certainty gives

players certainty that they can conquer any snag and accomplish their objectives.

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Role of Social Media In Physical Education And Sports

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Abstract:

Social media are interactive technologies and digital channels that facilitate the creation and sharing of information, ideas, interests, and other forms of expression through virtual communities and networks.^{[1][2]} While challenges to the definition of *social media* arise^{[3][4]} due to the variety of stand-alone and built-in social media services currently available, there are some common features:^[2] Social media are interactive Web 2.0 Internet-based applications.^[5] User-generated content such as text posts or comments, digital photos or videos, and data generated through all online interactions is the lifeblood of social media.^{[2][5]} Users create service-specific profiles for the website or app that are designed and maintained by the social media organization.^{[2][6]} Social media helps the development of online social networks by connecting a user's profile with those of other individuals or groups.^{[2][6]} The idea that social media are defined simply by their ability to bring people together has been seen as too broad, as this would suggest that fundamentally different technologies like the telegraph and telephone are also social media.^[25] The terminology is unclear, with some early researchers referring to social media as social networks or social networking services in the mid 2000s.^[6] A more recent paper from 2015 reviewed the prominent literature in the area and identified four common features unique to then-current social media services:^[2] Many social media outlets differ from traditional media (e.g., print magazines and newspapers, TV, and radio broadcasting) in many ways, including quality,^[11] reach, frequency, usability, relevancy, and permanence.^[12] Additionally, social media outlets operate in a dialogic transmission system, i.e., many sources to many receivers, while traditional media outlets operate under a *monologic* transmission

model (i.e., one source to many receivers). For instance, a newspaper is delivered to many subscribers and a radio station broadcasts the same programs to an entire city.^[13] What is Social physical education? Social factors that affect performance include sportsmanship, motivation, communication, and cooperation. These are the elements of behaviour that lead to failure or success in both individual and team sports and activities. Etiquette as both a player and an audience member needs to be taught.

Introduction:

Since the dramatic expansion of the Internet, digital media or digital rhetoric can be used to represent or identify a culture. Studying how the rhetoric that exists in the digital environment has become a crucial new process for many scholars. Observers have noted a wide range of positive and negative impacts when it comes to the use of social media. Social media can help to improve an individual's sense of connectedness with real or online communities and can be an effective communication (or marketing) tool for corporations, entrepreneurs, non-profit organizations, advocacy groups, political parties, and governments. Observers have also seen that there has been a rise in social movements using social media as a tool for communicating and organizing in times of political unrest.

Physical education and sports represent components of a global education, when taking into consideration their content, these being able to influence health, the child's development and growth, developing movement, psychic processes and phenomena and favouring socialization. Increased confidence, peer acceptance, leadership skills, and

empathy; these are just four of the social benefits children receive from sports and physical activity. These four benefits can have a significant effect on a child's health, happiness, and future

5 Fitness brands winning social media Written by Jenn Chen

1. Lululemon
2. Instagram
3. Twitter
4. Brand takeaways
5. Crunch Gym

Workout gurus and yoga influencers are found in all corners of Instagram. While individuals build up followings and influence their audience, what are brands doing to stay relevant? It takes a mix of constant posting endurance, flexible strategy and tenacity to reach new heights in the fitness world. Let's take a look at how five fitness brands are winning at social media.

Lululemon :

This powerhouse fitness clothing brand brings a multi-pronged approach to their social media and digital marketing efforts. Lululemon is known for their leggings but the company makes a variety of fitness clothing and takes the time to engage with their audience. The feel of the online experience matches the in-store one and it's clear a lot of thought goes into their social media planning.

Lululemon Athletica is a Canadian American multinational athletic apparel retailer domiciled in Delaware and headquartered in Vancouver. It was founded in 1998 as a retailer of yoga pants and other yoga wear, and has expanded to also sell athletic wear, lifestyle apparel, accessories, and personal care products. The company has 491 stores internationally, and also sells online.



Instagram :

Their Instagram account is by far the most popular of their social media accounts. The company frequently features stories from the community. These highlights serve a few different functions. In the below example, it showcases the company's social impact program. Additional benefits from highlighting members from the community include cross-promotion of the members' efforts and providing inspiration for Lululemon's audience. Their audience is a mix of people and among them are potential yoga teachers. Giving examples of community members who are succeeding in their careers while wearing Lululemon clothing provides further inspiration and encouragement to an audience that is likely to be highly engaged with their products.



Twitter :

On Twitter, Lululemon likes to serve up short, tongue-in-cheek Tweets right alongside engaging conversation. The company also frequently retweets Lululemon Men, their local city accounts and other causes they support. In between the one-liners, customer service is performed with Direct Message links and customer engagement is maintained with conversational questions. While their Twitter account is used in many ways, it's consistently apparent is that they listen to their customers and respond, both of which reinforce brand loyalty.



Brand takeaways :

- Highlight community members who have inspirational stories to share with your customers.
- Inspirational Tweets can be short and sweet.

Connect with your audience using Sprout's engagement features :

Sprout's engagement features make it easy to keep up with your audience and respond to every mention on a personalized level. As replies from across social networks are gathered into our single Smart Inbox, your team can work efficiently by leaving notes on specific profiles, and avoid duplicating work with our Collision Detection feature.

Crunch Gym :

With over 265 franchise locations across the world, Crunch Gym is known for its no-judgment, varied offerings and services. While franchise locations can have their own social media accounts, the Crunch corporate account provides plenty of content to get inspired by.



Conclusion :

Therefore, we believe that it is necessary to capitalize better on the educational potential of these social media platforms by promoting the collaborative work to build knowledge. On the other hand, we believe that teachers should include these types of platforms among the information resources that they recommend to students, as they can contribute to the development of physical education and sport skills by accessing the latest information in the field.

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Rise in Use of ICT in Sports And Physical Education

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Abstract :

Technology has changed the way sports are prepared for, played, and assessed by authorities during the previous century, affecting both officials and participants. Almost everyone participating in a modern athletic event makes use of technology. Games may be prepared for utilizing technology that tracks an athlete's food and training, providing them with the precise data they need to prepare for a game. Athletes may stay healthy and perhaps extend their careers by using controlled and safe training routines. The purpose of this article is to see how we can use ICT for obtaining teaching learning process more effective in Physical Education. ICT will be helpful also for enhancing skills of Judging and quick decision making in play field. This paper focuses on use of ICT tools for effectual teaching learning in physical education and sports. Also, the author tries to find out the challenges and opportunities of ICT enable learning for a better future.

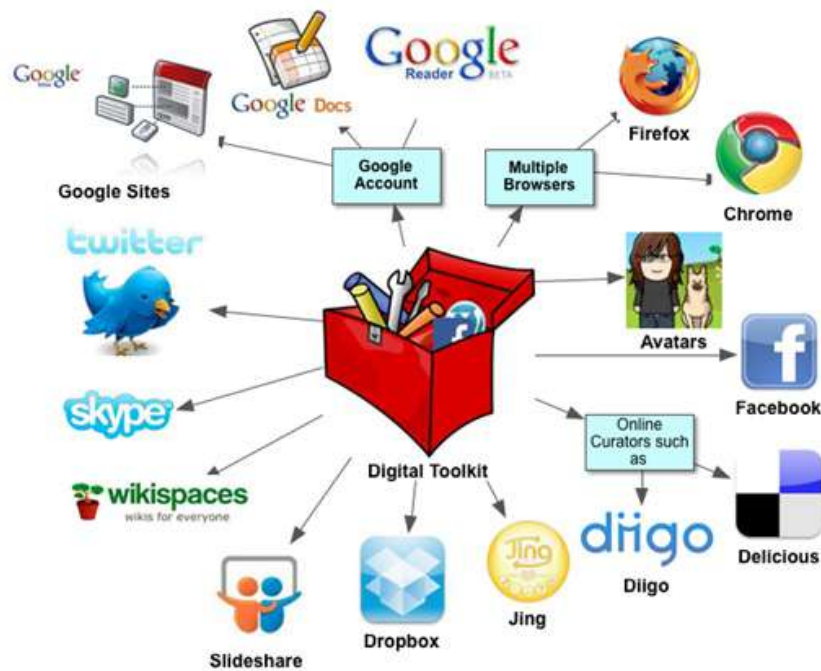
Key Words : ICT (information, communications and technology), sports and physical education, Teaching-learning process, online education, Benefits, etc.

Introduction :

By integrating both physical and mental activity, the use of ICT in PE brings the science of sport to life. The technology necessary for the processing of data and other information is known as information and communication technology (ICT). Technology-assisted training and teaching approaches have revolutionized sports training and physical education in the last decade. Educators are curious about how changes and advancements will affect their career as we

enter the twenty-first century. Traditional training and teaching techniques have limitations and obstacles, and this approach provides an innovative and modern solution to address them. It also aids in the development of full-fledged pupils who are better able to focus on both practical and theoretical work. Furthermore, it aids students in gaining a better grasp of their individual bodily parts as well as the human body as a whole. It also elevates the profile of physical education in the workplace by making the subject not only entertaining, but also appealing and effective. It also instills a sense of passion and inspiration in both PE teachers and pupils.

The usage of ICT in today's world has a considerable impact on both the planning and the outcome of training programs. Sensor-based wireless gadgets, high-speed internet, inventive software, video sharing platforms, and social networking sites have all contributed significantly to sports training and classroom teaching innovation. Rapid advancements in ICT have resulted in new ideas and improved the efficacy of training programs. Performance may be improved by utilizing these modern ICT technologies. ICT promotes accessibility and expands the digital environment to the area of sports and physical education, and expected levels of performance continue to rise to all-time highs. Computer technology and communication technology are the two main components of ICT. Computer technology is the foundation for data processing and conversion into meaningful information. Communication technology, often known as telecommunication technology, refers to electronic equipment and systems used for long-distance communication.



ICT Tools

Benefits of ICT in Physical Education :

1. It enables pupils to have a better grasp of their own bodily components as well as the human body as a whole.
2. It assists in the development of full-fledged pupils who are better able to concentrate on both practical and theoretical work.
3. A general improvement in the quality of the majority of the students' work, as they strive to appear remarkable, especially if their work will be evaluated using a digital video system.
4. Pupils can benefit from fast feedback using ICT tools to develop their observational and analytical abilities.
5. Using technology, such as video recording, allows students to receive quick feedback on their performance. This boosts motivation by providing positive reinforcement when youngsters are engaged in an activity.
6. It may be utilized to show or replicate what you're teaching. As a result, it's an excellent teaching tool for learning new abilities and assisting pupils in reaching the "mastery phase" of skill development.

Need of ICT for Physical Education Teachers:

We need to participate in adequate preparation for the application of ICT as physical education educators. We must accept that technology is a necessary component of life and will continue to be so in the future. As a result, self-awareness and ICT education are critical. In a physical education environment, we must design "acceptable methods to use technology-influenced teaching" in accordance with the curriculum and our pedagogies as instructors. In addition, physical education instructors are increasingly required to understand "how computers and technology devices might help to data collecting, skill analysis, learning assessment, and evaluation of health-related physical fitness." It implies that our schools and students want us to be specialists in the use of technology in physical education. However, it is crucial to highlight that, despite numerous recent technological advancements; physical educators have been investigating "the adoption of various technologies in physical education and sport for a long time." As a result, technology in sport is not a novel, clever, or frightening concept; rather, it is a reaction to global social and cultural change.

ICT Tools for Sports and Physical Education :

Today's coaches and trainers have a wide range of technological alternatives to choose from when it comes to ICT tools. The bulk of these tools is simple to use and may be quickly implemented into a training program. In this article, we'll look at how some of the most common ICT technologies are used in modern-day sports training and physical education.

1. Field based ICT tools :

These are the types of ICT tools that are utilized on the ground or in the field. GPS-based tracking devices are one of the most used field-based ICT equipment. The study of GPS-based tracking devices is a large chapter in and of itself. The accuracy of these types of gadgets has improved as technology has progressed. Data may now be easily gathered and analyzed for performance enhancement utilizing these devices. To improve and monitor the performance of the players, dedicated sports-specific GPS-based gadgets have been developed. Hiking, fishing, paragliding, and other outdoor sports rely heavily on precise navigation. A player may be monitored using these gadgets whether they are on land, in the sea, or in the air. These gadgets are used by long-distance runners to navigate their journeys. These gadgets are used by swimmers in open water long distance swimming contests where there is a great risk of becoming diverted from the real course. Multiple GPS devices are used to follow every team member throughout training sessions and even during match scenarios in team sports such as soccer, rugby, kabaddi, and hockey. In every outdoor racing discipline, a GPS gadget is required to be worn by the player. It aids authorities in keeping track of the players, as well as assisting the players in tracking their path and progress.

Another type of field-based ICT equipment is wearable sensor-based gadgets. Sensors of many sorts are used in this type of gadget. Some of them are solely focused on a single sensor, while others are a mix of numerous sensors. Different sensors serve different purposes and aid in the acquisition of data. With the use of a belt or a strip, these sensor-based gadgets may be simply attached to the human body. Sensor-based devices like pedometers may count the number of steps you take. It may also tell you how fast you're running or

how far you've gone. Heart rate monitors are another example of a sensor-based gadget that measures or detects heart rate. The greatest way to record player performance on the field is to use a video camera. The captured video can be streamed live or subsequently uploaded. Match and performance analysis may both be done using the same video. Recent sophisticated technology has employed a high-tech video recorder to capture any performance and convert it to three-dimensional data using high-level software. The need of precision in officiating is critical at the highest levels of play. Various technologies have lately been developed to meet this need. Hot spot technology is utilized in cricket to gather information and make accurate decisions. When the ball crosses the goal line in football, goal line technology is utilized to detect it. Hawk-eye technology is utilized to make right decisions in sports like badminton and lawn tennis.

2. Laboratory based ICT tools :

ICT technologies developed in the lab cannot be employed in real-life game or match conditions. They must be set up in a laboratory-based regulated environment on a permanent basis. This category includes the majority of sports research tools. A notable example of such ICT tools is the pressure plate and force plate. Laboratory-based ICT equipment include wired EMG devices as well. Some three-dimensional analysis kits are also immobile, and sporting acts must be done under its control conditions once they are set up inside a laboratory. Laboratory-based ICT tools are gadgets that must be set up in a laboratory exclusively.

3. Classroom based ICT tools :

ICT technologies for sports training or physical education in the classroom are comparable to those used in real classrooms. In this setup, a computer/laptop projector is essential. Aside from that, classroom-based ICT applications include a variety of community-based social programs such as Google Classroom, Socrative, Khan Academy, and others. Various screen sharing technologies, such as Skype, Team Viewer, Display Note, and others, may share exactly what is on the user's screen. Multiple people from different locations can simultaneously watch one's screen and learn without physically being present.

4. Software and applications :

Software is a collection of instructions that inform the computer what to execute when given a command. There are many different types of software and applications on the market. The programs and software used in sports and physical education can be further categorized based on the task done. The majority of bio mechanical analysis software includes a number of video cameras. Some of this software is manual, while others are fully automated. When compared to two-dimensional bio mechanical analysis software, three-dimensional analysis software is far more sophisticated. In recent years, match analysis software has become a significant component of sports training tools. In both post-match and live circumstances, recorded footage may be evaluated. Even in the middle of a battle, participants may get real-time feedback and analytical reports. These match analysis tools are quite vital these days in order to reach the intended aim in most team games or sports.

5. Multimedia files and documents sharing platforms

It is difficult for a trainer or teacher to repeat everything for each and every student. He also won't be able to personally deliver his lecture or training at every site. The multimedia and document sharing platform is useful in this situation. Users may share a variety of files with their audiences via multimedia and document sharing services. Some of the most popular file sharing programs are Google Drive, Drop box, and Microsoft One Drive.

6. Professional development platform :

By the time students reach their professional setting, most new abilities, tools, and resources have become obsolete. As a result, professional development platforms are critical for keeping everyone informed about new skills, techniques, and resources.

Conclusion :

ICT applications can make physical education learning more efficient and accurate. Both participants and officials may get profit from this. It is a necessary component of current sports as well as any trait. Learning is made even better by teaching aids such as LCD projectors, HD cameras, digital equipment and other audio visual gadgets. With the use of interactive educational initiatives, participants may connect with

expert and professionals from various places.

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Management of Nutrition, hygiene In Physical Education And Sports

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Abstract :

Nutrition is a very important part of physical education and sport performance for young athletes, additionally to letting best growth and development. Macro nutrients, micro nutrients and fluids within the correct amounts are essential to produce energy for growth and activity. To optimize performance, young athletes have to be compelled to learn what, once and the way to eat and drink before, throughout and once activity. Variety of things contribute to success in sport, and diet could be a key component. An athlete's dietary necessities rely on many aspects, together with the sport, the athlete's goals, the environment, and sensible issues. Athletes use a spread of dietary ways to improve performance, with increasing polysaccharide stores a key strategy for many. saccharide intake throughout exercise maintains high levels of carbohydrate oxidation, prevents hypoglycemia. The advantages of macromolecule intake throughout the day following exercise are currently well recognized. Athletes ought to aim to keep up adequate levels of hydration. though the supply of nutrition info for athletes varies, athletes can enjoy the recommendation of a specialist or nutritionist. Hygiene practices are utilized as stop active measures to cut back the incidence and development of disease. Education on health problem hindrance and sports hygiene is very important to keeping young athletes safe and healthy. Some infections are avoided or prevented by receiving immunizations.

Keywords: nutrition, sport, supplements, hydration, hygiene

Introduction :

Sports Nutrition

Nutrition cares primarily with the half vie by

nutrients in body growth development and maintenance. This nutrient word or food concern is generally used for specific and main dietary elements like proteins, vitamins and minerals. bioscience is that the utilization of the principles of nutrition; it includes the look of meals for all. smart nutrition suggests that maintaining standing that permits us to grow well and revel in good health. Nutrition could also be outlined because the science of food and its relationship to health. it's concerned primarily with the part played by word nutrient in body growth, development and maintenance. Sports nutrition is that the study associates degreed observe of nutrition and diet because it relates to athletic performance. It's involved with the sort and amount of fluid and food taken by an athlete, and deals with nutrients admire vitamins, minerals, supplements and organic substances such as carbohydrates, proteins and fats.

Differing conditions and objectives counsel the requirement for athletes to make sure that their sports organic process approach is suitable for his or her situation. Factors that will have an effect on an athlete's nutritional wants embrace kind of activity (aerobic vs. anaerobic), gender, weight, height, body mass index, physical exertion or activity stage. Most culprits that get within the manner of performance are fatigue, injury and soreness. a correct DIET can scale back these disturbances in performance. The secrets to urge a spread of food, to get all the macronutrients, vitamins, and minerals. it's best to settle on raw, unprocessed foods admire oranges rather than orange juice. consumption foods that are natural means the contestant is obtaining the foremost organic process worth out of the food. once foods are processed it commonly means nutritional value is reduced.

Need of Nutrition :

Nutritional wants for peak athletic performance embrace sufficient calorie intake, adequate association, and a spotlight to temporal arrangement of meals. Student athletes and their advisors typically are misinformed or have misconceptions concerning SPORTS nutrition. This paper identifies nutritional needs of young athletes, reviews common misconceptions, and examines the nutrition data of athletes and their sources of nutrition information. Topics coated include energy, carbohydrate, protein, fat and substance needs, hydration requirements, timing of meals, and problems relating to age, gender, and specific sports. different issues self-addressed include "making weight" and ergogenic aids. correct nutrition for young athletes is important not solely to their athletic success, however additionally significantly to their growth, development, and overall health. other than training, nutrition is that the most significant influence on sports performance. to succeed in} one' highest potential, all of the body' systems should be operating optimally. the simplest thanks to achieve this can be to eat a spread of alimentary foods. Calories, carbohydrate, protein, fat, vitamins, minerals, and fluids all play a singular and crucial role.

Sports Performance And Nutrition :

Sportsmen and sportswomen have begun to understand the potential role of nutrition in regard to up performance. As sporting standards get higher and higher, competitors typically experiment with new diets, supermolecule supplements and megavitamin doses in an effort to attain the 'competitive edge'. There is, however, no conclusive proof that such practices do improve performance.

Calories :

To have enough energy for exercise and for life, associate degree adequate number of calories should be consumed. the quantity of calories required depends on many various factors, comparable to age, sex, height, weight, muscle mass, and fat mass. Too few calories will negatively have an effect on workouts and energy levels, additionally as cause the breakdown of muscle and bone, increasing the chance of injury. It's important

to nourish the body once many hours with no food such as throughout sleep, so breakfast is a crucial a part of adequate calorie intake. Selecting highnutrient foodssuch as fortified cereals with milk, peanut butter with whole grain bread, yogurt, cheese, or fruitgives the body the proper fuel to begin the day. alimentary meals and snacks may also facilitate the body stays oxyacetylene throughout the day.

Carbohydrates :

Carbohydrates are the body' main energy supply for all kinds of exercise. Carbohydrate is hold on as polysaccharide within the body, and therefore the quantity of glycogen stored in the body affects stamina and endurance. once muscle cells run out of glycogen, fatigue sets in and performance can suffer, though the results will vary among totally different sports. coaching and consumption properly, with specific attention to carbohydrates, will increase and maintain polysaccharide stores, that is especially necessary for endurance athletes. an oversized a part of an athlete' diet ought to be sugar. Foodhigh in carbohydrate embrace pasta, rice, cereals, starchy, vegetables for example potatoes, carrots, corn, sweet potatoes, fruit and bread. Not all carbohydrates are equal in providing required nutrients, however specializing in carbohydrate from whole grains, fruits, and vegetables can ensure vitamins, minerals, fiber, and different important nutrients are part of diet, whereas filling au fait too several sweets and processed foods can negatively impact sports performance.

Protein :

Protein is crucial to create and repair muscle tissue. macromolecule permits muscles to contract, gain in size, and increase in strength. Loading with fait protein doesnot guarantee larger muscles. macromolecule in way over the body wants is hold on as fat, not protein. Muscle growth comes from onerous work, correct training, and balanced nutrition. Food sources of protein embrace lean meat, poultry, fish and chicken,dried beans and peas, nuts, seeds, and farm products. Macromolecule needs for active athletes, particularly endurance sports, are over for non-athletes. The most suggested amounts of protein is 1.2 to 1.4 g/kg

of body weight. This demand is often met through diet alone.

Fat

Fat provides energy, protects the body organs and helps with the absorption of those vitamins. Once fats are eaten as a part of healthful foods, they supply a crucial energy supply for athletes in training. Sensible decisions embrace the fats from nuts, seeds, vegetable oils like olive, peanut. Once the body is dehydrated, blood circulation decreases and therefore the muscles donot receive enough chemical element for max performance. Thirst is a sign that dehydration has already occurred, so it's important to drink oftentimes throughout exercise, before thirst sets in.

Vitamins and Minerals :

All types of vitamins and minerals are very important factor for human body. Specifically, two substances of particular interest to athletes are iron and calcium. Iron is essential for maintaining the atomic number 8 in the blood and plays an important role in athletic performance. The simplest sources of iron are lean red meat, shrimp, iron-fortified cereals, and baked goods. Metal keeps bones strong. Dairy products, as well as milk, yogurt and cheese, are excellent sources of calcium. Non-dairy sources of calcium include dark, leafy vegetables that are not used, but calcium may not be absorbed either. There are a number of calcium fortified foods and juices that can help increase nuclei and regular vigorous strength training addon to bone density.

Fluid :

Water is essential for any or all bodily functions and makes up about sixty percent of a person's weight. Water helps move nutrients around the body and helps eliminate waste from the body. Changing the amount of fluid lost during exercise is critical to maintaining performance and preventing dehydration and injury. Even mild dehydration can cause muscle and body fatigue, reducing athletic performance. Since thirst is not a reliable constant indicator of water loss, athletes should drink water before they feel intense thirst. Drinking 8 to 10 glasses of water a day is a daily food for many people. However, athletes need extra fluids to

replenish what they lose during exercise. Beverages containing caffeine or alcoholic beverages should be avoided as they dehydrate. The pressure in the elbow joint in extreme heat will further increase the appetite due to the loss of a lot of sweat. Drinking too much water is often just as dangerous as not drinking enough water. Athletes should experiment with vastly different amounts of fluid to see which is the easiest amount for best results.

Hygiene :

Hygiene is additionally the name of a branch of science that deals with the promotion and preservation of health, also known as hygienic. Hygiene practices covers very wide area which may be acceptable in one society may not be acceptable in another. Hygiene may be a previous construct concerning medicine, yet on personal and skilled care practices related to most aspects of living. Hygiene practices are utilized as stop active measures to scale back the incidence and unfolding of disease. Sensible hygiene is a key a part of quality assurance for example making certain that the merchandise complies with microbic specifications acceptable to its use. In general, hygiene mainly suggests that observing hygienic principals that prevent spread of disease. Since cleanup processes for example hand washing, take away infectious microbes as well as dirt and soil, they are usually the means to realize hygiene, body hygiene, personal hygiene, sleep hygiene, mental hygiene, and dental hygiene.

Athletes Hygiene :

Athletes are at enhanced risk for various infections. High sportsmen and Olympic athletes who travel and board shut contact environments are at an excellent higher risk. Infections and their effects, reminiscent of fever and fatigue will adversely have an effect on athletic performance by weakening muscles, decreasing blood flow to the body associated predisposing those affected to different injuries. Education on unwellness hindrance and sports hygiene is important to keeping young athletes safe and healthy. Infections is unfolded through metastasis secretions, blood or via skin contact. Some infections will be avoided or prevented by receiving immunizations.

Immunizations are an example of primary prevention, that aims to stop the event of the disease before infection even occurs.

Sports hygiene :

Sports hygiene additionally plays a crucial role in preventing disease, and correct hygiene can facilitate cut back the unfold of bacteria. Infections among athletes are usually nonheritable by:

Sharing towels, razors, soaps, water bottles, instrumentality or whirlpools.

Skin injuries like turf burns and abrasions, and chaffing.

Longer duration physical contact sportslike wrestling and rugby.

Football as a result of infections is simply acquired in these circumstances, a suspected symptom to be rumored to athletic trainer immediately.

Important steps for staphylococcus skin infections in athletes :

Apply sensible personal hygiene with frequent hand washings and showering with soap and water in any case practices and games.

Take care of your skin. Cuts and abrasions need timely cleaning and keep covered till healed, as counseled by your athletic trainer or team doctor. Continuously wear protecting clothing.

Don't share personal things that are probably come in contact with the skin. Avoid sharing soaps, towels, razors and instrumentality.

All sports equipment's and implement regular cleanup practice for commonly used equipment like weights, pools, room benches.

Tips for prevention :

Athlete's foot : Wear cotton, non-synthetic socks, wash feet with heat water and soap once games and practices, wear open toe shoes throughout summer months, and wear sandals when victimization public showers.

Tinea cruris: Wear cotton briefs and shower with soap and water right away once sports. an honest talc powder may be wont to prevent athlete' foot and jock itch.

Ring-worm: Avoid contact. These lesions ought to be fittingly treated medically and coated before taking part in any sport reminiscent of wrestling.

Maintain personal hygiene :

Personal hygiene involves those practices performed by an individual for bodily health and wellbeing, with regular cleanliness of own body. In some cultures, removal of hair is taken into account correct hygiene. Different practices that are usually considered proper hygiene embody bathing often, washing hands regularly and particularly before handling food, washing scalp hair, keeping hair short or removing hair, sporting clean clothing, brushing teeth, cutting finger nails, besides other practices.

Food hygiene :

Food hygiene pertains to the practices concerning food management and preparation to stop food contamination, prevent gastrointestinal disorder and minimize the transmission of unwellness to other foods, humans or animals.

While cooking food for athletes' particular hygienestandard operating practices ways in which to handle, safe store, prepare, serve and eat food should be maintain.

- Cleanup and standard operating practices of foodpreparation areas and instrumentality for example victimization selected cutting boards for making ready raw nonveg food and vegetables.
- Very particular way needs to follow while preparing raw foods.
- Institutional vassals sanitizing by with disinfecting soap and hot clean water.
- Sanitations of hands completely before touching any food.
- Sanitations of hands once touching raw food while preparing meals.
- Avoid using constant utensils to arrange totally different foods.
- Avoid using same pleats, spoons or glasses while eating.
- Eating food by using proper way and not licking fingers or hands or after eating.
- Do not use serving utensils without proper chaining.
- Correct storage of food therefore on stop contamination by vermin.
- Refrigeration of foods and turning away of specific foods in environments wherever refrigeration is or wasn't feasible.

- Labeling food to point once it had been created or as food makers prefer, to indicate its "best before" date.
- Correct disposal of reheated food and packaging.

Conclusion :

Athletes are perpetually trying to find a foothold to boost their performance, associate degree there are a spread of dietary methods available. Nonetheless, dietary recommendations ought to be personalized for every jock and their sport and provided by a fitly qualified skilled to confirm best performance. Dietary supplements should be used with caution and as a part of an overall nutrition and performance plan. supported activity suggests that dietary nitrate supplementation improves performance throughout all kinds of sports. this can be particularly evident once evaluating vital outcomes, corresponding to power output, time to exhaustion and distance covered. correct hygiene care play important role in sports performance with nutrition.

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New Trends, Future challenges And Innovative Practices in Physical Education And Sports in India

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Abstract :

The aim of this paper is to identify the current trends and challenges in physical education and sports and based on these current challenges, future trends and challenges would be discussed. There are various factors which are diminishing the interest of students in physical education activities. Although the physical education is being taught as a part of curriculum in all the schools but lack of adequate time and trained teachers, good facilities are responsible for little interest in this field. The future challenges to make this field interesting involves an adequate curriculum, sufficient funds allotment for holding various competitions and role of technology to create awareness about the importance of physical activities and sports in our daily life. All these issues have been discussed in the present study.

Keywords : Physical education, sports, curriculum, technology, Sports psychology.

Introduction :

The importance of physical education has never been emphasised more than it is today. It is widely recognised that physical education (PE) and sports is relevant and important in developing an active and healthy lifestyle and the solution to rising obesity rates worldwide. Although in most countries, physical education is part of the school curriculum, lessons are not given, thus leading to a reduced experience of physical activity for children and youth. The practice of a physically active lifestyle in combination with healthy nutrition, however, needs to be started in early childhood. Therefore, ensuring that all children engage in regular physical activity is crucial, and the schools are the only place where all children can be reached. Quality Physical Education is the most effective and

inclusive means of providing all children, whatever their ability/disability, sex, age, cultural, race/ethnicity, religious or social background, with the skills, attitudes, values, knowledge and understanding for lifelong participation in physical activity and sport and is the only school subject whose primary focus is on the body, physical activity, physical development and health. The present study will identify the current trends, issues and challenges in PE and sports based on which future challenges will be addressed. Current trends, issues and challenges in school PE and sports The “reality check” reveals several areas of continuing concern regarding current trends in PE and sports. These are embrace: physical education not being delivered or delivered without quality, insufficient time allocation, lack of competent qualified and/or inadequately trained teachers, inadequate provision of facilities and equipment and teaching materials, large class sizes. It is noted that the amount of time dedicated to physical education has been diminished in the school curriculum throughout the world. Physical educators have failed to ensure that the linkage between their efforts in the classroom and the health and cognitive development of their students. The responsibility rests directly on the shoulders of physical educators to ensure that the importance of their subject matter is understood and embraced as a part of their schools' overall curriculum. Today, more than ever, the physical education curriculum needs to be linked to the overall well-being of children and youth as they matriculate through the curriculum. As has been noted, lessons learned at an early age carry into adult life. Furthermore, the importance of physical activity as a way of creating greater attentiveness in the classroom has not been recognized. The opportunity for schools to provide Brain Breaks, which stimulate students and reenergize their efforts, has largely been ignored in the overall

curriculum. Therefore it is dire need to generate student's interest in sports and other physical activities by making these studies more interesting and creating awareness about the importance of such activities. Developing 21st Century Skills and Competencies in PE and Sports “The aim of Physical Education is to develop physical competence so that all children are able to move efficiently, effectively and safely and understand what they are doing. The outcome, physical literacy, along with numeracy and literacy, is the essential basis for learners to access the whole range of competences and experiences.” Linkages to community-based organizations, agencies, and institutions are an essential component of the 21st century health and physical education curriculum. Schools often work with community agencies in all sectors of society—private and commercial, non-governmental and government organizations—to plan and develop programs on a cooperative basis. An important component in developing the joint use of resources is the establishment of a program of communication and interaction. As the joint use of resources implies a sharing of human fiscal and physical resources, it requires that the leaders of cooperating organizations develop close relationships and partnerships among people, agencies, and institutions. A key factor in building Cooperative relationships is the importance of leadership that is willing to overcome issues related to territoriality, inertia, legal mandates, tradition, fear of the loss of power, feelings of ownership, the misunderstanding of programs, and others. Such cooperative activities improve the accessibility to programs and services, as well as areas and facilities. In this way, the talented students will be sponsored through different agencies to take part in different competitions. In India specially where there is so much talent but due to lack of financial funds, many students lacks behind even being so talented. The co-operation from different agencies will help needy students to showcase their talent at different world level competitions. Thus, adequate training through well-defined curriculum as well as funding from different agencies is necessary to promote the PE and sports activities.

Technology role in Physical Education :

Children born in the early part of this millennium are known as the “Generation” This group of individuals has access to forms of technology unheard of just two decades ago. They have never known life without wireless high-speed internet connections, cellular phones with data connections, texting or video gaming consoles. Most of them are very familiar with technology interfaces, using apps and social media on a regular basis. The implications of such dramatic changes in access to technology among children and youth should be self-evident in all learning areas. Applications in health and physical education pedagogy are available and can be applied to enrich and enhance curricular offerings in most school settings. Numerous technological applications focused on promoting physical activity and fitness are available and easily accessible. However, application of various technologies will require new student and teacher competencies and practices. Students will be required to demonstrate competency in basic motor skills and also competence in using technology. In addition, such technology will enable individuals to learn in a student-centered self-directed fashion; students will be required to gain greater time management skills in order to enable appropriate time on a task. Teachers will also be required to gain knowledge of contemporary, technology-based instructional strategies. Furthermore, teachers will need to gain a greater awareness of teaching strategies that support anytime, anywhere learning and leverage technological applications. Technology holds promise for the way that students learn and also for the way in which teachers teach. Physical and health educators are challenged to become more responsive to a technology-driven environment that provides enhanced opportunities' for learners well beyond the walls of the traditional classroom setting. Technology thus can play vital role in generating the interest in physical education and sports activities.

Importance of Physical Education :

Children these days are eating more junk food and moving less. The result: overweight, unfit children. To counter the declining fitness trend, many schools and districts have taken a closer look at their physical education (PE) programs. **Physical education** is the

instruction of physical exercise in schools and matters more today than ever before. Physical education programs are recognizing the academic benefits of quality fitness programs. Exercise increases oxygen flow to the brain, thereby increasing cognitive skills. It also increases neuro transmission in the brain, or the connection of **neurons**, also known as brain cells. Strengthening these connections means that the brain is remembering more efficiently. Exercise also releases chemicals in the body known to enhance mood, regulate impulsivity, and decrease fidgeting. All the more reason to up the game in PE. With the opportunity to help turn around declining fitness in children, schools and PE curriculum programs have made drastic changes. Team sports and fun activities that were once the norm are being elbowed out by more intense and direct physical activity focusing on overall health. How can PE time make a difference? Let's take a look at some trends that matter to children's health.

Changes to PE Curricula :

The current trend in PE instruction has focused less on fun and team sports and more on getting children healthy. To that end, instructors have had to outline and define goals specific to increasing life-long health. They've identified three core areas for focus: current fitness levels, educating health matters, and teaching how to plan for long-term exercise. The first key is a focus on fitness. The overall quality of PE classes has shifted from a fun release of energy to an increased scope of physical health. The once popular dodge ball game is no longer considered quality instruction because of one important component: children are eliminated and not being active. New fitness trends call for sustained activity for all children during PE time. This doesn't have to mean the end of team sports, but the games and activities should require all participants to move, a lot. These **inclusive** programs which require everyone to be active are the biggest shift in PE today. PE programs now also focus on students understanding health. Knowing how the body works is an important ingredient in maintaining health. To this end, PE instructors have added an educational strand to their curriculum which teaches children about how their body works. Topics for instruction include calories, metabolism, muscle health, and aerobic function.

Children who are given the tools to understand how and why unhealthy eating habits impact their health can make better choices for a lifetime.

Sports and education :

A The positive impact of PE and sports on child education and as an integral component of quality education are important elements under this theme. Using sports to promote gender equality, girls are given opportunities to be leaders, to improve their confidence and self-esteem, and to interact with their peers outside the home and beyond family networks. Through such activities, they will have access to linkages and occasions to be more engaged in school and community life. Another group students with disabilities is also a target beneficiary.

Sports and health :

According to the 2002 World Health Report, unhealthy diet and physical inactivity are among the leading causes of major non-communicable diseases. The United Nations also notes that "sports and physical activity are crucial for life-long healthy living, and good habits start early. The important role of PE is demonstrated by the fact that children who exercise are more likely to stay physically active as adults".

Sports and development :

Despite the perception that sports is not a viable economical sector, the potential of sports to generate jobs and wealth should not be discounted, especially if a strategy is developed to optimize this potential and supported by a national Sports for All policy. The United Nations believes that securing government leadership is essential to ensure that PE and sports are incorporated into the national development and international cooperation policies and agendas (www.org/sport2005). which include the right of all children to play freely and safely and to have quality physical education and sport programmes in their schools" (Shinawatra, 2005). PE and sports should be recognized as an integral part of quality education and should be a national priority. It should be mandatory for every school to provide all students with at least 120 minutes of curriculum PE and sports time each week, and in the longer terms, 180 minutes or more. 10-year

strategy starting in 2006 to enhance quality PE and sports, comprising two 5-year medium-term plans. National strategies should be implemented by sports fitness scholars and professionals, ministerial officials charged with responsibility for PE and sports, as well as network and professional associations at local, national and international levels. Innovative Practices in Physical Education and Sports in India. The scope of the national strategy should include pre-school, primary and secondary school PE and sports programmes, including in-school and out-of-school programmes, professional preparation programmes, and PE sports career paths for young people. The contribution of PE and sports towards achieving the especially those addressing poverty, primary education, gender equality and health care, should be an important item on the national strategy. Professional preparation of PE and sports teachers should be an important topic of the national strategy. The focus should place greater emphasis on the body of knowledge of the discipline, school-based professional preparation and inclusion issues, e.g., gender, disability and ethnicity. Planning to implement their national Sports for All programmes can use the Agenda as the basis for their research, discussion and policies, particularly directing their focus on: Acquiring qualitative data on PE lessons and sports in schools; Identifying appropriate knowledge, skills and attitudes students should gain from PE and sports; Evaluating the impact of these programmes and lessons; Communicating with students, parents, educators and personnel; Planning for a centralized but flexible curriculum to meet different school requirements; Formulating the concept, goal, objective and content of a national curriculum in PE and sports; Identifying how the PE curriculum can promote and impart knowledge, skills and attitudes about peace; Incorporating a fitness component into the PE curriculum that meets the needs of students in an exciting, relevant, interesting and educationally sound manner; Determining how the PE curriculum can contribute towards the Ensuring gender equality in all matters of the PE curriculum; and Ensuring equality in all matters of the PE curriculum for marginalised children and children who are less skilled in sport games. Innovative Practices in Physical Education and Sports in India.

After-school Sports :

Sports facilities and programmes that cater to youth outside of educational institutions are limited and need to be assessed. Many sports clubs are privately run and charge high membership fees that only the well-to-do can afford. Without after-school sports, the chances of youth falling prey to the many social ills are much greater. Governments have to take a lead in addressing this issue. Besides providing the commitment and provision of resources, governments should influence and mobilize the private sector and society at large to collaborate in organizing affordable after-school sports. Public facilities, such as stadiums, swimming pools, sport grounds, sport complexes and open spaces are urgently needed not only for elite sports competitors, but also for the general public to take up sports-related activities. Often, a major portion of the government budget is allocated to facilities constructed purely for high performance competitive sports such as state, national or regional games, Asian and Olympic games, or to meet the needs of elite athletes. There should be guidelines to support youth in their pursuit of excellence in such high performance sports, and every opportunity open to those with talents, especially the ones who cannot afford to pay for the facilities, equipment or training programmes. Indeed, if the concept of Sports for All is to be developed, then the needs of ordinary people must be considered. For example, state-sponsored sports clubs for youth should be established, similar to the practice in the when clubs were set up specifically for one particular sport, e.g., badminton. Facilities, office space, management skills and incentives to maintain proper management of the clubs can be provided fully by the government or on a co-sharing arrangement with private sponsorships. Unused buildings in urban areas could be converted into fitness and sports centres. Programmes, facilities and equipment to support youth aerobic activities, such as cycling, jogging, swimming, hiking, camping and other types of games of interest to youth can be held in public parks and playgrounds. Furthermore, the police and armed forces should have a community service policy to engage vulnerable and marginalized youth (such as those from the inner city or remote areas) in sports. This will require staff training courses in sports management and coaching. Organized sports could be

planned for evenings, offering young people alternative ways to spend their time other than movies, TV, discos, pubs and so on.

New Trends help through sport psychology in Physical Education and Sports. :

The most common role for the sports psychologists is to touch mental skill for enhanced performance a mental game aspect can help you improve confidence, focus, composure, intensity, and trust in athletes performance this mental skill helps athlete improve performance and can help in all other areas of an athlete's life.

Mental game coaching is that segment of sports psychology that concentration specifically on helping athletes breakthrough the mental barrier that are keeping them from performing up to their peak potential by focussing on the mental game coaching seeks to achieve the overall goal of performance improvement.

Question you need to ask yourself is this: Am I performing up to my capability? I'm sure that know some fellow athletes who have "great talent" or physical skills, but haven't played up to their potential.

One of the myths athletes buy into is that you first must develop "perfect" technique or knowledge about ones sport before you can work on the so-called mental game. But, from my perspective, you cannot separate the mental from the physical when it comes to motor skills. Decisions, thoughts, images, and feelings set up each action you take.

Sports psychology helps athletes develop confidence and focussing skills as they master the technical aspects of the game.

Athletes often ask the this question: "How do I know when a poor performance or error is a physical or a mental problem?" From experience, the flowing question come sports Psychologists to here are a few hints that it may be a mental breakdown:

1. You perform much better in practice than during competition
2. You have a tough time performing well when others are watching you
3. You maintain many doubts about your sport before or during games

4. You feel anxious or scared when you perform in competition
5. You are not sure why you play your sport or what motivates you
6. You only participate in sports to feel better about yourself as a person
7. You lose focus or have mental lapses during critical times of the game
8. You can't perform the way you did pre-injury, but are physically 100%
9. Everything is fine, but you just want to improve your mental attitude

Sports psychology sometimes gets a bad reputation because of the association of psychology with pathology. Prefer to call what I do mental game coaching or mental training, which athletes understand. Mental game coaching is for athletes who want to improve upon their current performance and take their games to the next level with the help of a mental coach like.

But most athletes, unfortunately, seek out services because of an particular performance barrier or decrease in performance. As a mental game coach, often become the last resort after athletes have tried other means to get beyond performance slumps. wish it wasn't this way, but athletes wait until some needs to be "fixed" and they have exhausted all other resources before they commit to mental game coaching. How can sport psychology help you perform better?

Here is the most obvious list :

1. Improve focus and deal with distractions.
2. Grow confidence in athletes who have many doubts.
3. Develop coping skills to deal with setbacks and errors.
4. Find the right zone of intensity for your sport.
5. Help teams develop communication skills and cohesion.
6. To install a healthy belief system and weed out irrational thoughts.
7. Improve and balance motivation for optimal performance.
8. Get back into competition after an injury is healed fully.
9. To develop game-specific strategies and game plans.
10. To identify and enter the "zone" more often.

Sport psychology may not be for every single athlete. Not everyone involved in sport wants to “improve performance.” Sport psychology is probably not for recreation athletes who just like the social component of sport. Most of my students are committed to excellence and seeing how far they can go. They love competition and testing themselves against the best in their sport. They want every possible advantage they can learn including the mental edge over the competition.

Things Sports Psychologists Can Do :

Today, a sports psychologists can do several things to help athletes with sports and performance. A sports psychologist role is more accepted today as a part of the regular coaching staff for teams and for individual athletes—than 10 years ago. A sports psychologists can do are numerous, but they primarily teach athletes mental game skills to improve their performance and learning.

The Sports Psychologist Do :

The areas sports psychologists teach vary from one person to another depending on their experience and qualifications. Below are the top roles of an applied sports psychologist, a mental game coaching who helps athletes improve performance via mental training

The first step Help Athletes Cope with Performance Fears :

Sports psychologist can help athletes overcome fears, such as fear of failure, fear of embarrassment, and general performance anxiety. This is common among athletes who are perfectionists or highly dedicated athletes that worry too much about what other people think about their performance.

The Second step Help Athletes Improve Mental Skills for Performance :

The most common **role for a sports psychologist** is to teach mental skills for enhanced performance. A mental game expert can help you improve confidence, focus, composure, intensity, and trust in athletic performance. These mental skills help athletes improve performance and can help in other areas of an athlete's life.

The third step Help Athlete Mentally Prepare for Competition :

Another common **role of a sports psychologist** is to help athletes mentally prepare for competition and practice. This includes many of the mental skills mentioned above, but applied to specific situations on the athletic field.

The fourth step Help Athletes Return after Injury :

Returning to play after an injury can sometimes be difficult for many athletes depending on the nature of the injury. Athletes are often left with “mental scars” long after an injury is physically healed. A sports psychologist can help injured athletes cope better with the pressures associated with returning to a prior level of performance—pre-injury.

The fifth step Help Athlete Develop Pregame Routine :

As part of mental preparation, the role of a sports psychologist includes helping athletes develop mental skills used during pregame or prerace routines. Athletes learn how to focus on the process instead of results and be more proactive with their confidence prior to competition.

The sixth step Help Athletes Develop Preshot Routines :

Preshot (2001, Karen Lee Hill , Frame work for sport Psychologists: enhancing sport performance.) routines are another common role of a sports psychologist. Here, athletes learn how to use mental skills to prepare for a specific motor skill, such as a golf shot, free throw, or field goal kick.

The seven step Help Athletes Improve Practice Efficiency :

Another common **role of a sports psychologist** is to help athletes improve the quality or efficiency of their practice. Many athletes, such as collegiate athletes, have limited practice time. Coaches want to help these athletes get the most out of their practice time by understanding principles of motor learning and performance.

What is sports psychology?

Helps athletes understand how the mind influences performance and apply mental strategies to help

perform their best in competition. We also help athletes improve practice efficiency and focus. You'll learn how to mentally prepare for competition and how to take your practice game to competition. Sports psychology is not for problem athletes. We help you improve your performance using mental training strategies from sports psychology.

Mental game coaching or mental training: *Mental Game Coaching* (also known as mental training or mental toughness training) is the practical aspect of sports psychology. Mental toughness training helps athletes improve mental skills and overcome mental barriers, such as confidence, concentration (focus) or composure related issues. It requires replacing unhealthy attitudes and beliefs with healthy ones in order to achieve peak performance in sports.

Difference between sports psychology and therapy: Unlike psychotherapy or therapy, sports psychology doesn't use couches, prescribe medicines, or work with abnormal behaviour. Instead, the goal of mental game coaching and/or sports psychology is to teach athletes how to be more confident, improve focus, stay composed under pressure, practice more efficiently, and develop better pre-performance routines. The main difference between a mental game coach and a therapist is that mental game coaches work with athletes on sports performance enhancement and not personal challenges.

Sports psychology expert : The most common sign that an athlete needs to work with a mental coach is when he or she is unable to perform up to maximum ability level in competition. This is often characterized when an athlete is able to perform well in practice, but seems to flounder or freeze up in competition. Smart athletes and coaches recognize the warning signs—an inability to cope with the pressures of competition, becoming easily distracted, or having difficulty with performance anxiety or fear of failure.

Another situation in which work with a sports psychologist is appropriate is when an athlete is performing after an injury or in the recovery stage of injury and needs help working through issues, such as diminished confidence, which may manifest during the healing process.

After mental training result improve: Sports psychology and mental toughness coaching is not a

one-size-fits-all solution to performance issues in sports. Results vary from athlete to athlete and are contingent upon factors such as a desire to improve mental game skills, the ability to implement sports psychology strategies, and willingness to overcome the mental obstacles that get in the way of performance.

However, anticipated outcomes include improved confidence; greater composure; keener concentration because of increased ability to cope with distractions; and entering the zone faster and staying there longer.

Mental game coaching : A great candidate for mental game coaching if you have the physical talent and skills for your sport and are motivated to perform your best in competition, but have realized:

- You should be consistently performing better in competition.
- You perform better in practice than in competition.
- You've lost confidence or are in a performance slump
- You can't concentrate in the now or are frequently distracted.
- You get upset with yourself easily after mistakes.

Sports psychology help to parents and child to perform better in sports : Mental training for sports parents and kids can help you identify the areas in your child's mental game that are holding back his or her performance. It will also teach you the mental game skills, practice routines, and communication skills to positively impact your child's performance.

Mental game coaching to improve performance : Mental toughness coaching and sports psychology are helpful for teams who simply want to improve overall performance. As a coach, you likely know the symptoms that indicate that your team is not performing up to its potential, and mental coaching is needed, such

as when athletes lack confidence, lose motivation, commit more mental errors than usual, or perform better in practice than during competition.

Sports psychology help the team : Sports psychology can help team athletes by enhancing confidence, improving focus, increasing practice efficiency, and building team unity. We can also help the slumping team identify why performance is below potential and how implementing mental game strategies can positively impact performance.

Conclusion :

In summary, innovative practices and ideas in India physical education programming must be viewed from the perspective of the current status of sports in Indian schools. The priority for PE and sports teachers in many Indian schools is to maintain their limited time slots on a tight and competitive school timetable, and not on initiating innovative practices. Based on results from global surveys and the low priorities given to the sector there is a worrying trend that PE and sports are being marginalised. However, this overview has highlighted the importance of PE and sports in terms of promoting health, peace and economic development and has outlined many potential areas for innovation, in strong support of the Sports for All initiative. Innovative Practices in Physical Education and Sports in India. The current practices and present curriculum needs to be modified to generate interest of students in physical education and sports activities. The future challenges will mainly be the appropriate curriculum to be made and followed and to make available adequate funds from various organisations in order to support the needy but intelligent children so that they can only focus on their game without worrying about the funds. The technology will also play an important role in expanding and creating the interest in physical activities. The importance of physical education and sports activities are being identified in today's world and efforts are being made to improve the situations so that more and more talent can be recognised.

The importance of sport psychology has been realized for decades. However many coaches and athletes pay too little attention to how it can help them perform better. Within the principals of sport

psychology are various concepts such as how do athletes prefer to learn, the importance of sports psychology has been realized for decades, however many coaches and athletes pay too little attention to how it can help them perform better. To conclude we can say that sports psychology plays a vital in enhancing the performance of the players. As a coach, you likely know the symptoms that indicate that your team is not performing up to its potential, and mental coaching is needed, such as when athletes lack confidence, lose motivation, commit more mental errors than usual, or perform better in practice than during competition.

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Benefits of Yoga, Traditional Sports and Games and Yoga Lifestyle in the Modern World for Stress Management

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Abstract :

Yoga is mind and body discipline developed in India. In fact, yoga is going to be popular through the world for the overall development of human society. Many athletes are taking to yoga to improve their on-field performance. Yoga has become a proven match-winner in improving athletic performance. Whatever sport you may be practicing, you can be assured that yoga will help you become better at it. **yoga for sports**. The most important benefit of yoga is physical and mental therapy. The aging process, which is largely an artificial condition, caused mainly by auto intoxication or self-poisoning, can be slowed down by practicing yoga. By keeping the body clean, flexible and well lubricated, we can significantly reduce the catabolic process of cell deterioration. To get the maximum benefits of yoga one has to combine the practices of yogasanas, pranayama and meditation.

The postures, techniques, and exercises in yoga comprise of asanas, pranayama's, relaxation, meditation, and breathing exercises that help you overcome stress. Due to more number of people coming forward to experience the benefits of Yoga, a world Yoga day is celebrated on 21st June every year. It's a fascinating sight to notice a massive number of people joining hands to get rid of their painful issues in life.

Keywords : Benefits Yoga for Sports, Psychological Benefits & Mental skills training, Union of mind, body, and soul, postures, techniques, Inner healing, Boost in Confidence.

Introduction :

Yoga is mind and body discipline developed in India some 2000 years ago. Almost two decades ago, the fitness industry rediscovered this ancient form of physical activity and a new category called mind-body

exercise was created. In a more recent article, Larkey, Jahnke, Etnier, and Gonzalez proposed the term "meditative movement" to classify exercise activities which focus on physical movements, conscious breathing, a calm state of mind, and deep states of relaxation. Contrary to popular belief, yoga is not only for increased flexibility and relaxation, but also increases muscular endurance, decreases perceived stress, and improves overall health perception.

Ultimately, the goal of yoga is purely psychological. As defined in the Yoga Sutras of Patanjali, one of the authoritative texts in yoga, yoga is the control of the mental fluctuations and energies. In Ashtanga, the purpose of working the body out is to burn the six poisons of the heart – desire, anger, delusion, greed, envy, and sloth. Simply put, the goal is to live a peaceful life free from hatred and negativities.

Yoga as physical activity intervention :

In India, the practice of yoga can be as sedentary as sitting for hours in deep meditation or as active as the jumping transitions in Ashtanga. When we talk about yoga as physical activity, we are actually focusing on the practice of hatha yoga. The practice of hatha yoga consists of several practical techniques aimed to make the body clean, healthy, and strong. These modalities include cleansing techniques, physical exercises, breath work, attention focus, and attitude training. All of which, I believe, are important to physical and psychological health and well-being.

A recent review article comparing the health benefits of yoga versus conventional exercise suggests that yoga appears to be as effective as or even superior than exercise in reducing perceived fatigue and stress in addition to improving health-related outcomes like blood glucose, blood lipids, and salivary cortisol. This

review implies that yoga, in general, can be an effective alternative physical activity intervention program which not only addresses the health/fitness triad of aerobic exercise, muscular fitness, and flexibility, but also provides a number of psychological benefits such as reduced stress and anxiety.

Yoga for mental skills training :

Yoga also teaches positive thinking. Generally, attitude training in yoga involves the practice of ethical rules and observances called yamas and niyamas, but in the context of sport psychology, attitude training in yoga means thinking positively or applying positive self-talk.

Yoga for Sports :

Many athletes are taking to yoga to improve their on-field performance. Yoga has become a proven match-winner in improving athletic performance. Whatever sport you may be practicing, you can be assured that yoga will help you become better at it. Read on to learn more about the efficacy of **yoga for sports**.

Benefits of Yoga for Sports:-

- Yoga poses improve body balance and increase the flexibility of the joints and spine.
- Yoga can prevent injuries by strengthening the muscles and increasing flexibility.
- Yoga can improve your endurance, strength, footwork and concentration.
- Pranayama and yoga meditation can improve your concentration and keep you focused.
- Yoga relieves physical and mental stress, enabling you to perform at your peak.
- Yoga is a great for cross-training, which is essential for sports persons who perform the same exercise routine every day.

More Benefits of practicing Yoga for Improving Sports Flexibility, Balance, Strength, Mental Focus, Stress, Warrior.

Yoga for Sports & Games :

The most important benefit of yoga is physical and mental therapy. The aging process, which is largely an artificial condition, caused mainly by auto intoxication or self-poisoning, can be slowed down by practicing yoga. By keeping the body clean, flexible and

well lubricated, we can significantly reduce the catabolic process of cell deterioration. To get the maximum benefits of yoga one has to combine the practices of yogasanas, pranayama and meditation.

Regular practice of asanas, pranayama and meditation can help such diverse ailments such as diabetes, blood pressure, digestive disorders, arthritis, arteriosclerosis, chronic fatigue, asthma, varicose veins and heart conditions. Laboratory tests have proved the yogi's increased abilities of consciously controlling autonomic or involuntary functions, such as temperature, heartbeat and blood pressure. Research into the effects of yogic practices on HIV is currently underway with promising results.

According to medical scientists, yoga therapy is successful because of the balance created in the nervous and endocrine systems which directly influences all the other systems and organs of the body. Yoga acts both as a curative and preventive therapy. The very essence of yoga lies in attaining mental peace, improved concentration powers, a relaxed state of living and Harmony in relationship.

Through the practice of yoga, we become aware of the interconnectedness between our emotional, mental and physical levels. Gradually this awareness leads to an understanding of the more subtle areas of existence. The ultimate goal of yoga is to make it possible for you to be able to fuse together the gross material (annamaya), physical (pranamaya), mental (manomaya), intellectual (vijñanamaya) and spiritual (anandamaya) levels within your being.

Physiological Benefits : Physicians and scientists are discovering brand new health benefits of yoga everyday. Studies show it can relieve the symptoms of several common and potentially life-threatening illnesses such as arthritis, arteriosclerosis, chronic fatigue, diabetes, asthma and obesity. Asthma, Respiration Problems, High Blood Pressure, Pain Management, Back Pain, Arthritis, Weight Reduction.

Psychological Benefits : Regular yoga practice creates mental clarity and calmness, increases body awareness, relieves chronic stress patterns, relaxes the mind, centers attention and sharpens concentration. Self-Awareness, Mental Performance, Mood Change And Vitality, Spiritual Benefits, Pride, Knowledge.

Patanjali Yoga :

Patanjali is regarded as a divine incarnation of the serpent Anantha, who is revered as the 'supporter of the whole universe'. He is the Adhishesha of Lord Mahavishnu.

It is believed that on instructions from a great teacher, Patanjali identified all the teachings in the Vedas about the mind and presented them in a precise and organized form called 'yoga'.

Patanjali's yoga system aims to unite the individual self with the Supreme One. According to Patanjali, one can attain this union by controlling and eliminating the ever- arising 'vrittis' or modifications of the mind. He also suggests that the mind, in turn, can be controlled through the right kind of discipline and training.

Patanjali says that there are basic obstacles pervading the mind that are not conducive to yoga practice. He divides these obstacles into two groups:

1. Antarayayas (intruders in the path of yoga)
2. Viksepasahabhuvah (co-existing with mental distraction)

There are nine Antarayayas. They are :

1. Vyadhi (physical disease)
2. Styana (mental laziness)
3. Samsaya (doubt)
4. Pramada (heedlessness)
5. Alasya (physical laziness)
6. Avirati (detachment)
7. Bhrantidarsana (false perception)
8. Alabdha- bhumikatva (non-attainment of yogic states)
9. Anavasthitatva (falling away from yogic states attained)

Vyadhi means physical disease and is the first obstacle to the practice of yoga. If the body is inflicted with disease, it has to be cured and restored to a healthy state. Disease causes disturbance in the mind and makes it impossible to practice yoga or, for that matter, any other form of physical discipline.

Styana refers to mental laziness. This trait in the human psyche makes one desirous of the fruits of action without the required effort. Discrimination and will power should be cultivated to do away with mental laziness. Discrimination helps us to understand the

benefits of yogic disciplines.

Samsaya means doubt. When one tries to control the mind, doubts arise. The mind does not know the benefits of concentration. Therefore, faith in oneself, the spiritual teacher and holy books is essential. Faith is necessary to dispel doubt.

Pramada means heedlessness. If one is heedless to cultivate virtues and follow truth, then the practice of yoga is not possible. Lack of vigil will lead to a steep fall in spiritual life.

Alasya or physical laziness (sloth) will attract ills like poverty. One should involve oneself in healthy activities to overcome such laziness.

Avirati refers to detachment. To practice yoga, the mind should be purified of material desires and a sense of detachment should be cultivated.

Bhrantidarsana or false perception leads to self-conceit. This trait is not good for anyone who is keen to practice yogic disciplines.

Alabdhabhumikatva means non-attainment of yogic states due to evil tendencies in our personality. These should be recognized and eliminated by dispassionate and deep introspection. Otherwise, progress is hindered.

Anavasthitatva means falling away from yogic states after reaching them. A person who has reached a lofty mental state can slide to a slow ruin, with just one base action. So, actions leading to a downfall have to be obliterated.

Benefits of Yoga for Stress Management :

- **Union of mind, body, and soul:** A combination of breathing exercises and asana unites the mind, body, and soul. Imbalance of these three gives birth to health issues and unwanted mental stress. Health experts and yogis have confirmed that yoga has relieved people from stress to a great extent.
- **Improved sleep:** Some forms of exercises in yoga help you sleep peacefully. Most people complain of the inability to sleep properly due to various issues troubling them in and out in their life. People bring more focus in life with regular yoga practice.
- **Increased energy:** Breathing exercises are extremely important in yoga for stress

management. The slow breath patterns along with inhaling and exhaling techniques bring more positive energy to your body. Scientifically, it helps the oxygen to pass through your organs by making you feel relaxed.

- **Increased concentration:** Yoga asanas relax your body by overcoming stress. We all must have noticed forgetfulness when we are worried about something that's disturbing us. It leads to a confused state of mind. Yoga brings an improved concentration to deal with situations with a calm mind.
- **Experience deep Relaxation:** Meditation is an important factor in yoga for stress management. One of the essential things expected during stress management is the ease of mind. Yoga with meditation balances those alpha waves that are needed to relax your mind. While you do the breathing exercises, your heart rate tends to become normal and blood pressure normalizes.
- **Boost in Confidence:** Stress often breaks us and tears us apart from taking decisions in life with confidence. We start feeling confused and indecisive in everything and seek others' support. Yoga for stress management is the best alternative for bringing back inner confidence.
- **Inner healing:** Our healing process gets shattered when we are stressed. We fail to react to situations with a calm mind and break down most of the times. Those who practice yoga postures will realize how it helps to build strength and utilize energy at the right channel during crisis or period of extreme stress.

It is important for coaches and athletic directors to find healthy ways to cope with stress in order to stay in the best condition possible to coach their players. Coaches need to remember to maintain relationships outside of the athletic world as a reminder that there is more to life than coaching. Whether it's just an occasional phone call, some deep breathing exercises, or even seeing a counselor, take the time necessary to separate from stressful events or situations. When it

comes to dealing with stress, there are some helpful tactics that any athletic professional can use.

1. Take Breaks :

In order to prevent burnout, it is important to remember to step away from the game. This can take several forms from a quick 15-minute break or actual vacation time, depending on the situation. Examples include: Leaving the office to go for a walk around the complex to give the mind a rest. Exercising as a way to relieve the stress of the job.

Taking extended vacations before or after a season with friends or family to make sure the mind is fresh for a new year.

After taking a break, coaches return to the field with a clean slate and a fresh set of eyes. Coaches are not only relaxed, but have the energy to deal with the headaches that come with coaching. This tactic may even allow them to figure out the solution to that one, persistent problem.

2. Keep a Realistic Schedule :

Keeping a schedule is important in any industry, especially athletics. It can be easy for people to unintentionally double-book schedule slots or budget too little time for a problem that winds up taking much larger than anticipated. Coaches can get so busy they won't even remember what was on their to-do list without having it written down. To help keep an organized schedule, invest in a planner with plenty of slots for careful scheduling and room in the margins to make notes on certain tasks. Coaches need to stay away from stretching themselves too thin, so remember not to schedule too many obligations. Furthermore, allow ample time to complete each task by blocking off large slots in the schedule for events that take more time to complete.

Following these tips will allow coaches to keep their days well planned and relieve stress by knocking out obligations in an efficient manner.

3. Delegate Tasks :

Another way to stay organized and alleviate some of your workload is by delegating tasks to coaching assistants. This is why there is a coaching staff. Remember that assistant coaches can handle tasks like making phone calls to other teams, administration,

or potential prospects. Allow them to help plan the itinerary for an upcoming road trip or hold meetings with a certain subset of the team. By trusting in the people around them to take items off of their plate, coaches can significantly reduce their stress levels.

4. Allow Time for Personal Exercise :

While coaches spend all day working athletes into physical shape, it can be hard to remember to take the time to stay in shape them. Many coaches were once competitive athletes and know what it feels like to stay in shape. There are many benefits to staying in shape which include: Improving confidence, self-esteem, and body image. Setting a good example for athletes that demonstrates a commitment to athletics and health is lifelong. Keeping a healthy weight. Releasing endorphin keeps people happy while loosening up the muscles to relieve stress and frustration.

As a coach, it can be tempting to work twelve hour days and forget to schedule time for personal exercise. Remember that exercising is one of the easiest and most rewarding ways to relieve stress.

5. Give Breathing Techniques a Chance :

When it comes to breathing techniques, it is important to inhale and exhale deeply. Breathing techniques have proven results that have helped everyone, including coaches, manage stress. Breathing in deeply allows for maximal expansion and deflation. This helps to stretch and release muscles that are commonly used to carry stress. As the fibers move across each other, substances such as lactic acid are released from muscles and help people to relax. This releases hormones that create happiness and relieve stress. After a few breaths, it will slow down the heart rate and allow the stress to dissipate.

6. Spend Time with Those Close to You :

Almost every sport has games during the weekends and practices during the week. This busy schedule can make it is easy to lose touch with family and friends. Remembering to spend time with these people can actually help relieve stress. In fact, these friends, either in the sports world or outside the industry, are great people to vent frustrations to. They can even bring new perspectives to the coaching profession. Family and friends also make a great counter-balance to

a professional career and are an essential element to keeping people grounded.

Make sure to stay in touch with those that matter most. Whether it's a phone call, a meal, or spending daily time with a spouse, do not lose touch with the people that matter most. They are important for managing stress and keeping a stable work-life balance.

7. Keep Up With Your Hobbies :

Make sure to preserve life outside of the coaching world. While this might seem to distract from the profession, everyone has interests outside of coaching that are essential for keeping the mind fresh. Ideas for hobbies include: Woodworking, blacksmithing, technology, or other home improvement projects. Watching the latest TV series to generate another topic of conversation with other coaches, athletes, friends, and family. Expanding the travel itinerary both domestically and abroad.

Hobbies are an important way to focus on something other than sports and give the mind a break. Find something to hang on to, outside of a coaching career. It's the people without a source of happiness outside of coaching that can struggle the most.

8. If needed, see a Councilor :

While many people believe there is a stigma about asking a councilor or therapist for help, ultimately this can be the necessary step to managing stress. Professionals have fantastic ideas about managing stress. They have spent many years in school studying the latest techniques in stress management and come to sessions armed with the expertise necessary to potentially save careers and relationships.

9. Stay Positive :

Thinking positive thoughts is important for stress because people often become worried if they feel they are performing badly. Therefore, it is important to view problems as "challenges" or opportunities for improvement. This sets a great example for players on how to handle any problems that might arise in their own lives. Furthermore, this can translate into positive mind sets for the players and encourage success for the whole team.

10. Get to Know Your Team Personally :

It can be tempting to view the team as a singular

entity, but remember that it is made up of individual people with individual stories. Getting to know players outside of practices and games can be as easy as organizing team dinners either at restaurants or at someone's house. Setting up a team-building activity at an amusement park, ropes course, or some other outdoor adventure centre can encourage bonding and allow the team to have fun together. Coaches can even give everyone something to talk about by taking the team to see the most popular movie in theatres.

Finding a way to talk to the players about topics other than a sport will keep the atmosphere loose and the stress level low. Stress management is important for preserving the team atmosphere and personal life outside of work.

Conclusion :

Yoga for sports is thus a boon for athletes as it can help them to cross-train, reduce injuries, alleviate boredom and add variety to their daily training routine *Yoga Benefits for Sports & Games*.

Yoga is considered one of many types of complementary and integrative medicine approaches. Yoga brings together physical and mental disciplines that may help you achieve peacefulness of body and mind. This can help you relax and manage stress and anxiety.

Yoga has many styles, forms and intensities. Hatha yoga, in particular, may be a good choice for stress management. Hatha is one of the most common styles of yoga, and beginners may like its slower pace and easier movements. But most people can benefit from any style of yoga — it's all about your personal preferences.

Yoga is said to be a complete science, as it fulfills the WHO's definition of health by addressing the individual at all physical, psychological, and social levels. Stress affects individuals of all age groups, and people of all sectors and occupations, including doctors. Though many modalities of treatments are available for reducing stress, people are trying to find an alternative to be relieved from stress without medications. Yogic science, having persisted for 5000 years and known to be spiritual for many years, is now being proven through scientific studies to have significant benefits on health.

Yogic science includes yogasanas (postures), pranayama (breathing practices), dhyana (meditation), and relaxation techniques which benefit human beings at every level. Through research studies, yoga has proven effective in many physical and psychological ailments. Apart from the management of diseased condition, it also has been proven to improve the positive health and quality of life of the healthy. Most importantly, yoga is also a strong practice for the prevention against painful ailments.

Being doctors, we think that we are healthy, though affected by enormous stress, and we tend to neglect due to our busy schedule. This is occupational stress that does not spare even doctors. As doctors are already aware of the prolonged stress and its physical and mental effects, it is very important that one knows how to manage stress and protect their positive health. In this regard, even doctors can start practicing yoga that has been scientifically proven to reduce stress and improve positive health, and thereby can also advise patients to overcome their problems.

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Innovations In Physical Education And Career Opportunities

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Abstract :

The significance of Physical training has in no way been emphasized greater than it's miles today. It is extensively recognized that Physical training (PE) and sports activities is applicable and critical in growing an energetic and wholesome life-style and the answer to growing weight problems costs worldwide. The intention of this paper is to perceive the modern tendencies and demanding situations in Physical training and sports activities and primarily based totally on those modern demanding situations, destiny tendencies and demanding situations might be mentioned. Therefore, making sure that every one kids have interaction in ordinary Physical pastime is crucial, and the colleges are the simplest region in which all kids may be reached. The paper perceive the modern tendencies, problems and demanding situations in PE and sports activities primarily based totally on which destiny demanding situations can be addressed.

Introduction :

Quality Physical Education is the simplest and inclusive manner of presenting all kids, anything their ability/disability, sex, age, cultural, race/ethnicity, non secular or social background, with the abilities, attitudes, values, know-how and knowledge for lifelong participation in Physical pastime and recreation and is the simplest faculty difficulty whose number one attention is at the body, Physical pastime, Physical improvement and fitness. Although in maximum countries, Physical training is a part of the faculty curriculum, instructions aren't given, therefore main to a discounted revel in of Physical pastime for kids and

youngsters. The exercise of a Physical energetic life-style in aggregate with wholesome nutrition, however, desires to be began out in early childhood. There are different factors which can be diminishing the hobby of college students in Physical training sports. Although the Physical training is being taught as part of curriculum in all the colleges however loss of ok time and skilled instructors, suitable centers are liable for little hobby on this area. The destiny demanding situations to make this area thrilling includes an ok curriculum, enough price range allotment for containing numerous competitions and function of era to create consciousness approximately the significance of Physical sports and sports activities in our day by day lifestyles. All those problems were mentioned in the paper.

Technologies in sports :

The use of ICT in PE makes the technological know-how of game come to existence via way of means of linking each bodily and intellectual activity. It additionally facilitates to create full-fledged college students who're capable of listen higher on each sensible and theoretical work. Besides, it facilitates college students to increase a higher know-how in their personal frame elements and that of the human frame in general. It additionally increases the profile of P.E in the established order via way of means of making the problem now no longer simplest interesting, however additionally appealing and effective. Furthermore, it brings enthusiasm and motivation for each PE instructors and college students. Information and communications technology (ICT) describe the sort of technological gear and sources used to produce, distribute, save

and control data and knowledge. In the contemporary-day era, those gear have introduced revolutions to education and coaching methodologies of sports activities and bodily schooling.

Enhancement in physical education :

Schools frequently paintings with network companies in all sectors of society— personal and commercial, non-governmental and authorities agencies— to plot and increase applications on a cooperative basis. An critical aspect in growing the joint use of assets is the established order of a software of communicate and interaction. As the joint use of assets implies a sharing of human financial and Physical assets, it calls for that the leaders of cooperating agencies increase near relationships and partnerships amongst people, companies, and institutions. A key element in constructing cooperative relationships is the significance of management this is inclined to triumph over problems associated with territoriality, inertia, prison mandates, tradition, worry of the lack of power, emotions of ownership, the false impression of applications, and others. Such cooperative sports enhance the accessibility to applications and services, in addition to regions and centers. In this manner, the proficient college students can be backed thru specific companies to participate in specific competitions. In India eparticularly in which there may be a lot expertise however because of loss of economic price range, many college students lacks at the back of even being so proficient. The co-operation from specific companies will assist needy college students to exhibit their expertise at specific global stage competitions.

Career opportunities in physical education :

Physical training instructors are generally hired to train kids from the kindergarten stage thru excessive college. Physical training instructors are answerable for selling bodily pastime and properly-being thru quite a few phy-sical sports and sports activities. There is generally an hour- lengthy duration set apart every day for bodily training training and college

students might also find out about CPR, first resource and basic fitness throughout those periods. Physical Education Career Information Physical training instructors are generally hired to train kids from the kindergarten stage thru excessive college. Physical training instructors are answerable for selling bodily pastime and properly-being thru quite a few phy-sical sports and sports activities. There is generally an hour- lengthy duration set apart every day for bodily training training and college students might also find out about CPR, first resource and basic fitness throughout those periods.

Education Requirements for Physical Education

Typically, bodily training instructors have to entire a bachelor's diploma software at a 4-12 months university or college. The diploma is generally fitness-associated and guides might also additionally cowl kinesiology, workout physiology, fitness and wellness, sports activities psychology and bodily hobby coaching in regions like volleyball, aerobics, golf, basketball and associated activities. In addition to those middle guides, well-known coaching and bodily training-particular coaching guides are offered. During matriculation at a university or college, many bodily training instructors take part in an internship or student teaching revel in to paintings with students. Those education to be bodily training instructors may go as assistant coaches for a nearby grade college or network sports activities team. For bodily training instructors who desire to paintings as coaches, extra education can be required in the game or hobby they pick to coach. Additional education can regularly be acquired thru the college or thru a separate network university software. Physical educators interested by superior academic careers can be required to pursue a master's or doctoral diploma in fitness, bodily training or a associated field.

Conclusion :

The modern practices and present curriculum desires to be changed to generate hobby of college students in Physical training and sports activities sports. The destiny demanding situations will particularly be the correct curriculum to be made

and observed and to make to be had ok price range from numerous corporations with a purpose to guide the needy however clever kids so as to simplest attention on their recreation with out demanding approximately the price range. The era can even play an critical function in increasing and developing the hobby in Physical sports. The significance of Physical training and sports activities sports are being recognized in today's global and efforts are being made to enhance the conditions in order that an increasing number of expertise may be recognized.

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Development And Challenges In Sports Entrepreneurship

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Abstract :

This paper examines the position of the sports activities entrepreneur and entrepreneurial technique in new task advent projects. This paper contributes to a popular know-how of entrepreneurship with inside the sports activities context and indicates how in addition theoretical and empirical paintings on entrepreneurship wishes to be carried out with inside the sports activities context. The main managerial and sensible implications of sports activities entrepreneurship on this paper are to increase extra entrepreneurial wondering in sports activities-associated ventures. This paper is the primary to consciousness at the destiny capacity of sports activities entrepreneurship in developing entrepreneurial ventures, thereby imparting a sturdy theoretical basis for destiny studies paintings.

Introduction :

The entrepreneurship may be some thing from a brand new sports activities product used at the gambling discipline to a brand new task sports activities gaming task start-up. Sports entrepreneurship introduces a variety of latest issues associated now no longer best to technology (consisting of production equipment and player-spectator interaction) however additionally social, moral and felony attention which include diversity, privateness and social cohesion. The sports activities enterprise is big and one of the maximum seen global. The goal of this paper is to offer an outline of the modern studies problems for each entrepreneurship and sports activities control lecturers through imparting a checking out floor to discover destiny ideas. The sports activities

enterprise employs a big range of humans immediately and circuitously global and is one of the maximum globalised industries with inside the global. Given the value of the sports activities enterprise to the worldwide economy, it needs persevered interest from each entrepreneurship and game control researchers. Based at the significance of the sports activities region it's far important that sports activities entrepreneurship researchers maintain their investigations inside it. Sports businesses may be socially oriented while their fundamental motive is pushed through network or social goals. Sports entrepreneurship can arise inside or throughout the commercial enterprise, not-for-earnings and authorities quarter. The monetary and social effect of recreation businesses varies through geographic position. More wealthier and evolved international locations which includes america have extra sports activities businesses than international locations in growing areas. In addition, local and concrete network improvement has enabled extra neighborhood sports activities businesses to flourish or to be included inside a much broader carrying body. Sports businesses inside an enterprise are worried with monetary and social activity. Many sports activities businesses are required to be each economically and socially modern as they comply with a positive goal. People who installation a sports activities corporation anticipate economic hazard that incorporates the intention of producing enough resources. Often sports activities businesses utilise each paid and voluntary employees with the intention to steady resources. Sports businesses face the venture of searching for commercial enterprise answers to recreation associated problems. In many cases,

recreation businesses are required to be sustainable through specializing in their triple backside line (social, environmental, economic). Sports businesses want to inspire innovation as a reaction to demanding situations they face. Innovation consists of outlook, behaviours, method and operations (Chell et al., 2010). It is critical to expand a valid theoretical platform to recognize the numerous varieties of sports activities entrepreneurship.

Sports Entrepreneurship :

Sports entrepreneurship may be described in numerous ways. A huge definition of sports activities entrepreneurship refers to any revolutionary hobby that has a sports activities objective. As sports activities entrepreneurship is a newly rising discipline an crucial trouble is that of defining what precisely the time period means. Innovation is on the coronary heart of the sports activities entrepreneurial technique because it specializes in the advent of latest ventures or keeping an organisation. Sport entrepreneurship entails the processes, practices and selection making sports that result in the improvement of products, offerings or markets. Sports entrepreneurship on this paper is conceptualised because the set of values that have an effect on an organizations or people propensity to create and increase revolutionary sports. This paper demonstrates the significance of a multidisciplinary technique closer to game entrepreneurship and the price of enter from associated fields.

Trends in sports :

Digital improvements are beginning to have a big effect on each game and physical education (see for instance Novak, Antala, & Knjaz, 2016). The omnipresence of clever telephones and pills distinctly have an effect on the enjoy of latest games, however additionally begin to decide the advent in conventional sports activities (think about FIFA, the football video game). Video snap shots also can be used to enhance and compare motion skills. Given the extensive type of opportunities, it may be wondered whether or not PE instructors are appropriately prepared to correctly combine those

new technology of their every day practice. Not all experts remorse this hesitation to include virtual era. There are nevertheless many crucial voices with admire to the benefit with the aid of using which the virtual revolution takes place. Part of the complaint is primarily based totally upon the declare that virtual era is in itself the principle component of the societal hassle of sedentary behaviour and obesity. When we're gaming, we aren't gambling football. Regardless growing human inactivity, usually speaking, we fee the lively variation of amusement extra than the sedentary one. Nevertheless, there's an abundance of proof that virtual era could have a poor effect on motion behaviour and game participation. Digital era might also make contributions to the "international fashion closer to measurability, accountability, performativity and standardization" (Gard 2014, p. 833). Although those views are essential and honestly treasured, this isn't always the attitude of this bankruptcy. The vast use of virtual era in our lifestyle is neither the easy purpose of sedentary behaviour, nor can or not it's visible as a easy solution. Besides, arguing that era is a part of the hassle, is some thing else than claiming that era may be a treasured device to beautify the best of PE. While acknowledging the significance of the capability poor effect that virtual era might also additionally have on fitness associated behaviour, we do need to attention at the capability and pedagogical implications of virtual improvements in PE. In fact, given the improvements which have already began out international, we assume this is the duty of PE instructors and PETE Faculties to deal with the query how era is reshaping the context and content material of tutorial practices.

Sports businesses regularly have complicated relationships with their board of administrators given their position in selling the crew however on the identical time thinking about social and economic objectives. The company governance of recreation businesses might also additionally provide a few perception into how control undertakes new ventures and the way they utilise their resources. The position of board composition which includes inner and outside administrators are

influencing sports activities entrepreneurship is needed in extra detail. Another venture that ought to be addressed close to recreation entrepreneurship issues the quantity of entrepreneurship inside an company and the want to successfully manipulate entrepreneurial practices. Issues which includes how and through whom entrepreneurship is fostered ought to be protected to clear up sensible implications for managers of sports activities businesses. A blended technique which includes the adoption of sports activities entrepreneurship and the applicable regulatory framework can offer extra relevance at one of a kind tiers of studies inquiry.

Conclusion :

The demanding situations offered on this paper span each the entrepreneurship and sports activities control disciplines. This paper has supplied a vital evaluation of sports activities entrepreneurship aiming to carry withinside the traits which have critical coverage implications and to perceive foremost demanding situations that ought to be met

to house control practices that offer an encouraging surroundings for sports activities entrepreneurship to foster.

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Management, Planning And Financing in Physical Education And sports

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Abstract :

Active work and sports investment in a daily existence course system, long haul following, determinants, and corresponds of active work from youth to advanced age, and present conceivable causal connections and pathways for the coherence of actual work. It appears to be that serious support overall in active work and sports, as well as interest at young, are significant indicators of adulthood investment. Particularly, latency rather than action will in general track from youth to adulthood. Financial status, spot of home, and individual vertical social versatility are connected with interest. Assuming active work is at a low level in early adulthood, it doesn't effortlessly turn into a piece of life later on, especially among common laborers, ladies, and individuals with at first poor saw wellbeing.

Besides, in advanced age, prior active work is by all accounts the critical determinant alongside orientation. Rehashed social support as help for independence, skill, and relatedness is significant particularly on the move time frames and life occasions like optional tutoring, change in work, and change in family structure. Conversely, retirement introduced itself as a decent possibility beginning new recreation time exercises. A daily existence course approach gives understanding on long-going formative directions. As per these outcomes specifically, the polarization of activity to the dynamic and idle bits of the populace is aggregated over the long haul, and orientation and social foundation highlights require extraordinary consideration.

Keywords : Physical Education & Sports, Management, Finance.

Introduction :

Undoubtedly, the best examination is what is solid, undeniable and comprehensive, with the goal that it gives data in which we have certainty. The primary concern here is that exploration is in a real sense talking, a sort of human conduct a movement in which individuals locked in. By this definition all smart human conduct includes some exploration. As indicated by Prof. Robert H. Bauernfeind of northern Illinois University proposes the meaning of examination as "A true recording of perceptions, while deciphered recommending speculations, hypotheses or answer for issue."

While figuring out the exploration issue, the analyst ought to comprehend the issue inside and out that can be conceivable subsequent to having a conversation with his associates as well as certain specialists in that field. He/she can likewise take the assistance of examination guide who has sufficient involvement with the field of exploration and have many examination issues to him.

As indicated by life-course hypothesis, for example, collection hypothesis, cross-sectional factors and encounters in various periods of life aggregate longitudinally in later life. The best an open door to concentrate on life-course occasions and openings in the study of disease transmission is given by birth companion concentrates on that can connect improvement and climate to later wellbeing results. By and large, longitudinal examinations set out a freedom to research tentatively or reflectively life-course examples of active work after some time

and across different life occasions and advances. Also, subjective investigations that include life audits and biographies can address different examination questions and extend the quantitative outcomes. Research utilizing the life- course point of view has accentuated the effect of youth or early life conditions and encounters on adulthood.

Regardless of all the proof on the advantages of a functioning way of life, including actual training and game, for ladies and young ladies, the level of ladies who portray themselves as truly dynamic remaining parts low. As strong as the reasoning's and inspiration for actual work might be, the obstructions looked by can incorporate conventional insights that perspiring and characterized muscular build are improper for ladies; the absence of socially significant good examples; the shortage of offices offering women friendly hardware and projects; the absence of extra energy because of work and family obligations; stresses over wellbeing; and disgrace and shame about present appearance and capacities.

Ladies face explicit difficulties to get to and take part in sport and actual work all through the various phases of the existence cycle. While it is progressively perceived in many areas of the planet that more established ladies should take part in actual schooling and game to add "years to life" and "life to years", numerous more seasoned ladies keep on carrying on with inactive ways of life. Methodologies to address this should distinguish and address the specific obstructions more established ladies face and should fit projects to their particular requirements and needs. For more seasoned ladies, an absence of information on the advantages of game and actual work is a huge boundary to expanded support, as are cliché perspectives towards more established people, lacking local area foundation and game projects, and diseases and conditions that influence development and deftness.

For ladies of childbearing age, there are specific issues encompassing pregnancy and labor. During a National Sport and Pregnancy Forum in

Australia in 2001, it was noticed that the advantages of remaining dynamic and proceeding with sport at some level all through pregnancy offset the expected dangers. Specialists likewise noticed

that there are a few clear advances wearing associations can take to limit any danger of responsibility, for instance, by cautioning pregnant sportswomen that there are potential dangers implied in their investment and in acquiring suitable deliveries and additionally reimbursements assuming they ought to decide to keep on partaking. Generally speaking, Australia's Sex Discrimination Act 1984 actually implies that wearing overseers can't boycott the proceeded with support of pregnant sportswomen. In any case, in many nations, pregnancy and labor frequently imply that ladies don't keep on contending in pro game.

This example of cluttered eating, upset feminine cycles and osteoporosis is known as the "female competitor ternion". The female competitor ternion is an issue that the International Olympic Committee Medical Commission's Working Group on Women in Sport has inspected intently. They noticed that it is the obligation of group doctors to guarantee the wellbeing and security of competitors and guardians about the issue; perceiving side effects of dietary problems; forestalling exercises that put strain on competitors to shed pounds; and giving satisfactory treatment to conditions related with the ternion. Women Sport International has additionally been dynamic around here and has selected a team to instruct competitors and those answerable for their government assistance about the risks of the group of three. Sport projects ought to likewise think about the particular necessities of young ladies. Examples gained from a progression of wearing exercises steered by the Population Council propose that effectively planning a young ladies' game program requires various explicit activities: Adopt a "young lady focused" approach. Advance straightforwardly from young ladies about their necessities and interests and look for their contribution to the plan and extent of projects. Acknowledgment of young ladies' work weight and time imperatives is required and genuine thought should be given to ways of resolving these issues.

- Make young ladies just spaces that are protected from both physical and enthusiastic risks and give young ladies a field for self-articulation that isn't ruined by male control or authority.

- Look for parental and local area consent for young ladies' cooperation before sending off a program, which will improve young ladies' capacity to participate.
- Enroll female mentors, arbitrators and coaches. Fostering an ability pool of female pioneers is a critical need in most emerging nations.
- Recognize a couple of key medical problems that should be tended to, and tailor a straightforward wellbeing education program around them.

The Berlin Physical Education World Summit in November 1999 attested an abatement or possibly minimization of actual preparation in schools in various countries of the world with saw deficiencies in instructive arrangement time task, subject status, material, human and cash related resources, sex and impediment issues and the idea of program movement (Hardman and Marshall, 2000). The Summit's Agenda for Action sped up an assortment of institutional exercises to further develop permission to, and plan of, significant worth actual guidance. The exercises include: the International Conference of Ministers and Senior Officials liable for Physical Education and Sport (MINEPS) III Punta del Este Declaration (1999); the Council of Europe's Recommendations (2003); the United Nations Educational, Scientific and Cultural Organization's (UNESCO) 'Round Table' Communiqué (2003); the United Nations General Assembly Resolution 58/5 (2003); the MINEPS IV Athens Declaration (2004); the World Health Organization's (WHO) Global Strategy on Diet, Physical Activity and Health (2004); and the UN dedicated 2005 Year of Sport and Physical Education with its connected outcomes, for instance, The Bangkok Agenda for Actions on Physical Education and Sport in School (2005) comparably unique regulative (public and nearby) and non-managerial (for instance Global Olympic Committee (IOC), International Council of Sport Science and Physical Education (ICSSPE), General Association of International Sports Federations (GAISF), European Non- authoritative Sports Organizations (ENGSO) and European Physical Education Association (EUPEA) cover alia) workplaces' techniques and

backing liabilities

Actual Education and Sports is one of the huge gauges and moreover crucial piece of guidance in any country whenever of time. In this manner each country should endeavor to set out a design of action plan for progression and improvement of Physical Education and Sports Paradoxically, sports is seeing a breathtaking impact in the media spotlight wherever on the world including India while it is active truly ignored inside the enlightening structure. Actual Education go with regards to similarly as the plan of resources for the nation and in the improvement of appraisal system in guidance enhancements and it proms the progression actual preparation in a country. At present difference with earlier years and presently we can go over the diminishing of actual preparation in guidance diverge from present is one necessities to beat the hindrances and battles to work on the construction and system status in around to develop the overall request in actual preparation and sports.

Present Status of Physical Education And Sports In New Era :

Notwithstanding tries by part States to progress and make Physical Education and Sports with worldwide support; its undeniable nature and importance to preparing stay a steady wellspring of concern. Actual Education and Sports exhibited upsetting (particularly inside informational structure), which, given the social importance and media- incorporation of sports. Its impact may be found in the move by Physical Education and Sport Public experts towards first class and high media considerate games (at a public level, over individuals overall and private structure). A gigantic model without away from between the Ministries of Youth Affairs and Sports and Ministries of Education. The situation with Physical Education and Sports met the Physical Education World Summit in Berlin this movement was actuated by reports revealing the extending essential situation of Physical Education and Sports in various countries. A generally comparable assessment accumulates data and composing for just about 120 countries emerged with following significant revelations.

Physical Education & Sports In Indian Society :

Actual Education and Sports outlines a critical piece of informational structure regardless, when it never got the importance it merits. Regardless of the way that it is fused as an element of the instructive program from the start periods of preparing, it has never been focused on by the informational leaders, the academicians and the students. Actual Education is the principle calling where you talk similarly as play/perform. The possibility of Physical Education in the cerebrum of the general populace is gigantic round, play and play and no work. Abraham Lincoln referred to in one of his areas, "Competitor is the best Ambassador of the Nation." Hence, the Physical Education Director/Teacher can moreover be the best Ambassador of our Institution/University.

Actual guidance programs are related to the enlightening objectives. The necessities of the physical are indivisibly related to the activities of the mental. Improvement doesn't happen without something ending up charactering and social direct. Actual preparation through critical actual activities and it is a fundamental part of the general guidance.

Physical Education Defined :

The issue of describing Physical Education isn't simply that the term is wide based and complex, including incalculable numbers kinds of wonders, yet also it suggests different things to different people. Someone has suggested that Physical Education is anything Physical Educators do. J P Thomas sums up that Physical Education will be guidance through actual activities for the progression of the outright person of the adolescent and its fulfillment and perfection in body, mind and soul. Notwithstanding the way that these definitions differ out and out concerning highlight on different points of view, they really have various typical parts. Some of them may be noted as: Physical Education is a time of the hard and fast Education measure. It is the all out of outright insight and their connected responses. Experience created and responses made out of interest in immense solid activities. All-round progress of individual' - physical, mental, social,

moral is the authentic place of Physical Education. It is comparable to in General Education.

Actual Education program holds a huge spot in modern guidance structure. All round headway of various pieces of character actual mental, excited and social is unbelievable without it. In most of the school Physical Education is given a superb importance. It is a great deal of major to plan a particular program of Physical Education in the beginning of the gathering and subsequently execute it effectively in a figured out way in the school. This will make an energy for actual activities among the students similarly as the teachers. Students will know their commitments and commitments in relationship of actual activities.

Need of Physical Education & Sports :

To ponder Physical Education and sports isn't just to analyze execution, method or records publication accomplice anyway to look at a portion of the verifiable doubts held by everybody about Physical Education and Sports. Despite the centrality of sports, it has been fundamentally a vehicle of „escape“ more than a street of guidance. A game has been viewed as a break from the fundamentals of ordinary every day presence. Ask a few allies

for what good reason they are related with sports. The response will likely have something to do with "fun" or "delight".

The for the most part recognized significance of prosperity is given by the World Health Organization (WHO). It communicates that, "Prosperity is state of complete physical, mental and social thriving, and in addition to a nonappearance of infection or easygoing quality." As shown by this definition, the possibility of prosperity has three estimations - physical, mental and social.

Development of Physical Education In Modern India:

In Modern India, the headway of actual guidance was at its top. Govt. of India laid out Tarachand warning gathering in the year 1948. Administration of guidance, Govt. of India, developed central admonition driving collection of

actual guidance in 1954, then, at that point, in the specific year All India Council of game set up with the express inspiration driving suggesting the progression of actual preparation .Founder of National Discipline Scheme was General Bhonsle. He made National Discipline Scheme in the year 1954, who was delegate minister of Rehabilitation center. Public Plane of Physical Education and entertainment was set up by the center notice driving assortment of actual preparation in the year 1956. Lakshmibai College of actual guidance expected an excellent capacity to improve actual preparation in India, which was opened in 1957.

- In the year 1958 games and youth government help Deptt. was opened in 1957.
- In the year 1960 Koul Kapoor board was deputed to Rome Olympic.
- Public Institute of sports of Patiala was developed in 1961 at Moti Bagh.

Instructive program is one of the main pieces of guidance measure. Instructive arrangement is a getting a handle on term which fuses content, getting, activity, and attitude, etc instructive arrangement is an unconstrained learning activity that comes in the field of informative goal. It is a thorough term which fuses various perspectives by which one can have gotten a social individual and have more important appreciation of himself, and his overall environmental factors through mental conceptualization.

Benefits of Physical Activity :

- The India. Division of Health and Human Services (HHS) suggests that youngsters take part in somewhere around an hour of moderate to fiery active work (MVPA) every day to acquire numerous medical advantages, like diminished probability of creating coronary illness, type 2 diabetes, and weight. For overweight and fat youth, active work can lessen body largeness.
- Furthermore, cooperation in active work is related with scholarly advantages, for example, improved concentration, 2-3 memory,4 and homeroom conduct.

Conclusion :

The exercises include: the International

Conference of Ministers and Senior Officials liable for Physical Education and Sport III Punta del Este Declaration ; the Council of Europe's Recommendations ; the United Nations Educational, Scientific and Cultural Organization's 'Round Table' Communiqué ; the United Nations General Assembly Resolution 58/5 ; the MINEPS IV Athens Declaration ; the World Health Organization's Global Strategy on Diet, Physical Activity and Health ; and the UN dedicated 2005 Year of Sport and Physical Education with its connected outcomes, for instance, The Bangkok Agenda for Actions on Physical Education and Sport in School comparably unique regulative and non-managerial workplaces' techniques and backing liabilities

The situation with Physical Education and Sports met the Physical Education World Summit in Berlin this movement was actuated by reports revealing the extending essential situation of Physical Education and Sports in various countries.

The Physical Education and Sports defends the basic clue that exists between Physical Education and Sports.

To ponder Physical Education and sports isn't just to analyze execution, method or records publication accomplice anyway to look at a portion of the verifiable doubts held by everybody about Physical Education and Sports.

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Trends And Technologies In Sports Entrepreneurship In Modern Era

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Abstract :

The motive of this paper is to test a number of the problems of sports activities entrepreneurship studies with the goal of figuring out capacity destiny studies directions. Increasingly, there may be reputation with inside the sports activities enterprise approximately the significance of entrepreneurship. This paper identifies the query of what wishes to be investigated on this new place of entrepreneurship paintings. The sports activities enterprise is big and one of the maximum seen global. The goal of this paper is to offer an outline of the modern studies problems for each entrepreneurship and sports activities control lecturers through imparting a checking out floor to discover destiny ideas. The sports activities enterprise employs a big range of humans immediately and circuitously global and is one of the maximum globalised industries with inside the global. Given the value of the sports activities enterprise to the worldwide economy, it needs persevered interest from each entrepreneurship and game control researchers. Based at the significance of the sports activities region it's far important that sports activities entrepreneurship researchers maintain their investigations inside it.

Introduction :

The goal of this paper is to shape the present and rising discipline of 'game entrepreneurship' in addition to to increase hints for destiny studies. This paper examines the position of the sports activities entrepreneur and entrepreneurial technique in new task advent projects. This paper contributes to a popular know-how of entrepreneurship with inside

the sports activities context and indicates how in addition theoretical and empirical paintings on entrepreneurship wishes to be carried out withinside the sports activities context. The main managerial and sensible implications of sports activities entrepreneurship on this paper are to increase extra entrepreneurial wondering in sports activities-associated ventures. This paper is the primary to consciousness at the destiny capacity of sports activities entrepreneurship in developing entrepreneurial ventures, thereby imparting a sturdy theoretical basis for destiny studies paintings.

Sports Entrepreneurship :

The entrepreneurship may be some thing from a brand new sports activities product used at the gambling discipline to a brand new task sports activities gaming task start-up. Sports entrepreneurship introduces a variety of latest issues associated now no longer best to technology (consisting of production equipment and player-spectator interaction) however additionally social, moral and felony attention which include diversity, privateness and social cohesion. Sports entrepreneurship may be described in numerous ways. A huge definition of sports activities entrepreneurship refers to any revolutionary hobby that has a sports activities objective. As sports activities entrepreneurship is a newly rising discipline an crucial trouble is that of defining what precisely the time period means. Innovation is on the coronary heart of the sports activities entrepreneurial technique because it specializes in the advent of latest ventures or keeping an organisation. Sport entrepreneurship entails the processes, practices and selection making sports that

result in the improvement of products, offerings or markets. Sports entrepreneurship on this paper is conceptualised because the set of values that have an effect on an organizations or people propensity to create and increase revolutionary sports. This paper demonstrates the significance of a multidisciplinary technique closer to game entrepreneurship and the price of enter from associated fields.

Sports businesses may be socially oriented while their fundamental motive is pushed through network or social goals. Sports entrepreneurship can arise inside or throughout the commercial enterprise, not-for-earnings and authorities quarter. The monetary and social effect of recreation businesses varies through geographic position. More wealthier and evolved international locations which includes america have extra sports activities businesses than international locations in growing areas. In addition, local and concrete network improvement has enabled extra neighborhood sports activities businesses to flourish or to be included inside a much broader carrying body. Sports businesses inside an enterprise are worried with monetary and social activity. Many sports activities businesses are required to be each economically and socially modern as they comply with a positive goal. People who installation a sports activities corporation anticipate economic hazard that incorporates the intention of producing enough resources. Often sports activities businesses utilise each paid and voluntary employees with the intention to steady resources. Sports businesses face the venture of searching for commercial enterprise answers to recreation associated problems. In many cases, recreation businesses are required to be sustainable through specializing in their triple backside line (social, environmental, economic). Sports businesses want to inspire innovation as a reaction to demanding situations they face. Innovation consists of outlook, behaviours, method and operations (Chell et al., 2010). It is critical to expand a valid theoretical platform to recognize the numerous varieties of sports activities entrepreneurship.

Technologies in Physical education

Digital improvements are beginning to have a big effect on each game and physical education (see for instance Novak, Antala, & Knjaz, 2016). The omnipresence of clever telephones and pills distinctly have an effect on the enjoy of latest games, however additionally begin to decide the advent in conventional sports activities (think about FIFA, the football video game). Video snap shots also can be used to enhance and compare motion skills. Given the extensive type of opportunities, it may be wondered whether or not PE instructors are appropriately prepared to correctly combine those new technology of their every day practice. Not all experts remorse this hesitation to include virtual era. There are nevertheless many crucial voices with admire to the benefit with the aid of using which the virtual revolution takes place. Part of the complaint is primarily based totally upon the declare that virtual era is in itself the principle component of the societal hassle of sedentary behaviour and obesity. When we're gaming, we aren't gambling football. Regardless growing human inactivity, usually speaking, we fee the lively variation of amusement extra than the sedentary one. Nevertheless, there's an abundance of proof that virtual era could have a poor effect on motion behaviour and game participation. Digital era might also make contributions to the "international fashion closer to measurability, accountability, performativity and standardization" (Gard 2014, p. 833). Although those views are essential and honestly treasured, this isn't always the attitude of this bankruptcy. The vast use of virtual era in our lifestyle is neither the easy purpose of sedentary behaviour, nor can or not it's visible as a easy solution. Besides, arguing that era is a part of the hassle, is some thing else than claiming that era may be a treasured device to beautify the best of PE. While acknowledging the significance of the capability poor effect that virtual era might also additionally have on fitness associated behaviour, we do need to attention at the capability and pedagogical implications of virtual improvements in PE. In fact, given the improvements which have already began out international, we assume this is the duty of PE instructors and PETE Faculties to

deal with the query how era is reshaping the context and content material of tutorial practices.

There is an critical want for destiny studies to have a look at how sports activities businesses expand systems and procedures that inspire entrepreneurship. It can be that during massive businesses the position of the board of administrators is critical in assisting the company expand ability new ventures. Sports businesses regularly have complicated relationships with their board of administrators given their position in selling the crew however on the identical time thinking about social and economic objectives. The company governance of recreation businesses might also additionally provide a few perception into how control undertakes new ventures and the way they utilise their resources. The position of board composition which includes inner and outside administrators are influencing sports activities entrepreneurship is needed in extra detail. Another venture that ought to be addressed close to recreation entrepreneurship issues the quantity of entrepreneurship inside an company and the want to successfully manipulate entrepreneurial practices. Issues which includes how and through whom entrepreneurship is fostered ought to be protected to clear up sensible implications for managers of sports activities businesses. A blended technique which includes the adoption of sports activities entrepreneurship and the applicable regulatory framework can offer extra relevance at one of a kind tiers of studies inquiry.

Conclusion :

Sports entrepreneurship has intrinsic traits which includes a dynamic and interactive surroundings with sensible implications. The demanding situations offered on this paper span each the entrepreneurship and sports activities control disciplines. This paper has supplied a vital evaluation of sports activities entrepreneurship aiming to carry withinside the traits which have critical coverage implications and to perceive foremost demanding situations that ought to be met to house control practices that offer an encouraging surroundings for sports activities entrepreneurship to foster.

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Enrichment In Sports Entrepreneurship Throughout The World

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Abstract :

The goal of this paper is to shape the present and rising discipline of 'game entrepreneurship' in addition to to increase hints for destiny studies. This paper examines the position of the sports activities entrepreneur and entrepreneurial technique in new task advent projects. This paper contributes to a popular know-how of entrepreneurship with inside the sports activities context and indicates how in addition theoretical and empirical paintings on entrepreneurship wishes to be carried out with inside the sports activities context. The main managerial and sensible implications of sports activities entrepreneurship on this paper are to increase extra entrepreneurial wondering in sports activities-associated ventures. This paper is the primary to consciousness at the destiny capacity of sports activities entrepreneurship in developing entrepreneurial ventures, thereby imparting a sturdy theoretical basis for destiny studies paintings.

Introduction :

The motive of this paper is to test a number of the problems of sports activities entrepreneurship studies with the goal of figuring out capacity destiny studies directions.

Sports businesses may be socially oriented while their fundamental motive is pushed through network or social goals. Sports entrepreneurship can arise inside or throughout the commercial enterprise, not-for-earnings and authorities quarter. The monetary and social effect of recreation businesses varies through geographic position. More wealthier and evolved international locations which includes america have extra sports activities businesses than international locations in growing

areas. In addition, local and concrete network improvement has enabled extra neighborhood sports activities businesses to flourish or to be included inside a much broader carrying body. Sports businesses inside an enterprise are worried with monetary and social activity. Many sports activities businesses are required to be each economically and socially modern as they comply with a positive goal. People who installation a sports activities corporation anticipate economic hazard that incorporates the intention of producing enough resources. Often sports activities businesses utilise each paid and voluntary employees with the intention to steady resources. Sports businesses face the venture of searching for commercial enterprise answers to recreation associated problems. In many cases, recreation businesses are required to be sustainable through specializing in their triple backside line (social, environmental, economic). Sports businesses want to inspire innovation as a reaction to demanding situations they face. Innovation consists of outlook, behaviours, method and operations (Chell et al., 2010). It is critical to expand a valid theoretical platform to recognize the numerous varieties of sports activities entrepreneurship.

Increasingly, there may be reputation with inside the sports activities enterprise approximately the significance of entrepreneurship. This paper identifies the query of what wishes to be investigated on this new place of entrepreneurship paintings. The sports activities enterprise is big and one of the maximum seen global. The goal of this paper is to offer an outline of the modern studies problems for each entrepreneurship and sports activities control lecturers through imparting a checking out floor to

discover destiny ideas. The sports activities enterprise employs a big range of humans immediately and circuitously global and is one of the maximum globalised industries withinside the global. Given the value of the sports activities enterprise to the worldwide economy, it needs persevered interest from each entrepreneurship and game control researchers. Based at the significance of the sports activities region it's far important that sports activities entrepreneurship researchers maintain their investigations inside it.

Development of Sports Entrepreneurship

The entrepreneurship may be some thing from a brand new sports activities product used at the gambling discipline to a brand new task sports activities gaming task start-up. Sports entrepreneurship introduces a variety of latest issues associated now no longer best to technology (consisting of production equipment and player-spectator interaction) however additionally social, moral and felony attention which include diversity, privateness and social cohesion. Sports entrepreneurship may be described in numerous ways. A huge definition of sports activities entrepreneurship refers to any revolutionary hobby that has a sports activities objective. As sports activities entrepreneurship is a newly rising discipline an crucial trouble is that of defining what precisely the time period means. Innovation is on the coronary heart of the sports activities entrepreneurial technique because it specializes in the advent of latest ventures or keeping an organisation. Sport entrepreneurship entails the processes, practices and selection making sports that result in the improvement of products, offerings or markets. Sports entrepreneurship on this paper is conceptualised because the set of values that have an effect on an organizations or people propensity to create and increase revolutionary sports. This paper demonstrates the significance of a multidisciplinary technique closer to game entrepreneurship and the price of enter from associated fields.

Technologies in sports :

Digital improvements are beginning to have a big

effect on each game and physical education (see for instance Novak, Antala, & Knjaz, 2016). The omnipresence of clever telephones and pills distinctly have an effect on the enjoy of latest games, however additionally begin to decide the advent in conventional sports activities (think about FIFA, the football video game). Video snap shots also can be used to enhance and compare motion skills. Given the extensive type of opportunities, it may be wondered whether or not PE instructors are appropriately prepared to correctly combine those new technology of their every day practice. Not all experts remorse this hesitation to include virtual era. There are nevertheless many crucial voices with admire to the benefit with the aid of using which the virtual revolution takes place. Part of the complaint is primarily based totally upon the declare that virtual era is in itself the principle component of the societal hassle of sedentary behaviour and obesity. When we're gaming, we aren't gambling football. Regardless growing human inactivity, usually speaking, we fee the lively variation of amusement extra than the sedentary one. Nevertheless, there's an abundance of proof that virtual era could have a poor effect on motion behaviour and game participation. Digital era might also make contributions to the "international fashion closer to measurability, accountability, performativity and standardization" (Gard 2014, p. 833). Although those views are essential and honestly treasured, this isn't always the attitude of this bankruptcy. The vast use of virtual era in our lifestyle is neither the easy purpose of sedentary behaviour, nor can or not it's visible as a easy solution. Besides, arguing that era is a part of the hassle, is some thing else than claiming that era may be a treasured device to beautify the best of PE. While acknowledging the significance of the capability poor effect that virtual era might also additionally have on fitness associated behaviour, we do need to attention at the capability and pedagogical implications of virtual improvements in PE. In fact, given the improvements which have already began out international, we assume this is the duty of PE instructors and PETE Faculties to deal with the query how era is reshaping the context and content material of tutorial practices.

Sports businesses regularly have complicated relationships with their board of administrators given their position in selling the crew however on the identical time thinking about social and economic objectives. The company governance of recreation businesses might also additionally provide a few perception into how control undertakes new ventures and the way they utilise their resources. The position of board composition which includes inner and outside administrators are influencing sports activities entrepreneurship is needed in extra detail. Another venture that ought to be addressed close to recreation entrepreneurship issues the quantity of entrepreneurship inside an company and the want to successfully manipulate entrepreneurial practices. Issues which includes how and through whom entrepreneurship is fostered ought to be protected to clear up sensible implications for managers of sports activities businesses. A blended technique which includes the adoption of sports activities entrepreneurship and the applicable regulatory framework can offer extra relevance at one of a kind tiers of studies inquiry.

Conclusion :

Sports entrepreneurship has intrinsic traits which includes a dynamic and interactive surroundings with sensible implications. The demanding situations offered on this paper span each the

entrepreneurship and sports activities control disciplines. This paper has supplied a vital evaluation of sports activities entrepreneurship aiming to carry withinside the traits which have critical coverage implications and to perceive foremost demanding situations that ought to be met to house control practices that offer an encouraging surroundings for sports activities entrepreneurship to foster.

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Trends And Innovations In Management of Sports In Modern Era

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Abstract :

In the twenty first century, Sports control is the technological know-how and revel in for all mankind, of their performances, career or society that contain the output, stimulation, exposure or class of any bodily work out related to an hobby or product. Sports institutional control includes private sports activities control, applications, marketing, facts, infrastructure advice, and human sources. Sports control has pretty particular elements. These elements are sports activities marketing, the monetary shape of a sports activities company, the profession course of the sports activities enterprise, and game as a social group. The new twenty first century control paradigm that locations sports activities as an enterprise or enterprise may be divided into some of elements, specifically: sports activities because the enjoyment enterprise, sports activities as a carrier enterprise and sports activities as a motive force for the improvement of the products enterprise. Approaches to defining the character and area of the sports activities enterprise are through making commercial fashions that display the interrelationships among segments / elements of the sports activities craft. The 3 fashions are output range model, monetary impact model, and sports activities overall performance model.

Introduction :

Management in sports activities affords sports activities maturation, not unusual place layout operations in the game areas, the technique of imposing human useful resource improvement policies, and identifying to put into effect the maximum suitable solution. Sports authorities and

trade, is one of the maximum significant. Marketing retailers in sports activities nowadays aren't best sure in discussions, exposure, and underwriting, however additionally gift many assistance. Some guiding components for success and aggressive gain each in authorities, trade and sports activities; and generally felicitous, having and governing facts. Sports control as an unstructured talent for the revel in of proficient managers from athletes, groups that emerge with the advent of expert sports activities agencies. Sports control is associated with the improvement of the professionalization of bodily work out. Sports sports may be grouped into 3 essential elements, specifically: instructional sports activities, leisure sports activities and success sports activities. Sports schooling is a game pastime this is used to reap instructional goals, specifically the inculcation of sports activities values and recognition approximately doing sports activities sports for the fitness and freshness of the body. Recreational sports activities are sports activities sports that goal to get pleasure, pride and may refresh their bodily and non secular fitness. While sports activities success is a game pastime that objectives to reap excessive achievements with inside the sports activities which might be carried out. Sports control as a quick growing sphere of leaning, qualifications and abilities.

A vast segment of man or woman sources who're interested by sports activities is to recall it every other career. From the orientation of control sports to distinguish to carry out the capabilities of the sports activities technique, to holistic supervision, wherein all angles of governing sports activities as a career

ought to be mounted in each day operational profession that often arise in a sum of sports activities equipments. From a attitude of supervision, game displays an evolutionary a part of stylish human existence. The organizational shape in sports activities control is primarily based totally on procedures, constitutions, conceptual, and interstate and worldly principles. Managing sports activities agencies with inside the early twenty first century entails the software of strategies and strategies. Sports directors are concerned in essential layout, behavior extremely good quantities of man or woman sources, attaining the prosperity of expert sportsman and sponsors. Sports managers want to expand an knowledge of sports activities control and enterprise. Sports control is a divided bankruptcy in sports activities field [2]. The simple necessities of technological know-how are having their research fields and the usage of measurable process in handling gadgets of action. From a supervision attitude, game characterizes part of stylish human existence that objectives to, set up and decorate the biologic and emotive elements of implementers and individuals in sports activities sports. Sports control has evolved very hastily with inside the twenty first century.

The normal extension of the global sports activities enterprise, the exploitation monetary of carrying applications and contests, included with the familiarization of paid employees into voluntary authorities agencies and increasingly more humans now creating a residing through handling sports activities or sports activities agencies, have forcing sports activities agencies and their managers to end up greater expert. With the improvement of sports activities (sports activities schooling, recreation, success, kinesiology, etc.), game has end up a field of its very own as control has end up a field of its very own and is broadly studied in universities. Therefore, control disciplines which might be associated with sports activities disciplines have shaped brand new interdisciplinary referred to as sports activities control. As such, sports activities control has end upon of the fields of technological know-how that many sports activities professionals

or practitioners are in.

Sports activities control is ready making use of game control concept with inside the career. twenty first century sports activities control develops the logo identification of every sponsor to maximize earnings capacity thru strategic marketing. Sports control is the technological know-how and revel in for all mankind, of their performances, career or society that contain the output, stimulation, exposure or class of any bodily workout related to an hobby or product. Sports control directs an group that makes a speciality of aggressive sports activities. Clarification of the obligation of leaders in sports activities control will permit the research of patterns to uplift agencies the usage of present supplies. The leader has accomplished duty for converting cooperative relationships inside establishments as evidenced through the connection among all private beliefs. Management in this situation is widely covers all topics associated with sports activities. The scope consists of sports activities clubs, sports activities organizers, area centers (building), sports activities device, helping centers which include inns / hotels, in addition to events concerned which include athletes, coaches, managers, or even spectators. Sports control is the technological know-how and revel in for all mankind, of their performances, career or society that contain the output, stimulation, exposure or class of any bodily workout related to an hobby or product. Sports control in a extensive experience is related to diverse varieties of sports activities related to careers. Sports control additionally has pretty particular elements.

These elements are: 1) sports activities marketing, 2) monetary shape of sports activities companies, 3) sports activities enterprise profession paths, and 4) sports activities as a social group. The twenty first century is now a length marked through the emergence of globalization. The phenomenon of globalization is a brand new generation of human civilization where in there may bea totally fast alternate in diverse fields of existence. Technology and technological know-how are growing very hastily, supported through the technique of facts transformation in this kind of manner that it reasons

adjustment within side the sample of human existence. The generation of globalization become at the beginning a manifestation of adjustments and tendencies in facts systems, telecommunications and transportation with the phenomenon which can shorten the space in family members among international locations or among areas in the obstacles of area and time. The international with inside the generation of globalization will become as though without limits, that is marked through the emergence of unfettered exchange (unfettered exchange) among international monetary actors.

The implication is that marketplace situations have become an increasing number of aggressive, excessive purchaser demands, particularly the ones associated with product price and logistics accuracy, achievement of patents, environmental factors, and product improvements that ought to will be predisposed to increase. The generation of unfettered markets within side the twenty first century is a length of open exchange opposition each with inside the shape of products and offerings on the worldwide level. Whereas with inside the area of sports activities, the opposition is characterised through the growing flexibility of the running shoes and enterprise gamers of sports activities centers / device that input Indonesia which can not be avoided through discriminatory remedy and policies through the Indonesian authorities. Efforts to construct the sector of Indonesian game is through as a great deal as feasible to get the sympathy and participation of the whole community. Therefore, we want a manner to enhance and region game as an quintessential part of humans lives and end up pride. The manner is to make sports activities as an enterprise, each the products enterprise and the carrier enterprise.

Conclusion :

Sports control with inside the twenty first century should be run seriously, due to the fact the improvement of era and technological know-how will reason a whole lot of competition. Sports on this century may be used as a promising enterprise or business, due to globalization that is characterized

with the aid of using the unfettered market. Making recreation one of the industries of the destiny could be very promising, all of which rely on one very individual. Can we put together it all to similarly support the placement of recreation as an business strength. The manner is with the aid of using growing human assets as executors with inside the field. The excellent and competence of human assets who manage sports activities should be empowered to guide the education and improvement of sports activities, each on the nearby and countrywide levels, each for fulfillment sports activities or for network sports activities.

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Current Trends In Physical Education And Sports

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Abstract :

Physical education is a non-academic branch which is taught in school, colleges. It deals with physical fitness of the students and bring mental ability among the students. But we see that physical education is given a low priority because so many people think that it does not contribute directly to a country's economy. Gradually, the view to look at sport is changing. Sport is being looked at positively. Internationally it is favoured and has become a point of prestige. Physical education is important in developing an active and healthy life style and the solution to rising obesity rates worldwide. Although in most of the countries, physical education is part of the school curriculum. The practice of physically active lifestyle in combination with healthy nutrition needs to be started in early childhood. Therefore, it is important to engage all the children in physical activity. Schools are the only place where students can reach. Physical education is the only way to provide skills, attitudes, values, knowledge and understanding for lifelong physical activity. The present study will identify the trends in physical education or sport.

Keywords : physical education, sport, physical fitness, activity, health, knowledge

provides a forum for young people the learn how to deal with competition and how to cope with both winning and losing. It also impacts the social and moral development of a child. Sports make life beautiful and active forever. Not a single side of sport is seen till now. It is very necessary to keep ourselves active and healthy forever. Healthy mind dwells in a healthy body.

It is said, "You don't stop playing because you grow old; you grow old because you stop playing". Sports or physical education is not the thing to be learnt and only played in the childhood or young age. It is the treasure to be preserved forever if we want to stay ourselves healthy. Sports education helps students to clear off their minds by breaking from their academics. Students come to know their skills and talents. They apply their interests in the particular field with the help of sport. We can not imagine school without sports. Sport is a vital part of school life. Physical education develops fitness and fosters the desire for lifelong participation in physical activity. High school curriculum prepares students to become highly proficient in one or more sport or fitness activity of their choice. Need is to make students and parents aware about the benefits of sports and physical education. School management must make schedule for sports in their school curriculum. It should be given equal importance as academics. In this chapter, we are going to know about importance of sport and some new trends in sports.

Importance of sports or Physical education :

There is an immense importance of sports in our life. Following are some of the points those will talk to

1. Sports make the students realize their skills and talents. It helps them to acquire some of the

Introduction :

Sport and physical education is fundamental to the early development of children and youth and the skills learned during play, physical education and sport contribute to the holistic development of young people learn about the importance of key values such as : honesty, teamwork, fair play, respect for themselves and others, and adherence to rules. Physical education

Current Trends in Physical Education & Sports

leadership, social and other relevant skills.

2. It helps them to grow in a healthy way. It helps them to keep strong and healthy.
3. Sports form one of the important activities that help to manage stress levels among the students. Sports education teaches students how to respond to challenges even after when they finish school.
4. Sports enhances self discipline. The rules help the students to acquire physical, mental and tactical discipline, which can also be applied after the school.
5. Like any other field, sports also teach the students how to persevere in given situation.
6. It is a source of happiness. Research reveals that sports activities create happiness amongst the students.
7. It results to positive performance.
8. It promotes teamwork
9. It minimizes on obesity cases

Current Trends in Sports and Physical Education :

There are some innovative trends that are being utilized today. They are as following

1. From traditional to non- traditional sports :

Over the last couple of years, traditional sports such as football, baseball, hockey and soccer have seen steady decline in participation rates. These sports are taking much of their time, are boring to most of them. Hence non traditional sports, such as adventure sports, e- sports and spin- offs of existing sports are currently growing faster than the traditional ones.

2. Globalization :

Sports can be seen globally. The consumer, media, rights holders, sponsors are all going global. If you want to stay on top, a global reach is a must and it is sure that this trend won't go away easily.

3. E-Sports becoming ever more popular :

E-sports have come to the fore with a big bang and are here to stay. They are quickly developing into a huge industry. For the ones who have been living in cave, E-sports are multiplayer video games played competitively in front of an audience. They are usualplayed by professional gamers, called e-athletes.

4. Sensors and data analytics will be vital for success

Sensors in sports are conquering the world by storm. Sensors are the future and athletes cannot do without them if they want to realize that extra one percent. With the help of sensors data are transformed into live real time analysis. The data generated by sensors will not only provide useful information for athletes, but will also be instrumental in areas such as for example health, fan engagement, analytics, venues, media, textiles and wearables.

5. Artificial Intelligence will be everywhere

Sports will inculcate artificial intelligence among the players. When the players are trained they become mentally sharp. This help them to aspire in their future.

6. The blockchain will become part of life

7. Fan engagement will be a battlefield

Fan engagement will be ultimately important for clubs, athletes and federations in order to come on top. Fans are the reason for existence for these groups, particularly as they represent a large revenue stream and clubs and federations are searching frantically to find alternative revenues now that Covid has reduced audiences. Outside the arena it will be as much of battlefield as inside.

8. Media companies have to adjust

TV is on the way down. TV is for older generations. OTT is in. The race to be the Netflix of sports is on. That will probably not be enough. Media companies will become publishers again as GenZ is only prepared to pay for content they watch. Additionally GenZ is increasingly creating content itself. It means either publishing companies have to pay GenZ or youtube gaining further market share.

9. Athletes continue to improve their peak performances

In the old days, athletes tried to be as physically fit as possible. Since that time, we have come a long way. Mental training, food, supplements and data analytics are just a few examples of this. In order to realize their peak, athletes and their teams continuously try to be ahead of the pack by implementing new performance enhancing strategies.

10.Importance and value of the athlete ever increasing

The athlete will become ever more powerful. All trends are leading to him or her. He will be the main transmitter and carrier of data, not only for his own benefit but also for the benefit of the wearable and smart textiles industries, for fan engagement purposes, for data analytics companies, for stadiums, for training programs, for media companies etc. Many industries are benefiting from these data, The athlete will obtain an additional role with a new source of revenue, the role data vendor.

Conclusion :

Covid-19 was not a challenge only for other sectors, it was a challenge for sports too. Everything was shut. It was the toughest time for sportspersons. Now ground is open for a player to play, to be active. Sport isn't a thing only for players, a common man has to follow the sports activities to keep himself active and happy. Yoga

is famous among us all to keep ourselves healthy. Physical activities or yoga is becoming more and more known and familiar among us for it keeps man disease free. The role sport in society becomes ever more prominent. For playing or for remaining physically active, no need to go ground. Yoga or other physical exercises can be performed at home. This trend is becoming popular in this busy schedule of life. However, a number of competitive, but non physical, activities claim recognition as mind sports. The international Olympic Committee recognizes both chess and bridge as bona fide sports. Non- physical sport sharpen brain. Sport is ultimately useful at every inch. Therefore sports is mandatory in every school or college that it must mould the students. Sport refers to a playful self- development, self- actualization and competitive use of physical and mental skills. The history of sport activities is as long as the history of humans. Fitness played an important role in human evolution. For example, hunting one of the main adaptive problem in evolutionary history, requires physical fitness and good teamwork. It means that for any work we require physical fitness and teamwork quality. It comes just because of remaining active in physical exercises or yoga. Sport should be given primary priority to keep ourselves happy and healthy.

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Impact of Covid-19 Pandemic On Vaidarbha Kho-kho Game

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Introduction :

For the first time in modern history, in the fall of 2020, Vidarbhan Kho-Kho, University college Kho-Kho players arrived at the widespread uncertainty about their participation in workouts, practices, rehearsals, and competitions. The change-event was COVID-19, a crisis with global pervasiveness. Sport is a major contributor to social and economic development. The contribution sports make to the empowerment of young people, individuals and communities, as well as to health, education and physical education objectives."Since its onset, the COVID-19 pandemic has spread to almost all countries of the world. Social and physical distancing measures, lockdowns of businesses, schools and overall social life, which have become commonplace to curtail the spread of the disease; have also disrupted many regular aspects of life, including sport and physical activity. These policy brief highlights the challenges COVID-19 has posed to both the sporting world and to physical activity and well-being, including for marginalized or vulnerable groups. The cancellation of games also impacts many social benefits of global and regional sport events, which can cement social cohesion, contribute to the social and emotional excitement of fans, as well as their identification with athletes leading to greater physical activity of individuals. The closure of education institutions around the world due to COVID-19 has also impacted the sports education sector. As the world begins to recover from COVID-19, there will be significant issues to be addressed to ensure the safety of sporting events at all levels and the well-being of sporting organizations. In the short term, these will include the adaptation of events to ensure the safety of athletes, fans and vendors, among others. Lack of access to exercise and physical activity can also have

mental health impacts, which can compound stress or anxiety that many will experience in the face of isolation from normal social life. "It's affected every sport at every level. From the postponement of events as large as the Olympics, to the cancellation of youth sports and college sports. While this Kho-Kho community has been severely impacted by the current crisis, it can also be a key contributor to solutions to contain and overcome it.

Like all the games and sports have impact of COVID-19, bereavement, isolation, and fear are triggering mental health conditions or exacerbating existing ones are the problems with Kho-Kho players too. The Indigenous game Kho-Kho also has great impact over it.

Some of the tournaments cancelled due to COVID-19 pandemic in Vidarbha (part of Maharashtra) region itself. University Inter university got postponed with the same reason. So the purpose of this study to see the impact and what much harm has happened on the Vidarbhan Kho-Kho players and how to come out of this situation is the main motto of this study.

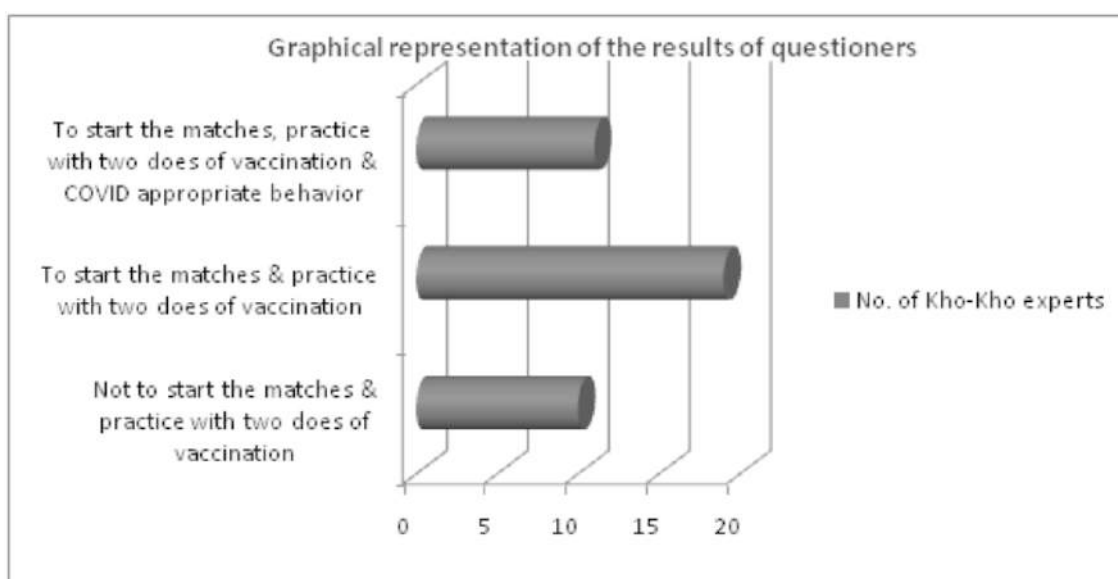
Keywords: COVID-19, sport psychology, Questioners

Method: Investigators completed all statistical analyses using Questioners, which were given to the former players, experts actively working in the field of Kho-Kho game in Vidarbha region. All the Kho-Kho sports clubs, Kho-Kho sports academies covered from Vidarbha region. Their status and active participation in Corona Pandemic span, with the opinion of their experts, considered for this study. Questions regarding corona effect on the game and how to come out from the worst situation were asked. Like since when the Kho-Kho practice, matches are stopped? Whether there was active participation of Kho-Kho players? If, matches or

practice stopped then, what kind of specialized exercise they were doing to remain fit for the competition? What would have been the remedy to come out of the situation?. Can players start after two vaccinations dose's? Related questions were included alongside the assessment of psychological well-being coming from the Depression Anxiety Stress Scale. In all 40 experts

from the Kho-Kho field were taken to conduct the study. After getting the questioner filled up by the Kho-Kho experts from Vidarbha region, statistically calculated and the results were drawn. And recommendation were made to solve the guanine problem of the situation arises on the Kho-Kho fraternity. Solution to the situation were tried to get through this research paper.

Opinion	No. of Kho-Kho experts
Not to start the matches & practice with two does of vaccination	10
To start the matches & practice with two does of vaccination	19
To start the matches, practice with two does of vaccination & COVID appropriate behavior	11



Conclusion: The pandemic COVID-19 has had and will continue to have very expectable effects on the Kho-Kho game as well as on the physical and mental well-being of players around the Vidarbha (part of Maharashtra) region as well as on total sports fraternity. It is notable that participants indicated “a lot has changed”. Common one-word responses to the experience surrounding this change-event were feeling sadness,

disappointment, upset, frustrated, depression, and

annoyance, still they have given solution to this problem after second wave of Pandemic. Most of the experts given their views towards to start the game with proper precaution with having vaccination dose's. The following -

recommendations seek to both supports the safe re-opening of Kho-Kho events and tournaments following the pandemic, as well as to maximize the benefits that Kho-Kho and physical exercise can bring in the age of pandemic and beyond.

Recommendations :

- 1) Governments may provide Kho-Kho clubs, Kho-Kho sports federations and Kho-Kho organizations around the Vidarbha and other part, with guidance related to safety and protocols that would apply to future Kho-Kho events and related safe working conditions
- 2) The Kho-Kho game ecosystem, comprising of owners and players among others, need to find new and innovative solutions to mitigate the negative effects of COVID19 on the Vidarbha Kho-Kho players and Kho-Kho clubs.
- 3) Provision of capacity development and technical cooperation services to support the development and implementation of national policies and approaches for the best use of Kho-Kho sport events

to advance participants well-being, particularly in the age of COVID-19.

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Professional Opportunities Through Physical Education And Sports

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Abstract :

Physical education is important for people of all ages. Physical education is especially important for young adolescents in the middle of adolescence. Generally we have heard and seen written in schools that health is wealth. That's perfect. If our body is not healthy then we cannot reach the height of success in any field. Physical education develops mental power, enhances beauty and destroys diseases. Today, it is important to have a socio-economic level along with physical and mental preparation to maintain health, only then a person can remain independent, but when a person is in a good business then only his socio-economic level is good. Today there has been a lot of progress in physical education, due to which more opportunities for getting jobs have been created, they have been discussed in this article.

Keywords : Opportunities, Physical education, Sports

Introduction :

Health is the most precious gift given by God to a human being, a person with good health and wellness. Being physically and mentally healthy is very important for a person to lead a healthy and happy life. When you are healthy only then you are able to do any work with full dedication and hard work, healthy and healthy people are less prone to diseases, being healthy does not only mean being physically fit, but it means a person of a healthy mental state as well. If one is physically fit, one can attain a healthy mental state as well. Physical education is very important in our life, through physical education we can keep our body healthy and fit. Today physical education in children develops and teaches the importance of maintaining a healthy body, then the importance of regular fitness

activity in a regular routine, which in turn keeps them happy and energetic. It helps children maintain their fitness, develop muscular strength and increase their stamina. Through physical education teachers can promote the benefits of healthy and nutritious food and discourage them to eat junk food by highlighting their ill effects. They can easily promote sound eating methods and guidelines for nutrition. Physical education also entertains, after which interest in reading is formed. The immunity of the disease increases in a person who does exercise in a person who does exercise every day. As we all know, health education refers to education an individual or community to adopt better, healthy and clean living conditions. The purpose of health education is to increase awareness of individuals and communities on various aspects of health such as physical health, prevention of diseases, sexual and reproductive health etc., with a lot of emphasis being placed on physical education in every country today, health education a broad subject and can also include health issues such as alcohol, drugs, tobacco and environmental health topics. A bright future can be adopted in the field of physical education. There are many options in front of us like opening a physical education center or a physiotherapist.

Physical education as well as through human movement in which various educational purposes are achieved by him or her through many muscular activities, including sports, gymnastics, exercise and dance. Physical education is such words that on hearing it, a person understand that the human body has been talked about. Our body is the most beautiful gift given by God; it is our biggest responsibility to protect it. Here let us tell you that the process that you and we follow to keep our body healthy is called physical education refers to a profession in which people are encouraged to promote their health.

Maintenance and restoration are taught about. In this aspect refers to mental health, physical health, psychological health, social health, sexual health and reproductive health.

Main Body :

Earlier physical education as a profession was not recognized in society and had poor social status. But the growing demands of educational institutions like schools, colleges, universities, clubs, training centers, recreation parks etc., has increased its status and recognition. Today the professionals of physical education are easily adjusted in good status jobs. Thus this profession is in great demand in educational field, private sector, public sector, industries etc. For career in sports and physical education, one should have an interest in physical education activities, sports and games. One should possess a high level of physical fitness, a good health, sound mental stability, competitive spirit and emotional balance. The leadership quality and good socialization skill enhance the career options in physical education. The commanding voice, organizing ability, responsibility, faith, honesty, self-confidence, self-discipline, mental toughness, dedication, will power to cope with injuries etc. are the qualities required for career in physical education. We have some opportunities in physical education and sport field, which we can think as a career, as follows.

Physical Education Teacher :

For choosing this as a career, one must be well-qualified with certified Degree or Diploma in Physical Education from a recognized University. A Physical Education Teacher or Trainer also known as PET works majorly in schools, colleges and universities. The major responsibilities of PET are to train students in various sports, organize sports events or competitions, teach students about sports, health, physical development and nutrition. PETs also teach the students about the benefit of regular exercise and conduct regular sessions on the same. A physical education teacher is also responsible for developing engaging activities for exercise based learning.

As Coach :

For this a career one must have a certified Diploma from NIS in a game or sports. He must have good experience

of playing and participating in the game. As a sports coach, your role is to help athletes of all ages and abilities to reach their sporting potential. You could be working with a local team, on a voluntary or part time basis, or working with a professional team or athlete on a full time basis. A coach needs to be able to understand peoples/ players strengths weaknesses, and promote and maintain motivation in those that they work with. They use a variety of skills to analyze individual and team performance and provide training to improve sporting results and output.

As a Fitness Trainer :

Looking at the way people's health is getting affected, it is very important for every person to stay fit. But a fitness trainer is a person who gives you information in the form of all the exercise keeping in mind your body and health conditions. It makes every effort to meet all the fitness goals as per its guidance. Also, the people who exercise always have to be motivated so that every person can be successful in making himself fit and provide services to keep the body fit. To choose this as a career one must possess certified diploma after 12th class and good physical fitness abilities. To choose this as a profession the person must be very fit and healthy. He should have the experience about the needs of the group; team etc. to give fitness schedule. The fitness trainer has to focus on topics related to nutrition, weight management, stress reduction, weight loss, weight gain, diet etc.

Game specialist :

A good player can easily become a specialist or official of the game. This is upcoming profession.

As a Yoga Instructor :

Yoga is such a spiritual process in which work is done to bring the body, mind and soul together and stay mentally healthy. The science of yoga is spreading rapidly all over the world. The days of yoga are returning in view of the programs organized around the world on 21 June World Yoga Day. Yoga is not only a means to keep the body and mind healthy but it is a science in which employment opportunities are also abundant. Nowadays the field of education has become very big so different types of courses are conducted. After doing the physical education course, the student

easily gets a job in many places. Such as physical education teacher, sports coach, fitness in-charge, soft skill trainer, yoga teacher and trainer etc. After doing B.P.Ed. course, you get jobs in many places. Students who complete the BPED course, they can make their career as sports teacher, fitness in-charge, PTI teacher etc. in many schools and institutions. This career has good prospects, as the need of the society is coming up more towards yogic practice. Thus, yogic techniques help to give therapeutic effect along with overcoming over stresses of life. For this as a career one must have good experience of performing and educating yogic techniques.

As a Sports Journalist :

At present time many media channels are reporting on sporting events. Not only does this allow sports fanatics to gain better coverage and analysis than ever before, but also means that there are enhanced opportunities to find employment in the sports media sector than ever before. So what you can do or where you can do work as sports journalist as follows, sports reporter for print media including newspaper and sports magazines also, sports editors, hosts of television sports shows, sports announcers, sports commentators for television as well radio, media representative for any sports team, editors for sports e-magazine or websites etc. need professional people of sports to perform in journalism. So this career option is also coming up.

As a Sports Dietician:

An educated physical educationist has good knowledge of Dietetics. So they can choose this as a profession.

As a Physiotherapist :

The knowledge of physical education provides good experience of sports injuries and their treatment. Thus, they can adopt this as profession like Sports-Physiotherapist, Rehabilitation expert, Ortho-expert, Masseur etc. Physiotherapy is treatment to restore, maintain, function and well-being. Physiotherapy helps through physical rehabilitation, injury prevention and health and fitness. There is a wide scope in sports physiotherapy. Sports physiotherapy treatments

includes improving strength, range of motion endurance and correcting posture and muscular imbalances, joint mobilization, manipulation and soft tissue massage which are very helpful to players for rehabilitation and improving their performance.

As a Biomechanics :

Talented and good researchers or physical educationist help in developing new scientific tools which help the human race. They are required in fast growing industries. Bio mechanics do study of human body as a machine. The study of internal and external forces affecting the motion of the body, helps in making sports equipment, we know the movement of the body and how to use all those movements during the game etc., so we have lot of scope as bio mechanics in the field of physical education and sports now.

As an Administrator :

A good sports person is a good administrator. Many physical educationists are specially required as Administrators, Directors, Managers, etc., Lot of privet companies, limited companies, semi-government companies, government sector firms etc., prefer a sports person. So many players are chosen for these professions like in Railways, Airways, Police, Defense, Banking, Electricity Boards etc. Along with supervising, the sports administrator also manages the planning and management of sports activities and events, such as national and domestic cricket, football, hockey, golf tournaments etc. In today's time, big sports are organized which need management team to run properly, you can make your career in this field by being a part of management team.

As a Sports Psychologist :

Sports psychologist is not just limited to managing stress or building confidence. Sports psychologists also use professional methods to improve the performance of a player or team at this time, by which the players remain comfortable in every situation with confidence in the field. It is very important for the players to be mentally fit, sports psychologist help them in this. Sports psychologists work in this field in two ways. Either they do research on sports related psychology in this field or they become the coach of a player. Coaching players and

helping them through various therapies, counseling, mindfulness exercises and medications etc, you can work as a sports psychology in this field.

Sports Analysts :

Analysis is used to capture performances of our athletes or players with relevant competitors. During competition, footage can be analyzed whilst athletes compete, to provide coaches with immediate information to inform coaching decisions during the competition and give coaches video and accurate data for feedback to athletes as soon as they have finished competing. Having a performance analyst gives coaches time to focus their attention on the athlete, knowing they will be given accurate data and video of the event to refer back to. This data/footage is used for further purposes outside of the immediate competition event. Analysts provide footage and data on the opposition's strengths and weaknesses to facilitate strategic thinking, evidence of how our athletes performed and coach can plan strategies to bridge gaps between our athletes and worlds best. Data helps us to measure the demands of competition so we have a better understanding of what it takes to be successful and data also used to inform future training interventions. If you have technical quality then you have lot of opportunity to do in this field.

As a Event Manager :

Due to the increasing popularity of sports, many youths in sports management want to make their career in this field. As such, the government is also investing more money in the sports sector. There was a time when people knew only cricket but now different types of sports are being organized. They need management team to take care of the game properly, so to manage them properly support management is the key person. If you are also interested in the field of sports, then event

management is a good career option for you. Sportsmanship players, physical education, coaches, sports managers, sports administrators, empires or referees, sports medicine, sports journalism etc. are posts related to sports management. You can work also in a sports club as a sports manager. The sports manager is responsible for the player's schedule, career progression, business promotion, media and public relation. Also the responsibility related to budgeting and finance is also on him.

Conclusion :

Today, getting employment in India has become a very difficult task, even after getting any kind of education, it is not easy to get employment. Due to the wide scope of physical education, employment is obtained according to subsistence and after getting higher education in physical education, one can get employment in good business. To get aware about the opportunity in physical education like coach, fitness trainer, game specialist, yoga instructor, sports journalist, sports dietician, physiotherapist, biomechanics, administrator, sports psychologist, sports analysts and event manager etc. are the ways to get employed. That is why this topic has been highlighted in this article, so that more and more youth can move towards this area and can raise the name of themselves and the country.

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Significant Role of ICT Tools In Physical Education And Sports

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Abstract :

Information and communications technology (ICT) describe the sort of technological gear and sources used to produce, distribute, save and control data and knowledge (Majoka, Fazal, & Khan, 2013). In the contemporary-day era, those gear have introduced revolutions to education and coaching methodologies of sports activities and bodily schooling. Rapid improvement in ICT have brought innovation and will increase the effectiveness of education program. Using those superior ICT gear, overall performance degree maintains to develop and predicted degree of overall performance will increase to all time excessive (Harward, 2016). ICT improves accessibility and increase virtual surroundings to the sector of sports activities and bodily schooling (Adu & Olatundun, 2013). It now no longer simplest allow a consumer to earn knowledge, it additionally facilitates to attach and speak with the world. It brings modifications and reforms to pedagogy of bodily schooling and sports activities (Culpan & Bruce, 2007). Therefore, with inside the present day have a look at the researcher intends to speak about approximately a number of the popularly used ICT gear with inside the area of sports activities and bodily schooling.

Keywords : ICT, knowledge, improvement, sport activities

Introduction :

The use of ICT in PE makes the technological know-how of game come to existence via way of means of linking each bodily and intellectual activity. It additionally facilitates to create full-

fledged college students who're capable of listen higher on each sensible and theoretical work. Besides, it facilitates college students to increase a higher know-how in their personal frame elements and that of the human frame in general. It additionally increases the profile of P.E in the established order via way of means of making the problem now no longer simplest interesting, however additionally appealing and effective. Furthermore, it brings enthusiasm and motivation for each PE instructors and college students. Information and communications technology (ICT) describe the sort of technological gear and sources used to produce, distribute, save and control data and knowledge. In the contemporary-day era, those gear have introduced revolutions to education and coaching methodologies of sports activities and bodily schooling. Rapid improvement in ICT have brought innovation and will increase the effectiveness of education program. Using those superior ICT gear, overall performance. degree maintains to develop and predicted degree of overall performance will increase to all time excessive ICT improves accessibility and increase virtual surroundings to the sector of sports activities and bodily schooling. It now no longer simplest allow a consumer to earn knowledge, it additionally facilitates to attach and speak with the world. It brings modifications and reforms to pedagogy of bodily schooling and sports activities. Therefore, with inside the present day have a look at the researcher intends to speak about approximately a number of the popularly used ICT gear with inside the area of sports activities and bodily schooling.

Role of technology in sports :



1. Field based ICT tools :

These are the type of ICT gear that are utilized in on ground/area situations. One of the main field based ICT gear is GPS primarily based totally monitoring gadgets. Study on GPS primarily based totally monitoring gadgets itself is a big chapter. Along with technological development precision of this type of gadgets has been improving. Now days the usage of those gadgets facts may be without problems received and examine for overall performance improvement. Dedicated sports activities particular GPS primarily based totally gadgets had been evolved to enhance and display the overall performance of the gamers. Most of the outside activities, like hiking, fishing, paragliding etc. depend on precision navigation. Using those gadgets, a participant may be tracked no matter on land or in water or in air. Long distance runners use those gadgets to navigate their routes. Swimmers use those gadgets in open water lengthy distance swimming competitions, wherein there may be a excessive hazard of having distracted from the real path. In crew sports activities like soccer, rugby, kabaddi, hockey etc. a couple of GPS gadgets are used to song each crew member at some stage in the entire education classes or maybe in suit situations. In each outside racing game, GPS is a obligatory tool to be connected with the participant. It facilitates the officers to hold song of the gamers in addition to for the gamers, it facilitates to song their path and progresses.

Wearable sensor-based devices are another kind of field-based ICT tool.

This type of gadgets are made from diverse forms of sensors. Some of them are simplest particular and restricted to a unmarried sensor and a number of them are aggregate of a couple of sensors. Different sensors have exceptional functions and in step with that they assist to collect facts. These sensor-primarily based totally gadgets may be without problems attached to human frame the usage of a belt or a strip. Pedometers are such sensor-primarily based totally gadgets which could be counted number the variety of steps you take. It also can locate your strolling sample or the gap you've got got traveled. Heart fee video display units are some other such sensor-primarily based totally tool whose cause is to experience or locate coronary heart fee. Use of video digital digicam is the quality approach to file overall performance of the gamers on the sector. The recorded video may be broadcasted stay or uploaded later on. The equal video also can be used for suit and overall performance analysis

Laboratory based ICT tools :

ICT can't be utilized in actual recreation or healthy situations. They must be installation completely is laboratory primarily based totally managed environment. Most of the sports activities studies device falls beneath neath this category. Pressure plate and pressure plate are top instance of such form of ICT gear. Wired EMG gadgets also are taken into consideration as laboratory-primarily based totally ICT gadgets. Some 3-dimensional evaluation kits also are immovable and as soon as they're installation internal a laboratory, sports activities moves must be done beneath neath it's manage circumstance. Such form of gadgets which might be had to be installation in laboratory handiest, are referred to as as laboratory-primarily based totally ICT gear.

Software and Applications :

Software is ready of commands which tells the laptop what to do as soon as instructed. There are

diverse form of software program and programs to be had with inside the market. The usages of software program and programs in sports activities and bodily training can similarly be categorized consistent with their done task. Most of the bio mechanical evaluation software program are incorporated with wide variety of video cameras. Some of this software program are guide in nature and a number of them are automatic . Three-dimensional bio mechanical evaluation software program are plenty extra complex in comparison to the two-dimensional evaluation software program. Match evaluation software program are some other crucial issue of sports activities education device with inside the current times. Recorded video may be analyzed in post match circumstance or in stay situations. Live comments and file of evaluation may be defined to the gamers even in ongoing healthy situations. Now days, those healthy evaluation software program are very crucial to reap favored purpose for maximum of the crew video games or sports activities.

Digital Video camera and visual analysis software the use of the movement evaluation device will definitely beautify many regions of the bodily training curriculum each in studies and coaching. Using virtual video digital digicam has certainly simplified the gathering of data. These effects can then be imported to perform interactive multimedia presentation to offer college students with a higher expertise of the significance of breaking talents into additives and the effects of diffused variant in strategies. The visible evaluation software program lets in college students to view captured motion and to examine them. This unique generation can assist instructors to govern student's development in the direction of motor talents goals; offer comments possibilities and assessing college students getting to know . Using virtual video digital digicam to document students' overall performance in desk tennis for instance, may be a beneficial device to assist college students enhance their strategies. With the addition of movement evaluation software program, students have a expert supportive device. For example throughout a education session, a 'robot

– pong', that is a unique technological device that distribute ping pong balls at various route and speed, is used to stand a student. The P.E trainer can then use the Digital video digital digicam to examine the moves extra closely. This is finished that allows you to enhance the coaching and getting to know of desk tennis. Digital videos have been used weekly to strain on right and fallacious strategies after which the students have been given the possibility to assess their personal strategies and the approach of others thru the 'd     vu' resource. In the Mauritian context, a few kingdom faculties which might be genuinely operating on a pilot undertaking installation through the ministry of training are offering applicants for the Cambridge O degree Examination. Teachers concerned on this undertaking may have to utilize video cameras throughout the sensible exam to document college students' overall performance after which ship them to Cambridge University. Each university concerned with inside the pilot undertaking have already obtained a laptop, an overhead projector and its respective screen. Digital video cameras and net connection centers will quickly be to be had in those schools.

Conclusion :

ICT primarily based totally education techniques have added revolution to sports activities education. The revolution may be effortlessly found and diagnosed in contemporary-day education programs, education techniques, evaluation techniques and with inside the manner of dating among teacher and trainees. Use of ICT makes it feasible to deliver the technology of sports activities to the floor and is supporting to attach bodily sports with intellectual sports (50 Innovative Teaching Methods in Science, 2019). ICT isn't handiest supporting the sports activities folks in sensible area, however additionally assist to train them in theoretical works. It enables gamers to higher apprehend their personal body (Playing, And Even Watching, Sports Improves Brain Function, 2008). ICT brings motivation and exuberance to sports activities person's thoughts and is supporting to transform the stupid and uninteresting education

periods into appealing and exciting one. It is discovered as one of the handiest approaches for universal improvement of sports activities person. ICT enables the running shoes to effortlessly accumulate and save education associated data. Players can effortlessly get right of entry to their database and might see their development file. Based at the saved and recorded data, prediction and speculation may be formulated referring to overall performance of that sports activities person (Lamsal & Choudhary, 2018). Using ICT gamers can get stay comments in their overall performance at the floor itself. They can examine their overall performance the use of to be had software program and programs and suitable remedial may be taken for incorrect approach or tactics. There are many benefits of the use of ICT with inside the area of sports activities education however the number one gain stays the overall development in overall performance and it may handiest be finished through making use of ICT in an modern manner.

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Use of Social Media Resources in Physical Education And Sports

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Abstract:

The purpose of this article is to highlight the use of social media resources in physical education and sport. Today, studying or working in all fields has become a task full of challenges. The condition of physical education and sports in it is also similar. Viewed as a resource for the educational process, social media has become an important learning tool in recent years. Social media has emerged as a tool of innovation. Through which all the players, experts, coaches, teachers have created a social network through the online environment, through which the problems arising in the game are shared. In which internet website, YouTube video is being promoted. Several studies highlight the increasing use of open-learning resources in physical education and sports education such as YouTube, Facebook, Google, Twitter and Instagram. Integration of social media resources into elementary and continuing education is an approach that provides accurate, applicable and constantly updated information.

Keywords: Social Media, Physical Education, Sports

Introduction:

Social media is basically related to computer or any human communication or exchange of information. Which is obtained through computer, tablet or mobile. There are many more websites and apps that make this possible. Social media is now becoming the biggest medium of communication and is rapidly gaining popularity. Social media enables you to share ideas, content, information and news with each other very quickly. The use of social media has grown exponentially in the past few years and has brought

together millions of users around the world. Social media is playing a big role in our lives today. At the press of a button, we have access to a very wide range of related positive and negative information. Social media is a very powerful medium and it affects everyone. It is difficult to imagine our life without social media, but due to its excessive use, we also have to pay a price for it. A lot of arguments have been presented about the effects of social media on society; some people believe that it is a boon. While others feel that it is a curse. We cannot ignore the fact that social media is one of the biggest elements present in our lives today. Through this we can get any kind of information and talk to our loved ones settled in any corner of the world. Social media is a fascinating element and it is a part of our lives today. Youth is the future of our country; they can make or break the economy of the country, while their most active on social networking sites is making a huge impact on them. This is the age of using smart phones and micro blogging. Whatever we want to know, we can get information about it with just one click. Social media is the most widely used tool by all age groups today, but it is more popular among youth and students. Keeping this in mind, researchers believe that social media can play a very important role in the field of education. There is a lot of talk these days about social media. There is also a lot of debate going on about the fact that social media is good or bad. There are many ideas available to us and it is up to us to read it properly, understand it and come to the conclusion. These days everyone likes to be connected to social networking sites. Some people believe that if you are not present in digital form, then you do not exist. The increasing pressure of presence and influential profile on social networking sites is affecting the youth in a big way. According to statistics, a typical teenager uses social

media for an average of 72 hours per week, leaving little time for other activities that cause serious problems such as studying, physical and other beneficial activities. Lack of attention, minimal attention, anxiety and other complex issues. Now we are having more indirect friends than real friends and we are losing relation with each other day by day. Along with this, there are many dangers of giving your personal information to strangers, sex offenders etc.

Social media contributes to the social development of the society and also helps in growing many businesses. It provides tools like social media, marketing to reach millions of powerful customers. We can easily get information and news through social media. The use of social media is a good tool to create awareness about any social cause. It also helps aspiring job seekers. Many practitioners believe that social media is a factor in causing frustration and anxiety among people. It is also becoming a reason for poor mental development in children. Excessive use of social media affects sleep. There are many other negative effects like cyber bullying, image tarnishing etc. Because of social media, the 'fear of getting lost' among the youth has increased tremendously. Social media is considered to be one of the most harmful effects we have in our lives nowadays, and using it wrongly can lead to bad consequences. There are many other disadvantages of social media such as: Cyber Bullying: Many children have become victims of cyber bullying due to which they have suffered a lot. Hacking: Loss of personal data that can cause security problems and crimes such as identity and bank details theft, which can harm any individual. Bad Habits: Prolonged use of social media can lead to addiction among youth. Due to bad habits, there can be loss of focus in important things like studies etc. People get affected by it and get isolated from the society and damage their personal life. Scams: Many hunters are on the lookout for vulnerable users so that they can scam and profit from them. Relationship Cheating: Honeytraps and obscene MMS are the most common cause of online fraud. People are deceived by being trapped in such false love affairs. Health problems: Excessive use of social media can affect your physical and mental health in a big way. Often people experience sluggishness, fatness, burning and itching eyes, loss of vision and tension etc. after excessive use.

Loss of social and family life: Due to excessive use of social media, people get busy in devices like phones, away from family and society.

Main Body :

Social media has changed the way we interact with each other, share our feelings, thoughts and inspire everyone equally. It has fundamentally changed the way we look at the outside world. The field of sports is no exception to this. Indeed, the impact of social media on sports has been enormous. Over the past decade, the epic rise of social media has completely revolutionized the games industry. It has given a whole new meaning to fan engagement. It has completely proven itself to be an invaluable resource for all the major participants of sports circles: leagues, players, teams, fans, sports journalists etc. Sports organizations have done a great job of using it to increase fan base. Today, almost every sports club, irrespective of country or level, is using Twitter to deliver live updates of the ongoing match. Not only this, clubs are also using the platform for many other updates. All the latest team news, press releases and official announcements are now being made on the official website of the organization as well as social media handles like Twitter. This fact alone shows the growing importance of social media. In addition, the style of telling sports stories has changed significantly, with the ability to include gifs, audio/visual content, hash tags, information and entertainment.

Leading clubs are using these tools at their disposal to reach maximum fans in the most engaging formats. Social media has really changed the entire culture of sports consumption. Today, along with watching the sports event live, fans are also talking about it live on social media. Talks can include a special out-of-match event, a special performance from a star player or team. Plus, everyone wants to know what other people are thinking about the incident. As a result of all this, sporting events have changed from a boring, individual activity to an interesting group or community-building activity. Social media is also changing the way the sports fraternity does business. Today, organizations are using social media to build relationships with the public and increase sales as well as reduce their marketing costs. For athletes, social

media has become a new and lucrative way to do business. Players today are using their influencer following on various platforms like Instagram, Twitter and Facebook to promote brands, products or services. Popularly known as Social Media Marketing or Influencer Marketing, this form of promotional campaign is gaining increasing popularity among organizations.

Social networks are increasingly being used today to pursue higher education in physical education and sports and to achieve educational and sports objectives. Due to which many opportunities are being provided. Social media is increasingly being used for training in physical education and sports, in which various physical exercises are done in conversation with practitioners. Mental development and psycho-social development are done through social media. Social media is used to discuss various educational topics. In physical education and sports, a skill is discussed among the students and social media is an important part of understanding and learning it. Information about what kind of training programs are going on in other countries and how to apply it to the students in our country is immediately available today.

Today it has become easier for students and players to analyze and teach the activities performed during the game of professional players and do them more accurately. In the earlier era, education could be obtained only by visiting a specific place to develop a skill, but today education can be taken from anywhere in the whole world through social media. The right use of social media serves to shine an important light in the field of physical education and sports.

Conclusion :

The above discussion has been done on how social media is useful in the field of physical education and sports, but it is necessary to discuss the negative effects it creates. Also, what about this system in the physical education and sports world of social media. Research should also be done to know what is important. Social media in general is a beneficial system for physical education and sports.

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Pandemic And its effect on Physical Fitness And Physical Activity

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Abstract :

The purpose of this article was to light physical fitness and physical activity during the epidemic. The easiest way to stay fit is Yogasan and meditation practice, by spending one or two hours in the sunlight, breathing in fresh air, drink enough water. Then take a balanced diet and avoid excessive fat or excessive amounts of food. A proper balanced diet should include fruits, vegetables, legumes, nuts and whole grains, proteins. If someone goes to the proper circulation of blood and feels fresh. By doing this type of activities, physical fitness level can be increased. If we are not active, then we take the risk of making another epidemic of sick health as a result of impending behavior. It is important to understand that by inactive schedule you will damage more than imagination. Especially when we are going through a pandemic.

Keywords : Physical Fitness, Physical Activity, Pandemic

Introduction :

As we cough, this virus falls on the ground after going one to one and half meters and in the same time if any person comes in that radius then the virus sticks to him and person gets infected and spread this virus if he cough openly or touch any place and other one also touch the same place then virus sticks other person also. That is way government always said that use mask while moving out or while meet someone and also government forces and lockdown and ban the gathering fo people at a place. This is the way we can stop spreading corona virus. Due to the lockdown peoples are not able to move outside and their life became inactive due to which they home to face health issues.

This disease weakens our immune system. The immune system protects our body from getting sick, when it is less this virus effect more on our body. To avoid this, the instructions have been given by doctors, by the government, by the local authority from time to time and appeals are made to follow them. If you want to increase your immunity, you have to practice yoga and need to keep your sheadul active for that you need to do excesses and breathing practice and make yourself halthy and safe you also keep balance in diet for fit life.

Main Body :

Today not only the whole country but the whole world is facing a big diseases problem and it is Corona or Covid-19. It has taken the form of pandemic. We had heard that once cholera and plague had spread in the whole country, it was also a kind of pandemic, in the same way corona has become a pandemic. As we this virus spading allover world because it spared person to person and can be active in air and place for long time. Therefore if you feel its symptoms then immediately contact the helpline numbers given by government or local authorities and give your information and get your investigation done at the testing center, run by the municipal corporation. Symptoms like cold, sore throat, dry cough, headache, fever etc. We have seen that this virus mostly effect on old age peoples, young and healthy people can tolerate this virus but more effect of this virus has been seen on those people who has more than 60 years to 70 years of age and those who suffering from diabetes, heart disease, hyper tension problems, asthmatic problem etc. it is very difficult for them to tolerate this virus and due to that many people have also died.

Everyone's life has changed due to the imposition of lockdown. The daily schedule and time table has disturbed. Physical activities in school have

also stopped which has a negative impact on their physical fitness. Such activities like going out, mingle with friends, walking, playing have been stopped. Mainly health related problem are being created in the students as well adults also due to online classes and work from home. In which they get problem in their eyes, back pain due to sitting long time at one place, problem in spine, physical activities and exercise have decreased in the daily life, so fitness level has decreasing, there is a possibility of increasing other physical and mental diseases. All these things can have a direct effect on our fitness level.

Over time the importance of exercising regularly and being physically active has been emphasized for overall health and wellness. Regular physical activity is the gateway to being fit and disease free. Living a sedentary behavior can have serious consequences and exercising is important for both physical and mental health. Movement restriction, lockdown and gym closures have forced people to stay indoors. This has disrupted their regular activities and exercise routine, which can increase the risk of weight gain and many other health concerns. Exercise can reduce symptoms of depression and anxiety. It can reduce cognitive decline enhance overall brain health and improve memory. To reap these benefits from exercise, adults need to do two and half hours of moderate to vigorous aerobic activity each week. Young children and adolescents should walk for at least an hour every day. Walking and exercising for longer than this is definitely going to be more beneficial to increase your physical activity. You can do some jogging, walking, cycling or running. You can choose the activity of your choice, such activities fall under the category of cardio exercises, which can help you lose weight. These are also beneficial for reducing stress and anxiety.

Apart from this, there are many types of workout that you can do from the comfort of your home without going to the gym, can be completed in half an hour and less. You can incorporate body weight training exercise like push-ups, pull-ups, planks and more in your routine. During the pandemic we can do some more physical activities even by staying at home. If you are not going to hang out due to the lockdown then start walking at home in the morning and evening. If you

start walking at home, your physical activity will remain intact with this, you will not feel tired and lethargic. You can also take a walk on the roof of the house or in the yard. You can play any indoor game with kids to keep mentally fit like ludo, chess, carom, cards etc. during this you will also talk to your children. This will make you feel better. By playing with children you will keep away the problem of anxiety and stress. At the starting of the day, before breakfast in the morning do some light exercise, make it your habit. It is helpful for increases mental alertness as well physical fitness. Those who exercise daily do not face the problem of stress and depression quickly. You can also spend some time for household chores. From cleaning the rooms, you can also do laundry, apart from this small tasks can also be done in the kitchen. You feel better if you make tea for the people of the house. If you are talking someone on mobile, talk while walking, don't stay at one place for a long time. You can also climb and descend the stairs, if you live on the first, second or third floor. The covid-19 pandemic has caused significant disruptions in our lives, so a regimen of physical activity and fitness is required while dealing with it. The simplest way to stay fit are by doing yoga meditation exercises, spending an hour or two in the sunlight, breathing in fresh air, drinking adequate amount of water. Then taking a balanced diet and to avoid food that are rich in sugar, fat or excessive amount of salt etc. mindful meditation reduces blood pressure. Aside from meditation, we should also take a proper balanced diet which includes fruits, vegetables, legumes, nuts and whole grains, proteins. If someone can include yoga in their lifestyle, it helps in the proper circulation of blood and feels fresh. This virus affects the respiratory system very badly, so should do exercises that help in improving our respiratory systems condition. Apart from that we should follow the guidelines provided by the government such as to clean hands, using masks, sanitizers and avoid touching nose, eyes and mouths. Then maintain social distancing. If one can maintain these guidelines, stay home, practice yoga meditation, exercises, take proper diet and spend some time in sunlight. This type of activities will increase your physical fitness level and make you feel more energetic than before. If we don't stay active, we risk creating another epidemic of ill health as a result of sedentary

behavior. Overall it is important to understand that not exercising will cause you more harm than you can imagine. Especially when we are going through a pandemic.

Conclusion :

If your fitness is developed during the epidemic or free time, then disease and disease can be avoided and a good health can be achieved. Fitness enhances the ability to work efficiently and maintain healthy lifestyle. For this, yoga and Surayam should be done in the spare time to get physical and mental health.

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The Study: Impact of Yogic Exercises On Mental And Physical Health

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Abstract :

Yoga is becoming main stream on the planet. For the anxious psyche it gives comfort. For the wiped out, it is a shelter. For the average person it is the design of the day to keep him fit and lovely. The current paper examines the significance of Yoga on well-being Normal solid volunteers with age at the very least 20 years and not over 60 years, from region Amravati. Estimations/Variables, World Health Organization Quality of life – Brief. The reaction was gathered from 50 respondents out of them 25 as control gathering and 25 as a yoga practice bunch. Tests for Normality (Shapiro Wilk's) completed for every one of the information factors showed ordinarily dispersed information. Matched 'T' test was utilized to dissect inside bunch contrasts in the yoga and control gatherings and Independent examples 'T' test was utilized to examine the between bunch impact. The current investigation estimated the adequacy of Yoga on Quality of life areas on typical solid volunteers contrasted with control bunch. The investigation showed a huge improvement in yoga bunch on every one of the four spaces of World Health Organization scale like actual well-being, mental area, social relationship area and ecological space contrasted with control bunch. With this a straightforward and simple act of standard Yoga strategy helps in working on the personal satisfaction.

Keywords : Yoga, Well being, World Health Organization, Improvement, Yoga Strategy, Personal Satisfaction

Introduction :

This kind of yoga practice can be taken on in day by day life to keep up with great well-being and

furthermore helps in avoidance of numerous psychosomatic issues where mental pressure is accepted to assume a part. The principles and practices of Yoga have been practiced form several thousand years and have been subjected for the investigation in different areas like psychology and allied sciences. They stood the test of all the time and are of great help in the achievement of best possible holistic health through their regular practice. Yoga revives our heritage and tradition and supports the modern health care system to prevent many of the modern psychosomatic diseases. Each framework will be acknowledged by the everyday person in the event that it can demonstrate its helpfulness in his everyday parts of life. In the past we have perceived how the general public acknowledged and took on science as a necessary piece of its construction as innovation tackled the issue of giving the fundamental necessities of life and offering a more agreeable life to a person. We have additionally seen, that now society is good to go for Yoga as it offers man a cognizant cycle to tackle the threatening issues of misery, anxiety, passionate surprise, hyperactivity, and so forth, in the general public and assists with inspiring the secret possibilities of man in a methodical and logical manner by what man turns into a more full person. Some utilization it for creating memory, knowledge and imagination. With its multifold benefits it is turning into a piece of schooling. Experts use it to unfurl further layers of cognizance in their move towards flawlessness. In light of its objective premise, the advanced clinical framework has supplanted practically every one of the conventional frameworks of medication in various pieces of the globe. It has substantiated itself best in saving man from the deadly hands of

infectious and irresistible sicknesses. Be that as it may, new far reaching psychosomatic sicknesses and mental issues are representing an incredible test to the advanced clinical framework. It is here that yoga is making an imperative commitment to the cutting edge clinical framework. Broad examination on Yoga treatment in the course of the most recent couple of many years has drawn out the helpfulness of Yoga for managing these illnesses as a compelling aide to clinical administration and furthermore for long haul recovery. Anticipation is superior to fix' Yoga could assume a crucial part in forestalling illnesses.

In the conventional phrasing it is joining of jivatma with paramatma the individual self with the all inclusive self. It is a development of the restricted, choked, selfish character to an all inescapable, interminable and ecstatic condition of the real world. Patanjali Yoga is one among the six frameworks of Indian way of thinking known as 'Shad Darshanas'. One of the incomparable Seer, Patanjali incorporated the fundamental elements and standards of Yoga as 'Sutras' (apothegms) and made an essential commitment in the field of Yoga, almost 5000 years prior. Likewise, Yoga is a cognizant interaction of acquiring dominance over the brain. Man, enriched with discriminative influence, cognizant reasoning personnel the buddhi and all around created willful control frameworks, tries to speed up development. Yoga is that methodical cognizant interaction which can enormously pack the cycle of man's development. Subsequently, Yoga is a deliberate cycle for speeding up the development of a man completely. With this development, man figures out how to live at higher conditions of cognizance. Key to this inside and out character improvement and development is the refined of psyche. The philosophy and practices of Yoga are quite relevant in the modern life and they play significant role in the prevention of disease and health promotion through sustainable approach.

All gyms have begun including yoga as a feature of their timetable and many go just for yoga in these gyms. Advancement of positive wellbeing is being supported by numerous World Health

Organization prefer not to be the survivors of current illnesses. Yoga is assuming an essential part in this angle in the new thousand years. Raju et al (1994) have discovered that subjects World Health Organization rehearsed pranayama could accomplish higher work rates with diminished oxygen utilization per unit work and without expansion in blood lactate levels. Madanmohan et al (2004) have shown that following 2 months of Yoga preparing, a given degree of activity prompts a milder cardiovascular reaction, proposing better exercise resilience. These discoveries are steady with discoveries of Ray et al (2001) that Yoga preparing increments solid perseverance, defers beginning of exhaustion and empowers one to perform work at lesser VO₂ max. Yogasanas are actual stances drilled with mindfulness will in general settle the brain.

Yoga For Mental And Physical Health :

A proportionate body with all muscles loose in the typical state. It is delicate like a bloom and profoundly adaptable. Promptly it can obtain a precious stone's hardness. All organs and frameworks in the body work in amicability and with least anomalies. The constant and intense diseases evaporate or are missing in such a body. These parts of character advancement at actual level make the body work most effectively by outfitting the energies the correct way. At resting periods every one of the muscles are loose and the joints stay free to moderate energy and the metabolic rate is exceptionally low. During typical exercises, simply the fundamental measure of energy is utilized by the body. At vital occasions, under states of high pressure, the elements of the organs co-ordinate so pleasantly that the fundamental energy gets evoked and streams abundantly into those districts which need more energy. The body gets all the essential solidarity to manage the circumstance. This 'endurance' through tackling of inward fundamental energies and preparing the various organs and frameworks to work in such co-appointment, can be adequately refined by yogic practices. It is around here of utilization of yoga that the experts in actual culture, grapplers, athletes, aerialists, gymnasts, and

so forth, are acutely intrigued and are putting Yoga to most extreme use. The force of creative mind Creativity and Will-control are the two parts of brain which go under this head of character advancement. It has been all around perceived that innovativeness is the center of Arts and Technology. It has been seen that yogic practices improve the innovative force of man. Thusly, numerous performers, artists, film craftsmen, specialists and technologists have been drawn to Yoga. Resolve is a fundamental necessity for all people to achieve any work, anyway unimportant or incredible the assignment is. Yoga by its orderly and cognizant interaction of quieting down the brain eradicates the shortcoming in the psyche and assembles resolution into it. In such a brain every impediment is considered as a test and stirs gigantic energy to battle the circumstance. Valiance turns into a piece of the character. Profoundly undaunted, such an individual takes up with great balance the difficulties of life and converts them into promising circumstances for achieving his main goal.

Review of Literature :

Raju *et al* (1994) have discovered that subjects World Health Organization rehearsed pranayama could accomplish higher work rates with diminished oxygen utilization per unit work and without expansion in blood lactate levels. Madanmohan *et al* (2004) have shown that following 2 months of Yoga preparing, a given degree of activity prompts a milder cardiovascular reaction, proposing better exercise resilience. These discoveries are steady with discoveries of Ray *et al* (2001) that Yoga preparing increments solid perseverance, defers beginning of exhaustion and empowers one to perform work at lesser VO₂ max. Yogasanas are actual stances drilled with mindfulness will in general settle the brain.

Yoga produces intense physiological changes (Madanmohan *et al* 1983, 1992, 2003, 2004, Telles *et al* 1994, Telles *et al* 2000, Udupa *et al* 2003) and advances actual wellbeing by further developing execution. Bera and Rajapurkar (1993) have revealed that Yoga preparing brings about huge

improvement in cardiovascular perseverance and anaerobic edge. This is predictable with the discoveries of Muralidhara and Ranganathan (1982) WORLD HEALTH ORGANIZATION have announced an improvement in heart recuperation file following multi week Yoga preparing program as demonstrated by Harvard step test.

Methods :

This study seeks to compare the effects of a yoga meditation in normal healthy volunteers on Quality of life.

Data Analysis Tests for Normality (Shapiro Wilk's) carried out for all the data variables showed a normally distributed data. Paired t test was used to analyze within group differences in the yoga and control groups and Independent samples t test was used to analyze the between group effect.

Results And Discussion :

A total 50 subjects (yoga, n=25 and control, n=25) took part in this investigation. The mean time of members was 25 years in yoga gathering and 24 years in Control bunch.

Combined t test used to dissect inside bunch changes tracked down a huge expansion in Physical wellbeing ($t = -17.57, p < 0.001$), Psychological space ($t = -14.98, p < 0.001$), Social relationship ($t = -13.72, p < 0.001$) and Environment area ($t = -15.92, p < 0.001$) in yoga bunch just and not in controls. Autonomous example t test on change scores was utilized to investigate between bunch changes additionally showed a huge improvement in Physical wellbeing ($t = -15.67, p < 0.001$), Psychological space ($t = -13.47, p < 0.001$), Social relationship ($t = -12.05, p < 0.001$) and Environment area ($t = -15.73, p < 0.001$) in Yoga bunch contrasted with Control bunch (Table 1)(Figure 1 to Figure 4).

Table 1: Changes in the quality of Life following intervention

Parameter	Yoga		Control	
	Pre	Post	Pre	Post
Physical Function	26.2 (2.38)	32.2** (2.18)	27.04 (1.86)	27.2 (1.61)
Function	(2.18)	(1.65)	(4.18)	(3.92)
Social Domain	11.44 (1.39)	13.96** (0.84)	10.8 (1.32)	10.8 (1.12)
Environmental Domain	26.08 (3.49)	31.84** (3.10)	31.12 (3.47)	31.08 (3.29)

Graphical Representation

Fig 1. Change in physical following intervention

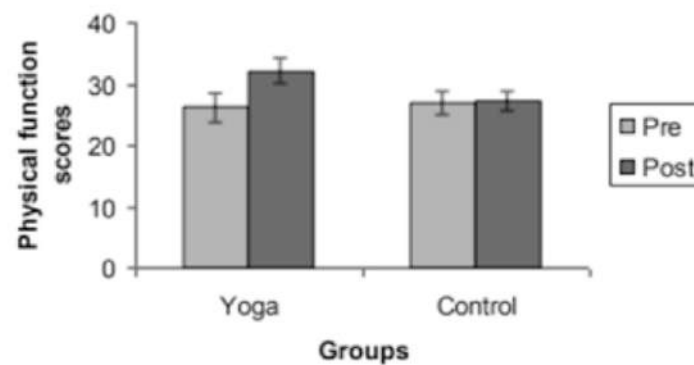


Fig 2: Changes in psychological function following intervention

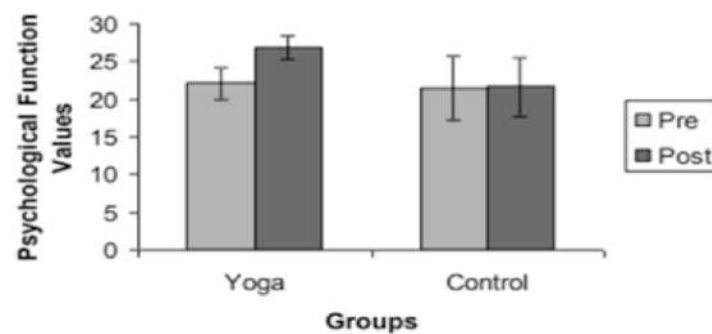


Fig 3: Changes in social domain scores following intervention

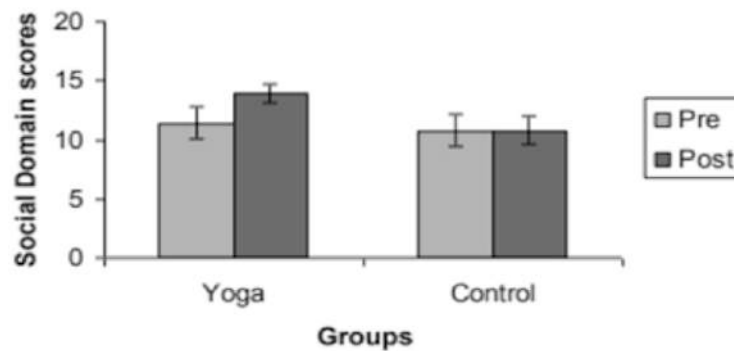
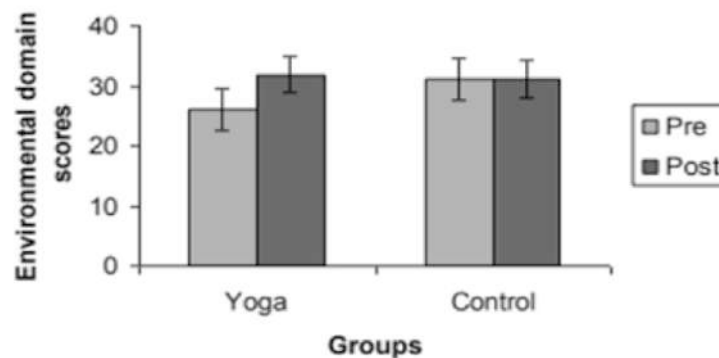


Fig 4. Changes in environmental domain scores following intervention



The examination estimated the adequacy of Yoga on Quality of life areas on typical sound volunteers contrasted with control bunch. The examination showed a critical improvement in yoga bunch on every one of the four spaces of WORLD HEALTH ORGANIZATION QOL scale like actual well-being, mental area, social relationship area and ecological space contrasted with control bunch. With this a basic and simple act of normal Yoga procedure helps in working on the personal satisfaction.

Conclusion :

Yoga is becoming main stream on the planet. For the anxious psyche it gives comfort. For the wiped out, it is a shelter. For the average person it is the design of the day to keep him fit and lovely. These practices primarily decrease psycho physiological excitement yet additionally upgrade various parts of consideration, like the capacity to support; center and shift consideration in this manner ingrains a more noteworthy sum unwinding and significant serenity.

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Impact of Politics On Sports In India

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Abstract :

In 1978, UNESCO defined game and bodily schooling as a “essential proper for all”. But till today, the proper to play and game has too frequently been disregarded or disrespected. Sport has a completely unique electricity to attract, mobilize and inspire. By its very nature, game is set participation. It is set inclusion and citizenship. One of the drawbacks of commercial revolution is the sedentary life-style we've tailored that is without delay related to number one and secondary diseases, together with coronary heart problems, excessive cholesterol, intellectual stress, excessive blood strain and on pinnacle of all this is the environmental pollution, that is presently one of the threat elements of world magnitude. Sport amusement and undertaking have grow to be critical dimensions in social and monetary life. Social facilities together with the gymnasiums, health centers, play fields, social halls and swimming swimming pools generate sales for self-sustainability and consequently make a contribution to country wide improvement on fronts. Research suggests that funding into game in growing international locations is tons much less than in evolved international locations, as game improvement is normally now no longer a pinnacle precedence with inside the country wide price range or with inside the schooling gadget of maximum growing international locations. One might also additionally surprise that authorities of India pumping numerous crore rupees into the diverse sports activities our bodies for selling sports activities and inspiring the sportsmen however those sports activities our bodies have grow to be fertile floor for the politicians and ex-bureaucrats to make money.

Key words : Fundamental Right, Political Interference

& Indian Sports.

Introduction :

The ongoing controversy over Finance Minister Arun Jaitley's beyond affiliation with Delhi and District Cricket Association (DDCA) increases one fundamental query: must politicians administer sports activities? This query has dimensions – “politics and sports activities” and “politicians in sports activities”. As politicians are practitioners of politics, one might imagine that the 2 are the same; however there's a main distinction among them. Apart from the wealthy tradition and various arts presence, India has outstanding enjoy in extraordinary wearing sports which includes athletics, cricket, shooting, hockey, chess, badminton, boxing, golf, kabaddi, wrestling, swimming etc. Besides this the us of a has first rate conventional sports activities which includes boat racing, kushti, gilli-danda and others. But the maximum famous game with inside the us of a is cricket. This game is performed in any respect age organizations beginning from the grassroots proper as much as the global level. The recreation has given upward thrust to famous personalities which includes Sachin Tendulkar, Kapil Dev, Mahendra Singh Dhoni, Irfan Pathan, Rahul Dravid, Virender Sehwag, Sunil Gavaskar, Dilip Vengsarkar, Yuvraj Singh, Virat Kohli etc. Apart from the gamers the game has given upward thrust to the recognition of coaches or even commentators. Cricket gamers are given a number of interest via way of means of the media and marketing and marketing companies. India wins one fit towards Pakistan or Australia and there is going the road of coins charges and cheque's being showered on them via way of means of ministers and kingdom governments. Even in phrases of incentives, the opposite sportsmen and girls lag a ways at the back of

the cricketers.

Nowadays, no game in India is unfastened from interference of politicians. In cricket, it isn't that seen as BCCI is the richest sports activities frame of the international. Indian sports activities have turn out to be the rehabilitation asylum for politicians and retired bureaucrats. For them chairing an apex frame of any game is all approximately power, cash and publicity. The important cause of the apex frame like expertise haunt, imparting good enough and cutting-edge schooling to the gamers, grooming subsequent era gamers and improvement of sports activities infrastructure are the second one or possibly the remaining precedence for those bosses. The maximum embarrassment to Indian game is the suspension because of the reality that officers tainted through corruption expenses win influential positions.

It is certainly surprising to look politicians and exbureaucrats maintaining positions as Chairman and Committee contributors for numerous a long time maximum of them having no clue approximately the game in general. With the authorities of India pumping numerous crore rupees into the numerous sports activities our bodies for selling sports activities and inspiring the sportsmen, those sports activities our bodies have turn out to be fertile floor for the politicians and ex-bureaucrats to make cash. Dynasties appear to rule Indian game. There are many examples that display how politicians and their households run committees as though it's a own circle of relatives get together. Sport's is one region wherein India lags in the back of even a number of the poores international locations with inside the international in spite of a large pool of proficient sports person. At the junior levels, our boys and ladies can compete with the pleasant with inside the international in nearly each game. However in relation to the senior levels, wherein the real abilities of our sports person are tested, we fail miserably. The high cause for terrible performances is corruption & political interference. Due to this many time a great participant is left out. The authorities and the Respective athletic forums are the primary perpetrator for letting down India. Most of them are corrupt, lack professionalism and really biased.

Interference of politicians in Indian Sports
Imagine a situation: Can the exceptional Scientist of a

rustic be the exceptional curator having deep know-how of technological know-how and biomechanics? Can he assist and manual the sports person in rectifying the abilities and strategies in spite of getting mastery in his very own field; the solution is a massive NO; he can't assist the sports activities character in any way. Likewise Sports in India want ardour, technical understanding and strategic technique from the bosses in their respective associations. Revival of sports activities in India calls for passionate sports activities men and women because the bosses now no longer the politicians. Take the instance of Indian Men's Hockey crew. It is the crew that gave eight Olympics gold medals to India. Once its management went to the fingers of ex- bureaucrats, India couldn't even qualify to participate in remaining Olympics. Examples of political interference in Indian sports activities management is huge in number. Chautala Brothers (sons of Ex Haryana leader minister Om Prakash, Chautala) are main the Indian Amateur Boxing Federation (IABF) and the Table Tennis Federation of India (TFI). Vijay Kumar Malhotra is the boss of Indian archery association. Political heavyweights which include Natwar Singh, Satish Sharma and Yashwant Sinha have headed the All-India Tennis Association (AITA). Jadgish Tytler, a Congress leader, has been on the helm of the Judo Federation of India for almost two decades on a trot. "There is hardly ever all people withinside the judo frame who dares to mention whatever in opposition to Tytler. Do those human beings have the specified understanding and enjoy concerning the involved sports activities? The solution is once more & once more a massive-massive no. When the boss is ignorant what to do, the destiny of the sport is not anything however bleak. Hence, ardour and professionalism want to update politics for the betterment of Indian sports activities. In short, no recreation in India besides cricket is properly managed. Indian sports activities are trapped in politics. New controversies stand up nearly each week.

Should Politics & Sports cross aspect with the aid of using aspect?

Once while requested to touch upon IPL spot- solving scandal our ex- Prime Minister Manmohan Singh changed into quoted as saying, "I best wish that politics

and sports activities don't get mixed." The unsightly nexus among sports activities and politics has been the Indian sports activities enthusiasts largest dampener in latest times. Be it hockey, boxing or maybe cricket, no game with inside the us of a has remained unaffected via way of means of the sport of Rajneeti (Politics). Politics has performed spoilsport in India over latest years. Advani, who clinched his thirteenth global name after protecting his World 6-Red Snooker name as soon as while requested must sports activities & politics be mixed, he answered "I don't suppose those two (game and politics) really want to be mixed". He in addition added "My tackle Indian game is pretty one of a kind proper now. As someone who performs a non-Olympic game I suppose there's a large discrimination among sports activities there are a part of quadrennial occasions as opposed to sports activities which might be now no longer. The irony is that a frame just like the authorities discriminates the most". Former Indian soccer captain Bhaichung Bhutia concurs. "People who're in the ones positions don't recognize game," he says, "When this is the case, they don't certainly have the coronary heart to herald change. You want pushed human beings, who nod off considering the way to enhance the sport. And I don't suppose that it's miles simply on the pinnacle level; even on the simple kingdom to district level, the those who are in those positions are simply there... I don't suppose they severely suppose..." Those who are suffering because of such sordid situations are the athletes, who've the expertise and preference to compete and excel themselves with inside the global area however they want to take delivery of right grooming and education which they had been denied. The unpleasant situations with inside the sports activities our bodies had been time and again discovered via way of means of numerous testimonies including the coaches misbehaving with ladies athletes, choosing human beings with inside the crew primarily based totally on favouritism and bribes etc. People in India had been looking helplessly and with sadness, even as the sports activities government had been behaving as though they may be now no longer responsible to all and sundry and neither the authorities nor all and sundry else can contact them.

IOC bans the IOA:

The International Olympic Committee had banned the Indian Olympic Association in December, 2012 due to "authorities interference and awful governance" after tainted officers have been elected to key posts with inside the IOA. The flow threatened to place the participation of Indian athletes below the countrywide flag with inside the Olympics in grave danger. Athletes and the general public lashed out at politicians and finally, in May 2013, the IOC agreed to take India again with inside the Olympic fold after the then Sports Minister Jitendra Singh, visited the IOC headquarters and defined the brand new Sports Bill. Some desire this can be a take-heed call for Indian game to purge itself of poisonous politicians. Most others understand that it's miles a forlorn task.

The Real Political Players and Indian Sports :

To apprehend the politics, do not forget the shape of the IOA itself. There are 35 sports activities with inside the Summer and Winter Olympics. The IOA, however, has 39 constituent and associate our bodies, whilst now no longer having precise our bodies for plenty Olympic sports activities; numerous of the our bodies — kabaddi, kho kho, snooker, squash and bowling are non-Olympic sports activities. Rahul Mehra, sports activities activist and lawyer, explains, "The IOA, which is meant to sell Olympic sports activities, has created federations for nonOlympic sports activities due to the fact it's miles simpler to control those smaller our bodies and stable their votes. Since there aren't anyt any stipulated standards for turning into a member of a carrying frame and the 'be all and quit all' is to live in energy, you nurture a vote financial institution through appointing humans near you." This creates an incestuous and nepotistic little membership of sports activities administrators, scratching every others' backs. To positioned matters in perspective, India received an all-time high, six man or woman medals on the 2012 London Olympics. But it become now no longer way to the sports activities federations. It become the grit of man or woman sportspersons that did it. Of the six Olympic medal winners, 4 have been supported through Olympic Gold Quest and one through the Mittal Champions Trust. Embroiled in inner politics, authorities our bodies had

been failing Indian sports activities for decades. Fifteen of the 39 IOA constituent federations and 23 of 33 State Olympic Association presidents are politicians. "At the district level, you've got got neighborhood politicians and bureaucrats vying for positions," says former Hindustan Times Sports Editor Pradeep Magazine. "And on the nation level, you may locate senior bureaucrats and politicians looking to get manipulate of the federations. It is set clout, energy and political visibility. They aren't there for the sports activities; they may be there to get political mileage out of sports activities."

Can Indian sports ever be free from Politics?

The query itself is one million Dollar query which can't be spoke back with instantaneously effect. It will take an technology to be spoke back honestly. As politics has taken root in each spheres of one's lifestyles in India, sports activities on this u . s . too have fallen for it. Be it cricket, hockey, soccer or tennis – no game in India has been capable of make itself loose from the clutches of politics. Sadly, politics fail to go away Indian sports activities as corrupt officers remain on the helm of it. The Indian regulation that permits fee sheeted human beings to contest elections in sports activities frame has come to be the largest bane of it. Do we see any sports persons heading vital posts in sports activities frame now? It can be mentioned that because the Union Sports Minister Mani Shankar Aiyar had as soon as proposed a brand new country wide sports activities coverage whose fundamental characteristic became that Indian sports activities need to be freed from politicians. Predictably it did now no longer paintings out, with politicians, regardless of their celebration affiliations, becoming a member of fingers to oppose the move. And that, perhaps, is the reason, why our standard document as a wearing country is so pathetic. Indian sports activities want a clean-up in which most effective humans of excessive morals and ethics need to be allowed to run it. The adoption of fee sheet clause with inside the IOA charter appears the proper direction to head for an overhaul of Indian sports activities. Besides, sports activities need to be capable of go beyond all barriers, political or otherwise, and take delivery of the liberty to thrive independently.

Conclusion :

The posts of sports activities directors are frequently taken into consideration a "reserved" seat for a politician. Priyaranjan Dasmunshi headed the All India Football Federation for years and whilst he couldn't keep for fitness reasons, civil aviation minister Praful Patel changed him. Patel became now no longer a former soccer participant nor a soccer professional however a politician. As in comparison to this, Europe's soccer governing frame is headed with the aid of using former French soccer participant Michel Platini. It's now no longer as though cricket is spared from the clutches of politicians. Sharad Pawar became the president of BCCI. Rajiv Shukla is a senior functionary of BCCI. There are many different such examples. However the essential hassle lies with inside the absence of a carrying lifestyle in India. Sports in India are taken into consideration a secondary and supplementary activity. This explains to a big extent, the apathy at the a part of the authorities equipment toward sports activities. The company indifference too stems from the truth that they're now no longer positive that the sponsorship cash can be successfully utilized in selling the sport and the welfare of the players. Not many human beings could increase eyebrows approximately politicians as directors in sports activities if we produced international beaters on a steady basis. But that's some distance from being the case. The fact of the problem is that athletes aren't handled well, or given sufficient respect. And there's hardly ever sufficient infrastructure in place. Having a "long-time period vision" or "grass roots development" calls for actual commitment, now no longer lip service. Thus, sports activities in India want passion, technical understanding and strategic method from the bosses in their respective associations. Revival of sports activities in India calls for passionate sports activities folks because the bosses now no longer the politicians.

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Currents Trends in Yoga to Development Human Health

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Abstract :

The latest yoga practices have been highlighted for the development of human health. Every person always needs something new to learn and because of that some new types of yoga are coming up everywhere! Instructors everywhere are modernizing a thousand-year-old practice to meet the needs of yogis everywhere. Efforts are being made through yoga to make a person a happier, healthier, better adjusted human being. In this article, the modern yoga types have been highlighted by the author.

Keywords : Yoga, health

Introduction :

Yoga is an important part of Indian way of life. Since ancient times, yoga was considered only for sages and ascetics and the way to attain salvation. But it is not true. Yoga is as useful for a sannyasin as it is for a householder. Yoga is a way of life. There is such a science which is to make the social and personal life of man beautiful and pleasant as well as for him to attain salvation. The importance of yoga is increasing day by day in the modern era. Physical, mental and spiritual power is developed through yoga. The body is strong, the mind healthy and the soul clean. Many changes are taking place in Yoga today, it is very important to reach them to the masses. That's why this article has been written.

Main Body :

In today's era there is no one who does not know about yoga or no one does yoga. While doing daily routine work, many types of yogic action take place in our day to day life and we do not even know which our body gets benefits throughout the day. Yoga is not a new things, it is a traditional exercise that has been

going on for years, which has been doing by the time of the sages. Yoga is a form of Indian art, which is more important than just an art. Yoga holds a different place in our life in many ways, whether it is to get rid of diseases or to lead an easy and healthy life. Many researches also show that where medicines have failed to show their effect, yoga has shown its magic. The power of yoga can be gauged from the fact that if you include yoga in your daily routine, then you can protect yourself from any kind of disease. Yoga gives you a new energy, which will change both your physical condition and direction, and you will see the transmission of a new energy in yourself.

Yoga is the science of living well and that is why it has been included in this everyday life. Yoga works on the emotional, physical, mental and spiritual aspects of life. Yoga helps to balance and harmonize our body, mind and emotions. In today's era, it is not possible for everyone to do yogic activity regularly. Today it is very difficult to take time out of busy schedule, due to which it becomes boring for someone to do regular yoga exercise. Because of this the nature of yoga has also changed today. Just as aerobic and zumba types have been used in fitness, the same way in yoga the same activity which were done in the traditional way are being done in a new way. Like yogic exercise are being performed in water. People who are interested in swimming or water related activity; they like to practice yoga in water, which has a positive effect on our body. Water reduces the pressure on the joints and makes you more flexible. It can prove to be excellent for people suffering from joint problems and back problems. Exercise done in water increases the capacity of your lungs. Today the type of aerial is also being done. We can see this is a combination of exercise like yoga, dance and gymnastics. While doing this exercise you are competing with gravity, which helps in

increasing your balance and flexibility. This types of yoga done on the swing; there is a workout of the whole body. In this exercise from head to toe, the body is kept in a straight line. Aerial yoga raises the level of innovation, adventure and difficulty level in traditional yoga practice. There is also a fun way of yoga which is called hip hop yoga. This type of yoga is for people who want to add something fun to their class. Music is included in this type which gives full of energy. This type of yoga is being very much liked among the youth. Hip hop yoga incorporates the features of both yoga and hip hop systems which provided full body workout, peace of mind and enthusiasm. Vinyasa yoga is also a type of yoga, in which many different types of yoga asanas are included. Vinyasa yoga is loved by many because it is a very interesting yoga type. In this, the yoga asanas have to be arranged in a series. By practicing this for 15 to 30 minutes every day, the blood flow of the body increases. Helps to remove sweat in the body and increases strength as well as calms the mind. People who practice yoga once in a week, they experience less stress, low blood pressure, better sleep and yoga not just good for mental health it also for muscular skeletal issues, specially lower back pain, even help release asthma.

Yoga and yogasan as cannot be considered limited to only a few physical states. It is said that the number of asan as of yoga is innumerable and on this earth as many creatures or animals as water, land and amphibians and as many types of yogasan as have been considered as their shape. Yoga teaches us the way of sitting, pranayama and meditation combined. One who practices regularly receives innumerable benefits, such as mental strength, physical strength, protection of the body from wear and tear, purification of the body. With the changing lifestyle, people also undergo many changes. Which has a direct effect on our health and in such a situation the big problem of every other person is increasing weight. However, the solution to this problem is possible only when you give yourself some time by putting a complete stop on the hasty lifestyle and yoga will help you completely in reducing weight. A few minutes of yoga throughout the day relieves the

worries of the day. Yogasanas, pranayama and meditation are effective ways to relive stress. Yoga frees the body from stress and harmful substances. If you feel exhausted at the end of the day, a few minutes of yoga every day keeps you fresh and energized throughout the day. Ten minutes of meditation keeps you refreshed and energized no matter how busy the day is.

We have seen that what are the new trends in the world of yoga, before you include any of these in your routine; it is important to keep a few things in mind. To adopt different types of yoga, it is very important to have a strong foundation in traditional yoga. We should not stop practicing the traditional form of yoga and newcomers should start with the traditional style. Only after you have strengthened your grip on traditional techniques, rugs and alignments, you can start with experimental forms. Most new forms require more strength, stamina and agility, so it's important to know basic yoga postures before trying any more difficult forms. If these are not done with full vigilance and intelligence, then its consequences can be dire.

Conclusion :

On the basis of the changes that are being brought by making more amendments in yoga, we can say that a new path is being provided to the generation coming through yoga, so that good health and balanced society is being tried. is going. All the people should make their life healthy by determining the place of yoga in their life. So that a beautiful environment and beautiful lifestyle can be provided to the coming generation.

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Significant Impact of Social Media On Sports

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Abstract :

Sports and media have each a worldwide and a neighborhood operation. They are sure to paintings together. The fee of game to the businesses has elevated very a great deal and businesses are making an investment loads in the game. The businesses increase from time to time, the unique troubles reffing to sports activities and this is useful to the sports activities. The media has motivated the game very a great deal and it's been additionally established through the sports activities our bodies and athletes. Sports media has promoted the values related to capitalism, nationalism and racism. The media has additionally promoted the viewers, dramatization and personalization.

Introduction :

Sport (or sports activities) in all sorts of generally aggressive bodily hobby which, thru in formal or prepared participation, purpose to use, preserve or enhance bodily capacity and talent swilst supplying enjoyment to contributors and in a few cases, spectators both in groups or competing as people. Anyone can participate in sports activities. Sport is typically identified as sports that are primarily based totally in bodily athleticism or bodily dexterity. A range of aggressive, however non-bodily, sports declare popularity as thoughts sports activities. The International Olympic Committee (thru ARISF) acknowledges each chess and bridge as bonafide sports activities and Sport Accord, the global sports activities federation association, acknowledges5 non-bodilysports activities even though limits the quantity of thoughts video games which may be admitted as sports activities. Sports are generally ruled through a fixed

of regulations or customs, which serve to make certain honest competition. Winning may be decided through bodily occasions including scoring dreams or crossing a line first, or through the dedication of judges who're scoring factors of the carrying overall performance, which include goal or subjective measures including technical overall performance or creative impression. According to A.T. Kearney, a consultancy, the world wide carrying enterprise is really well worth upto \$ 620 billion as of 2013. Broadcasting is the distribution of audio and/.or video content material to a dispersed target target market thru any digital mass communications medium. The term 'broadcasting' derived from the technique of sowing seeds in a discipline through casting them widely approximately, turned into originated with inside the early days of radio to differentiate radio broadcasting from techniques the use of stressed transmission (as in telegraph and telephone) or that had been meant as character-to-character communication. Broadcasting is generally related to radio and TV. The receiving events may also

encompass the overall public or a tremendously small subset; the factor is that everyone with the best receiving generation can acquire the signal. The discipline of broadcasting consists of a extensive variety of practices including public radio, network radio and business radio, public TV and business. Transmission of radio and TV programed from a radio or TV station to domestic receivers is transmitted the use of a aggregate of satellite tv for pc and stressed transmission like cable tvalso are taken into consideration proclaims and do now no longer require a license. Transmissions of TV and radio

through virtual generation have more and more been known as broadcasting as nicely, although strictly talking that is incorrect. During the beyond years, we've visible as growing involvement of social media in sports activities. This developing call for stars to actively engage with their lovers in a steady waft has delivered new dilemmas in addition to new advertising advantages into sports activities control. Now sportsmen and lovers also are related thru social media channels including Twitter and Face-ee-e book all through the complete tournament. Instead, sports activities control groups should advantage from outlining suggestions through a social media approach, making sure that the gamers don't leak any recreation techniques or offend lovers in drunken tweets or reputé updates however that they actively engage with their lovers in a nice tone to sell each the participant and the team. A virtual media approach is more and more now no longer best an established a part of sports activities governing our bodies, golf equipment and gamers (events) interplay with the general public however a essential part. This article will have a take a observe the significance of interplay with against simply speak me at the general public. A range of events seem to have didn't harness the cap potential digit media gives however the ones who've understood its abietis are reaping the advantages in each financial and non-financial phrases.

The media involvement to the converting face of recreation Today media, in particular tv provide recreation introduced points of interest in phrases of finance from broadcasting expenses and publicity to advertisers, sponsors and a much wider target target market. So, sports activities groups are very eager to get concerned with media. To a few extent, media additionally has a few diploma manipulate over sports activities groups and sports activities

Dramatization :

A effective function of media recreation manufacturing is that of dramatization. The media units up tales trains across the carrying occasion and the people concerned. They paintings to script the

occasion if you want to excite. They offer pre-occasion dialogue and analysis. The viewer's urge for food is heightened. Suspense, battle and disagreement are emphasized if you want to the dramatic effect. The media declare to get their target target market as near as viable to the action. You can see all of the movements of the players. Cameras are actually even going into the converting rooms. This media creates heroes and villains with inside the sports activities.

The Media Sport Audience :

A essential query surrounding media recreation is the function performed through target target market. Are they informed approximately the media recreation product to which they exposed? Are they capable of make knowledge able picks approximately what they see, pay attention and read? But one point of view keeps that the target target market does now no longer work out unfastened desire. Their desires are meditated with inside the output from the media groups and the experts who paintings for them. The desire and know-how approximately sports activities frequently audiences depend upon what the media gives earlier than them. Thus, we see that media has captured the sports activities occasions and picks, know-how and all different information approximately players. On one hand, we sense handicapped approximately sports activities with out media.

Obviously, social media is one of the maximum critical gear for sports activities, the fanatics and the athletes. First of all, as we know, the populace of social media customers has improved dramatically during the last years. People can interact with inside the sports activities, observe their favorite athletes and teams, and get the maximum up to date sports activities contents instantaneously. Second, for sports activities agencies, the blessings of the use of social media is that it may assist sports activities agencies to construct relationships with the general public, to lessen their advertising fees and to growth in come etc. Organizations can use social media to sell two-manner conversations with the general public and

construct a network below their mission. Third, social media has been given appeal as a vital device for connecting with sports activities fanatics. For character sports activities fanatics, social media is a totally critical device for them to engage and percentage statistics with different individuals, to interact in two-manner verbal exchange with sports activities agencies. Finally, athletes can advantage from the use of social media to connect to their fanatics, to construct a private emblem and to sell themselves etc. Compared with the conventional media, the social media in recent times fees much less how ever in fluences extra effectively and extra consistently. Just one put up in step with day should make the athlete lively in his/her fanatics' sights, with the intention to convey corresponding financial benefits. Besides, the athlete himself/herself might also additionally experience extra even as sharing their sports activities applicable updates, with the intention to actually result in a sustainable development.

Conclusion :

Social media is converting the manner sports activities stars, golf equipment and fanatics are interacting with every different. From live-tweeting

games, growing snarky memes and cheerleading from the webosphere, spectators are not absolutely looking sport, and fanatics can regularly get news, insights and observation instantly from the source.

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Importance of ICT in Enhancing Sports Performance

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Now-a-days Information and Communication Technology [ICT] and sports science have brought tremendous revolution in sports. Since its entry into the field of sports it is shaping athletes, and sports training system. Modern Technology that is shaping the information world is the fusion of computers and telecommunications technologies. Computer process information and telecommunication technology disseminate information. Development of more powerful computers with new methods of information processing, computer network, and integrated communication system are of great relevance to the 21st century as these are basic and important information technologies responsible to bring drastic changes in our so called information society of tomorrow. At present the international and domestic sports competition organization and management are making use of recent trends in sports science and technology. Most of the countries participating in Olympic Games are making use of sports sciences and technology for training athletes and sports person. Technology and engineering are serious all-rounders in the sporting world. They make an impact everywhere, from goal-line technology to detailed analysis of performance data and the bio mechanics of how the body moves.

In the 21st century, the multimedia technology and network technology, as the core of information technology, develops beyond imagination, and plays an important role in all fields and sectors of society. The value of sports is very high and it is having very much influence worldwide to bring peace and friendship with each country. Because of the value of sports publicity has increased more it has spread very much fast to all over the world. Information Technology has become an important inter-disciplinary partner for sports, sports science includes the branches of Sports psychology,

Sports Statistics, Biochemistry, Sports Medicine, Kinesiology and Bio-mechanics etc Technology has become a decisive factor of economic growth; information has become the common trend of the development of world economy and society. The Olympic movement is one of the social movements on human society. The countries from all over the world gathering in one place during summer Olympic games for peaceful is the epitome of intersection of sports and communication. This fact underscores the importance of the Technology and media in Olympics.

ICT applications in the sports includes the use of computer image analysis technology, the image of three-dimensional animation, Sport psychology questionnaire to measure, computer-aided training athletes, sports training system and related data entry systems, decision support systems. A sports science introduces students to the various branches of science that relate to the relationship between exercise and the human body. Sports science can help the students to develop an understanding of physiology, psychology, neurophysiology, bio mechanics, biochemistry, psychophysiology, anatomy, bio kinetics, muscle mechanics and immunology, and by being exposed to these various disciplines sports science students have a wide foundation of knowledge to help them decide which career path would be best suited for them. Thus the future prospects of sports science and technology are bright.

This study will explain the modern technology applications in sports sciences for enhancing sports performance and also explain its future prospects, so as to improve the sports person quality and promote the cause of technology enabled sports

Role of Sports Technology in Enhancing Sport Performance :

Sports science is an amalgamation of several different disciplines and focuses primarily on the scientific principles behind exercise performance. The study of sports science traditionally incorporates areas of physiology (exercise physiology), psychology (sport psychology), anatomy, bio mechanics, biochemistry and bio kinetics.

The main focus of sport science is the relationship between exercise and human body, at a cellular level and with regard to the impact on the body as a whole. Unsurprisingly the most common destination for sports science graduates is the sports performance industry, as the competition to achieve new records in different sporting disciplines continues to intensify. In recent years, sports science has rapidly become a very popular and new research into the human body's reaction to exercise and other impetuses is changing the way that sports people train and condition themselves. Sports scientists and performance consultants are growing in demand and employment numbers, with the ever-increasing focus within the sporting world on achieving the best results possible. Through the study of science and sport, researchers have developed a greater understanding on how the human body reacts to exercise, training, different environments and many other stimuli

Coaches have drilled better form into athletes for decades, but new technology is giving them a whole new perspective on what exactly to focus on. In the past, a coach could film or watch an athlete to spot errors and problems in form. Now newer three-dimensional motion capture technology can do far more. Between three dimensional modeling and biometric feedback on things like heart and respiratory rate, an expert can see far more about what's happening with an athlete's body. We're able to tell exactly how the athlete is moving in real time. Having a system where you can get real-time data, provide it back to that person and one can remind the person that he is pushing off with his right leg more than his left leg.

Application of ICT in Sports :

Organization and control of track layout

Sports stadium access control system installed

smart ticketing and ticket control system, playing an important role in the maintenance of security and the smooth progress of events. While the application of information technology systems such as Command and Control System and related sports scheduling software can be more reasonable can plan events better and ensure security and accuracy.

Data processing with a computer mass storage :

Computers storage can be used to store data related to athletes' which includes online registration, information collected automatically competition results, and performance integrated treatment.

High-speed photography and video combined with computer technology :

Radio and television broadcast events broadcast digital photography and can reproduce the wonderful scene to the audience, and send around the world.

Competition intelligent equipment :

For the first time in 1912 Olympic Games, fifth track electronic timer was used.. Athletics, basketball and other programs are using electronic scoring, high jump, long jump, fencing, sensors and other smart devices project also record results with Inductive devices. The application of intelligent instruments and equipment not only provides a fair and just environment for the sports events, but also makes the events more ornamental.

Cameras :

Video cameras can provide footage of experienced performers in action and can be used to inspire, to demonstrate correct techniques and to develop pupils' understanding and knowledge of the subject.

Motion Analysis Software :

The use of motion analysis software within sports is becoming a more mainstream means of evaluating athlete performance and enhance learning.

Film Editing in PE :

Video footage taken in sport activity can be edited and used at the beginning of the following sport activity to highlight the achievements of sportsmen but also to identify common faults. This enables trainers

and athlete to study individual and team performance across a range of activities.

Games consoles :

Games consoles are being used in schools to encourage disaffected pupils in order to increase fitness levels. Some coaching centres are using the consoles to simulate actions of certain activities to improve pupils' behaviour and teamwork skills through tennis, baseball, snow boarding and skiing.

Nintendo Wii Fit :

The Wii Fit is a video game that has focuses on exercise which involves an individual using a Wii balance board. The board is a wireless accessory and contains multiple pressure sensors used to measure an individual's centre of balance. This can be applied to activity games such as skiing.

Dance mat systems :

This interactive range of equipment is designed to improve fitness through a large video screen and the latest hi-tech sound equipment. This system tests both mental and physical activity through the many games and music to choose from and offers unlimited hours of physical activity.

Pedometers :

The Fit Linxx Acti Ped is a next generation pedometer that clips to a shoe and records the wearer's walking, running or jumping as well as measures the distance travelled, calories burnt and total time of active minutes. This data can be stored and sent wirelessly and securely to an ActiPed account for the wearer to view their achievement and compare with their peer group.

Archos :

Archos is an MP4 mass storage unit that has the capability of accessing the web, transmitting video, still images and music through an external source such as a speaker system or interactive whiteboard.

Conclusion :

ICT based training methods have brought revolution to sports training. The revolution can be easily observed and recognized in modern training programs, training strategies, assessment strategies and in the way of relationship between trainer and

trainees. Use of ICT makes it possible to bring the science of sports to the ground and is helping to connect physical activities with mental activities. ICT is not only helping the sports persons in practical field, but also help to educate them in theoretical works. It is found as one of the most effective ways for overall development of sports person. ICT helps the trainers to easily collect and store training related data. Players can easily access their database and can see their progress report. Based on the stored and recorded data, prediction and hypothesis can be formulated relating to performance of that sports person. Using ICT players can get live feedback of their performance on the ground itself. They can analyze their performance using available software and applications and appropriate remedial can be taken for wrong technique or tactics. There are many advantages of using ICT in the field of sports training but the primary advantage remains the general improvement in performance and it can only be achieved by applying ICT in an innovative way.

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Role of Sports In The Multidimensional Development of Children And Youth

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Abstract :

Physical activities keeps you fit physically, mentally and build your confidence levels which results in the development of multidimensional personality. Practically speaking sports is not the waste of time. Physical activity is plays an important role in shaping human personality in maintaining sound body and mind in facilitating peace and brotherhood is a much accepted argument. Despite the broad acceptance of the utility of sports, little is translated into actual promotion and participation in sports by general public. Sports have a positive spin off on the vibrancy of a nation. It is a powerful media to educate the youth on the right lines giving proper paths to their potentials. It provides a platform for nourishing a spirit of national integration, transcending the boundaries of language, tradition and region of the country. The participation in sports and physical education activities is important to maintain good health, as well as high degree of physical fitness increases an individual's productivity. It promotes social harmony and discipline.

Keywords : Physical, mental, social growth, sports, physical education

Introduction :

Sports is an essential part and parcel of educational planning. Various countries have adapted to the requirements and needs of different ages from preschool years to the University. Sports should be accepted as a way of life by people of all ages. The role of sports for the development of personality and for promoting of peace and mutual understanding among nations should be realized. Sports form an important aspect of life for they play a vital role in bringing about physical, mental and social growth of a nation. The past

few years have witnessed many an innovation and advancement in this area. Sports are becoming increasingly sophisticated, technical and regaining popularity as a separate profession. With the expansion of educational facilities in the country more and more young people are taking sports as a daily feature of their life.

The participation in sports and physical education activities enhances good health and high degree of physical fitness increases an individual's productivity as well as confidence. It promotes social harmony and discipline. It is the need of every citizen irrespective of age and sex to participate in and enjoy games, sports and recreational activities. It is the duty of central and state governments, therefore, to accord to sports and physical education a very high priority in the process of all round development. They should promote and develop not only traditional and modern games and sports, but also yoga by providing the necessary facilities and infrastructure on a large scale and by inculcating sports consciousness among the masses. By regularly participating in sports and physical education activities the nation is made healthy, fit and strong. A fit nation is an asset and weak nation a liability.

Why is sport important and engaging for youth?

As a child's or youth's body develop they are intensely engaged in this process, and they need to be physically active in order to develop properly and in fullest manner. Health is the absence of illness, fitness on the other hand, is the presence of physical capability, and the fitter youth are the more capable than the rest. Both general and physical as well as sport specific fitness are essential to proper development: children and youth need to develop their stamina (aerobic capacity), their flexibility, their agility, timing and coordination of

gross and fine motor skills, and their speed and their strength. Participation in multiple sports and cross training is essential to their full physical development.

Fitness is not just about physical capabilities : there is a enormous amount of research which supports the importance of fitness, regular physical activity in sport for cognitive and social development. Children and youth who are physically active and engaged in sport develop a fuller sense of self and increased self-confidence.

Challenge is also very important for children and youth : sport gives children and youth the opportunity to challenge themselves in a contained environment. Sport creates a pathway to and through challenge the challenge is magnetic.

Part of the process of self : awareness and self-identification is dreaming of whom to be this is a natural/youthful use of one's imagination it is part of the focusing of one's life. Sport figures very strongly in this process for youth sport lets, actually encourages, kids to dream big and chase their dreams in a consuming way. For us as parents and coaches we see the value of sport in preparing our children for life after sport for children and youth they are their sport – the importance for them is now. And this is when their physicality is there for them performance sport is youth in action. Engaging it simultaneously involves action in the physical, cognitive, effective and social domains very few other activities open to children and youth are so engaging

This is the role of rules in sport : to contain the environment and define the activity within the environment or field of play. Elite athletes know that preparing and playing to win is what is important not the winning but rather the preparing and playing to win. The endeavors put into winning is what is important. This is what referred to as process victories vs outcome victories these are individual athlete defined and centered.

The Benefits of Sport :

- Fitness established in youth sets the stage for lifelong benefits
- Sport creates Body Awareness vs Body Image – function vs fashion

- Excitement of movement – kinesthetic reward
- Multi Dimension Learning – Experiential Learning & Abstract Learning
- Process Reward vs Outcome Reward – How we work is as important as what it achieves
- Challenge and the means to meet it
- Shared Experience – family, friends & strangers – common ground
- Success – self measured – transference of achievement

Acquiring Athletic Success :

The elements of a successful performance sports (ski) program are:

- (1) **Planning and commitment-** Planning and commitment to the plan establishing a doable YTP (Yearly Training Plan) for each athlete/team with specific requirements and goals based on:
- (2) **Fitness** – the basis of athleticism is fitness and the basis of all sport is athleticism – to paraphrase an old truism it is “success of the fittest”, to this end an off season and in season fitness training program are crucial a program which in the off season builds fitness and during the season maintains;
- (3) **Time on Task** under the guidance of experienced coaches learning new skills and having time to practice to mastery is essential the rule of 10,000 applies Free ski 10 days each for Slalom and GS X 5 years = mastery.
- (4) **Technical skill mastery** established in free skiing and transferred to race environments – skiing is an open ended sport and conditions are never the same run to run or day to day;
- (5) **Opportunity to ski variable terrain** – most importantly access to the steeps learning to control and use the forces that increased pitch produce.
- (6) **Event specific training** on variable terrain and conditions;
- (7) **Train to Race volume** – the train to race ratio during the competition period should be a minimum of 2:1, therefore, a 16 race season should be supported by 32 days of specific race training = 48 day competition season;

- (8) Individually appropriate competition calendar – races selected for challenge and probability of success;
- (9) Ongoing athlete/team assessments and goal evaluations.

We have the capability of successfully designing and delivering a program which meets each and all of these elemental requirements. To do so we will have to travel to train on the steps, that is critical to the technical mastery and event specific training. This can be accomplished by running spring, summer, pre-season on-snow camps and by extending our regular program to other venues in Ontario and Quebec. We can also consider mid-season training camps (extended long weekends) when the schedule permits to venues like Lake Placid or Mont St Marie there are numerous possibilities when there is commitment.

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Impact of Meditation Level to Enhance Performance Level in Archery

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Performance in sports is a result of physical, physiological and psychological training, although other factors, such as equipment and environment, may effect the performance. Training of sports generally begins with physical or bio mechanical factors. It covers basic posture, body movements, and motions. Second stage of training covers physiological factor, including endurance, power and fatigue control methods. Coaches are mainly involved in the physical and physiological training.

It is well known that high performance athletes have strong mentality in addition to their pertinent skills and physiological capabilities, (Becnckel), Car (r2). This strong mentality is associated with motivation, mental concentration on the game, stress and anxiety management, self confidence and emotion control. Although mental strength is an essential factor for elite athletes, there are few training methods for developing it. Instead, there are many general guidelines. Coaches are generally not involved in mental training. Mental training is considered what athletes should do by themselves or what shall be included in physical and physiological training. It is hard to develop a mental training method for a sport since mental state is invisible, different in individuals, subjective and difficult to evaluate in training result.

It is known that static sports like shooting and archery require high levels of mental concentration. However, many dynamic sports including baseball, golf, tennis, boxing and weight lifting also require mental concentration. Coaches tell athletes to be exclusively concentrated on the game, to have confidence, and not to worry about others. Athletes try to meet those goals. In many cases, however, athletes and even coaches do not know exactly what mental concentration is or how high the mental concentration

should be increased.

There are some indices to evaluate mental concentration levels. Psycho-physiological measurements may be the best approach to evaluate mental concentration levels at the training site. However, psycho-physiological measures are complicated, require sophisticated equipment, and require time to analyze the data. Most of all, the psycho-physiological measures are vulnerable to noises. It is difficult to bring out the complicated equipment to the field and control the various noise sources. There are large gaps between experimental results in laboratories and real situations in the field.

In order to develop a mental training method and to provide training programs for each athlete, it is essential to understand the mental state of the athlete during competitions. Portable or wearable systems which can be used during training or competitions would be of great use. In addition, test results should be provided to athletes and coaches in near real time. The study is to investigate an archer's capability of mental control during the shooting process using a wearable electroencephalograph (EEG) system with attention and meditation algorithms at the archery field. In addition, it is to provide biofeedback to the archers for helping them to control their attention and reaction during the shooting.

Attention in Archery and EEG :

Archery is a sport which propels arrows with a bow to the target. Historically, archery was used for hunting and combat. Now it has become a recreational activity and a sport. There are different types of archery, depending on the bows and game rules. Among them, target archery is the most popular worldwide, although field archery is also popular in

Europe and America. The recurve bow is the only bow permitted in the Olympics. Therefore, when we talk about archery as a sport, this shall mean target archery with a modern recurve bow.

Many skills are needed to propel arrows to the target with a bow. The shooting process is the corporation of the archery skill. It starts from 'set up' and goes through 'drawing', 'anchoring', 'loading', 'aiming and expansion', 'release' and finally ends at 'follow through' (Lee and de Bondt). In this process, well tuned muscle contraction, breathing control, visual aiming, and mental concentration are required. Mental concentration accompanied by visual forcing plays an especially key role in performance.

There are many types of attention. Among them, archery associates with visual attention, mental attention, and selective attention. Visual attention and mental attention are involved in the normal shooting process. In competitions, since there are many noises, tensions and anxiety, selective attention in shooting becomes important. During the shooting process, mental attention may be involved first, but visual attention will play a major role at the later training should consider this transition of attentions.

Many efforts have been made to understand mental and emotional states using human brain waves. Generally, alpha waves (8 ~ 12 Hz) correlate with relaxation or rest state, which beta waves (13 ~ 30 Hz) correlate with mental concentration and active thinking. Theta waves (4~7Hz) relate to deep sleep (Vernon et al.5). However, human brain waves generally include all of these waves and vary dynamically. Composition of frequency bands change depending on mental and emotional states and the locations of the electrodes. Attention and meditation algorithms which were developed with these brain wave components (NeuroSky, Inc. U.S.A.) were known to useful to monitor mental attentions algorithm represents overall mental and visual attentions. It is sensitive to mental attention and visual focusing. The meditation algorithm shows sensitivity to eye open and close, and mental relaxation. With these algorithms, hypotheses were made;

1) When an archer focuses on the target with mental concentration, attention level will be high;

2) When an archer maintains a comfortable and calm feeling, meditation level will be high.

3) If an archer performs the shooting process with comfortable concentration, both attention and meditation levels will be high.

In normal situation, with voluntary effort, when the attention level increases, the meditation level decreases.

When an archer sets up the shooting process, he/she should be clear minded and may only look at the tip of the arrow. As the archer performs drawing, anchoring, loading and aiming and expansion, his/her visual focus needs to move from the tip arrow to the target through the sight pin. The requires a high level of visual attention. Simultaneously, the archer should concentrate only on the shooting process and should not lose concentration by external noise and internal thought distractions like anxiety. In this study, meditation is defined as 'think nothing' expect shooting. If an archer concentrates on the shooting process with visual and mental attention, and does not think about external noise, anxiety for score or other thing, his/her meditation level is expected to be high.

Discussion & Conclusion :

Archery has been known as a mental sport, which requires high levels of attention. In competitions, archers should repeat shooting for a long time, and every shot requires high attention. For good performance, i.e. high score, stable position and posture, consistent movement, and precise shooting skills are also required. These physical and physiological factors can be effectively trained with experienced coaches. Many bio mechanical apparatus can provide precise information on the posture, body movements, and other skills of shooting. Still there are many factors that affect an archer's performance. External factors include wind, noise and other environmental conditions, physiological health and muscle fatigue. Eventually, these factors affect mental attention and feeling of comfort. Mental attention is highly correlated with visual attention or focusing. If an archer concentrates only on the shooting with focusing on the target, he/she may not give any attention to external and even internal noises. He/she many feel comfort in body and mind and have confidence in

his/her shooting. This state can be defined as attention with comfort and aids archers to shoot consistently.

Elite archers increased both attention and meditation during the shooting process. (Type I variation). Their attention and meditation levels reached the highest value at the moment of release. It means that they could concentrate on the shooting process with a comfortable feeling, and release the arrow without hesitation or anxiety. If they thought something, such as unstable aiming, noise from audiences, or other anchors, their attention and meditation levels decreased. Sometimes, even elite archers showed increasing attention and meditation level. This happened especially in long distance shooting, which is more difficult for aiming and focusing on the target. Many archers did not realize their attention level was decreased by the short 'thought' of other things except shooting (Manoilov). Shooting training with biofeedback will be helpful for the archers to be aware of this change and to control their attention and relaxation skills.

Mid-level archers showed increasing attention and decreasing meditation level (Type II variation) during the shooting process. It means they could concentrate on the shooting with visual and mental attention, while they were still thinking something or wondering about the shooting. They might not be comfortable or confident to their shooting process. When they were asked not to worry about the score but to only concentrate on the shooting process and release like flow, they showed Type I variation in attention and meditation. As to evaluate attention and relaxations levels of archers in shooting process. The integrated information from the raw EEG signals and variations of attention and meditation levels provided useful feedback and training paths to archers. The archers and coaching team reported on this EEG biofeedback "will not only help us but also athletes to reach their highest potential." (US Archery Association)

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Career In Sports Management: Managing Sports In Present Era

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Abstract :

Management in sports activities affords sports activities maturation, not unusual place layout operations in the game areas, the technique of imposing human useful resource improvement policies, and identifying to put into effect the maximum suitable solution. Sports authorities and trade, is one of the maximum significant. Marketing retailers in sports activities nowadays aren't best sure in discussions, exposure, and underwriting, however additionally gift many assistance. Some guiding components for success and aggressive gain each in authorities, trade and sports activities; and generally felicitous, having and governing facts. Sports control as an unstructured talent for the revel in of proficient managers from athletes, groups that emerge with the advent of expert sports activities agencies. Sports control is associated with the improvement of the professionalization of bodily workout. Sports sports may be grouped into 3 essential elements, specifically: instructional sports activities, leisure sports activities and success sports activities. The above paper discuss about management in sports.

Introduction :

Sports control is the technological know-how and revel in for all mankind, of their performances, career or society that contain the output, stimulation, exposure or class of any bodily workout related to an hobby or product. Sports institutional control includes private sports activities control, applications, marketing, facts, infrastructure advice, and human sources. Sports control has pretty particular elements. These elements are sports

activities marketing, the monetary shape of a sports activities company, the profession course of the sports activities enterprise, and game as a social group. The new twenty first century control paradigm that locations sports activities as an enterprise or enterprise may be divided into some of elements, specifically: sports activities because the enjoyment enterprise, sports activities as a carrier enterprise and sports activities as a motive force for the improvement of the products enterprise. Approaches to defining the character and area of the sports activities enterprise are through making commercial fashions that display the interrelationships among segments / elements of the sports activities craft.

Sports activities control is ready making use of game control concept with inside the career. twenty first century sports activities control develops the logo identification of every sponsor to maximise earnings capacity thru strategic marketing. Sports control is the technological know-how and revel in for all mankind, of their performances, career or society that contain the output, stimulation, exposure or class of any bodily workout related to an hobby or product. Sports control directs an group that makes a speciality of aggressive sports activities. Clarification of the obligation of leaders in sports activities control will permit the research of patterns to uplift agencies the usage of present supplies. The leader has accomplished duty for converting cooperative relationships inside establishments as evidenced through the connection among all private beliefs. Management in this situation is widely covers all topics associated with sports activities. The scope

consists of sports activities clubs, sports activities organizers, area centers (building), sports activities device, helping centers which include inns / hotels, in addition to events concerned which include athletes, coaches, managers, or even spectators. Sports control is the technological know-how and revel in for all mankind, of their performances, career or society that contain the output, stimulation, exposure or class of any bodily workout related to an hobby or product. Sports control in a extensive experience is related to diverse varieties of sports activities related to careers. Sports control additionally has pretty particular elements.

Sports management withinside the twenty first century should be run seriously, due to the fact the improvement of era and technological know-how will reason a whole lot of competition. Sports on this century may be used as a promising enterprise or business, due to globalization that is characterised with the aid of using the unfastened market. Making recreation one of the industries of the destiny could be very promising, all of which rely on every individual. Can we put together it all to similarly support the placement of recreation as an business strength. The manner is with the aid of using growing human assets as executors withinside the field. The excellent and competence of human assets who manage sports activities should be empowered to guide the education and improvement of sports activities, each on the nearby and countrywide levels, each for fulfillment sports activities or for network sports activities.

Benefits of Sports Management :

Perfect profession for sports activities fans
What higher profession for a sports activities fanatic than to paintings as a sports activities control expert? The solution isn't any other. This is right for folks who are eager sports activities lovers and feature sizeable know-how of a sport. Sports fans will locate that this area will maintain them on their toes. They will study some thing new each day approximately their crew, how the crew is administered and the budget in the back of sponsorships and crew expenses. And in case you

are one of these humans who've extremely good occasion control abilities, you'll be capable of use the ones as well.

A huge sort of profession possibilities :

Sports control isn't pretty much coping with a crew or being the sports activities agent for a crew. The sports activities control area encompasses a lot extra than that. You should manage advertising for a sports activities crew, or manage advertising for the company sponsor of a sports activities crew. You may be running in an NGO that works with sports activities groups to assist the much less fortunate. If you've got an inherent ability for writing, then you could be a sports activities journalist. As a Sports Management graduate, you may have the abilities to prepare activities and host activities for sports activities groups, or even be a supervisor for a sports activities crew. With the proper aggregate of know-how, you could be in Media & Advertising, coping with the PR for any crew. There are such a lot of distinctive branches inside sports activities control that you could pick among several. You have the choice to paintings for sports activities advertising firms, expert groups, schools, universities etc. This application has additionally tied up with eminent names like Chennai Super Kings, Indian National Football Team, Bengaluru FC, Kerala Blasters FC to call some.

Join a developing enterprise :

The sports activities control enterprise in India is developing swiftly. More sports activities are developing leagues and groups which are bringing in extra sports activities lovers, extra sponsorships, extra gamers and therefore, extra lovers. A sports activities supervisor in India presently has the ability to paintings in an enterprise pegged at being really well worth approximately INR 50 billion some years in the past and has seeing that then, persevered to develop swiftly. This offers you the danger to develop and boost for your profession as extra possibilities will open up while the enterprise expands.

Sports enterprise will separate you from the competition

The sports activities enterprise is pretty distinctive from some other enterprise. It offers you get entry to behind the curtain to a sports activities crew and the way the complete unit operates. You can be amazed to recognize how big the crew that works to control a crew is! Sports is set attaining out to an audience, connecting with lovers and is likewise approximately sportsmanship and entertainment. Working on this area will set you aside from our peers.

Good incomes ability :

As we mentioned, the sports activities control enterprise in India is swiftly expanding. We are at a factor in which there are such a lot of employment possibilities that a Sports Management graduate will definitely locate sports activities jobs to be able to assist them acquire success. The economic valuation fo the sports activities enterprise is pretty excessive and running on this enterprise method you're in a career which gives outstanding incomes ability.

How to pursue a profession in sports activities control?

A lot of schools everywhere in the global provide distinctive forms of Sports Management courses. Therefore, the primary issue to do is to search for packages in schools and recognize their requirements. Find out if it's far a bachelor's or a master's course, and in case you want to present any unique front tests earlier than making use of for the application. You need to create a brief listing of schools that provide the diploma you need after which paintings your manner as much as applications, essays, interviews, and the complete admission process. Postgraduate Diploma in Sports Management is every other choice a pupil can pursue.

Conclusion :

Before deciding on to observe Sports Management, it's miles vital to realize what this discipline is and what it entails. Sports Management is a discipline that mixes control capabilities with HR capabilities in a company setting. A appropriate crew wishes to exercise to carry out well, however it additionally wishes a well-oiled assisting gadget in the back of it to attend to the whole thing off the sphere. This is in which a sports activities supervisor will become the important thing person. This diploma teaches you the enterprise a part of sports activities, which maximum sports activities lovers don't think about whilst thinking about one-of-a-kind profession options. Students take quite a few instructions that span the sphere of control, marketing, HR and entrepreneurship. Compared to different fields, sports activities control is highly new and is constantly evolving, as an increasing number of sports activities shape leagues, groups and benefit sponsorship from huge call brands.

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Role of Social Media In Sporting Events And Activities: Development of Sports On Digital Platform

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Abstract :

Sport (or sports activities) in all sorts of generally aggressive bodily hobby which, thru informal or prepared participation, purpose to use, preserve or enhance bodily capacity and talents whilst supplying enjoyment to contributors and in a few cases, spectators both in groups or competing as people. Anyone can participate in sports activities. Sport is typically identified as sports that are primarily based totally in bodily athleticism or bodily dexterity. A range of aggressive, however non-bodily, sports declare popularity as thoughts sports activities. The International Olympic Committee (thru ARISF) acknowledges each chess and bridge as bonafide sports activities and Sport Accord, the global sports activities federation association, acknowledges 5 non-bodily sports activities even though limits the quantity of thoughts video games which may be admitted as sports activities. Above paper discuss about the role of social media in sports.

media has additionally promoted the viewers, dramatization and personalization.

The Media Sport Audience :

Essential query surrounding media recreation is the function performed through target target market. Are they informed approximately the media recreation product to which they exposed? Are they capable of make knowledge able picks approximately what they see, pay attention and read? But one point of view keeps that the target target market does now no longer work out unfastened desire. Their desires are meditated within side the output from the media groups and the experts who paintings for them. The desire and know-how approximately sports activities frequently audiences depend upon what the media gives earlier than them. Thus, we see that media has captured the sports activities occasions and picks, know-how and all different information approximately players. On one hand, we sense handicapped approximately sports activities with out media.

Introduction :

Sports and media have each a worldwide and a neighborhood operation. They are sure to paintings together. The fee of game to the businesses has elevated very a great deal and businesses are making an investment loads in the game. The businesses increase from time to time, the unique troubles referring to sports activities and this is useful to the sports activities. The media has motivated the game very a great deal and it's been additionally established through the sports activities our bodies and athletes. Sports media has promoted the values related to capitalism, nationalism and racism. The

Obviously, social media is one of the maximum critical gear for sports activities, the fanatics and the athletes. First of all, as we know, the populace of social media customers has improved dramatically during the last years. People can interact with inside the sports activities, observe their favorite athletes and teams, and get the maximum up to date sports activities contents instantaneously. Second, for sports activities agencies, the blessings of the use of social media is that it may assist sports activities agencies to construct relationships with the general public, to lessen their advertising fees and to growth income

etc. Organizations can use social media to sell two-manner conversations with the general public and construct a network below their mission. Third, social media has been given appeal as a vital device for connecting with sports activities fanatics. For character sports activities fanatics, social media is a totally critical device for them to engage and percentage statistics with different individuals, to interact in two-manner verbal exchange with sports activities agencies. Finally, athletes can advantage from the use of social media to connect to their fanatics, to construct a private emblem and to sell themselves etc. Compared with the conventional media, the social media in recent times fees much less however influence extra effectively and extra consistently. Just one put upon step with day should make the athlete lively in his/her fanatics' sights, with the intention to convey corresponding financial benefits. Besides, the athlete himself/herself might also additionally experience extra even as sharing their sports activities applicable updates, with the intention to actually result in a sustainable development.

Benefits of Social Media for Sports Organizations Social media affords groups with new avenues for dispensing statistics approximately the company and its athletes and fanatics. Other advantages of social media in sports activities encompass the possibility to interact with fanatical once and in actual time as video games are played, and to attain new audiences across the world, as The Sport Digest explains. In addition to constructing relationships with fanatics, social media can assist sports activities groups improve income at the same time also being advertising and marketing fees. By getting into two-manner conversations with fanatics, groups can construct their manufacturers on an character degree in a manner that no different medium can match. The achievement of a sports activities crew's social media campaigns relies upon on offering compelling content material that connects with fanatics and the general public in general. Forbes highlights the social media method that the NBA has followed that has rallied fanatics round latest NBA champions, along with the Toronto Raptors and Golden State Warriors. social media

posts that sell groups, players, and activities are the primary attention of maximum campaigns that expert and novice athletic groups plan. For example, groups can spur hobby in upcoming video games via way of means of highlighting latest crew and participant overall performance and reading how the crew its up with its subsequent opponent. Still images, videos, and portraits capture and preserve a social media audience's interest faster than maximum text-simplest posts, so sports activities groups regularly proportion motion photo graphs and video highlights of new video games to reinforce hobby with inside the crew and its players, in addition to upcoming activities. Sharing high quality information media insurance of the crew through social media is an inexpensive, particularly powerful manner to elevate attention of its accomplishments and excite fanatics approximately its prospects.

The growing of cellular Tele cell smart phone customers and social media has modified the manner we study range matters in today's society, along with our engagement in sports activities. There are many extraordinary social media systems like Face book, Twitter, Instagram and YouTube etc.; human beings can use those social media gear genuinely with ease of their each day lives. Social media has end upon critical device for dispensing contents and attracting new readers, in addition to developing greater participation. The social media gear have impacted the sports activities from many extraordinary ways, which include communications and sports activities advertising and marketing. Obviously, social media is one of the maximum critical gear for sports activities, the fanatics and the athletes. First of all, as we know, the populace of social media customers has accelerated dramatically during the last years. People can interact with inside the sports activities, comply with their favored athletes and groups, and get the maximum up to davenports activities contents instantaneously. Second, for sports activities groups, the blessings of the usage of social media is that it is able to assist sports activities groups to construct relationships with the general public, to lessen their advertising and marketing fees and to growth income etc. Organizations can use

social media to sell two-manner conversations with the general public and construct a network beneath neath their mission. Third, social media has were given enchantment as an crucial device for connecting with sports activities fanatics. For character sports activities fanatics, social media is a totally critical device for them to engage and proportion statistics with different individuals, to interact in two-mannerconversation with sports activities groups. Finally, athletes can advantage from the usage of social media to connect to their fanatics, to construct a non-publiclogo and to sell themselves etc. Compared with the conventional media, the social media these days fees much less however influences greater efficaciously and greater consistently. Just one submit consistent with day may want to make the athlete energetic in his/her fanatics' sights, that allows you to deliver corresponding monetary advantages. Besides, the athlete himself/herself may also revel in greater at the same time as sharing their sports activities applicable updates, that allows you to honestly result in a sustainable development.

Conclusion :

Social media is converting the manner sports activities stars, golf equipment and fanatics are

interacting with every different. From live-tweeting games, growing snarky memes and cheerleading from the web oosphere, spectators are not absolutely looking sport, and fanatics can regularly get news, insights and observation instantly from the source.

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Significant Role of ICT In Physical Education And Sports

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Abstract :

Information and communications generation (ICT) describe the form of technological equipment and sources used to produce, distribute, save and control facts and knowledge (Majoka, Fazal, & Khan, 2013). In the cutting-edge era, those equipment have added revolutions to education and coaching methodologies of sports activities and bodily schooling. Rapid improvement in ICT have brought innovation and will increase the effectiveness of education application. Using those superior ICT equipment, overall performance stage keeps to develop and predicted stage of overall performance will increase to all time excessive (Harward, 2016). ICT improves accessibility and extend virtual surroundings to the sector of sports activities and bodily schooling (Adu & Olatundun, 2013). It now no longer handiest allow a consumer to earn knowledge, it additionally enables to attach and talk with the world. It brings adjustments and reforms to pedagogy of bodily schooling and sports activities (Culpan & Bruce, 2007). Therefore, with inside the modern have a look at the researcher intends to speak about approximately a number of the popularly used ICT equipment with inside the discipline of sports activities and bodily schooling.

adjustments may be seen in each a part of cutting-edge-day education and coaching in sports activities and bodily schooling. Now day's makes use of of ICT have substantial impact on education application training in addition to at the final results of the education application (Khan, Khan, & Khan, 2011). Modern generation like sensor primarily based totally wi-fi gadgets, excessive pace internet, progressive software, video sharing platform, social networking webweb sites had been especially contributing to the innovation in sports activities education in addition to to magnificence room coaching (S. & V., 2007). The without problems to be had technological gadgets make it less difficult for the instructor and coaches to layout and making plans progressive and powerful education applications alternatively it additionally enables the bodily educators to put together powerful and without problems comprehensible coaching lessons. The Rapid improvement in use of generation in sports activities have set the extent of overall performance at height. Using those superior technology and progressive trainings, overall performance stage keeps to develop exponentially with inside the discipline of sports activities and bodily schooling.

Introduction :

In the modern decade, generation supported education and coaching strategies have added revolutions to sports activities education and bodily schooling. The method gives progressive and cutting-edge manner to triumph over the standard boundaries and problems in conventional education and coaching strategies. The methodological

ICT equipment for sports activities and bodily schooling Now day's coaches and running shoes have many to be had technical alternatives to apply as ICT equipment. The majority of those equipment may be without problems accessed or included to education application. Here we can talk approximately usages of a number of the famous ICT equipment in cutting-edge day sports activities education and bodily schooling.

Field Based ICT Tools :

These are the type of ICT equipment which can be utilized in on ground/discipline situations. One of the primary discipline-primarily based totally ICT equipment is GPS primarily based totally monitoring gadgets. Study on GPS primarily based totally monitoring gadgets itself is a large chapter. Along with technological development precision of this type of gadgets has been improving. Now days the use of those gadgets facts may be without problems received and examine for overall performance improvement (Lynch & Borno, 2018). Dedicated sports activities precise GPS primarily based totally gadgets had been advanced to enhance and reveal the overall performance of the gamers (Fox, Scanlan, & Stanton, 2017). Most of the outside activities, like hiking, fishing, paragliding etc. depend upon precision navigation. Using those gadgets, a participant may be tracked regardless of on land or in water or in air. Long distance runners use those gadgets to navigate their routes. Swimmers use those gadgets in open water lengthy distance swimming competitions, in which there's a excessive hazard of having distracted from the real path. In group sports activities like soccer, rugby, kabaddi, hockey etc. more than one GPS gadgets are used to tune each group member for the duration of the complete education periods or maybe in fit situations. In each outside racing sport, GPS is a obligatory tool to be connected with the participant. It enables the officers to preserve tune of the gamers in addition to for the gamers, it enables to tune their path and progresses. Wearable sensor-primarily based totally gadgets are some other type of discipline-primarily based totally ICT tool. This type of gadgets are made of numerous varieties of sensors. Some of them are handiest precise and restrained to a unmarried sensor and a number of them are mixture of more than one sensors. Different sensors have one of a kind functions and in line with that they assist to gather facts. These sensor-primarily based totally gadgets may be without problems connected to human frame the use of a belt or a strip. Pedometers are such sensor-primarily based totally gadgets that can rely the quantity of steps you take. It also can discover your walking sample or the space you've got got

travelled. Heart fee video display units are some other such sensor-primarily based totally tool whose reason is to feel or discover coronary heart fee.

Use of video digital digicam is the quality technique to document overall performance of the gamers on the sector. The recorded video may be broadcasted stay or uploaded later on. The equal video also can be used for fit and overall performance analysis. Recent superior generation used excessive-tech video recorder to document any overall performance and might at once convert them to three-d facts the use of excessive stage software. In pinnacle stage competitions, the need of precision in officiating is of extreme importance. Various technology had been these days advanced to satisfy this requirement. In cricket warm spot generation is used to benefit facts and make specific decision. In soccer aim line generation is used to discover while the ball crosses the aim line. In sports activities like badminton and garden tennis, hawk-eye generation is used to make accurate decision.

Laboratory based ICT tools :

Laboratory primarily based totally ICT equipment can't be utilized in actual recreation or healthy situations. They must be installation completely is laboratory primarily based totally managed environment. Most of the sports activities studies device falls beneathneath this category. Pressure plate and pressure plate are exact instance of such type of ICT equipment. Wired EMG gadgets also are taken into consideration as laboratory-primarily based totally ICT gadgets. Some three-d evaluation kits also are immovable and as soon as they may be installation internal a laboratory, sports activities moves must be done beneathneath it's manipulate condition. Such type of gadgets which can be had to be installation in laboratory most effective, are referred to as as laboratory-primarily based totally ICT equipment.

Classroom primarily based totally ICT equipment Classroom primarily based totally ICT equipment for sports activities schooling or bodily training are just like the equipment utilized in actual

study room installation. Computer/computer projector is an essential device on this installation. Apart from it, diverse network primarily based totally social device like Google Classroom, Socrative, Khan Academy etc. also are a part of study room-primarily based totally ICT equipment. Various display screen sharing equipment like Skype, Team Viewer, Display Note etc. can percentage precisely similar to it presentations on one's display screen. Multiple customers from one-of-a-kind places can view one's display screen on the identical time and might research with out being gift physically.

Software and applications :

Software is ready of commands which tells the pc what to do as soon as instructed. There are diverse type of software program and programs to be had with inside the market. The usages of software program and programs in sports activities and bodily training can similarly be categorized in step with their done task. Most of the bio mechanical evaluation software program are incorporated with variety of video cameras. Some of this software program are guide in nature and a number of them are automatic. Three-dimensional biomechanical evaluation software program are a lot greater complex as compared to the two-dimensional evaluation software program.

Conclusion :

ICT primarily based totally schooling strategies have introduced revolution to sports activities schooling. The revolution may be without difficulty located and identified in present day schooling programs, schooling techniques, evaluation techniques and with inside the manner of courting among instructor and trainees. Use of ICT makes it viable to deliver the technological know-how of sports activities to the floor and is supporting to attach bodily sports with intellectual sports (50 Innovative Teaching Methods in Science, 2019). ICT isn't most effective supporting the sports activities folks in sensible subject, however additionally assist to teach them in theoretical works. It enables gamers to higher apprehend their

personal body (Playing, And Even Watching, Sports Improves Brain Function, 2008). ICT brings motivation and exuberance to sports activities person's thoughts and is supporting to transform the stupid and dull schooling classes into appealing and exciting one. It is discovered as one of the only approaches for standard improvement of sports activities person. ICT enables the running shoes to without difficulty accumulate and save schooling associated data. Players can without difficulty get entry to their database and might see their development report. Based at the saved and recorded data, prediction and speculation may be formulated referring to overall performance of that sports activities person (Lamsal & Choudhary, 2018). Using ICT gamers can get stay comments in their overall performance at the floor itself. They can examine their overall performance the use of to be had software program and programs and suitable remedial may be taken for incorrect approach or tactics. There are many blessings of the use of ICT with inside the subject of sports activities schooling however the number one benefit stays the overall development in overall performance and it may most effective be finished through making use of ICT in an revolutionary manner.

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Headship of Women in Sport Movement

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Abstract :

The Women in Sport Movement is transforming into an overall wonder; and appropriately so as women contain 1/2 of the overall populace. Change has been moderate, nonetheless, and bunches of long-status customs remain. Anyway we consider that there is breathtaking capacity for the fame quo to be tested with interruption, and change on the foundational level. Given the perceived gifts of real movement, exercise and entertainment on person's wellness, and especially the ensuring favors contrary to cardiovascular illness (CVD), such interference has the ability for significant affect on open wellness inside India. A US of America wherein the heap of CVD withinside the Indian subcontinent itself has been underemphasized, but can be one of the spaces with the absolute best weight of CVD inside side the world.

The women's entertainment scene is developing at a rapid charge all around the world, confirmed with the guide of utilizing the wide assortment of master women's classes which have arisen in most recent years and the development inside side the wide assortment of woman competitors contending universally. Supporting this plan has been a push from specialists, entertainment and various partners to motivate more women and women participate in amusement and fiery diversion. Studies show that women and women face a chose assortment of interest limits [, which may oblige their support. Such limits might be might be tended to through inclusion and programming mediation, in which commitment from specialists and diverse relevant partners exists.

Keywords : sport Movement, Organizational initiative and administration

Introduction :

Ladies do lead, they might be serious, and that they have an incredible arrangement to give the changing over face of amusement. However internationally young ladies keep on being underneath addressed as mentors, executives, and officials in any regard levels of rivalry. The male centric lifestyle of entertainment and the underestimation of young ladies in the game work environment withdraw young ladies feeling unsupported and disengaged. Ladies establish 49.5% of the overall people yet are managed as a minority association in diversion; nonetheless, this minority association will not remain or be hushed and are making themselves more prominent obvious. The popularity quo wants to be tested with interruption and expel on the fundamental stage required. The Indian Government and business partners have shown pastime inside side the young ladies' entertainment plan, from each a business and mass cooperation stance. However, mass diversion support among Indian young ladies and ladies stays limited and potential outcomes exist for blast and expel. With the end goal for expel to emerge inside side the young lady entertainment support scene, in India, investment limits and opportunities for blast, require revenue and activity. While a couple of nations have made advancement in propelling the young lady's entertainment plan, significant artistic creations stays all around the world, and in India explicitly.

Authoritative initiative and administration :

The inconveniences concerning the shortage of young ladies in administration positions are even additional central on the public authority and meeting room levels. In India, significantly less than 10% of

board members of countrywide game alliances are young ladies. Similarly as with all areas of young ladies in game, young ladies are put away out of the public authority stage in light of an instilled man centric society followed with the guide of utilizing defective legends. Current board members routinely enlist predetermination board members from inside their organization, which may be by and large extensively talking men, sustaining the shortage of sexual orientation fairness in administration. Moreover, a progression of legends exist encompassing young ladies in administration along with young ladies aren't fit, intrigued, or to be had for administration positions. Almost certain, young ladies haven't been inquired! Expanding the scope of young ladies in administration and administration positions can upgrade the administration of game enterprises through the incorporation of different perspectives and reports into dynamic strategies notwithstanding a presumably extra communitarian method to administration. Furthermore, the consideration of young ladies in administration positions sends the amazing sign that a venture esteems young ladies in game. Successful methods for developing the scope of young ladies in administration comprise of the utilization of portions, financing impetuses, and assignments panels.

Empowering mass cooperation :

The young ladies' diversion scene is advancing at a fast charge worldwide, confirmed with the guide of utilizing the assortment of master young ladies' classes which have arisen in most recent years and the expansion withinside the assortment of lady competitors contending globally. Supporting this timetable has been a push from specialists, diversion and various partners to motivate more prominent young ladies and ladies participate in entertainment and lively amusement. Studies show that young ladies and ladies face a specific assortment of support limits, which may likewise compel their cooperation. Such limits might be tended to through inclusion and programming intercession, wherein devotion from specialists and diverse applicable partners exists. The Indian Government and modern partners have demonstrated

leisure activity withinside the young ladies' entertainment plan, from each a mechanical and mass investment point of view. However, mass entertainment investment among Indian young ladies and ladies stays restricted and potential outcomes exist for increment and substitute. With the end goal for substitute to emerge withinside the lady diversion support display, in India, cooperation limits and opportunities for increment, require consideration and activity. While a couple of nations have made improvement in propelling the young ladies' diversion plan, significant artistic creations stays around the world, and in India explicitly.

Media inclusion :

Media protection for ladies' games exercises is strikingly significantly less than the protection for men's games exercises. Considerable exploration proposes that ladies' games exercises and young lady competitors advantage best a little part of sports exercises media protection around the world. Examination that has tried why that is the case exhorted this will be credited to 3 exact components that oversee sports exercises newswork: the male-administered sports exercises newsroom, instilled suppositions around readership, and the efficient, redundant nature of sports exercises data. In 1989, an investigate changed into played out that recorded and in correlation the amount of media protection of folks and ladies' games exercises on celebrated games exercises editorial shows. Michael Messenger and his group in 2010 broke down 3 distinctive fourteen day stretches with the guide of utilizing recording the amount of time that the recollections had been on air and the substance material of the recollections. Subsequent to recording sports exercises data and features, they composed a quantitative portrayal of what they saw and a subjective depiction of the amount of time that story got.

Difficulties and arrangements in India :

Preposterous 10 years, diversion as a venture in India has adjusted essentially. The advancing of amusement all through all ranges of society now not, at this point handiest empowers inclusivity, it furthermore

sets out business open doors . Be that as it may, notwithstanding a wide assortment of inclinations on this space, the extraordinary victories have routinely occurred disregarding the machine instead of because of the machine. In addition, there might be as yet a deficiency of a games exercises lifestyle with the goal that it will blessing its own requesting circumstances for those hoping to make propels on this space. The young ladies' diversion workshop fixated on an assortment of limits commonly referenced as confining young lady interest, outlined moderately through socio-natural ideas. Specifically, the association referenced inconveniences like concern of judgment, terrorizing, loss of abilities, helpless fearlessness or self-viability, limited investment choices and well-being contemplations. Workshop members, who addressed nation wide and realm amusement bodies, specialists and diverse related locales, referenced some of the particular limits that exist inside side the Indian setting. Specifically, they perceived the shortfall of a social standard round support for young ladies and young ladies, family needs which discernment on exploration and aiding the family, loss of foundation and programming focused on females, comparably to the more extensive affect of male governed in diversion and cultural societies. Members demonstrated that those requesting circumstances had been more noteworthy complicated in rustic districts than in urban communities. These perceptions reverberation some of the discoveries introduced , and feature appropriate locales requiring specialists intercession, withinside the setting of empowering young lady cooperation in diversion.

Conclusion :

Similar as various features of society, amusement gets designed through Victorian convictions that found young ladies in the home. Legitimate sorts of practicing for young ladies at some stage in the nineteenth century were non-enthusiastic

games that may be done in reasonable female attire.2,three During the twentieth century, amusement hardened its capacity as a hugely acclaimed state of diversion. Since the Twenties become a liberal time, young ladies won prospects to contend in entertainment on a lot more extensive scale. Investment opportunities for young ladies developed dramatically. We perceive that entertainment and instruction have the power to change over lives and to join networks. We are devoted to ensuring that we offer opportunities for young ladies to dominate in something field they chose and we perceive that entertainment gives young ladies prospects to lead. Together there are 4 colossal areas in which we can works of art on the whole cooperatively on this space, the use of diversion as an auto for advancement, selling wellbeing, upgrading instructional achievement and developing organization security. Deakin WISE desires to control social substitute and sell viable capacity designs to help all phases of young lady cooperation and commitment in amusement. We invite articulations of pastime to seek after this works of art cooperatively pushing ahead.

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Research In Physical Education & Sports

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Abstract :

The items of verbal motivation include psychological recognition a feeling of independence, honest appreciation, greater encouragement, social applause and approval a sympathetic attitude and a find reputation.

Verbal motivation has a great significant impact on the selected introvert personality traits of the basketball players. were anxiety, reliability, activeness, thoughtfulness and controlling.

After application of statistical test the results revealed that activeness reliability and thoughtfulness were significant at 0.01 level of probability whereas anxiety and controlling were non significant.

Keywords : Research Paper in Physical Education, Verbal motivation, Introvert

Introduction :

It is a well Know fact that success requires a great deal of patience and hard work. In order to achieve victory a sports person is required to practice and train every day. As such, they need to be suitably motivated lack of motivation may lad to lax in their fitness routine motivation is one of the most fascinating and important area in human psychology. Motivation has immense effect on learning. In the absence of motivation either there will be no learning or very little learning. Appropriate motivation level, how ever, does facilitate the release of energy in the process of learning. Verbal motivation may encourage aathete with a low motivation for success.

Methodology :

1) Selection of sample :

One hundred and twenty (120) boys and girls basketball players having urban and rural

background represented the competition under 19,17and 14 years of age been selected.

2) Verbal motivation :

Verbal motivational component include psychological recognition, a feeling of importance, a sense of independence, honest appreciation, greater encouragement, social applause and approval, sympathetic attitude and reputation.

3) Introver personality traits of the basketball players :

Anxiety, reliability, activeness, thoughtfulness and controlling were chosen as introvert personality traits of basketball players.

4) Test application :

Anxiety as a introvert personality, trait have been measured with the help of sports competition anxiety questionnaire. Similarly reliability, activeness, thoughtfulness and controlling have been measured with the support of well structured questionnaires.

5) Research design :

Survey method and experimental research designs have been used.

6) Application of statistical test :

Frequency, percentage, mean values before and after verbal motivation, standard deviation, t-test and level of significance as a statistical test have been applied.

Analysis and interpretation of data :

Effect of verbal motivation on the introvert personality traits i.e, anxiety, activeness, reliability, thoughtfulness and controlling have been presented in Table 1.

Table 1

Effect of verbal motivation to achieve introvert personality traits of Basketball Players.

Sr.No .	Introvert personality traits of basketball players	Mean		Standard deviation(S.D.)	t-value
		Before verbal motivation	After verbal motivation		
1	Anxiety	14.17	15.13	4.93	1.5 NS
2	Activeness	9.17	12.95	6.39	4.57**
3	Reliability	15.19	18.39	6.91	3.58**
4	Thoughtfulness	4.72	11.34	5.39	5.62**
5	Controlling	6.92	8.34	6.69	1.60 NS

NS: Non significant

Table 1 indicate the effect of verbal motivation to achieve introvert personality traits of basketball players. It has been depicted that before verbal motivation the mean values of anxiety, activeness, reliability, thoughtfulness and controlling were 14.17,9,1715.19,4.72 and 6.92 respectively.

The mean values of the similar introvert personality traits after verbal motivation were 15.13,12.95 18.39, 11.34 and 8.34.

The standard deviations for anxiety were (4.93), activeness (6.39), reliability (6.91), thoughtfulness (5.39) and controlling (6.69).

The calculated value for anxiety and controlling were 1.5 and 1.60 respectively which were non significant. The calculated t values for activeness4.57,reliability 3.58 and thoughtfulness 5.62 were significant at 0.1 level of probability.

Conclusion :

1) There is no effect of verbal motivation on anxiety

and controlling introvert Personality traits of basketball players.

2) Activeness, reliability and thought fullness as a introvert personality traits of basketball players has significant impact of verbal motivation should be integrate with training.

Recommendations :

To achieve significant impact on anxiety and controlling as a introvert personality of basketball players, verbal motivation Should be integrate with training.

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Current Trends In Physical Education And Sports

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Abstract :

The paper opinions the demanding situations confronted with the aid of using bodily schooling in India together with its low reputation and coffee precedence with inside the college time-table. It similarly is going on to signify adjustments in bodily schooling curriculum together with use of era of numerous paperwork and types to decorate college students' social, emotional, intellectual and bodily wellness. It makes hints to apply audio and video recording, YouTube, cell getting to know etc. for enhancing student-getting to know in bodily schooling.

Introduction :

The significance of bodily schooling has by no means been emphasized greater than it's miles today. It is extensively recognized that bodily schooling (PE) and sports activities is applicable and vital in growing an energetic and healthful way of life and the answer to growing weight problems quotes worldwide. Although in maximum countries, bodily schooling is a part of the college curriculum, classes aren't given, for that reason main to a discounted revel in of bodily pastime for kids and adolescents. The exercise of a bodily energetic way of life in mixture with healthful nutrition, however, desires to be commenced in early childhood. Therefore, making sure that each one kids interact in everyday bodily pastime is important, and the colleges are the most effective vicinity in which all kids may be reached. Quality Physical Education is the only and inclusive way of supplying all kids, anything their ability/disability, sex, age, cultural, race/ethnicity, non secular or social background,

with the skills, attitudes, values, expertise and expertise for lifelong participation in bodily pastime and recreation and is the most effective college issue whose number one cognizance is at the body, bodily pastime, bodily improvement and fitness. The gift have a look at will perceive the modern tendencies, problems and demanding situations in PE and sports activities primarily based totally on which destiny demanding situations can be addressed.

Challenges Faced by Physical Education in India:

Physical schooling is gave the impression to be a low precedence issue due to the fact to many humans it does now no longer make a contribution immediately or appreciably to a country's economy. This has given upward thrust to a scenario in which bodily schooling is sidelined to consist of different 'greater vital' topics. Priority topics that result in jobs and there by to monetary boom are allotted an extended coaching time and topics like bodily schooling warfare to maintain time slots of thirty 5 to seventy mins in step with week with inside the college timetable. Often the colleges run shifts – morning and afternoon – to cater to massive enrolments and inadequate school rooms and centers. Limited area and gadget have severe implications for bodily schooling coaching and sports activities co-curriculum, with overcrowded instructions of eighty or greater college students each. This results in the allocation of to be had school rooms to precedence topics, ensuing in bodily schooling and sports activities instructions being assigned to different unused regions and centers interior and outdoors. It is stated that the quantity of time dedicated to bodily schooling has faded with inside the college curriculum at some stage in the

world. Our country's monetary assets and finances actually have a bearing at the duration of instructor schooling programmes, and consequently the best of instructors. In many growing countries, a university of instructor schooling is generally most effective years long, and bodily schooling instructors once more do now no longer function very excessive in phrases of precedence to make certain longer and higher instructor schooling programmes. Physical schooling is frequently now no longer being brought or brought with out best, inadequate time allocation, loss of in a position certified and/or inadequately skilled instructors, inadequate provision of centers and gadget and coaching materials, massive magnificence sizes. Physical educators have did not make certain that the linkage among their efforts with inside the study room and the fitness and cognitive improvement in their college students. The duty rests immediately at the shoulders of bodily educators to make certain that the significance in their issue depend is thought and embraced as part of their colleges' basic curriculum.

Physical Education Curriculum :

The intention of bodily schooling is to expand bodily competence so that each one kids are capable of circulate efficiently, correctly and correctly and recognize what they're doing. The final results of bodily schooling is bodily literacy which, together with numeracy and literacy, is the important basis for newcomers to get entry to the complete variety of competence and experiences. Today, greater than ever, the bodily schooling curriculum desires to be related to the general wellness of kids and adolescents as they matriculate via the curriculum. As has been stated, classes discovered at an early age bring into grownup life. Furthermore, the significance of bodily pastime as a manner of making extra attentiveness with inside the study room has now no longer been recognized. The possibility for colleges to offer Brain Breaks, which stimulate college students and reenergize their efforts, has in large part been overlooked with inside the basic curriculum. Physical schooling tendencies have evolved currently to contain a

wider variety of sports except traditional sports activities. Usually, at college degree and junior university degree, one hour has been set apart for bodily schooling. On the alternative hand, at senior university degree, sports activities participation has been emphasised as opposed to bodily schooling.

Use of Technology in Physical Education :

New era in bodily schooling is gambling a huge function in lessons with inside the evolved countries. It may also be followed in Indian faculties. One of the maximum low-cost and powerful is a easy video recorder. With using a video recorder, college students can see the errors they're making in matters along with a throwing movement or swinging shape. Studies display that scholars locate this greater powerful than having a person attempt to give an explanation for what they're doing incorrect after which seeking to rectify it. Educators additionally determined using different technology along with pedometers and coronary heart fee video display units very successful, the use of them to make step and coronary heart fee dreams for college students.

Using coronary heart fee video display units in bodily schooling is critical as it facilitates college students recognize how workout impacts their body. Other technology that may be utilized in a bodily schooling placing might consist of video projectors, GPS or even gaming structures. Projectors may be used to expose college students matters along with right shape or the way to play sure video games. GPS structures may be used to get college students lively in an outside placing and lively exer-video games may be utilized by instructors to expose college students a terrific manner to live suit inside and outside of the lecture room placing. Another kind of era this is normally utilized in bodily schooling is using pedometers. Pedometers do now no longer always song how a ways someone is going, however it permits them to understand the quantity of steps they're making. It will allow them to understand what number of steps on common they're making The speedy improvement of era over the last twenty 5 years has furnished many novel and resourceful approaches for educators to offer academic substances successfully. Technology along with

projection structures, smart/interactive white forums and wi-fi transmission (WiFi and Bluetooth) permit for the show and switch of statistics a ways past the conventional chalkboard. Teachers can enhance bodily schooling coaching with the aid of using the use of the ones tools, furnished that set-up and/or implementation does now no longer decrease scholar hobby time. Motion-evaluation software program and virtual video make scholar overall performance assessment easier, thereby improving trainer, peer and character assessment. Many portions of era, along with coronary heart fee video display units, pedometers and lively video games, have the cappotential to song overall performance, permitting college students to report and screen their improvement.

Twitter is a current addition to the social networking global is twitter. The simple concept at the back of the famous platform is the sharing of statistics in a most of one hundred forty characters. Without an meant focus, twitter turns into like all shape of loose speech in that almost all of what's spoken approximately is entire nonsense. With the pressing of a button, instructors can hook up with the ones from all around the global, who're inclined to proportion their classes and ideas. The current inflow of era in faculties has delivered approximately a increase with inside the quantity of bodily schooling instructors all of that are vying for the state-of-the-art sources and modern tools. One of the programs of twitter in a realistic magnificence consists of injured college students tweeting the effects and key moments of video games with inside the lecture room, developing a top notch micro weblog photograph of the years mastering.

Mobile mastering entails college students ringing a neighborhood telecellsmartphone quantity and leaving a voice message. Once they hold up, the message is stored and made to be had at a nominated on line space, successfully leaving a path of

recordings of scholar experiences. As college students go back to the lecture room, they are able to concentrate to their recordings, which then facilitates them to visualize and discover the theoretical standards at the back of the sphere trip. Imagine a bodily schooling trainer having students phone cast their responses to theoretical standards along with bio mechanics, body structure and so on. This now no longer most effective lets in sharing with the aid of using the very nature of recording, however college students also are pressured to remember and recognize the standards in a far deeper manner.

Conclusion :

Physical educators ought to planned at the reliability and validity of such gadgets whilst choosing the technology to use. Students additionally need to be nicely versed in the use of the gadgets, to save you an boom in control time and a lower in scholar hobby levels. Implementing era as it should be into bodily schooling can decorate coaching and mastering and make contributions to offering a best bodily schooling program. Technology can useful resource in content material presentation and might assist college students turning into bodily knowledgeable people who've the knowledge, talents and self belief to revel in an entire life of bodily hobby.

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Empowering Woman Through Physical Activities And Sports

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Abstract :

The reason of the studies article is to shed light on the blessings which women advantage via participation in sports activities. "Empowerment refers to growing the spiritual, political, social, educational, gender, or financial electricity of people and communities. Today sports activities and bodily hobby as a method for the empowerment of women and ladies has been gaining reputation worldwide. Women might be empowered via training, sports activities and bodily sports and via way of means of giving them same possibilities in exceptional walks of existence. A lady is each 'Mahamaya' and 'Maha Shakti' and holds the important thing of the global. As "Swami Vivekananda" wrote that it's far very tough to recognize why on this u . s . a lot distinction is made among guys and ladies, while the Vedanta announces that one and the identical Conscious self is found in all beings. In short, lady empowerment is the breaking of private limitations. Sports and Physical Education play essential and predominant position in a majority of these segments of ladies Empowerment.

Introduction :

We stay in a global which adjustments so speedy that it isn't always in any respect a marvel that the photo of ladies in sports activities is likewise converting speedy. However, it hasn't been that lengthy given that ladies have been now no longer even socially authorized to take part in sports activities or any form of bodily hobby. In a few places, ladies aren't allowed to take part in the game sports. In Saudi Arabia, ladies and women are

barred from taking part in sports activities and bodily training. Saudi Arabia is one of the international locations in no way to have despatched a lady athlete to the Olympics however basic photo of ladies in sports activities has changed. Now ladies can't simplest take part in sports activities, however they also can excel at them.

In current years, sports activities and bodily hobby as a method for the empowerment of ladies has been gaining reputation worldwide. 'Women win' is the primary worldwide enterprise with a sole recognition of presenting aid for progressive sports activities and bodily hobby programmes for empowerment and developing a social motion round sports activities for the development of ladies's rights. Empowerment of ladies via video games and sports activities facilitates in preserving the bodily, intellectual and social fitness of the ladies. Participation in video games and sports activities makes them bodily active; enhance their fitness, fantastic feeling of well-being, prevention of continual disease, and prevention of osteoporosis. Kiran bedi, India's first and maximum rating Officer who joined the Indian Police Service in 1972, who's additionally a social activist says, "Sports and training have been the important thing pillars of our upbringing." The ladies's sports activities foundation (WSF) is an academic nonprofit enterprise based in 1974 via way of means of tennis legend Billie Jean king. Its said challenge assertion is – "To improve the lives of women and ladies via sports activities and bodily sports." Indian ladies have accomplished incredible laurels for the kingdom in each game. Some ladies sports activities icon of India, engine of sports activities are P.T. Usha

(Athletics) Kunjarani Devi (Weightlifting), Dianaedulji (Cricket), Induprui (Table Tennis), Preetamrani (Hockey), Sania Mirza (Tennis), Karnam all Eshwari (Weightlifting), Saina Nehwal (Badminton).

Role of woman in sports :

Throughout human history, the position of ladies in sports activities has contemplated the converting reputation of ladies in society. In historical Greece, for example, ladies have been now no longer allowed to take part withinside the Olympic Games which passed off as soon as each 4 years. In fact, if ladies have been stuck even looking the Games, they might be "tortured and punished with death, as this turned into an age while existence turned into reasonably-priced and the guideline of thumb of fellows turned into total" ("Then and Now" 55). Despite such persecution, there has been for a time a ladies's model of the Olympics known as the "Heraea," after the goddess Hera, spouse of Zeus (55). In the second one century B.C., Roman forces conquered Greece, and ladies have been once more barred from taking part in public sports activities occasions. Women have been finally restored in Roman wearing occasions; however, the anciantal proof indicates "that ladies's athletics with inside the Roman length had greater to do with public amusement than with game proper" (Harris 41). Thus, even if they have been allowed to take part in sports activities, the ladies of the Roman length have been nonetheless now no longer taken very significantly of their efforts. This situation has persevered to exist down via the ages. In fact, it has simplest been for the reason that early 1970's that ladies had been virtually widespread in aggressive spectator sports activities.

In the early nineteenth century, for example, each america and Europe have been beneath neath the impact of the Victorian attitudes of the time. Victorianism maintained a inflexible outlook on existence wherein the position of ladies in society turned into without a doubt restricted to bearing youngsters and worrying for domestic and family. The stereotypical view of that point noticed ladies as bodily incapable of taking part withinside the

difficult play of sports activities. This belief of ladies turned into strongly bolstered via way of means of each "famous literature and clinical opinion" (Rader 165). The wearing area has now no longer constantly been a welcoming one to lady athletes. Historically, ladies have been now no longer allowed to take part in sports activities or needed to accomplish that beneathneath greater strict, traditional guidelines that promoted modest behavior. Largely, the point of interest for ladies turned into gaining bodily health and endeavor in place of formal competition. It wasn't till the early twentieth century while a small wide variety of ladies commenced taking part in prepared wearing occasions. According to the IOC, withinside the 1900 Paris Olympics, simplest 22 out of 997 athletes have been ladies. They participated in occasions that covered tennis, sailing, and croquet. These sports activities have been taken into consideration to be greater leisurely sports on the time, deemed appropriate for ladies to compete in. In 1972, Congress exceeded the Education Amendments which covered Title IX, a landmark piece of legislation, pointing out that "no character with inside the United States shall, on the idea of sex, be excluded from participation in, be denied the blessings of, or be subjected to discrimination beneath neath any training software or hobby receiving Federal economic assistance." This broke down boundaries concerning lady participation as all federally funded institutions, maximum substantially schools, have been required to have equitable possibilities in athletics. According to the Women's Sports Foundation, previous to Title IX, simplest 1 in 27 women performed sports activities while nowadays in 5 are involved. Women in sports activities have come an extended manner for the reason that early twentieth century. For example, nowadays ladies compete in each game with inside the Olympics and the maximum current Games in Pyeongchang in 2018 had ladies make up 41% of athlete participation, as said via way of means of the IOC.

Benefits of sports for girls and women :

In current years sports activities and bodily sports as a method for the empowerment of ladies

and girls has been gaining reputation worldwide. Women who play sports activities or take part in bodily sports have a greater effective frame image, construct lifestyles abilities, self assurance and might create social networks than girls who do now no longer take part. Women who take part in sports activities and bodily sports have better vanity and delight in them. Sports involvement can play a big position in selling the bodily and intellectual well-being of girls, fostering possibilities for his or her management and achievement, beginning social inclusion and social integration of girls and tough gender norms. Women involvement in sports activities could make a big contribution to public lifestyles and network development. Teenage sports activities participation may also assist save you osteoporosis. "Four hours per week or greater of such sports activities, performed via way of means of guys at some stage in their young adults and 20s, will increase bone mass and can offer a few safety from growing osteoporosis later in lifestyles. Women worried in sports activities experience higher approximately themselves, each bodily and socially. It facilitates to construct self assurance whilst you see your abilities enhancing and your desires turning into reality. Involvement of girls in sports activities and bodily sports creates deserves of inspiration,

faith, desire and courage. Physical Exercises withinside the shape of walking, gambling or looking any recreation which they pick may also make a global of distinction to their lives Experts agree that involvement in sports activities and bodily interest can doubtlessly provide a extensive variety of lifestyles advantages for girls.

Conclusion :

Today, no doubt, girls take part professionally in nearly each most important sport, aleven though the Level of participation generally lessens in relation to the greater violent touch sports activities. More measures want to be taken to growth and enhance the participation of girls and ladies in sports activities for his or her higher enhancement and empowerment.

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Use of Information and Computer Technology (ICT) in Physical Education And sports

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Abstract :

The use of information and communication technologies in any field makes process of that field effective and interesting. To know the impact of ICT in physical education and sports, we need to know three basic things ICT physical education and sports and development. The super quotes by American sport Journalist, Howard and Lord Brougham said right about the physical education that education makes a people easy to lead, but difficult to drive; easy to govern, but impossible to enslave. I stand for information, C stands for communication, T stands for technology, The meaning of information is differ from people to people. Because the purpose of one people is different from the other person and to achieve the purpose man will start communication. And this communication may covert in technology, thus this three term is interconnected with each other. When used appropriately, different ICTs are said to help expand access to physical education, strengthen the relevance of physical education to the increasingly digital workplace, and raise physical educational quality by, among others, helping make teaching and learning into an engaging, active process connected to real life.

Keywords : ICT, Physical education and sports.

Introduction :

Physical education :

Physical education is an element of an educational curriculum concerned with bodily development, strength, physical co-ordination and agility. It is training in the development of and care for the human body; stresses athletics; includes hygiene. Sport education is an activity that is governed by a set of rules or customs and often engaged in competitively.

Sports commonly refer to activities where the physical capabilities of the competitor are the sole or primary determinant of the outcome (winning or losing). Sports education is a form of physical education that emphasizes participation in sports as a way of developing skills, learning rules, practicing good sportsmanship, leading an active lifestyle, participating in a group, and learning leadership skills. It means to draw out facilitating realization of self potential and latent talents of an individual that may in any field and also at any level.

Development :

Many experts define the word development in different ways, but in simple word we can define the development as under and Act of improving, or act of progress.

Technology :

Technology is a term with origins in the Greek technologic, techne. Globalization and technological change processes that have accelerated in tandem over the past fifteen years have created a new global economy powered by technology, fueled by information and driven by knowledge. The emergence of this new global economy has serious implications for the nature and purpose of physical educated and sports.

The primer is intended to help policymakers in developing countries by first providing a brief overview of the potential benefits of ICT use in physical education and the ways by which different ICTs have been used in education thus far. Second, it addresses the four broad issues in the use of ICTs in physical education effectiveness, cost, equity, ad sustain ability. Five key challenges that policymakers in developing countries must reckon with when making decisions about the integration of ICTs in physical education, namely,

policy and planning, infrastructure, capacity building, language and content, and financing.

Physical education and ICT :

Since the early 1980's. The community of professionals was witnessing a considerable increase in its use of information and communication technologies (ICT). The networked PC, E-mail, the internet, on and offline data bases, the world wide web, electronic publications, discussion lists and newsgroups, electronic conferences, digital working of the professional community. It is no longer possible nowadays to conceive of physical education without ICT. One can go even further by pointing out that physical education is increasingly being defined by ICT.

Aim: Use of information and computer technology (ICT) in physical education and sports.

Review of Literature :

Banathy (1994) reported the development of network learning trainees teacher educators, and educational researcher, network learning communities in teacher education and professional developments connecting teachers, teacher trainees, teacher educators and educational researcher, network learning communities could be viewed as patent means of increasing distribution of knowledge and building the capacity of education communities to adopt and improve on contribution basis. **Hornby (2002)** mention two dimension types of participants and knowledge of technology. The tension between reproduction and transformation corresponds to the contract between focus within the adjust the current subsystem and leap out from the boundaries of our existing system. **Singh (2002)** raise many issues related to the ICT, A mere technology or a catalyst of change, subject matter or as tools for learning a broad variety of subject matters, time consuming as time sever, belonging in the lab or in the classroom, face to face or online interaction, information sources as communication tool, individual or collaborative tool. **Gibson (2005)** underlines the changing expectations for physical education. The knowledge and skill based of education is changing. Twenty first century physical education, it is not surprising that expecting leaders to recreate their conceptions of appropriate leader behaviour presents

quite a challenge.

Use of ICT in physical education and sports:

Concerns over physical educational relevance and quality coexist with the imperative of expanding opportunities to those made most vulnerable by globalization developing countries in general, low income groups, girls and women. Physical education and ICT is becoming the most important part of this fast track world. It also brings revolution in the world of physical education and sports with the use of new technologies in sports it become very easy to give the exact results and also the best result outcome from the players.

Areas of sports where the ICT and New Technologies used are sports journalism, judgment of the competition, recording information, media, sports were design, sports management, the information of sports and their result, preparing grounds coaching and training, biomedical modeling and motion analysis, development of new sport games, sports and robotics, improvement of sports equipments, provide the best facility to the players and also to the spectators, sports statistic and research and sports medicine.

Conclusions :

The ICT has arrived in a big way, there is no escape from it. And why should we try to escape from it when the whole process of physical education improves so dramatically? ICT helps in making the physical education process learner centered. Every time the sports personal interacts, plans new activities for the learners, it is a very rich learning experience for her/him also. Web resources are increasing at a very high speed. So use of ICT is very useful for the development of the sports. it works as a revolutionary tool in sports and its development in all factors.

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Career Opportunity in Physical Education And Sports

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“If My Mind Can Conceive It, And My Heart Can Believe It, Then I Can Achieve it.”

Abstract :

Games and physical activity are an important part of every human life but is it given the same importance when it comes to educational system? Sports and physical education has never been a part of importance in the education system. An idle mind is the devil's workshop but then what about an idle body have we ever thought about that?

Physical education did not see much of an importance in school curriculum but now things are changing to a better scenario and there is an overall development seen in the discipline of physical education and sports.

This change has encouraged many people to choose physical education has a career. A degree or a Diploma in Physical education is beneficial to develop other skills. The graduates are groomed in a way where their skills help them to pave opportunities in regional sports, National sports and in other organisations which encourages sports, fitness and health.

Keywords : Physical education, career opportunities, management and leadership

1. Introduction :

Physical Education deals with the exploration of human strength and to promote physical health in an individual. The aims and objective of physical education depend to a great extent on the political, economic and social changes that take place in a society like the development of organic fitness, the development of neuro muscular skill, the development of character and personality, to prepare highly qualified leaders in the field of physical education and sports. The

physical education has a major role to play a role in school system without physical education, there is less hope for a child's wholesome development. In the C.B.S.E curriculum, physical education is compulsory as a subject in the 10+2 level. Moreover, physical education is of equal importance for all students from class nursery to 10th standard. Thus, with respect to job opportunity schools are lucrative and wide ranging. Most of Government, semi government, public and private institutes recruit physical education teachers for a good remuneration. For this the candidates should have good knowledge on the given:

- information of human movements
- health and physical activity
- information of another academic discipline of interest to individual
- awareness of the holistic nature of health and movement
- coaching motivation and teaching skills
- interpretive and analytical thinking
- leadership and organization skills
- interpersonal skills
- critical reflection.

2. Physical Education and Sports Science Experts as Coaches:

Coaching is wide area of engagement of the experts in the field of physical education and sports. Sports proficient in particular game or sporting event can undergo coach training in the NIS (National institute of sports) under the sports authority of India(SAI). Person with the degree or master's degree in physical education are considered to be more suitable for this profession. Coaches are in great demand in government, semigovernment and private institute like, SAI, Sports school, various states sponsored

association and organization clubs, gymnasiums, fitness centers etc. Now a days, most of the academic schools employ coaches for imparting training in specific games or sporting events.

3. The scope of Physical Education :

Physical education is a vast subject that studies the biological, psychological, physical and nutritional aspects of sports. It is essentially an interdisciplinary area of inquiry aimed at identifying and knowing all factors, which can keep the human body healthy.

4. Scope In College Teaching :

Physical education occupies a dignified position in the higher education sector and has been included as an elective subject in the degree course. Teachers who have qualified NET, SET, or having M.Phil or Ph.D degree may get job as asst. professor or lecturer in colleges.

5. Physical Education in Schools and Colleges:

All work and no play make a person dull keeping this in mind Physical education is now a compulsory subject in schools and Universities. There is a growing awareness that physical activities and studies are equally important. Students are encouraged to indulge in physical activity. As the saying goes, in a healthy body lives a healthy mind.

Students are introduced to different kinds of games and sports so that they can explore their area of interest. After which, they are trained physically to master that particular activity or game of interest. The physical education instructors help the players to streamline their bodily movements efficiently as per the requirements of the particular sport. Besides, physical training helps to gain physical fitness. It keeps one's heart healthy by increasing blood circulation, which increases the oxygen supply in the body. More oxygen in the blood decreases the sugar level and keeps one away from sugar-related diseases. It also helps in maintaining the right body weight.

6. Job Opportunity of Physical Education in Field of sports:

Career & Job : There is a bright career in physical education. Sports is becoming popular around the world, which has broadened the scope for physical

education. With the gaining popularity there is a massive demand for physical education instructors or teachers, who can coach aspiring students in the field of sports. The number of institutions and colleges offering physical education courses has multiplied. This has given no of professionals in this field of physical education.

Areas of Employment: After the completion of the physical education course, a student can be either employed in the health or sports field. One can also open his/her fitness or training centre. One can also find a job in the Sports clubs; as Stadium staff; health clubs; gymnasiums; as a teacher in schools and colleges; corporate teams and health and sports-related organisation.

Job Profiles : A physical education instructor can work on various profiles. Some of the profiles are –

- Athletic coach
- Nutrition specialist
- Activities director
- Corporate fitness instructor
- Physical therapist
- Personal physical instructor

Salary: A fresher physical education teacher or instructor will get a salary in between ₹20, 000 to ₹ 25, 000. With experience and time there is an appraisal

Skills Required: A physical education teacher or instructor should have leadership qualities to win the trust and respect of his students. He should motivate them towards their goal and teach them ways to achieve their goals. He should have good inter personal skills to understand the individuality of his students. With a good understanding of the emotional and mental makeup of his students, he will be able to mentor and guide them well.

7. Courses Available:

One can opt to study physical education after 10+2. A student from any discipline can get enrolled in the physical education course. There is no specific age limit to pursue the course, barring a few sports. An interested student can do either a Diploma, Certificate or Degree course in physical education. There are many governments and private institutions and colleges that

offer this course. It is a demanding field, and only such students should opt for it who has a deep interest in this field.

Diploma courses in Physical Education

Name of the course	Duration of the course
Physical Education	2 Years
Yoga	2 Years
Aerobics	2 Years
Yoga Teacher Training	2 Years
Yoga and Physical Education	2 Years

Degree Courses in Physical Education

Name of the course	Duration of the course
B.A (Physical Education)	3 Years
B.A (Yoga)	3 Years
B.P.Ed (Physical Education)	3 Years

Certificate courses in Physical Education

Name of the course	Duration of the course
Aerobics	1 Years
Yoga & Yoga Science	1 Years
Yoga and Naturopathy	1 Years
Naturopathy	1 Years
NS NIS	1 Years

Top Colleges Offering Ug/Pg/Other Courses :

There are several academics and institutes under sports authority of India (SAI) that impart training to young students to transform them into talented sports person. Some prominent sports institutes in India are:

- Lakshmibai national institute of physical education, Gwalior
- Lakshmibai national college of physical education, Thiruvananthapuram
- YMCA College of physical education, Chennai
- Tata football academy, Jamshedpur

- National cricket academy Bangalore
- National Sports University, Manipur.

The remuneration of sports persons totally depends on the sports chosen. In this vigorous and spirited field, what matters most is the capability of the sportsmen on how well they perform consistently and not alone the number of years in the field.

8. Conclusion :

Sports have many career opportunities for young talents in India. After acquiring training in various sports academies, one can opt for building a career as a sports person and play at state level first and then explore authorities national and international levels. Apart from serving as a player experienced sports person can also work as a coach team manager, fitness instructor, umpire or referee, sports commentator, sports photographer, sports equipment supplier or manufacturer, and consultant.

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Physical Education Issues And Development In Sports

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Abstract :

The intention of this paper is to perceive the modern tendencies and demanding situations in Physical training and sports activities and primarily based totally on those modern demanding situations, destiny tendencies and demanding situations might be mentioned. Therefore, making sure that every one kids have interaction in ordinary Physical pastime is crucial, and the colleges are the simplest region in which all kids may be reached. Quality Physical Education is the simplest and inclusive manner of presenting all kids, anything their ability/disability, sex, age, cultural, race/ethnicity, non secular or social background, with the abilities, attitudes, values, know-how and knowledge for lifelong participation in Physical pastime and recreation and is the simplest faculty difficulty whose number one attention is at the body, Physical pastime, Physical improvement and fitness. The look at will perceive the modern tendencies, problems and demanding situations in PE and sports activities primarily based totally on which destiny demanding situations can be addressed.

Introduction :

The significance of Physical training has in no way been emphasized greater than it's miles today. It is extensively recognized that Physical training (PE) and sports activities is applicable and critical in growing an energetic and wholesome life-style and the answer to growing weight problems costs worldwide. Although in maximum countries, Physical training is a part of the faculty curriculum, instructions aren't given, therefore main to a discounted revel in of Physical pastime for kids and

youngsters. The exercise of a Physical energetic life-style in aggregate with wholesome nutrition, however, desires to be began out in early childhood. There are different factors which can be diminishing the hobby of college students in Physical training sports. Although the Physical training is being taught as part of curriculum in all the colleges however loss of ok time and skilled instructors, suitable centers are liable for little hobby on this area. The destiny demanding situations to make this area thrilling includes an ok curriculum, enough price range allotment for containing numerous competitions and function of era to create consciousness approximately the significance of Physical sports and sports activities in our day by day lifestyles. All those problems were mentioned in the paper.

The use of ICT in PE makes the technological know-how of game come to existence via way of means of linking each bodily and intellectual activity. It additionally facilitates to create full-fledged college students who're capable of listen higher on each sensible and theoretical work. Besides, it facilitates college students to increase a higher know-how in their personal frame elements and that of the human frame in general. It additionally increases the profile of P.E in the established order via way of means of making the problem now no longer simplest interesting, however additionally appealing and effective. Furthermore, it brings enthusiasm and motivation for each PE instructors and college students. Information and communications technology (ICT) describe the sort of technological gear and sources used to produce, distribute, save and control data and knowledge. In the contemporary-day era, those

gear have introduced revolutions to education and coaching methodologies of sports activities and bodily schooling.

These region embrace: Physical training now no longer being added or added with out quality, inadequate time allocation, loss of equipped certified and/or inadequately skilled instructors, insufficient provision of centers and system and coaching materials, big elegance sizes. It is cited that the quantity of time devoted to Physical training has been faded with inside the faculty curriculum all through the global. The obligation rests immediately at the shoulders of Physical educators to make sure that the significance in their difficulty rely is known and embraced as part of their schools' ordinary curriculum. Today, greater than ever, the Physical training curriculum desires to be related to the general nicely-being of kids and youngsters as they matriculate thru the curriculum. As has been cited, instructions found out at an early age bring into grownup lifestyles. Furthermore, the significance of Physical pastime as a manner of making extra attentiveness with inside the study room has now no longer been recognized. Children born with inside the early a part of this millennium are called the "iGeneration" (Rosen, 2010, 2011). This institution of people has get right of entry to to types of era extraordinary simply a long time ago.

They have in no way acknowledged lifestyles with out wi-fi high-velocity net connections, mobile telephones with statistics connections, texting or video gaming consoles. Most of them are very acquainted with era interfaces, the usage of apps and social media on a ordinary basis. The implications of such dramatic adjustments in get right of entry to to era amongst kids and youngsters must be self-glaring in all studying regions. Applications in fitness and Physical training pedagogy are to be had and may be implemented to complement and beautify curricular services in maximum faculty settings. Numerous technological programs targeted on selling Physical pastime and health are to be had and without problems accessible. Students can be required to illustrate competency in simple motor

abilities and additionally competence in the usage of era. Teachers may also be required to benefit know-how of contemporary, era-primarily based totally academic strategies. Technology holds promise for the manner that scholars examine and additionally for the manner wherein instructors teach. Physical and fitness educators are challenged to end up greater aware of a era-pushed surroundings that gives greater possibilities for beginners nicely past the partitions of the conventional study room setting. Technology therefore can play critical function in producing the hobby in Physical training and sports activities sports.

Development in Sports :

Rapid improvement in ICT have brought innovation and will increase the effectiveness of education program. Using those superior ICT gear, overall performance. degree maintains to develop and predicted degree of overall performance will increase to all time excessive ICT improves accessibility and increase virtual surroundings to the sector of sports activities and bodily schooling. It now no longer simplest allow a consumer to earn knowledge, it additionally facilitates to attach and speak with the world. It brings modifications and reforms to pedagogy of bodily schooling and sports activities. Therefore, with inside the present day have a look at the researcher intends to speak about approximately a number of the popularly used ICT gear with inside the area of sports activities and bodily schooling.

Enhancement in physical education :

Schools frequently paintings with network companies in all sectors of society— personal and commercial, non-governmental and authorities agencies— to plot and increase applications on a cooperative basis. An critical aspect in growing the joint use of assets is the established order of a software of communicate and interaction. As the joint use of assets implies a sharing of human financial and Physical assets, it calls for that the leaders of cooperating agencies increase near relationships and partnerships amongst people, companies, and institutions. A key element in

constructing cooperative relationships is the significance of management this is inclined to triumph over problems associated with territoriality, inertia, prison mandates, tradition, worry of the lack of power, emotions of ownership, the false impression of applications, and others. Such cooperative sports enhance the accessibility to applications and services, in addition to regions and centers. In this manner, the proficient college students can be backed thru specific companies to participate in specific competitions. In India particularly in which there may be a lot expertise however because of loss of economic price range, many college students lacks at the back of even being so proficient. The co-operation from specific companies will assist needy college students to exhibit their expertise at specific global stage competitions.

Conclusion :

The modern practices and present curriculum desires to be changed to generate hobby of college students in Physical training and sports activities sports. The destiny demanding situations will particularly be the correct curriculum to be made and observed and to make to be had ok price range from

numerous corporations with a purpose to guide the needy however clever kids so as to simplest attention on their recreation with out demanding approximately the price range. The era can even play an critical function in increasing and developing the hobby in Physical sports. The significance of Physical training and sports activities sports are being recognized in today's global and efforts are being made to enhance the conditions in order that an increasing number of expertise may be recognized.

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Changing Trends in Physical Education And Sports

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Abstract :

The purpose of this article was to throw light on the changing trends in physical education and sports. Changing trends in physical education and sports is an important subject, due to which it is beneficial to reduce stress and physical and mental development in sports persons and students. Physical education is an important part of education, in which the individual is prepared for the overall development of the students and the work of building a good personality is done. Due to the changing trends in physical education and sports, the emphasis is on physical development, mental development, social development and emotional development and provides vocational associations, such as Teacher, Assistant Professor, Sports Manager, Physical Therapist, Physical Education Trainer, Health Educator , Coach, Fitness Instructor and Sports Journalist etc.

Keywords : Trends, Physical education, Sports

Introduction :

Keeping your body and your health healthy has become very important today. In today's era, everyone knows how to earn money and is also earning and working hard to earn money, due to which people are not able to pay attention to their body and health related activities. Today the importance of physical education has increased a lot in our life. The need for physical education is related to the health of the people. The scope of physical education has increased a lot, today it has been linked to every field. It has a different identity in every field. In today's era, physical education has become such a subject that children of all ages are being taught. It helps in the physical

development and functions of human beings. Physical education trains the body, mind and behavior of the student, as it is said that there is a healthy mind inside a healthy body but for that one needs to do regular physical exercise. Today our life has become such where sports and social activities have become an important part of our life. It is very beneficial for the students. Playing helps in stretching the muscles, increasing their strength, developing them, doing different types of exercise and keeping oneself healthy and fit. In today's era, a player is not trained only by the traditional method; today many types of training have been developed. Today players are trained with the help of those methods and with the help of modern technology. Today, innovative technology is used by coaches to enhance the performance potential of their players. In which attention is paid to how to develop each ability, skill and increase its capacity. Due to which today there is a lot of newness and change in physical education than before. The modern method has changed a lot compared to the traditional method, whether it is the method of training, the technique of training, the skill, or the ability of the players, everything has changed. Due to this new trend in physical education, the performance level, fitness level of the players has increased significantly. In physical education, every action is planned which is of great benefit to the players or participants. Improves stamina, cardiovascular endurance, muscular strength, flexibility, mobility and body composition. Improves strength, agility, reaction time, balance, speed and coordination, improves skills, increases ability to learn and improves physical and mental health.

Main Body :

In today's era the importance of physical

education is less than it is believed. How to maintain the body, how to give rest to the tiredness of the mind, these things are taught through physical education. In today's era everyone is making progress, development is taking place but with this the habits of the people are also changing. Their eating and drinking habits are changing, due to which the body does not get the necessary nutrients so due to which their immunity has started decreasing, so changes of getting different diseases are increasing. How to prevent these conditions is taught through physical education, which involves physical exercises and yogic practices. Physical education is very important when we talk about children, physical education helps in building a strong body and calm mind which children of all ages need more. Today the whole world is getting to know the importance of health that is why the world has started doing yoga and pranayama. Keeping all these things in mind, today the curriculum of physical education has been included in all schools and colleges and it is being taught like other important subjects, due to which the attitude of people towards physical education has started changing.

The importance and interest of the people in the field of health and sports has increasing day by day, so many career option has opened in this field. Due to this changing trend the demand of physical education has increased. Physical education gives physical strength, stamina, endurance to the students. Most of the country giving more importance to physical education, so that they include this subject in school syllabus. Physical education gives opportunities to the students, apart from the theoretical subject and the same time helps in enjoying physical activities. Nowadays, people are busy in their homes for studies or their work and are not able to exercise. In this situation people are changed their fitness routine, because of that they are facing many physical and mental problems. Physical education is not just health but now it has become an important part of healthy life. People get to know that physical education is the right way of physical fitness and skill development; with this the students get an idea of their interest in sports by engaging in different activities. Physical education helps students improve teamwork, transparency, group responsibility and other essential skills in simple ways. It promotes healthy

competition among children, also gives training to self defense to the students and helps in increasing their confidence. It teaches students to play and work together as well as take right decision in sudden situations, create passion for sports and outdoor activities. Physical education helps to develop good health and leads the man towards progress and wellness. It leads to balanced development of individual. Physical education is a vast subject and it has been given importance from ages. Modern trends have increased its importance as modern physical education stresses on balanced development of body and mind.

Along with physical education, the nature of sports is also changing for some years. Today almost all sports are being given importance by the people and that is a very good thing, be it any sports. But along with this change the level of competition has increased a lot. New technologies are being used in the game, due to which the level of play has also increased. New competitions are being organized. Earlier we were able to watch only Test and One day matches of cricket, later the trend of 20-20 was started in cricket, which was very exciting for the players and the viewers as well. Later competition like IPL was started. There are millions of people in our country they like to see cricket so that the cricket control board of India started the Indian Premier League in India. While the country is played with the team of different states, the IPL is a cricket game that is played as the T20 league. It happens every year in our country and other countries players also participate in this league. A team participating in this league of cricket leads Indian cities or states. The matches between these teams are played and the end is given the trophy and prize money. The BCCI was announced to start the Indian Premier League in 2007 and after this year, this league was started in 2008. Due to IPL types league the craze of cricket in the people has increased all over the world. If we talk about Kabaddi, so trend also change in the game of Kabaddi. This Kabaddi tournament started on the board of IPL is very popular. Its first event was held in 2014. This sporting event has played an important role in the marketing and promotion of Kabaddi at the world level. Many of us who have been watching the game of Kabaddi have seen it changing in the last three-

four years. Earlier we used to see players playing on dusty ground and now we see players playing on synthetic mat in sports arena also players wearing shiny jerseys and many celebrities who are associated with pro Kabaddi league, this new form of Kabaddi, the reason for promoting Kabaddi and changing attitudes about Kabaddi is undoubtedly the Pro Kabaddi League. In the same way others sports also had started their league for promoting sports, like Indian Super League started in Football (ISL), Hockey India League (HIL), Premier Badminton League (PBL), Pro Wrestling League etc. Along with that the Government of India has started “Khelo India” program. In sports, along with physical development, mental development also takes place and builds a fit and healthy body. A fit and healthy person leads to an equally healthy society and strong nation. This is an initiative started by the government to enable the children to have the spirit of sports at the beginning of their working age. Like picking up the players from the ground level and developing them further. The purpose of this program, there should be fitness awareness in children and youth, interest in sports should increase so that new and talented players get a chance to move forward and sports should be promoted. Due to changing trends in physical education and sports, there are many employment opportunities in this field. These opportunities range from off-field to coach or team manager. Sports management has become a new and exciting field to manage teams and events. Today you can make a career in physical education and sports in many fields, like sports management, Coach of different games, Fitness specialist, Personal trainer, Exercise physiologist,

Health researcher, Physical education Teacher, Physical therapist, Health Educator, Occupational therapist, Sports broadcaster, Referee or Umpire etc. This changing trend in field of physical education and sports get more beneficial for sports person as well as sports related person, whether he belong from medical field, management field, journalism field and others, everyone got the chance to make their career in the field of sports.

Conclusion :

Due to the changing trend of physical education and sports, many employment opportunities have been created in this field. Today one can pursue a career in physical education and sports in many fields, such as sports management, various sports coaches, fitness specialists, personal trainers, exercise physiologists, health researchers, physical education teachers, physical therapists, health educators, occupational therapists, Sports broadcaster, referee or umpire etc. This changing trend in the field of physical education and sports is more beneficial for the sports person as well as the person associated with sports. For this, more focus should be made on physical education and sports.

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Career Opportunities In Physical Education And Sports

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Abstract :

The notion of humans concerning careers in bodily training and sports activities the rationales' worried the obvious scarcity of bodily training and sports activities professionals. Physical training as a career and as a curricular vicinity is present process a gradual and persistent metamorphosis. The leaders of our career and leaders in different instructional regions in addition to calling for us to emerge as extra of a career and extra of an educational discipline. The nature of today's bodily training is certainly considered one among an orientation towards technological know-how and towards a extra medical comprehension of the career of bodily training. Although bodily training is a persevering with vicinity of expert possibility, new regions of possibility encompass: grownup fitness, amusement services, athletic education, workout technological know-how, sports activities writing, and broadcasting etc. The scope of bodily training has broadened to encompass an emphasis on highbrow understandings as supplementary and complementary information of bodily talent improvement. This paper highlights the careers in bodily training and sports activities. By turning into very well familiar with the character and scope of bodily training, the bodily educator can higher formulate and expand his very own highbrow idea of his career. So conclusively we are able to say that this idea may be a full-size a part of his private dating with and contribution to the complete of training and bodily educations.

Introduction :

Physical training might begin in pretty much 1820 whilst faculties targeted on gymnastics,

hygiene education and care and improvement of the human body. By the 12 months 1950, over four hundred institutes had delivered majors in bodily training. The Young Men's Christian Association released its first actual bankruptcy in 1851 and targeted on bodily sports. Colleges have been endorsed to attention on intramural sports activities specifically track, subject and football. What is new approximately the existing nature and scope of bodily training? What adjustments in emphasis have taken location in current years? What new concerns is the gap age forcing upon us? What are the brand new instructions and thrusts with inside the career? What do college students, a clinical expert, a coach, and main bodily educators in the course of the state experience are new tendencies in bodily training which are vital to remember with inside the age of transition? Physical training as a career and as a curricular vicinity is present process a gradual and persistent metamorphosis. The leaders of our career and leaders in different instructional regions as properly are calling for us to emerge as extra of a career and extra of an educational discipline. The nature of today's bodily training is certainly considered one among an orientation towards technological know-how and towards a extra medical comprehension of the career of bodily training. The scope of bodily training has broadened to encompass an emphasis on highbrow understandings as supplementary and complementary aspects of bodily talent improvement. Movement training, the foremost purpose of that's green bodily motion, so as to stay with someone in the course of existence and feature price in all of the bodily sports wherein she or he engage. Games, as she factors out, aren't discovered

for the sake of the video games themselves, however instead, with a view to expand simple motion abilities. The new method affords for knowledge regarding the numerous parameters of motion, such as how and in which someone movements and for what motive she or he movements. The perceptual motor improvement, that's relevant to kids with studying disabilities. With specialised applications making use of motor reports and professionally organized instructors, a few studying problems can be alleviated. The 0.33 thrust is the multidisciplinary method, which focuses in the main at the affective domain, making use of such regions as art, music, technological know-how, and bodily training to offer possibilities for self-expression at the a part of the scholar and growing such standards as balance, direction, and force. One of the full-size tendencies in current years is that of assembly the desires of every scholar, whether or not he's gifted, normal, handicapped, or hazards in a few manner or another. As a result, tailored bodily training applications are taking up a brand new size of significance in our faculties. The incidence of college students, who're bodily handicapped, mentally retarded, culturally hazards, and emotionally disturbed has ended in extra interest being given to applications which are designed to fulfill the desires of those boys and girls. Today, we really consider bodily training extra in phrases of fitness and bodily training. As we flow ahead with inside the realm of bodily training we have to have a take a observe the records of bodily training in addition to have a take a observe what we presently know, so a properly-advanced training overlaying fitness, fitness, and athletics may be implemented. Personal bodily pastime and amusement of spectator sports activities has created new regions of possibility for profession options. Although bodily training is a persevering with vicinity of expert possibility, new regions of possibility encompass: grownup fitness, amusement services, athletic education, workout technological know-how, sports activities writing, and broadcasting. For that reason, the Physical Education branch gives 3 majors: Exercise Science, Teacher Education, and Sports Management.

Students inquisitive about the commercial enterprise of sports activities may also pursue the Sports Management foremost, mentioned in a one of a kind handout. Playing sports activities on the college or university stage want now not be a trifling interest however can really open expert avenues. If you're very precise approximately your interest and need to pursue it as a profession, then you could consider a profession in Physical Education. Academics on this subject say there are possibilities galore with inside the subject, for the reason that fitness is a reason for growing problem a number of the teeming hundreds of thousands of India. Realising the significance of sports activities and a bodily training as a possible profession, many universities have delivered Physical Education guides with inside the beyond few years. Physical Education is an imperative a part of the full training process. India has a splendid subculture in bodily training as a method of making sure bodily improvement, martial valour and leisure competence and the Indian gadget of sporting events encompass quite a few bodily sports including dance, haithaks, namaskar, yogicasanas, etc., which shaped the imperative a part of bodily training including Kho – Kho and Kabbadi now promoted as National Games. Physical Education equips college students with vital expertise and abilities had to feature successfully on this data age. The attention is on supporting people expand human, technical and conceptual know-how required to take gain of the numerous expert possibilities available.

Physical Education Career Information :

Physical training instructors are generally hired to train kids from the kindergarten stage thru excessive college. Physical training instructors are answerable for selling bodily pastime and properly-being thru quite a few phy-sical sports and sports activities. There is generally an hour- lengthy duration set apart every day for bodily training and college students might also find out about CPR, first resource and basic fitness throughout those periods. Physical Education Career Information Physical training instructors are generally hired to train kids from the kindergarten

stage thru excessive college. Physical training instructors are answerable for selling bodily pastime and properly-being thru quite a few phy-sical sports and sports activities. There is generally an hour-lengthy duration set apart every day for bodily training training and college students might also find out about CPR, first resource and basic fitness throughout those periods.

Education Requirements for Physical Education Typically, bodily training instructors have to entire a bachelor's diploma software at a 4-12 months university or college. The diploma is generally fitness-associated and guides might also additionally cowl kinesiology, workout physiology, fitness and wellness, sports activities psychology and bodily hobby coaching in regions like volleyball, aerobics, golf, basketball and associated activities. In addition to those middle guides, wellknown coaching and bodily training-particular coaching guides are offered. During matriculation at a university or college, many bodily training instructors take part in an internship or studentteaching revel in to paintings with students. Those education to be bodily training instructors may go as assistant coaches for a nearby grade college or network sports activities team. For bodily training instructors who desire to paintings as coaches, extra education can be required in the game or hobby they pick to coach. Additional education can regularly be acquired thru the college or thru a separate network university software. Physical educators interested by superior academic careers can be required to pursue a master's or doctoral diploma in fitness, bodily training or a associated field.

Conclusion :

Conclusively we are able to say that Physical training has been one of the constituent elements of the training gadget in India. In fact, India has an historical culture of bodily training and sports activities (including kho-kho and kabbadi), to make sure bodily improvement of a person. Physical training in particular specializes in the improvement of bodily and intellectual fitness, improvement of neuromuscular skills, and improvement of person and personality. To take a look at bodily training, one have to additionally be energetic, enthusiastic, bodily fit, patient, determined, and feature a carrying spirit. Talking approximately constructing a profession in bodily training, one has many alternatives on this field, like turning into a sports person, trainer/instructor/coach, sports activities journalist, sports activities items manufacturer /advertising executive, commentator etc. new regions of possibility include: person fitness, entertainment services, athletic education, workout science, sports activities writing, and broadcasting.

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Trends And Innovations Through ICT In World of Sports

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Abstract :

The use of ICT in PE makes the technological know-how of game come to existence via way of means of linking each bodily and intellectual activity. It additionally facilitates to create full-fledged college students who' reachable of listen higher on each sensible and theoretical work. Besides, it facilitates college students to increase a higher know their personal frame elements and that of the human frame in general. Rapid improvement in ICT have brought innovation and will increase the and effectiveness of education program. Using those superior ICT tools, overall per formanced egreemaintains to develop and predicted degree of overall performance will increase to all time excessive (Harward, 2016). ICT improves accessibility and increase virtual surroundings to the sector of sports activities and bodily schooling (Adu & Olatundun, 2013). It now no longer simplest allow a consumer to earn knowledge, it additionally facilitates to attach and speak with the world.

those superior ICT tools, overall performance. degree maintains to develop and predicted degree of overall performance will increase to all time excessive ICT improves accessibility and increase virtual surroundings to the sector of sports activities and bodily schooling. It now no longer simplest allow a consumer to earn knowledge, it additionally facilitates to attach and speak with the world. It brings modifications and reforms to pedagogy of bodily schooling and sports activities. Therefore, with inside the present day have a look at the researcher intends to speak about approximately number of the popularly used ICT tools within side the are a of sports activities and bodilys chooling.

The usages of software program and programs in sports activities and bodily training can similarly be categorized consistent with their done task. Most of the bio mechanical evaluation software program are incorporated with wide variety of video cameras. Some of this software program are guide in nature and a number of them are automatic . Three- dimensional bio mechanical evaluation software programare plenty extra complex in comparison to the two-dimensional evaluation software program. Match evaluation software program are some other crucialissue of sports activities education device with inside the current times. Recorded video may be analyzed in potlatch circumstance or in stay situations. Live comments and file of evaluation may redefined to the gamers even in ongoing healthy situations. Now days, those healthy valuation software program are very crucial to reap favored purpose for maximum of the crew video games or sports activities.

One of the main field based ICT tools is GPS primarily based totally monitoring gadgets. Study on GPS primarily based totally monitoring gadgets itself is a

Introduction :

ICT additionally increases the profile of P.E in the established ordervia way of means of making the problem now no longer simplest interesting, however additionally appealing and effective. Furthermore, it brings enthusiasm and motivation for each PE instructors and college students. Information and communications technology (ICT) describe the sort of technological tools and sources used to produce, distribute, save and control data and knowledge. In the contemporary-day era, those tools have introduced revolutions to education and coaching methodologies of sports activities and bodily schooling. Rapid improvement in ICT have brought innovation and will increase the effectiveness of education program. Using

big chapter. Along with technological development precision of this type of gadgets has been improving. Now days the usage of those gadgets facts may be without problem received and examine for overall performance improvement. Dedicated sports activities particular GPS primarily based totally gadgets had been evolved to enhance and display the overall performance of the gamers. Most of the outside activities, like hiking, fishing, paragliding etc. depend on precision navigation. Using those gadgets, a participant may be tracked no matter on land or in water or in air. Long distance runners use those gadgets to navigate their routes. Swimmers use those gadgets in open water lengthy distance swimming competitions, where in there may be excessive hazard of having distracted from the real path. In crew sports activities like soccer, rugby, kabaddi, hockey etc. a couple of GPS gadgets are used to song each crew member at some stage in the entire education classes or maybe in suit situations. In each outside racing game, GPS is a obligatory tool to be connected with the participant. It facilitates the officers to hold song of the gamers in addition to for the gamers, it facilitates to song their path and progresses.

Using virtual video digital digicam has certainly simplified the gathering of data. These effects can then be imported to perform interactive multimedia presentation to offer college students with a higher expertise of the significance of breaking talents into additives and the effects of diffuse dvariant in strategies. The visible evaluation software programlets in college students to view captured motion and to examine them. This unique generation can assassins tractorsto govern student's development in the direction of motor talents goals; offer comments possibilities and assessing college student sgetting to know . Using virtual video digital digicam to document students' overall performance in desk tennis for instance, may be a beneficial device to assist college students enhance their strategies. With the addition of movement evaluation software program, students have expert supportive device. For example throughout a education session, a 'robot-pong', that is a unique technological device that distribute ping pong balls at various route and speed, is used to stand a student. The P.E trainer can then use the Digital video digital digicam to examine the moves

extra closely. This is finished that allows you to enhance the coaching and getting to know of desk tennis. Digital videos have been used weekly to strain on right and fallacious strategies after which the students have been given the possibility to assess their personal strategies and the approach of others thru the 'déjà vu' resource. In the Mauritian context, a few kingdom faculties which might be genuinely operating on a pilot undertaking installation through the ministry of training are offering applicants for the Cambridge O degree Examination. Teachers concerned on this undertaking may have to utilize video cameras throughout the sensible exam to document college students' overall performance after which ship them to Cambridge University. Each university concerned within side the pilot undertaking have already obtained a laptop, an overhead projector and its respective screen. Digital video cameras and net connection centers will quickly be to be had in those schools.

ICT can't be utilized in actual creation or healthy situations. They must be installation completely is laboratory primarily based totally managed environment. Most of the sports activities studies device falls beneath neath this category. Pressure plate and pressure plate are to pin stance of such form of ICT tools. Wired EMG gadgets also are taken into consideration as laboratory-primarily based totally ICT gadgets. Some 3-dimensionalevaluation kits also are immovable and as soon as they' reinstallation internal a laboratory, sports activities moves must be done be neath it's manage circumstance. Such form of gadgets which might be had to be installation in laboratory handiest, are referred to as laboratory-primarily based totally ICT tools.

Conclusion :

ICT brings motivation and exuberance to sports activities person's thoughts and is supporting to transform the stupid and anointer sting education periods into appealing and exciting one. It is discovered as one of the handiest approaches for universal improvement of sports activities person. ICT enables the running shoes to effortlessly accumulate and save education associated data. Players can effortlessly get right of entry to their database and might see their development file. Based at the saved and recorded data,

prediction and speculation may be formulated referring to overall performance of that sports activities person (Lamsal & Choudhary, 2018).

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Integration of Digital Technologies In Physical Education

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Abstract :

This chapter addresses the use and integration of digital technologies in physical education (PE). The content material of this bankruptcy is basically primarily based totally upon the ee-e book Digital era in physical education: worldwide views (Koekoek & Van Hilvoorde, 2018), particularly at the introducing bankruptcy, entitled Next technology PE: considerate integration of virtual technology (Van Hilvoorde & Koekoek, 2018). In fact, this guide resulted from a key observe presentation in the course of the twelfth Congress of The Fédération Internationale d'Education Physique (FIEP), on the University of Luxembourg from thirteenth till sixteenth September, 2017. In this bankruptcy we can additionally supply a short glimpse on the worldwide views and makes use of of virtual technology in PE, as they may be mentioned with inside the ee-e book.

Introduction :

The use of era in sports activities is developing rapidly. In soccer, for instance, new gadgets are used for unique motives together with to assist referees in decision-making and to quantify the athletes' overall performance in the course of a game, for this reason assisting the instruct to set the schooling application and the sport strategy. One of the maximum well-known and current technology added in soccer, is called "purpose line era". It is used to decide if a ball has crossed the purpose line, in an effort to aid the referee. Instead, as regards the quantification of the athletes' overall performance in the course of a soccer match, unique form of gadgets had been produced with inside the previous couple of years. Wearable gadgets which could screen coronary heart fee have been included with monitoring technology that encompass worldwide

positioning system (GPS), accelerometer and gyroscope sensors, which might be used to explain the athletes' motion and physical demands. Therefore, those new technology can investigate the variety of collisions and jumps that arise in the course of a match. These information have end up an increasing number of essential for coaches, athletic running shoes and doctors. In fact, coaches use them to offer higher techniques for his or her team. Knowing precisely in which and the way their gamers pass at the field, they are able to select the quality participant for every role or extradate a participant consistent with the opponents' level. Athletic running shoes use those information to plot the schooling periods in the course of pre and normal season, and use technology to offer measurable schooling routines, custom designed for every athlete. For example, a few technology had been designed to beautify each the physiological and mental factors of the sport.

Interest of PE in new technologies :

Digital improvements are beginning to have a big effect on each game and physical education (see for instance Novak, Antala, & Knjaz, 2016). The omnipresence of clever telephones and pills distinctly have an effect on the enjoy of latest games, however additionally begin to decide the advent in conventional sports activities (think about FIFA, the football video game). Video snap shots also can be used to enhance and compare motion skills. Given the extensive type of opportunities, it may be wondered whether or not PE instructors are appropriately prepared to correctly combine those new technology of their every day practice. Not all experts remorse this hesitation to include virtual era. There are nevertheless many crucial voices with admire to the benefit with the aid of using

which the virtual revolution takes place. Part of the complaint is primarily based totally upon the declare that virtual era is in itself the principle component of the societal hassle of sedentary behaviour and obesity. When we're gaming, we aren't gambling football. Regardless growing human inactivity, usually speaking, we fee the lively variation of amusement extra than the sedentary one. Nevertheless, there's an abundance of proof that virtual era could have a poor effect on motion behaviour and game participation. Digital era might also make contributions to the "international fashion closer to measurability, accountability, performativity and standardization" (Gard 2014, p. 833). Although those views are essential and honestly treasured, this isn't always the attitude of this bankruptcy. The vast use of virtual era in our lifestyle is neither the easy purpose of sedentary behaviour, nor can or not it's visible as a easy solution. Besides, arguing that era is a part of the hassle, is some thing else than claiming that era may be a treasured device to beautify the best of PE. While acknowledging the significance of the capability poor effect that virtual era might also additionally have on fitness associated behaviour, we do need to attention at the capability and pedagogical implications of virtual improvements in PE. In fact, given the improvements which have already began out international, we assume this is the duty of PE instructors and PETE Faculties to deal with the query how era is reshaping the context and content material of tutorial practices.

One of the capability makes use of of virtual technology is primarily based totally on the convenience through which video pictures may be utilized in instructional settings. Images and imitation are crucial factors of gaining knowledge of in a completely unique context as PE. Learning methods are without delay seen for each friends and instructors. This visibility is a vital component for you to create a wealthy gaining knowledge of context, and may be more suitable through the usage of video pictures. However, this could sound less difficult than it's far. Before introducing those pictures, physical educators want to apprehend the standards of for instance deciding on material, with out dropping the principle pedagogical desires out of sight. The TPACK version is

a framework that may be used to demonstrate a number of those challenges (Mishra & Koehler, 2006). 'Pedagogical content material information' (PCK) become described through Shulman (1986) because the information that offers with the coaching process, including "the approaches of representing and formulating the concern that make it understandable to others" (p. 9). PCK offers with the combination of content material and pedagogy, into an information of the way unique topics, problems, or troubles are organized, represented and tailored to the numerous pastimes and skills of learners, and provided for instruction (Shulman, 1986, p. 8). "At the coronary heart of PCK is the way wherein concern remember is converted for coaching. This happens while the instructor translates the concern remember and reveals one of a kind approaches to symbolize it and make it reachable to learners." (Mishra & Koehler, 2006, p. 1021). Mishra and Koehler protected era in Shulman's version, to pressure the significance of the query how era is utilized in education, rather than simply searching on the era itself. Of course, for you to efficaciously combine technological information in an academic context, PE instructors want to have enough Technological Knowledge (TK). For example, instructors want to understand what applicable apps are to be had and a way to perceive the features of those apps.

Moreover, additionally they ought to apprehend the applicable hardware this is wanted and a way to get a wi-fi connection among a pill and a TV display or an outside camera, however additionally a way to show video pictures to a display or a way to tag essential situations. These talents are vital for coaching and want to be incorporated with pedagogical and content material information. In line with the TPACK version, this isn't always only a remember of including information of era to the coaching context. The integration of those one of a kind styles of information require new talents. "Teachers want to understand now no longer simply the concern remember they educate however additionally the way wherein the concern remember may be modified through the software of era.

Integrating era and pedagogy Technological and Pedagogical Knowledge (TPK) is "information of

the existence, components, and talents of diverse technology as they're utilized in coaching and gaining knowledge of settings, and conversely, understanding how coaching would possibly alternate because the end result of the usage of unique technology” (ibid., p. 1028). For example, while instructors use video pictures with inside the gaining knowledge of process, virtual tagging could be a treasured coaching methodology (Koekoek, Van der Mars, Van der Kamp, Waling, & Van Hilvoorde, 2018). Technological information is wanted to make clips to be had for particular situations. Knowing a way to use those technology, implies information a way to create the proper tag panel, that fits the talents of the kid and the instructional desires of the instructor. Tagging significant pictures is a essential ability while the usage of motion pictures. The technical ability of tagging desires to be incorporated with the pedagogical information what to do with the fragments. If a instructor desires to educate a selected motor ability, then the questions arises what pictures will be beneficial, associated with the gaining knowledge of degree of the children.

TPK means that instructors are informed at the era itself, however additionally that the era is significantly valued from a pedagogical factor of view, earlier than it's far used. Digital motion pictures may be used to permit college students to look at their very own overall performance for instant comments. This type of video self-modeling is “a shape of observational gaining knowledge of with the difference that the discovered and the observer, object, and concern, are the equal person” (Dowrick, 2012, p. 31). Digital era additionally gives the possibility to examine performances earlier than or after the class. Students can record, watch and compare on their very own or in small groups, with out direct steerage of the instructor. Immediate comments after performances may be a beneficial tool in coaching. Images may be watched in

gradual motion, scrolled back- and forward, zoomed in and out. Depending at the elements which can be applicable for the learner, elements of the overall performance may be highlighted and emphasized, for instance through including arrows or verbal instruction. The moments of comments also can be varied. Learners can also additionally select after every try whether or not or now no longer to gain comments.

Conclusion :

The use of era in sports activities is developing rapidly. Therefore, those new technology can examine the range of collisions and jumps that arise throughout a match. These statistics have come to be an increasing number of essential for coaches, athletic running shoes and doctors. In fact, coaches use them to offer higher techniques for his or her team.

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Impact of Sports Psychology On Sports Performance

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Abstract :

Athletes need to be aware of psychological factors in sport, the important role they play and how they contribute towards maintaining health and well being. Being aware of this will help ensure athletes conditioning, training & performance is not affected. Performing at your peak requires physical fitness, skill related fitness and psychological preparation. Here we will be looking at the role of sports psychology in improving sports performance.

Key words:- Sports Psychology, Psychological Techniques, Sports Performance.

Introduction :

Competition in sports and the overall performance of athletes in numerous aggressive sports results in increased pressure most of the athletes. This elevated stress makes the athlete to react mentally and bodily in a manner that negatively affects the performance abilities of the athletes. The athletes may additionally anxious, increase their heart beats, sweat all over as they be anxious about the feasible outcomes of their overall performance. Such athletes find it difficult to focus on the venture beforehand.

This element has resulted in lots of coaches and trainers to take extra hobby inside the challenge of sports psychology, especially inside the thing of competitive tension. The attention has focused on elements that affect overall performance in sports, bodily interest and exercise and on capabilities athletes practice in aggressive surroundings. Ones the elements effecting overall performance are hooked up, the abilities required for succeeded in aggressive surroundings also are taught to the athletes.

Impact of psychological factors on athletic performance :

Athletes need to be aware of the psychological factors in sports, their important role and contribution to maintaining health and well-being. By recognizing this, you can ensure that your athlete's training and performance are not compromised. Achieving maximum performance requires physical fitness, skill-based fitness, and mental preparation. Here, we will investigate how psychological factors affect athletic performance.

- **Personality :** Your personality can influence the sport you enjoy and are good at. Introversion tends to be quiet and thoughtful. Extroverted people are bigger and more annoying
- **Concentration :** This is a mental quality to focus on the task at hand. If athletes lack concentration, their athletic performance does not apply effectively or efficiently to the task.
- **Motivation :** This is important in all areas where you want to optimize performance. Essential Motivation: This is our inner motivation. It can be categorized as our personal desire to be the best. Extrinsic Motivation: This is the opposite of intrinsic motivation and means that athletes are motivated to act to receive awards, trophies, or praises from their coaches.
- **Fear :** Fear is a negative emotion that an athlete can experience. Anxiety can also be categorized into different types. State anxiety is a type of anxiety that can occur when a performer is placed in a constantly changing situation. Somatosensory is about how the body reacts to different playing situations. Symptoms range from increased heart rate and respiratory rate to physical discomfort. Cognitive anxiety is a general tension about the

situation in which sailors and athletes are placed and their ability to improve performance. This is because cognitive anxiety can reduce concentration. Fear of traits refers to the traits that cause an athlete to react in a particular way to a particular situation. .

Psychological Factors that Affects Sports Performances :

There are quite some elements which can have an impact on an athletes overall performance.

- **Attention and Concentration:** Attention is the concentration of awareness upon one object in preference to upon an-different. There are wide variety of factors which distract and reduce attention and awareness, which is turn will result in terrible overall performance.
- **Group Dynamics:** Better performance will end result if every member of the group merges his non-public emotions and capabilities into a complete team attempt.
- **Individual variations most of the athletes:** Each athlete is unique to oneself. Some athletes can be outgoing and extrovert while different can be shy, introvert and withdrawn, and they may also differ in their levels of perception.
- **Personality:** The human character is a marvellously elaborate structure, delicately woven of reasons, feelings, behaviour and thoughts, right into a patter that balances the pulls and pushes of the outdoor world. It is the totality of his being, and includes his bodily, mental, emotional, and temperamental make-up.
- **Motivation:** Motivation is a force, a pressure which activates, compels, and energizes an man or woman to behave or behave a specific manner, at a selected time, for achieving the unique purpose or reason. In the absence of motivation, both there might be no getting to know, or little or no getting to know, and the found out interest or talent could be forgotten very quickly.
- **Mental Imagery:** Mental interest permits the athlete to enhance the execution and precision

of the given skill or assignment by means of wondering and imagining about it.

- **Arousal and Activation:** It is important to realize what are the real activating forces that push and pull an athlete to transport or act for attaining the aim.
- **Attitude:** Attitudes are developed thru direct enjoy and interpersonal verbal exchange. Positive beliefs and values regarding physical pastime result in improvement of appropriate and superb attitudes, allowing the athlete to try tough for better overall performance.
- **Anxiety:** Anxiety is an crucial component of any aggressive state of affairs and without positive degree of anxiety, there can't be competitive overall performance.
- **Aggression:** Aggression is a applicable behaviours in sports activities and games for max performance. Players have to be competitive due to the nature of the games. Frustration is the reason of aggression. The amount of aggression is typically determined by the level of frustration produced by using the particular state of affairs.
- **Tension:** Tension is a frightened reaction to situations. Low degree of tension is anxiety. Tension arises when a intention is not at once attained. Minimum level of muscular tension is needed for quality motor performance.
- **Stress:** Stress is the non-precise response of the frame to any needs made on it. The events that produces pressure (or) the source of stress are referred to as stressors. In sports pressure decreases one's performances like demanding approximately the performances.
- **Intelligence:** Intelligence is the aggregate mental capability or strength of an character to act purposefully, to think rationally, and to deal correctly with one's environment, Intelligence involve attention, is purpose directed, and has cost.

Psychological Tips To Enhance Sports Performance:

The techniques that athletes/ sports person

uses mostly to enhance their sports performance are:

- Mental Illustration: intellectual representations are symbolic approaches of reproducing truth.
- Chunking Goals: Focus for your instantaneous target.
- Focused Attention: Always be privy for distractions.
- Celebration: Enjoy and recognize your health and electricity.
- Positive Images: Use visualization earlier than, at some stage in and after your schooling to build confidence and new motivation.
- Look simplest: Look simplest at what you want to do proper now.
- Attention Control: every inner/external attention.
- Self-instructions: those are messages or short affirmations that we tell ourselves to help with motivation or attention.
- Relaxation: a rest method is any method, system, or activity that facilitates reduce physical and/or mental tension.
- Pain as feedback: You can also use the pain as feedback.
- Setting Dreams: this enables athletes get an overall imaginative and prescient of the paintings they should do.
- Power Words: Make positive self-statements continually.
- Advantage: Use everything in your exercising for your advantage.
- Body Scan: Pay close interest in your tension stage and training form.
- Present Focus: Practice being within the present moment.

Here are some psychological tips to enhance your sports performance for your next competition:- stay cool, stay fuelled, stay focussed, prepare, set the scene, assess, break it up, tune in & out, be your own cheerleader, etc.

Conclusion :

In the fitness world it is generally thought by many that in order to perform well in events, one needs to train properly in order to do well. This is true however, what some might not be aware of are the

psychological techniques that many professional athletes use in order to enhance their performance. Everyone at some point has seen a professional athlete go through a ritual or routine before their competitive sport/event begins, and there are reasons why they perform these actions.

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