



Physical Education and Sports: Issue, Challenges and Opportunities

Volume I

Edited By : Dr. Sagar P. Narkhede

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Volume I



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Physical Education and Sports: Issue, Challenges and Opportunities / Volume I

Edited By
Dr. Sagar P. Narkhede

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PREFACE



PREFACE

Academic excellence and quality sustenance in higher education have become inevitably necessary today. In this regard, IQAC & Department of Physical Education and Sports of Saraswati Kala Mahavidyalaya, Dahihanda, Akola, is taken the initiative by publishing Edited Book on **“Physical Education & Sports: Issue, Challenges & Opportunities”** 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



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, IQAC & Department of Physical Education and Sports of Saraswati Kala Mahavidyalaya, Dahihanda, Akola, is going to publish Edited Book on **“Physical Education & Sports: Issue, Challenges & Opportunities”**. 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 IQAC & Department of Physical Education and Sports of Saraswati Kala Mahavidyalaya, Dahihanda, Akola, is going to publish Edited Book on **“Physical Education & Sports: Issue, Challenges & Opportunities”**.

I congratulate the Principal, Dr. Dipak K. Raut and Dr. Sagar Narkhede, IQAC Coordinator & 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 IQAC & Department of Physical Education and Sports of Saraswati Kala Mahavidyalaya, Dahihanda, Akola, is going to publish Edited Book on **“Physical Education & Sports: Issue, Challenges & Opportunities”**.

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, IQAC Coordinator & 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. Dipak K. Raut

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 **“Physical Education & Sports: Issue, Challenges & Opportunities”** 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. Dipak K. Raut 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 and Nagpur Branch** for bringing out this publication in all its glory.

Dr. Sagar Narkhede

Editor & IQAC Coordinator,

Director of Physical Education & Sports

Saraswati Kala Mahavidyalaya, Dahihanda, Akola

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IQAC Coordinator &

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The Computer: Use In Games And Sports

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Abstract :

Computer is certainly one of the most versatile and ingenious developments of the modern technological age. Today athlete and coaches use computers in almost every activity of games and sports. In games and sport, the use of computer to analyze complex data has made complicated research designs practical. Electronic computers have by now become an indispensable part of athlete and coaches in the skill enhancement, analyzing of skills, storage of records, etc. Whether considered of it as something positive or negative, there's no rejecting that the computer has turned into an integral part of our daily life. If you ask anyone about mobile phones, they will tell you that they cannot live without them. Sports participation is unquestionably a physical activity, and a computer cannot change this or make it easier. Be that as it may, they can be utilized in various forms to assist with a sportspersons achievement. Computer uses in storing statistical data, watching and storing video, sports media, equipment development, training and preparation, sports video games, minimizing human error, etc. In conclusion, the above descriptions indicated clearly the usefulness of computers to in games and sports. The development now taking place in computer technology will further enhance the use of computers in games and sports. Programming knowledge would no longer remain on obstacle in the use of a computer. All these require time, effort and money. Hence computer based analysis may not prove economical in case of small project.

Keyword: Games & Sports, Computer, Uses, etc

Introduction:

The development of electronics devices, specially the computers, has given added impetus to this activity. Problems which could not be solved earlier due to sheer amount of computations involved can now are tackled with the aid of computers accurately and rapidly. Computer is certainly one of the most versatile and ingenious developments of the modern technological age. Today athlete and coaches use computers in almost every activity of games and sports. In games and sport, the use of computer to analyze complex data has made complicated research designs practical. Electronic computers have by now become an indispensable part of athlete and coaches in the skill enhancement, analyzing of skills, storage of records, etc.

Use of Computer Applications :

Now a day, computers are widely used for many purposes. Like in educational, commercial, industrial, administrative, transport, medical and several other organizations are increasingly, depending upon the help of computers to some degree or the other. Everyone, right from morning to bed depends on electronic device. Working schedule, daily plan, at work place, paying of electricity or telephone bills every activity are processed by computers. Computers are used not only in numeric application but also in non numeric applications such as proving theorems, playing chess, preparing menu, mathematical matchmaking and soon.

Use of Computer in Games and Sports :

Whether considered of it as something

positive or negative, there's no rejecting that the computer has turned into an integral part of our daily life. If you ask anyone about mobile phones, they will tell you that they cannot live without them. Sports participation is unquestionably a physical activity, and a computer cannot change this or make it easier. Be that as it may, they can be utilized in various forms to assist with a sportspersons achievement. make it easier. Be that as it may, they can be utilized in various forms to assist with a sportspersons achievement.

Storing statistical data:

Statistics are crucial in the sports industry. Sports agents and all participants need to know exactly how well their clients are doing or have been doing at any given time. In sports, computers are used to collect and track such data. With the assistance of a computer a group supervisor can make a bookkeeping sheet data set where he'll have the option to store all the details for the group. Assuming such records are kept all through the season he will actually want to utilize it to assist him with choosing which players to keep and those that are superfluous. The same kind of data can also be used by media outlets to write and publish in-depth stories about the performance of particular teams or players.

Watching and storing video:

Athletes make good use of videos, both of their own and others' performances, to watch and store information. It's basic for concentrating on others responses, style and various different things. A fighter, for instance, will utilize recordings to survey rivals battles and get familiar with his shortcomings, to take advantage of them. With regards to football, a group mentor can watch a game tape and take a gander at how his offense could work on their passing assault. The computer allows for the easy storage and retrieval of enormous amounts of video footage. Simple admittance to data is one of the greatest advantages to utilizing PCs.

Sports media :

Sports media regularly make use of computers. Using a computer, sports writers can conduct their research, and editors can employ a variety of applications to produce a variety of effects. For the benefit of viewers, numerous major sports media outlets have developed improved technology. The ESPN Axis field view is one example of this development. This is a program that turns the field of view for various impressions of the activities.

Equipment development :

Computer technology has significantly improved safety. There have been numerous researches about player safety over the years. The number of you can recall the investigations that were made with respect to blackouts on hockey and football players. Computers assisted equipment designers in designing safer equipment to address this issue. Riddell used a number of technological programs during the NFL 2010 season to design a new football helmet. These programs contributed to the development of a helmet that can absorb impacts and reduce head and neck damage.

1. **Training and Preparation:** The games business likewise involves PCs for the preparation, sustenance and strength of the competitors. A program that gives trainers a competitive edge can be created by entering an athlete's height, weight, and other body measurements into a computer.
2. **Sports video games:** Video games about sports have become increasingly popular over the past few years. Players can now enjoy a very realistic experience thanks to computers.
3. **Minimizing human error :** Many games and sports like Cricket, Lawn Tennis, Volleyball, etc is the best example of how computers can be used to eliminate human error. In crucial decisions, Hawk-Eye technology is used to reduce human error. This can be accomplished by following a moving object's path or trajectory.

Conclusion:

The above descriptions indicated clearly the usefulness of computers to in games and sports. The development now taking place in computer technology will further enhance the use of computers in games and sports. Programming knowledge would no longer remain on obstacle in the use of a computer. All these require time, effort and money. Hence computer based analysis may not prove economical in case of small project.

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Characteristics & Components of Quality Physical Education

Dr. Alka I. Karanwal

Director of Physical Education

L. M. M. Arts, Commerce &

Ashok Science College Chandur Rly, Amravati

Abstract :

Quality Physical Education utilises effective pedagogies, focuses on movement and its contribution to learning and the holistic development of individuals and their communities. A quality physical education program provides learning opportunities, appropriate instruction, meaningful and challenging content, and student and program assessment. In addition, a quality physical education improves mental alertness, academic performance, and readiness and enthusiasm for learning in our nation's youth. This paper will provide detail information of quality physical education, its Characteristics and its Components.

Key words : Quality Physical Education, Sport.

Introduction :

A high quality physical education program offers children opportunities to develop the skills, concepts, and dispositions needed to be physically active for life. Sufficient, regular physical activity not only helps prevent major diseases but it also promotes learning, reduces stress, anxiety and depression, and improves overall wellness. It doesn't matter if the child excels in every other subject in school and grows up to become a successful doctor, lawyer or engineer, with poor health any professional achievement becomes secondary.

There are many factors that contribute to the ease of implementing and sustaining a quality program, including the involvement of the administration, parents, and community. However, the bottom line is the willingness of the physical

education teachers to do their best no matter the situation. REAL teachers do what they can with what they have. Our REAL Teacher's Pledge states this clearly and REAL teachers need our support and appreciation. Better yet, support them in the form of equipment, classroom assistance, and time and funding for professional development; and by advocating for quality physical education at the national level.

Quality physical education is not a specific curriculum or program; it reflects, instead, an instructional philosophy that emphasizes:-

- Providing intensive instruction in the motor and self-management skills needed to enjoy a wide variety of physical activity experiences, including competitive and non competitive activities.
- Keeping all students active for most of the class period.
- Building students' confidence in their physical abilities.
- Influencing moral development by providing students with opportunities to **a s s u m e** leadership, cooperate with others, and accept responsibility for their **o w n** behavior.
- Having fun!

Characteristics of Quality Physical Education :

- Emphasizes knowledge and skills for a lifetime of physical activity.
- Is based on national standards that define what students should know and be able to do.
- Keeps students active for most of the class time.
- Provides many different physical activity

choices.

- Meets needs of all students, especially those who are not athletically gifted.
- Features cooperative, as well as competitive, games.
- Develops students self-confidence and eliminates practices that humiliate students (e.g., having team captains choose sides, dodge ball and other games of elimination).
- Assesses students on their progress in reaching goals, not on whether they achieve an absolute standard.
- Promotes physical activity outside of school.
- Teaches self-management skills, such as goal-setting and self-monitoring.
- Focuses, at the high school level, on helping adolescents make the transition to a physically active adult lifestyle.
- Actively teaches cooperation, fair play, and responsible participation in physical activity.

Is an enjoyable experience for students?

- According to NASPE, there are four components of a high-quality physical education program. Those are listed below with examples of what should be observed in each area.
- Opportunity to learn (provide a developmentally appropriate program)
- Meaningful Content (instruction in a variety of motor skills, fitness education, opportunity to improve social and cooperative skills, promotion of physical activity)
- Appropriate Instruction (maximum practice opportunities, full inclusion, out of school practice)
- Student and Program Assessment (assessment is ongoing, assessments align with state/national physical education standards)

Conclusion:

In physical education, the focus is on movement and its contribution to the development of individuals and communities. By learning in, through, and about movement, students gain an understanding that movement is integral to human expression and that it can contribute to people's pleasure and enhance their lives. They learn to understand, appreciate, and move their bodies, relate positively to others, and demonstrate constructive attitudes and values. This learning takes place as they engage in play, games, sport, exercise, recreation, adventure, and expressive movement in diverse physical and social environments. Physical education encourages students to engage in movement experiences that promote and support the development of physical and social skills. It fosters critical thinking and action and enables students to understand the role and significance of physical activity for individuals and society.

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Sports Overtraining: Treatments and Preventative Measures

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Abstract :

Athletes have many additional duties, such as professional, social, and family obligations, in addition to the unique requirements of training for and competing in their chosen sports. In other words, an athlete must balance a variety of obligations together with the demands of training and competition during the course of his professional career. Coaches, trainers, and others should therefore examine an athlete's needs and goals as well as their existing performance level before beginning a meaningful training programme. Only then should they design an individual's customised training schedule. Because this quality of care will affect an athlete's future performance, it is crucial that the player, coach, trainer, and others work together during the training process.

Keywords: Overtraining, Preventative measures, Sports Training.

Introduction :

In order to maximise physical performance, training ideas are included into athletic training regimens. In order to promote physiologic stress and subsequent adaptation, both endurance training and strength training include incremental increases in training. In order to maximise training improvement, a well-designed training programme incorporates overtraining while staying within the exercise tolerance limit. The time of an athlete's peak performance is aided by this specific strategy, known as privatisation of training. When the body is unable to adapt to too much exercise stress, over occurs, which lowers sports performance. The biochemical, physiologic, and immunological

systems change as a result of the failure to reestablish homeostasis.

Who Can Be Over-trained?

Training beyond what the body's physiological and psychological systems can recover from during downtime. Overtraining is linked to exhaustion and burnout and frequently results in physical and mental exhaustion, which lowers performance quality. Athletes frequently lament their fatigue and difficulty sleeping.

Syndromes of Over-training :

The overtraining syndrome manifests as a variety of symptoms in athletes whose training regimens have gone beyond their bodies' physical and psychological capacity. a constellation of overtraining signs and symptoms that often makes the victim feel mentally exhausted without becoming physically exhausted and lowers performance. The sufferers have a higher basal metabolic rate, typically lose weight due to a negative nitrogen balance, and take longer to return from exertion to resting pulse rate. The hypothalamus, as well as changes in the neuronal and endocrine systems, are thought to have a role in the overtraining syndrome. Increased resting heart rate, poor healing, sleeplessness, appetite loss, frequent upper respiratory infections, sore throats, heavy legs, decreased performance, irritability, restlessness, diminished attention, melancholy, and emotional vulnerability are all indications of overtraining. The consumption of more liquids in the evening, excessive perspiration, bad sleep, a decline in libido, a decline in competitive drive, etc.

Mental Health Elements :

The main psychological factors that contribute to overtraining syndromes include disturbance, doubt, criticism, despair, loss of desire, and lack of confidence. These factors may be exacerbated by increases in training volume and/or intensity. Fatigue, attention problems, depression, and irritation are signs of poor performance. With a given workload, an athlete experiences more perceived effort. It is common exercise. Overtraining may take many weeks to fully recover from, whereas undertraining may last from a few days to two weeks and has a good prognosis. The overtraining syndrome is characterised by further abnormalities in psychological state and physical performance.

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Practise to monitor changes in psycho-pathological markers using the mood state profile. An athlete's mood while training can be monitored using this scale.

Who Are The Athletes Most At Risk Of Over training?

Due to the lengthy exercise training periods included in endurance sports, overtraining is a greater risk. Young athletes are particularly at risk because overeager coaches and parents frequently push them too far or too quickly. Adult runners frequently participate in too many road races for one specific cause and do not give themselves adequate

time to recover. Competitive swimmers frequently train multiple times per day and have large training loads. Athletes that compete in numerous sports (such as triathletes, pentathletes, and decathletes) frequently struggle to strike a balance between getting enough rest and training for each sport at the same time. Female athletes, especially those participating in sports where physical appearance and performance are given more weight, may overtrain in an effort to lose weight.

Authorities That Help Detect Overtraining :

Performance decline is frequently the first indication that an athlete has overtrained. Although there are no commonly acknowledged diagnostic standards for the over-training syndrome, performance declines linked to other well-known overtraining signs may be enough to establish the diagnosis. An increased rate of heat production during exercise and weight loss are further indicators of overtraining. Often falling ill, having trouble sleeping, and having more thirst in the evening.

How May Overtraining Be Avoided?

Due To The Risk Of Injury, Illness, Early Retirement, And prolonged performance declines, prevention is of the utmost importance. Regrettably, there isn't a laboratory test that is recognised worldwide that can be used to track overtraining. Training is divided into different phases, such as endurance work, speed work, skill training, and tapering, and then put within a limited time frame for maximum performance. The periodization approach enables athletes to have enough recovery in between workouts and can help them avoid injury when training hard. The distinctive differences in each athlete's tolerance for stress must be taken into account by coaches and trainers in order to properly balance and customise training sessions. The most frequent cause of running injuries is improper training, which may be avoided by paying careful attention to specialised training and practise. Avoid high intensity training without breaks and abrupt increases in intensity. Overtraining is reduced by

daily mood tracking. When moods are deteriorating, training should be suitably reduced, and when they are improving, enhanced.

Healthcare For Overtrained Athletes :

Overtraining syndrome is not specifically treated. Thus, early detection and adequate prevention must be the main priorities. For recovery, a decrease in training volume and intensity may be sufficient. Reassurance and appropriate advice regarding the value of relaxation techniques are needed in athletics. As methods of regeneration, massage and hydrotherapy are frequently employed. Open communication with coaching staff is essential, and field tests for physical fitness assist coaches in directing moderate training progressions. It's beneficial to pay attention to healthy nutrition and fluid intake. Cross-training and competitiveness also help with the healing process.

Conclusion :

Athletes have many additional duties, such as professional, social, and family obligations, in addition to the unique requirements of training for and competing in their chosen sports. In other words, an athlete must balance a variety of obligations together with the demands of training and competition during the course of his professional career. Coaches, trainers, and others should therefore examine an athlete's needs and goals as well as their existing performance level before beginning a meaningful training programme. Only then should they design an individual's customised training schedule. Because this quality of care will affect an athlete's future performance, it is crucial that the player, coach, trainer, and others work together during the training process.

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The Study Of The Role of Social Media In Physical Education And Sports

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Abstract :

Social media is the new face of the 21st century, full of new energy. It has changed the dimensions of worldwide thinking. The foundation has been laid for major changes in society. Of course, no change is unilateral. He always comes with many Yaksha questions, despite all his qualities and goodness. Social media is no exception. Despite playing a remarkable role in the progress and development of society, social media is not completely safe. Although today social media is being used by people of all age groups in society, sitting at home in the virtual world, all the groups are communicating with each other and sharing their thoughts, creating a new intellectual world. Magnuson, a famous communication scientist, said that communication is a process of empathy. It connects the members of society. This development journey of communication started with pigeons, the telegraph, letters, postcards, STDs, ISD s, print media, radio, TV, etc. In its development, today's Facebook, WhatsApp, Twitter, Instagram, Telegram, Messenger, YouTube, Gmail, etc. have reached the level of advanced and modern technology. Simple and normal lives cannot be imagined without this new form of social media. It can also be said that social media is the modern version of traditional media. Its form is extremely vast, multidimensional, omnipotent, extremely miraculous in effect, and democratic in character. In this research paper, the role of social media in physical education and sports has been studied.

Keywords: Physical Education, Sports, Social Media, Players, Communication.

Research Methodology:

The research paper has relied on secondary data.

Objective of Research:

- To study the role of social media in physical education and sports.
- To study the impact of social media on players.

Introduction:

The usefulness of social media for social harmony, social concern, social solidarity, collective consciousness, mass movements, etc. is recognised globally. That is why the relationship between media and society is integral and unbreakable. In a democratic country like India, it is the shield protecting the soul of democracy. Social media is an interesting word combination. This medium of mass communication is an effective platform for the expansion of expression. It not only asserts its claim to be the mirror of society but also provides opportunities for every person to publicly expose their views without any discrimination. Its network is so vast that it has captured the whole world in its grasp. No area of the world is left untouched by social media. Whether it is a question of influencing international relations or the challenge of fighting the worldwide coronavirus pandemic,

Sports have been significantly impacted by social media. As a result, fan interaction is fundamentally altering because fans choose to connect with actual individuals rather than businesses. Making their athletes, staff, and

superfans influencers is the new fan engagement challenge for sports marketers. It is impossible to ignore how significantly and just now social media is impacting the sports sector. More and more followers are using websites like Instagram and TikTok while the world recovers from the COVID-19 epidemic. When people cannot physically attend games or events, they laugh and talk about their favourite sports there.

Others increasingly use social media to watch sports completely or largely. Compared to the acceptance of TV broadcasts, social media's influence on fan involvement and the profitability of sports is expanding more quickly. Sports organisations will find it increasingly difficult to compete for fans' attention as a result of the development of new economic models, and the clubs and leagues that can provide more material for digital channels will be rewarded with additional media rights.

Sports make children strong. This increases their ability to do physical labour, and they remain more active. The habit of working hard will prove beneficial for them in the long run, so that physical weakness will not become an obstacle for them to do any work. Falling and getting hurt during sports increase their pain tolerance, making them more tolerant. To stand up to the struggles of life in the future, the child must be mentally strong as well. Sports defeat prepares them mentally to face challenges and accept defeat. But at present, social media is taking children away from field sports.

Children learn many lessons on the playground that they cannot learn in the classroom. Working with his team, he learns about team spirit, organisational values, and the art of taking everyone along. Honesty, loyalty, enthusiasm, and the spirit to do something flourish in them. Sports make children hardworking, determined, and disciplined. There are many types of activities in sports, such as running, jumping, catching, sitting, and getting up, due to which every part of the body is exercised. Due to these activities, the circulation of blood in the body becomes faster. Along with

this, more oxygen reaches the body. As a result, the body's metabolism improves, due to which the toxins are removed from the body faster. That means there is detoxification of the body. Broadly speaking, it is of tremendous benefit to the proper health of the children. But at present, instead of field games, children like to spend time on social media.

The Role of Social Media in Physical Education and Sports:

Social media has influenced sports, especially in marketing and communication. Many sports marketers now take advantage of social media to promote campaigns, events, teams, and sporting activities. Also, social media is changing traditional journalism: sports media outlets now share content with massive audiences daily via social media platforms. With social media, athletes are no longer just athletes but also business brands. Athletes benefit from having a social media presence to promote themselves, build a personal brand profile, and engage with their fans year-round. Furthermore, athletes can enjoy job opportunities and economic benefits based on their reputation on social media.

People can maintain contact with their favorite sports teams and athletes thanks to social media. In the early stages of the COVID-19 epidemic, for instance, several contests were halted. However, social media enabled businesses to engage with customers, provide fresh material, and inform fans about their favorite athletes and coaches. For instance, they published images and videos honoring significant milestones in player and team history during the NBA break. 1.6 billion followers were exposed to this effective fan interaction material. Such digital short-form content is highly potent. Thanks to social media, sports leagues may connect with followers worldwide directly and in real time. Due to this connectivity, worldwide fans may follow their favorite teams no matter where they reside, and the teams benefit from having access to a wider fan base. The NBA, for instance, has more supporters

in Germany, the UK, and China than in the US, even though Americans adore basketball.

Today's sports culture is getting increasingly entwined with social media. Fans use social media to engage in sports-related subjects and material as more and more people spend time online. Organizations are simultaneously coming up with innovative strategies to advertise their sports teams and boost sports debate. People no longer just watch sports anymore; they now live-film matches, share memes, and engage in trash-talking. They interact with them directly. Considering how sports fans currently use social media, it was discovered that 41% of sports enthusiasts worldwide watched live games on digital platforms. 43% of Gen Z fans and 32% of sports enthusiasts, in general, use social media while watching live sports. These figures and others show that social media has a huge impact on sports and fans, and that impact is increasing daily.

The ability of sports organizations to communicate directly with supporters and give them a sense of involvement in the league is another noteworthy effect of social media. Particularly casual viewers who do not watch many broadcasts and likely don't follow the teams or the players. Most people's internet time is spent browsing to locate content that piques their interest, and social media is a terrific method to keep them informed about sports, teams, or leagues. Social media engagement is a fantastic tool for sports organizations to connect with the general audience. Many sports organizations have a social media presence to advertise events or other activities and to engage fans with sports-related material. These organizations utilize social media sites to promote players, provide game lineups, and publicize forthcoming events.

Social media is currently becoming the primary means for people to follow sports. It is time for sports marketers for all sports leagues, teams, national federations, and tournaments that are not yet taking advantage of the rapid expansion of new social networking to get on board. This two-

way connection has already inspired sports marketers throughout the world. For many years, the dynamics of numerous sectors have been altered by the media in general. And the sports business is no different. Live broadcast TV came first, followed by cable, OTT subscriptions, and now social media. The years of Covid's seclusion have seen an especially fast growth in social interaction. It is simple to comprehend. One-way information exchange occurs on broadcast television. Sports fans may interact with, respond to, and feel more connected to their favorite teams and athletes thanks to social media, which allows for two-way interaction. With 51% of fans obtaining their sports material on Facebook, 46% on YouTube, 31% on Instagram, and 25% on Twitter, fans of all ages now resort to social platforms for sports content. On social media sites like Twitter, several sports-related topics are trending every single day. Additionally, profiles relating to sports are among the most popular on social media. On Instagram, Real Madrid has 134 million fans. 77.5 million people watch the NBA. With 561 million followers, Ronaldo is the most popular individual.

The new generation of sports marketers realizes that the mix of sports and social media is the key to offering an 'always on' experience for fans. Social networking has eased sports marketing. Many sports marketers take advantage of social platforms to promote sports-related events and activities. And many companies are engaging fans by providing unique user-generated content (UGC) to develop deeper ties. For many years, the sole visual medium for live sports or events was television. Now, media outlets and sports organizations may use social media on mobile displays to communicate live events and in-progress games with spectators. 39% of American people watch sports via online live broadcasts, according to a 2020 survey. Fans 55 and older are more than twice as likely to watch a game live as those aged 18 to 24. Now, sportsfans can watch their preferred teams compete right from their

mobile devices.

Fans rely on the social media pages of athletes and sports organizations more than ever before. This is particularly valid for young fans who are only beginning to forge their lifelong allegiances. On social media, 58% of 16- to 24-year-olds and 49% of 25- to 34-year-olds follow athletes; 43% of each age group follow the league. Almost all sports teams also have several social media accounts where they communicate with followers about pertinent news. It's a wise approach because fans are now using social media more than ever for sports news and updates. Nielsen states that between April 2020 and August 2021, global usage of TikTok climbed by 30% for sports news and video; the same use case for Twitch grew by 21%. As a two-way conversation platform that lowers marketing expenses for businesses and sports fans, social media has made it simple to share sports news and content. Sports fans can use social media to follow their favorite athletes, teams, or teams in general, as well as to interact with other fans of different sports. Overall, sports are becoming more and more popular. The growth of social media, the increasing significance of short-form material, and the necessity for sports clubs and leagues to start collecting and distributing all-access content are a few factors contributing to this.

Social media is a crucial instrument for building two-way relationships with international fans, captivating sports audiences, and disseminating news about sports. In a time when many people, especially sports fans, spend a lot of time and money online, this skill is critical. Without a doubt, social media is altering how sports fans perceive sporting events. Additionally, it directs how businesses and players interact with sports audiences and how they increase income potential with partners and fans.

The advantages of delivering updates and streaming content that viewers want to see on social media are now becoming clear to broadcasters. To draw in and keep fans, they are utilizing digital content from their league partners. As a result, digital media rights are now a crucial

part of broadcast rights agreements, increasing revenue for all leagues. Ticket and merchandise sales may increase as a result of the same social media and digital media buzz surrounding players and teams. Increased engagement, especially when sponsorship is involved, causes this. Social media aids organizations by increasing fan interaction and partner income prospects in addition to serving as a news source. This is accomplished by employing digital material in targeted social media sports marketing initiatives. Athlete advocacy on social media has helped sports teams like Paris Saint-Germain significantly expand their audiences by utilizing solutions like Greenfly's digital media management software.

Conclusion:

Currently, the majority of any team's or league's revenue comes from TV broadcast money, sponsorships, and ticket sales. A fresh chance to expand and boost income from those same channels is made possible by social media. It also creates fresh possibilities. It was nearly impossible to attract your favorite athlete's attention a decade or two ago. Sports fans and athletes are now more connected than ever thanks to social media. Professional athletes frequently have personal social media pages where they interact with followers, advertise sponsors, and discuss events and their lives. Social media plays a significant role in showing the human side of athletes in addition to interacting with fans. Athletes frequently post private social media stuff, such as behind-the-scenes or regular activities. Social media humanizes and makes more relatable athletes, who are frequently praised for their performance. Athletes may develop their brands by telling their stories. This talent improves their chances and raises their worth for commercial deals and other professional advantages.

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Yoga For Human Sensitivity Development

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Abstract :

Sensitivity is very important in human life. If we try to understand the reason behind all the destructive incidents seen in society today, the main reason is the lack of sensitivity in humans. At present, social change is happening at a very fast pace. In this way, the nature of changing modern society has greatly increased the social problems, due to which the disintegration of the social system is seen, and the existence of the society is also threatened. Human insensitivity seems to be the main reason behind all these problems. Incidents of female atrocities occurring in the society, incidents of violence on the basis of religious issues, various incidents occurring due to political competition, social and family accidents due to mutual differences, injustice and atrocities committed due to the greed of subject enjoyment, all these incidents human insensitivity seems to be the main reason behind this too. To avoid such problems, it is necessary to develop sensitivity in society. If sensitivity is developed from childhood, then its good results are visible. The seeds of a child's personality developments are sown in the very beginning of childhood. Therefore, if parents and teachers teach children about equality and love, then the child's mind can remain clean and pure. Yoga is a lifestyle if we look at the practical and spiritual manner. With the regular practice of yoga the possibilities of internal change in children as well as adults are more strongly visible. That's why the researcher has tried to present the role of yoga in the development of human sensitivity to society through the present invention.

Keywords : Yoga, Sensitivity, Humanity, Ethical Value, Development

Introduction :

In today's mechanical and competitive era, a lot of development is taking place for man, but the development of man is getting out of priority. This is the main reason today every house, every person is surrounded by diseases. In such circumstances, yoga should be included in the topmost priorities of this world to increase health, character, mutual love, brotherhood and social harmony. Through yoga we can develop our sensitivity and humanity. If there is any problem in the world and our society today, then only how to make a person self-controlled and self-disciplined. If education could do this work, then perhaps there would be no need for yoga, because the purpose of education is not only intellectual development, but also to make all aspects of personality creative and positive, and to create an ideal and human personality.

There is development of qualities. But this development does not seem to be possible with the modern education system. That's why if yoga is added to primary and higher education, then yoga will inevitably be seen in the lifestyle. By developing human sensitivity and human values, there are possibilities of getting rid of all modern problems, because yoga is full of the ability to develop all the organs of a human being.

Introduction To Sensitivity :

To understand the sensitivity, first of all it is necessary to understand pain and sensation properly. The word 'Vedna' has originated from 'Vid'. Vedana means pain. If there is ignorance then pain will become only pain, and if there is life then pain will not become pain but it will become

compassion. When pain becomes compassion, it is called sympathy. Compassion does not mean mercy. Compassion means I know rightly. I know the reality of suffering. There is no sentimentality at the root of sensation, it is knowledge. The place of the Buddhist in sensation, the place of knowing is to really know. Compassion does not mean that you saw someone crying and you started crying. Grief means that you have seen someone cry and you know what the reality is. Only then can you cure the suffering of such a person. So we can say that sensitivity means the quality or state of being sensitive. Sensitivity means knowing the other's feeling in real form or emotional tendency in which this feeling is not visible, we call it insensitive.

Human Sensitivity :

If seen, here we associate sensitivity with different incidents, situations, our senses etc. Then it means the ability to receive. As the sensitivity of our senses increases, the capacity to perceive the objects of the senses increases. When our five sense organs are more sensitive, then our ability to perceive sound, touch, form, taste and smell also increases. But here we do not expect such sensitivity, but sensitivity that develops the receptivity of human values. Along with my life, the feeling of developing human qualities without hurting anyone is kept under human sensitivity. In the journey from human to superhuman, sensitivity, talent, wisdom, Human sensitivity is the important condition found in these stages of sainthood.

Level Of Human Sensitivity :

Human sensitivity can be divided into different levels according to individual behavior. To understand these levels, we need to understand anesthesia as well. Considering the degree of insensitivity, the following three levels of sensitivity appear-

1. Anesthesia
2. General sensitivity
3. Extreme sensitivity

Anesthesia :

An insensitive person is very selfish, no one likes him. But the sense of insensitivity is also visible in many people according to their respective occupations. Prison and police personnel may become desensitized by exposure to criminals. The sensitivity of the same person varies from situation to situation, and a policeman can control his sensitivity while on duty. It is also necessary for the doctor to get control over the sensitivity to get the treatment done to serve the patient. It is also necessary to be desensitized to the level of sensitivity for some time in order to provide the services. But it is also necessary to take care that such insensitivity should not affect the whole life for a long time.

General sensitivity :

A religious person should be as sensitive as possible to help someone in times of distress. We expressed sympathy, if we could help; we did that too, then got busy with our work. There is no drama, acting or showing off. This is right way to live. Where can this type of sensitivity are referred to as normal human sensitivity.

Extreme sensitivity :

The person who sits at home, family or in the office with his mind attached to any trivial matter and that matter does not come out of his mind and keeps troubling him, that person is called hypersensitive. A hypersensitive person is unable to ignore or ignore anything and gets tensed even on trivial matters, neither he himself is happy nor is he able to help anyone. Such a person lives in tension. Angry because of this tension there is an increase, which adversely affects mental health. Hypersensitivity can cause insomnia, stress, and depression. That's why we should try to adopt normal human sensitivity keeping insensitivity and hyper-sensitivity in mind for the development of human values and to make social, family and personal life happy by looking at human kindness.

Need for human sensitivity:

The Importance Of Sensitivity In Human Life :

This is extremely simple. That is why sensitivity has also been given a place in the school curriculum among the 10 moral values. But sensitivity being an abstract concept, it is very difficult to communicate it. Today the society is getting polluted day by day. Man's heart is not getting clean even after many efforts. Dirty thoughts like caste discrimination etc. are not leaving his mind. Individuals are very sensitive to what happens to them, but what about others? It doesn't make any sense. In this situation, the better nature of the human being cannot be expressed and many problems arise in the personal, family and social life of the person. The person is highly attracted towards selfish tendencies and towards personal happiness. In order to get happiness, he also causes deep damage to the social and family situation. In order to develop all these systems by keeping them in good condition and to remove social problems, for the spiritual development of human beings, there is a need for sensitivity towards humanity through different yoga methods.

Yoga and Human Sensitivity :

Before understanding the role of yoga in the development of sensitivity, what is yoga? And it is necessary to understand the nature of yoga. Yoga is actually a universal religion. Yoga shows a gradual philosophy of spiritual conduct and is able to reach the seeker to his goal. In this way, yoga is a symbol of self-realization philosophy and universal religion. The main goal of various methods of yoga and various methods of worship is to make the mind free from attachment, hatred etc. by mentioning the good qualities in it and providing the creator of the industr. Many types of yoga have been mentioned in ancient times. There are many types of followers of that yoga due to difference of interest. Yoga has been considered to be of many types, mentioning Ashtangyoga, Hathayoga, Layayoga, Dhyanayoga, Bhaktiyoga, Kriyayoga, Mantrayoga, Karmayoga and Jnanayoga. Lord

Krishna has also discussed many types of yoga in the Gita. If we look at the achievements of Yoga from the Vedic period till date, then

Yoga is integrally related to every aspect of life. There is no such part of life which can be said that it is untouched by yoga.

In ancient times, yoga as a method was used to assimilate and express experiences. By connecting with this, the seekers used to experience Yoga as a complete life science. In this, the physical, vital, mental, emotional and spiritual dimensions of life were developed and nurtured. In the modern era, the seeker can do this to develop his knowledge, wisdom and spiritual consciousness at this time. Yoga gives us mental strength along with physical prosperity, which gives relief from mental stress. Life becomes quality. The qualities of a good person are born. Life is full of rhythm and rasa, there is desire for perfection, and life is full of love. The mind remains happy, life is visible in every living being. There is joy in living life; there is an exchange of feelings.

Ashtanga Yoga :

Ashtanga Yoga described by Maharishi Patanjali, Yama, Niyama, Asana, pranayama, pratyahara, dharana, Dhyana, samadhi .

Bhakti Yoga And Sensibility :

The seeker who practices Bhaktiyoga dedicates all his devotion to God. Such a devotee sees the form of God in every living being and sees everyone in God; can't even do it. This mode of seeing God in all seems to develop human sensitivity along with all human values.

Karmayoga and human sensitivity :

The seeker of Karmayoga dedicates all his actions to the Supreme Power. The seeker of Karmayoga surrenders all his deeds and fruits of his actions to the Supreme Lord, instead of considering the 'self' as the doer. Can't abuse as a result, by the seeker of Karmayoga, human sensitivity is followed and sensitivity increases.

Human sensitivity through Gyan Yoga :

The seeker of Jnana Yoga tries to experience the difference between nature and man on the basis of his knowledge and experiences self-realization. The seeker who understands the inertness of nature, illusion and practice of asanas on the basis of knowledge, physical and mental stability, does not suffer from any illusion of nature. Such a seeker does not have any longing for natural things. Gyan Yoga.

There is no longing for the enjoyment of any kind of subject. Such a seeker should stay away from inappropriate behavior and be sensitive towards everyone.

Conclusion :

1. The practice of Ashtanga Yoga leads to perfection of human values. Sensitivity is also an important part of humanity. That's why human sensitivity must have evolved.
2. Along with all human values, human sensitivity is also seen to develop through Bhakti Yoga.
3. Human sensitivity is followed and sensitivity increases by the seeker of Karmayoga.
4. The seeker of Gyan Yoga is sensitive towards everyone by staying away from inappropriate behavior.
5. Human sensitivity is developed in the primary stage of yoga practice.
6. The role of sensitivity is very important to keep the entire social and family system healthy and for the complete development of the individual. Our goal should be to create a sensitive country today.

The contribution is to make every human being capable in life, aware of strength and talent. While going towards this awareness, the development of human sensitivity is definitely possible only through yoga needs such citizens.

But it is a matter of regret that it has become difficult to find such people in the society. Everyone is becoming selfish. We are dividing humanity on the basis of religion, caste, creed, languages. Due to family strife and social indiscipline, divided family systems, lack of culture, lack of emotional exchange, and lack of sensitivity are seen in ychildren. Because of this, the moral order in the society seems to be collapsing. We can make the society healthy again on the basis of moral values. For that, to fulfill human values and human needs in every human being, they do not develop the best method like yoga, but the development of emotion, sensitivity and practicality is not possible through this intellectual education. Yoga is not emotional development, sensitivity, practicality, meditation. Rather it is a stage of life. There is a state of human consciousness, energy, which we attain through spiritual practice. What is emphasized in Yoga Change is possible only when we understand the reality and practicality of our life the most valuable of yoga.

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Challenges of Physical Education and Sports in India: an Overview Study

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Abstract :

The aim of this overview paper is to identify the current challenges in physical education and sports in Developing Countries. All these issues have been discussed in the present study. It includes, limited number of college and university for physical education, less use of modern technology, large class size, inadequately trained teachers, decreasing in the teaching time, shortage in equipment, negative view of the teachers as well as Guardians, etc., Some suggestion has also been discussed in this paper for development of PE and sports. It includes, Govt. should invest 1% of GDP on sports sector, Desi and local games should be promoted to develop sports culture in rural and urban sector, Sports institute should be open in rural and urban sector, Primary to intermediate level players should be encouraged for regular practice, Trial and selection process for game should be fair and transparent, etc., The global sports sector is estimated to be worth between \$480-620 billion. It is seen across the globe that sports as a full-fledged industry can and may contribute about 1 to 5 percent of the country's GDP. Sport is regarded as one of the largest industries worldwide in terms of generating employment and revenue.

Keywords :

Physical Education, Sports, Challenges, India

Introduction :

What is physical education? "Physical education is that part of the general education programme which is concerned with the growth, development, and education of children through the medium of big muscle activities. It is the education of the whole child by means of physical activities. Physical activities are the tools. They are so selected

and conducted as to influence every aspect of child's life, physically, mentally, emotionally, and morally" The importance of physical education has never been emphasized more than it is today. Physical education and sports widely recognized, relevant, and important fields for developing optimum personality, development of moral, emotionally, social and physical qualities these through the physical activity, physical growth and development, intellectual development, emotional development, social adjustment, personal adjustment, citizenship qualities, character development, physical fitness, expression and creativity, mental development, neuro-muscular development, healthy instinctive expression, cultural development, develops healthy attitudes, leadership qualities, health and safety habits, democratic value, and promotes sports men ship, economical value, mental relaxation, national integration, international understanding etc.

The role and responsibility from primary school to university level as a physical education teacher apart from Teaching and training, maintained Attendance record, Papers Correction, Progress Report, Cumulative Record, Reflection, Project Work, Slip test, Fees Defaulter lists, Official work, Administrative work, Social work, Counselling to students at the time of admission, Revaluation, Practical exams, External and Internal examiner, Magazine and newsletter, NAAC accreditation, NSS/NCC/Scout guide activities, Student projects, Paper presentations, Intra school events, Seminars, Organizing conferences, Attending conferences, Workshops, Short term training programs, Faculty Development programs, Admission Round duty, Submissions, Assignments, Term work, Invigilation, Paper Checking, Paper setting, Result analysis, Remedial classes, Planners, Discipline,

Hospitality, Exhibitions, Student Clubs, Guest lectures, Annual sports, Traditional day, Annual gathering, Freshers party, Farewell party, Youth festival, Inter Collegiate & Inter Univ. Sports competitions, Parents Teacher meeting, Publishing Books, API score calculation, Training & Placement, Organizing Alumni meet, Staff meetings, Conducting Bridge courses,

Documentation for various inspection Committees, Internal marks calculation, Creating Syllabus & Curriculum scheme, Board of Studies meetings, Other university meetings, Other school meetings, Academic council meetings, Examination committee meetings, Stayed back for 2 hours after school, General election duty, Assembly election duty, NMC election duty, Census duty, etc. So, challenges and opportunities are many in physical education and sports for physical education teacher. After independent many schemes and policy implemented by the government of India but all are not successful. On the importance and benefits of Physical Education, Indian government has launched various schemes for the development of sports and physical education after independence. But performance at Olympic level India has so far won 19 gold medals, 9 silver medal & 16 bronze medal, a total of 35 medal in 29 Summer Olympics games India, a country with first largest population, has struggled to win medals at Olympics. According to the survey report 62% youth are interested in sports in India but only 1% take active participation. Lesser participation leads towards Less medals in competition.

In many countries teaching the physical education is facing several challenges such as misconception about physical education, limited number of college and university of physical education, less use of modern technology, large class size, inadequately trained teachers, decreasing in the teaching time, shortage in equipment, negative view of the teachers as well as students and Guardians about physical education. India in spite of its size & population as compared to developed countries is far behind in the field of physical education and sports. Therefore, need to give more attention for further development in this field. Games programmes should give full publicity & efforts be made for making them popular among people. PE in developing countries is affected by negative challenges. The challenges include PE equipment and infrastructure, PE teacher's

lack of knowledge syllabus, negative attitudes due to the misconceptions regarding PE. Evolution of the new culture sports there is need of hour to change the mindset of individual and parents. Tamil Nadu MP Karti P. Chidambaram echoed the same thoughts during a parliamentary session he said "In this country, no mother will send her daughter to play. First of all, they will say you will get dark, so don't go and playing sports. We rarely see an entire family playing a sport together. We are not a sporting country; we are not a sporting society". The present study will identify the current issues and challenges in Physical Education and sports based on the literature review, challenges will be addressed.

Challenges In Physical Education and Sports :

After independence Central Government and private establishments played a big role in the spread and development of physical education and sports in India. Presently most of the state have physical education institution private or govt. owned. the states of Maharashtra having maximum. Physical Education College is leading in the propagation of physical education. After U.S and China, India has one of the largest education systems in the world with millions of students and numerous education institutes.

There are four categories of university in India, according to UGC (University Grand Commission) Total No. of Universities in the Country as on 03.04.2023 356 central university, 464 state university, 431 private universities, 128 Deemed universities according to the UGC (University Grand Commission). But, one of the biggest challenges being faced by the Indian education system is the problem of unemployed graduates. This signifies that there is need for quality education. In physical education this are given below, the biggest challenges in physical education and sports. Sports industry is facing numerous management and administrative issues and challenges'

1. Misconception about physical education and sports:

No job and career and profession total wastage of time, Wastage of money, many parents, students & teachers think that

participation in physical education is just wastage of time, Physical education is rest period between academic classes, Physical education classes are designed to give other teachers a free period, it means learning and playing games only, Physical education classes are free play periods, Physical education does not have the same academic prestige & importance as other classes, Anyone can teach physical education & does not require Professional training.

2. Our education system only concentrates on studies, but not on sports :

Although you cannot depend on a job on physical education, it is considered as a non-productive activity and as being less significant for your future. Many parts of the world continue to think that the other academic fields are the future, despite the overwhelming proof that you can make money through athletics. Being treated as an extracurricular activity that isn't as important as the regular curriculum .

3. Need for quality Research and application of research findings in practical form:

Progress & uplift of man & the society largely depends on research, day in & day out, thousands of research projects of various complexities are taken up at various levels under graduates, postgraduate, doctoral & post-doctoral at university and & institution of higher learning, But their quality and practical implementation still questionable. Lack of scientific approach towards the development of sports & physical education in India & also the lack of research attitude. Emphasis should be given to research work in the field of physical education & sports.

4. Lack of basic infrastructure and equipment in rural and urban sector:

The lack of funding or inadequate support for the development of these activities is the primary cause of the absence of PE infrastructure and equipment. insufficient facilities and poor execution of government policies and programmes.

5. Less allocated time for physical activities or sports:

It is noted that the amount of time dedicated to physical education has been diminished in the school curriculum through the world. Adequate time (150 minutes per week for elementary school student, 225 minutes per week for middle and high school students) is to be provided for physical education.

6. In most of the people discourages to students to make career in sports:

Some people think that physical education is only for "dull" students, and that teachers who teach physical education are themselves "dull." This is because, these individuals only consider the physical aspect of PE and ignore its intellectual, social, and emotional components. Due to a lack of information and an ignorance of the advantages associated with the topic, some teachers develop a bad attitude towards physical education. Furthermore, compared to academic subjects, it is considered a time waster. (Mudekunye and Sithole, 2012)

7. Girls are not promoted for games by the parents:

Another common myth is that females can become unattractive by gaining appealing muscles. Less participation of women in sports and physical education in India where girls are often discouraged from engaging in sports because such activity is viewed as "unfeminine", as is the possibility of them becoming too muscular, and misconceptions about girls should not participate in physical activity and sports because its activities can injure their internal organs.

8. Lack of ground or playing area:

Which is called laboratory in the field of physical education and sports, a more rational approach has been to allot some minimal play area within the school campus which again is far from perfect as a norm the criteria advisory board of education and Recreation in India and published in the national plan of physical education 1956 as under Primary School 60 feet × 60 Feet open space secondary schools with 160 students 2-3 acres with 320 students 3-4 acres with 480 students & above 7 acres. all these three

approaches for space allotment hardly satisfy this space requirement criteria for a standard physical education and sports plant.

9. Limited number of colleges and University to run physical education courses in India:

There are at least 500 professional colleges of physical education affiliated to or run by different universities only. The Post Graduate Diploma in Sports Management (PGDSM) is available in few universities in India. There is need to offer new courses & diplomas in sports and related sectors.

10. More concentrate of media only a particular sport:

That means discriminatory role of media, media has given special preference to few selective sports due to which other sports are often neglected, media should try to develop the interest in all kind of sports for their development. Multiple sports are played in India, however there are differences in sponsorship, fan support, and retailer involvement. Other sports are performed for fun or fitness, while others are viewed as competitive sports which attract spectators and sponsorship. .

11. Inadequately skilful person and trained expert :

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 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. .

12. Lack of talent identification program:

Emphasis should be given to development of talent identification approach at school level.

School is the first academy of the stars, which discovers the talent of the athletes since early age.

13. Less use of modern technology:

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 recognized. New technology in the field of physical education and sports are playing a big role in practical and theory classes, use Technologies such as pedometers, heart rate monitor, video projector etc, are not used appropriately.

14. Commercialisation (professionalism) in sports :

It is unfortunate that emphasis these days is on competitive sports only where main aim is winning. Professionalism has caused lot of harm to the fair name of sports.

15. Number of teachers is less as compared to teacher and student ratio is unstable:

India's 935 Universities& thousands of colleges are facing a shortage of teaching staff.

16. Political interference and pressure in sports sector:

Indian sports over the years have been plagued by lack professionalism, misuse of power and political influence etc. .

17. Female athletes are underpaid.

For their skill & passion for the sports they do. The expenditure on sports is highly skewed in favour of male athletes and urban regions, in comparison to females and rural areas.

18. Lack of special arrangement and facilities:

Provided sporting opportunities for special-needs children in school settings. to create sufficient funding from multiple organisations available in order to support talented but in needy children so that they can just concentrate on their game without worrying about the resources, facilities, or arrangements.

19. Fund related problem, misuse of funds:

In India the budget allocated for growth, and development of sports & games is less, that we cannot expect high level of sports

performance. As compared to China and USA, sports budget government grant/financial assistance in the field of physical education and sports should be increased. However, if one compares it to China, which is by far the highest public spender on sports, there is still a huge gap. According to a report in newspaper China Daily, the Chinese government spends 316.5 billion yuan annually on sport, which translates to roughly Rs 3 lakh crore and Rs 6.1 per capita per day, almost 200 times more than its Indian counterpart. The other challenges are, Limited Sports training institutes in district, the other misconception is that it is linked to misbehaviour, and that a learner will need to do PE for punishment. Need revision and reconstruction of physical education syllabus, Most entrants to the profession. Now a days are the individuals with some creditable achievement in sporting activity to their credit but no reasonable academic performance standard, There are chances of good jobs through physical education, such people is not to impart the better physical education but to make money, Lack of practical experiences more concentrated in theory, Low wage as compared with other field, Practical experiences in regular physical education teacher training program, Cost of sports items should be cut, Lack of sports-oriented employment programme in comparison to other sector, There have been allegations of bias and nepotism in the selection process, especially against the lower castes, Many games which are run other country, but in India this are not available due to lack of facilities, coach and infrastructure, lack of sport culture and tendency in society, less budget allotment in five years plan for sports development, sometimes caste, religion and gender related issue create problem in fair and transparent selection, biased attitude of administrator or selector, etc.

Conclusion :

In present, sport is the best way which helps to maintain physical and mental fitness of an individual. It is also very beneficial to lose weight,

controls diabetes, improves blood circulation and controls stress level. The revenue generation potential from these industries is very high which could contribute to the economy in multiple ways. In our country there is need to develop sports culture, if govt. increases the budget in Five Year Plan for sports and provide quota to sportsman for service in govt. and private sector then the interest of students/players in sports will be high. There is much scope in sports industry and related activities.

Medical & Sports should be associated for solving health related issues for example regular outdoor game practice is helpful in reducing medical expenses. Therefore, need to give more attention for further development in this field. Games programmes should give full publicity & efforts be made for making them popular among people. In relation to the challenges mentioned, it is clear to mind shift is required and to educate the teachers and learners, Physical education and sports have a bright future prospect provided it channelized in a perfect way. There should be required special monitoring council who could monitor every physical education Institution frequently. Need to set up more sports university, institutes & academy for innovation and research in sports & game which will be helpful to develop sports culture and job creation for sportsperson. Government of India must give active support to physical education & sports at all levels. This is not only the responsibility of the central and state governments but it is also the responsibility of all those people who are linked with physical education & sports directly and indirectly.

Recommendation :

The global sports sector is estimated to be worth between \$480-620 billion. It is seen across the globe that sports as a full-fledged industry can and may contribute about 1 to 5 percent of the country's GDP. Based on estimates of the size of the global sports industry in terms of employment and revenue, Sport is regarded as one of the largest industries worldwide'.

Basic facilities should be provided to players during learning and training, Sports scholarships should be provided to district, state, and national level players, Intra and inter school, college sports competition should be encouraged, there is need to

enhance, promote and focus on sports academy, Govt. should invest 1% of GDP on sports sector, Desi and local games should be promoted to develop sports culture in rural and urban sector, Quota should be given to sportsman in not only Govt. job but also in private sector, Sports institute should be open in rural and urban sector, Primary to intermediate level players should be encouraged for regular practice, Trial and selection process for game should be fair and transparent, Girls sport academy should be established at district level, There is need of Research and innovation in sports, Our education system should be employment oriented, Emphasis should be given not only on indoor games but also on outdoor games.

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Assess And Compare The Selected Psychological Profile Self-confidence Of Kabaddi And Kho-kho Players.

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Introduction :

Today in the modern competitive year every sports man is a race to excel others and competition has become a fundamental mode of human expression as it is one of the every important functions by which national and international recognition and prestige is gained. From its very simple form, sports have emerged into highly organized activity of human society and it has becomes a complex social and cultural phenomenon. Most of the games and sports activities, which originated as leisure pursuits and recreational activities have acquired a strong competitive and challenging form technological and scientific advancement has influenced the mode of selection, screening and training the athletes in various sports activities. (Kenneth, 1985).

Psychology:

Human beings and animals are product of a long process of biological evolution. Their activities are highly complex in nature and directed from within. Since ancient times philosophers have tried to understand why human beings and other animals behave as they do (Murphy, 1955). The origin of psychology is often traced to the Greek philosophers. The tern 'psychology' is derived from two Greek word psyche and logos, wherein psyche means the soul or mind and the meaning of logos is to talk about or since or study. Thus, the literal meaning of psychology is the science or study of soul geek philosophers believed that soul was responsible for various mental activities such as learning, thinking, feeling etc.

Kabaddi :

Kabaddi is basically a combative sport, with seven players on each side; played for a period of 40 minutes with a 5 minutes break (20-5-20). The core idea of the game is to score points by raiding into the opponent's court and touching as many defense players as possible without getting caught on a single breath. One player, chanting Kabaddi!!! Kabaddi!!!! Kabaddi!!!! Charges into the opponent court and try to touch the opponent closest to him, while the seven opponents make maneuvers to catch the attacker. This is Kabaddi, the match of one against seven, known as the game of struggle. The players on the defensive side are called "Antis" while the player of the offence is called the "Raider".

The attack in Kabaddi is known as a 'Raid'. The antis touched by the raider during the attack are declared 'out' if they do not succeed in catching the raider before he returns to home court. These players can resume play only when their side scores points against the opposite side during their raiding turn or if the remaining players succeed in catching the opponent's raider. The origin of the game dates back to pre-historic times played in different forms. The modern Kabaddi game was played all over India and some parts of South Asia from 1930. The first known framework of the rules of Kabaddi as an indigenous sport of India was prepared in Maharashtra in the year 1921 for Kabaddi competitions on the pattern of Sanjeevani and Gemini in a combined form. Thereafter a committee was constituted in the year 1923, which amended the rules framed in 1921. The amended rules were applied during the All India Kabaddi

Tournament organized in 1923.

Kho-Kho:

Kho-Kho is an indigenous game of India, whose origin remains in remote antiquity. A similar game was believed to have been played during the epic period; however, the present form of the game took shape during the time of freedom movement in India. In the post independence period Kho-Kho federation of India was established which was the sole controller and regulator of the game. Before the onset of new millennium Kho-Kho federation was also started. The federation conducts the championships in their respective jurisdictional area. Kho-Kho game is played normally on natural soft, smooth moist, bald level mud ground. The fields of different dimensions are used for sub junior and other sections. The peculiarity of the game is that, two wooden posts are fixed inside the field, the area between which will be divided into two halves by a central lane of 30 cm width which runs from one post to the other. The area between the two posts which is called as court will contain 8 cross lanes running parallel at regular intervals and intersecting the central lane causing squares. The area between the post and the area outside of the posts make the Kho-Kho field. The Delimitations of Study.

- The study was delimited to Players of Rani chennamma university belagavi.
- The study was delimited to male players.
- The study was further delimited to the sample size of forty.
- The study was delimited to psycho logical profile self confidence only.
- The subjects selected for this study were in the age of 18 to 28 years.

The Limitations of Study

- Questionnaires are having their own limitation.
- Opinion of the subject may be one of the limitations of the study.
- Data given by the subject may not be faith or

honest in all the times, it is another limitation of study.

- Co-operation, socio-economic status, academic pressure, health status etc, of the subjects could be constraints for the study.
- No motivational technique was used during the data collection was another limitation of the study.

Hypothesis

It was hypothesized that there will not be significant difference in self confidence between Kabaddi and Kho-Kho men players.

The Significance of Study

- The study helps to find out the level of self-confidence of kabaddi and kho-kho players.
- Findings of the study may provide guidelines to kabaddi and kho-kho players.
- The result of the study may be helpful to physical education directors to formulate the training program to improve the self-confidence.
- The study may help for further research in sports psychology.
- The study would make the subjects conscious about their performance.
- The study may help to promote the awareness about psychological variables.

The Definition And Explanation Of Terms Psychology:

The science of mind and behaviours the mental are behavioural characteristics of an individual or group the study of mind and behaviour in relation to a particular field of knowledge or activity. Psychology is divided into applied and experimental areas however many fields are represented in both research and applied psychology.

Sports psychology:

The level that an athlete performs on any given day depends on five main things physical

skills and mental skills level of technical skills strategic awareness and chance is all those variables that are not under the athlete's control such as the weather and how good the opposition is, has there are always some uncontrollable things in sports. Performance is left up to chance some extent to help an athlete get the chance aspect out their mind some sports teams and athletes have chosen to hire sports psychologist.

Self confidence:

Self confidence is the relation to what we want to do, but feel too anxious, nervous or worried about! So for one person self-confidence might be about speaking in public. For another, it might be about being confident in social situation. For a third, it might mean having the confidence to approach potential sexual partners. But whatever the situation that reveals our lack of confidence, the definition of that is implicit here is always something about being self-assured, showing self-reliance, or not being anxious or nervous.

Methodology:

The purpose of the study was to assess the level of sports competition self confidence of Ranichennamma university belagavi university male players.

Selection of subjects:

In order to achieve the purpose of study 50 players from each game during the intercollegiate tournament of Ranichennamma university belagavi.

Orientation of the subjects :

The investigator explains the purpose of the study and oriented the players about the test at different stages of administration. The meaning of different words and statements in the questionnaire were explained to the subjects. The self confidence questioner was administered to the players during the Ranichennamma university belagavi intercollegiate tournaments. The questionnaires

were handed over to the subjects and the subjects were asked to answer all the questions without omitting any questions. Before collecting the questionnaires were answered or not. The scoring was done by the answer keys suggested by concerned authors.

The Analysis, Interpretations And Results of Study:

University belagavi inter collegiate Kabaddi and Kho-Kho men players. The data was collected from Ranichennamma university belagavi intercollegiate men players by using martin's sports competition self confidence and guyton and richmond's self confidence inventories.

There are three types of self confidence level

1. Low level of self confidence
2. Average
3. High level of self confidence.

The rating scale of self confidence is given below

1. Less than 17 - low level of self confidence
2. 17-24 - average
3. More than 24 - high level of self

sr.	No. men Players	sample Size	mean \pm Standard deviation	't' value
1.	Kabaddi	50	73.36 \pm 6.97	2.28
2.	Kho-Kho	50	70.24 \pm 8.96	

There Are Three Different Level Of Self Confidence Such As

- High self confidence
- Medium self confidence
- Low self confidence

Table Shows The Mean Value Standard Deviation And 'T' Value Of Self Confidence.

The above table shows the mean value standard deviation and 't' value of self confidence. The 't' value showed in the table found significant since it is more than the table value.

Summary:

The Purpose of the study was to compare the

self confidence of intercollegiate Kabaddi and Kho-Kho men Players. The Main Purpose of the study was to check whether Ranichennamma University Belagavi Kabaddi and Kho-Kho men Players. In order to achieve the purpose of the study, 40 students from Ranichennamma university belagavi were selected randomly and they were Kabaddi and Kho-Kho men players. The standard questionnaire of self confidence was used for the collection of the data.

Conclusions:

Within the limitations of present study, the following conclusions were drawn. The study showed that there was a significant between Kabaddi and Kho-Kho men players of Ranichennamma university belagavi. Kabaddi men players better than Kho-Kho men players in self confidence.

Recommendations:

On the basis of the present research and findings. Of the study, below mentioned recommendations are made.

- It is recommended that similar study may be conducted to different age groups.

- Same study may be conducted on larger sample.
- Similar study may be conducted for different levels.

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Physical Education & Sports: Issues, Challenges & Opportunities

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Abstract:

Today, "Physical Education and Sports" is a part and parcel of compulsory education framework where every individual should attend compulsory physical activity in some form or the other. The main issues comes when the representation comes in the competitive sports, where the sports in India is lacking behind ,but still we as a professionals are striving hard to perform best at competitive sports. It is a education through movement which keeps the body and mind fit to perform daily routine without getting fatigue. It encourages psychomotor learning by using a play and movement exploration setting to promote health and physical fitness.

It improves our energy level and performs optimum. It aims to develop through natural total-body activities, primarily on the play level, the physically, mentally, and socially integrated and effective individual. It enhances the leadership qualities, confidence, and active lifestyle. There are certain ways to improve the percentage of representation for to get indulge in it. Which might contribute to get positive response to improve the performance standard at competitive sports? Certain challenges and opportunities are there to uplift the society through the programmes of physical education and many of the skills can develop the positivity to obtain from it.

Introduction :

Physical Education emphasis on the education through physical movement's which makes the immunity of our body stronger and so makes body more beautiful. Human body develops very naturally from the prenatal stage up to the old

age. When this natural development is accompanied with some physical exercises it improves the energy level of the body.

Physical Education is important for the growth of the student's confidence level, along with capability and competence to participate in several physical activities. Physical Education tends to become a crucial part of the student's entire life. A good quality curriculum of Physical Education ensures that the students can perform many types of physical activities smoothly while enjoying the activity. Physical Education is "Education through the Physical". It aims to develop students' physical competence and knowledge of movement and safety, and their ability to use these to perform in a wide range of activities associated with the development of an active and healthy lifestyle. It simply means education through the use of physique and physical movements and deriving the advantage for social gain.

Today the whole world is facing the issues in sports like poor sportsmanship, tattling, student behavior, technical issues, equipment malfunctions, and being thrown out of your teaching space, will always be a part of the Physical Education teaching experience. The main goals in teaching modern Physical Education are:

To expose children and teens to a wide variety of exercise and healthy activities, because Physical Education can be accessible to nearly all children, it is one of the only opportunities that can guarantee beneficial for the proper growth and development of the individual.

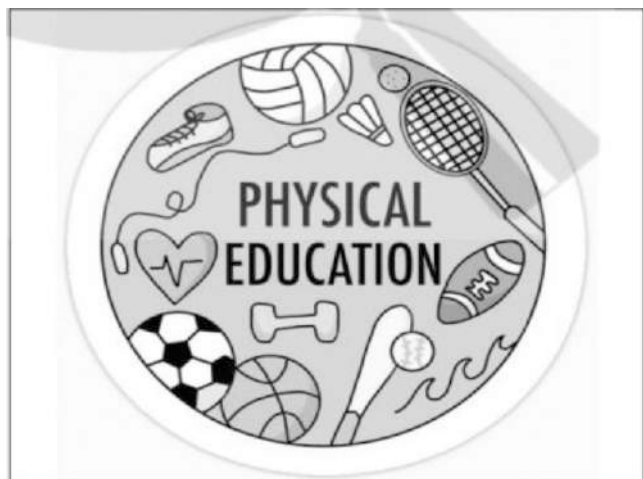
For to conduct the healthy activity, lack of commitment of some colleagues who work without

planning is some time becomes the barrier to conduct the smooth programme for Physical Education. Some times they also complained about undisciplined students and lack of interest from their families too.

Lack of confidence in their ability to be physically active (low self-efficacy) fear of being injured or having been injured recently.

Lack of self-management skills, such as the ability to set personal goals, monitor. Progress, or reward progress toward such goals.

The main responsibility of a physical education teacher is to provide students with knowledge of physical activities within the period duration. In the classroom, they teach students the necessary skills and safety measures that are important in the playground or field.



How to Get Your Students Motivated in Physical Education

Develop activities that build on students' interests. The first step is getting to know your

students. Increase opportunities for self-directed learning. Use task progressions. Set up activities that promote success.

Challenges & opportunities of Physical Education in India :

Administrative Issues, Lack of Infrastructure, Gender bias, Lack of remuneration & Job Security, Breaking the Stereotypes & Culture are the major issues and challenges in front of Physical Education Professionals, though the awareness for the self health increases the number of population to perform physical exercise. It's really a good change that without taking consideration with respect to age, gender, competition etc.

Still they work hard to get indulge to motivate the people to stay fit, healthy and perform the specific sports at optimum level. Sports management, marketing, journalism, coaching, product development, sports gaming, and sports law are the major areas where the sports profession can be obtained and through which any individual can be made their service available to the society.

Conclusion : Though it is very hard to say that in spite it is a noble profession where the Physical Educator is shaping the living organism that is human body in which every aspect like physical, mental, social, emotional, spiritual and many more to handle rather than any machinery or tool which is a non living organism.

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Challenges and Issues : In Front Of Physical Education In Today's Schools

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Abstract:

It is necessary to investigate ways to continue to improve physical education programs and provide students and the school community with ways to live healthy lifestyles. It is imperative to investigate what motivates physical education teachers to improve their instruction. This is imperative because once these motivational factors are determined, then schools can look at what further needs to be done to meet the needs of physical education teachers to help them improve their instruction. As a result, students will benefit from improved instruction. Last, investigating peoples' perceptions of the field of physical education may assist physical education teachers in how to promote the quality of their physical education programs and prove that there may be misconceptions about the field. This study was intended to further increase peoples' knowledge of the importance of the field of physical education in today's schools. Through interviews, observations, and focus group meetings with five middle school and high school physical education teachers, the researcher intended to further enhance people's understanding of the importance and role physical education plays in today's schools.

Key words : Challenges, Issues, Physical Education, School.

Introduction :

Obesity in young children and adults has become an issue within the India. It has been found that obesity is one of the top three reasons why middle school student-athletes drop out of

organized sports and sports participation. One of the areas in which we can address this issue is in physical education class. This phenomenological case study investigated the indirect impact of the State Government Physical Education Program (PEP) Grant on a semi-rural school district's physical education program . Five physical education teachers with diverse experiences and backgrounds were interviewed. Two middle school and three high school physical education teachers were interviewed twice for approximately sixty minutes per interview. In addition, there was a two-hour focus group meeting held with these same five physical education teachers at their board of education office. Furthermore, the five physical education teachers in this study were observed teaching at their site on two occasions for approximately one hour. The sites were in the gymnasium and physical fitness exercise rooms. As a result of this PEP Grant, this study investigated three research areas.

One is the possible characteristics of an effective physical education program. Second, this study investigated what motivates physical education teachers to improve their instruction. Last, it investigated how these five physical education teachers feel about how people perceive their physical education program. According to the results, characteristics identified by the five physical education teachers within this study support several characteristics identified in the literature. An important finding of this study was that the five physical education teachers in this study believed that seeing students increase their participation in physical activity and improve in

their overall fitness level was a motivational factor for them to improve their instruction. Last, since there is little literature on how people perceive the field of physical education, this study provides several perceptions provided by the physical education teachers about how they thought their physical education program is perceived.

Methodology :

A qualitative approach was used in this phenomenological case study. A phenomenological case study was appropriate for this research because it is important to understand the participants' perceptions and motivations related to their occupation. Face-to-face interviews and transcribing the participants' responses provided a thick description of what they experience related to the field of physical education. The data were collected in three ways. These include (a) two face-to-face interviews, (b) two observations of each teacher within their settings, and (c) one focus group meeting.

This method of triangulation is being used to validate the findings of this research study. Sampling of the study for this research study, a semi-rural middle and high school were selected. Analyzing the Data Open-ended research questions produced qualitative data that revealed physical education teachers' thoughts and feelings regarding what motivates them to improve their instruction, the effects of the PEP Grant on their physical education program, peoples' perceptions of physical education, and characteristics of an effective physical education program. Emergent themes were identified from the interview transcriptions and coding procedure, field notes, and an interview transcription of the focus group meeting. The process of triangulation was utilized to validate the thematic findings. The emergent and developing themes were derived from the data and results were generalized to the population. The qualitative methodology used in the study, the participant and location selection process, instrument development, and techniques of

analyzing the data were discussed. The main reason qualitative methodology was used in this study is because this semi-rural school district was provided a Physical Education Program Grant (PEP Grant), and it is imperative to research the impact this grant had on the areas concerning the literature and research questions.

In other words, regarding characteristics of an effective physical education program, perceptions of physical education programs, and physical education teacher-motivation to improve instruction, this PEP Grant may have had an influence or impact on these areas being investigated. Data were collected through the triangulation of face-to-face interviews, observations, and a focus group meeting. Qualitative items were analyzed using a manually-coded process that sorted interview responses into developing consistent themes.

Findings:

It is evident that the implementation of the PEP Grant made an impact on this semi-rural school district's physical education program. The middle school and high school physical education teachers made it clear that the additional facilities and Equipment improved their physical education program. They agreed that the new facilities and equipment influenced a change in the physical education curriculum and provided the opportunity for students to increase their participation in a variety of physical activities. Furthermore, from the observations conducted, the physical education teachers are providing more feedback to their students in a variety of ways such as whole-or small-group interaction and one-on-one interaction.

It is also evident that the PEP Grant has indirectly motivated these five physical education teachers to improve their instruction. The physical education teachers mentioned the importance of observing improvement in their students overall physical performance. The improvements that they all noted relate to the physical fitness activities

these students are performing in the new facilities with new equipment. As a result, because of the facilities and equipment, the physical education teachers designed a physical education program emphasizing the importance of physical fitness in their physical education classes. Through the observations conducted, the physical education teachers are providing goals and objectives for their students, which allow them opportunities to see their improvements in physical education class.

Last, regarding how these five physical education teachers believed their physical education program is perceived, there was differing points of view shared by each physical education teacher. However, they all mentioned, in one way or another, that the implementation of the PEP Grant has influenced peoples' perceptions about what is going on in these physical education classes. The physical education teachers within this study thought, overall, that their program is being supported in a more positive way because of the grant which has provided the facilities and equipment to enhance the physical education program.

Conclusions:

Childhood obesity is a concern in the India. It is imperative to look at the field of physical education to combat this concern. In order to get a better understanding of the field of physical education, researchers need to focus on what characteristics make up an effective physical education program, what motivates physical education teachers to improve their instruction, and peoples' perceptions of physical education. Regarding research question one, it was found that the characteristics of an effective physical education program provided by the participants was supported by the literature. These characteristics include (a) diverse curriculum, (b) teacher-student interaction through instructional feedback, (c) increasing student participation in physical activity, (d) matching skill levels and interests of the students in physical education

classes, and (e) teachers' abilities to provide goals and expectations for their students in physical education classes. Concerning research question two, there has been little research done on what motivates physical education teachers to improve instruction. This is an area that needs to be further explored. Within this study, it was found that all five participants were motivated to improve their instruction because of student advancement.

Again, this may have been because of the indirect impact of the PEP Grant which allowed the physical education teachers to purchase and use new fitness equipment. This brings forth a question for further exploration: Does being given a grant, new equipment, technology, and new facilities motivate physical education teachers to improve instruction? Also, if schools are considered to be low socio-economically and are not provided a grant, new equipment, or facilities, how are they motivated to improve their instruction? This is where the importance of professional development needs to be considered. In this study, it was evident that the physical education teachers were more actively involved in providing feedback to their students while they were in the fitness room using the new fitness equipment. As a result of the fitness facilities the physical education classes were managed more effectively. Physical education teachers divided their classes. One half of the class would go to the fitness room and the other half would stay in the gymnasium. This allowed the physical education teachers to manage smaller class sizes and increase their interaction and feedback with their students.

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Tools and Gadgets In Sports: Emerging Technology and Trends

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Abstract :

Portable devices that measure some body or physiological figure have already become part of the daily life of many people. While such simple devices produce statistical values of specifically measured parts or substantial functions, the needs of the game are more stringent. Hobby quantities should be measured more diversely, more accurately and with better sampling frequency. We send a short creation to the engine, which receives information about the game and its wishes to support the era. We gift homes and obstacles with different sensors that are used to play hobbies in the game, call exchange mode and call exchange channels homes and obstacles. We gave up some mild game time markers and evaluation of different components of actual processing.

We introduce processing time, space and computational constraints. Attention is also given to strategies for dealing with facts about artworks, as well as for acquiring devices and mining facts. Finally, we present some technological trends and demanding situations in sports, as well as IoT, intelligent game system and real-time biofeedback structures and packages.

Introduction :

Physical rest is increasingly important in our lives. It is an important and necessary factor for a healthy existence and there is no doubt that it contributes to our well-being. While gaming was once synonymous with physical leisure, it may no longer be. In a sense, leisure physical activities can be classified into leisure games, ie. casual games, beginner games and expert games. Each of the

three classes has a different position in society and consists of people with extraordinary goals. But one element is not unusual for all of them; desire and desire to measure one's physical pastime. The technology used in the game is growing very quickly; The modern era has homes and features that were the easiest to imagine a few years ago. Internally, for example, the movement of a gymnast in a positive element is easiest to analyze using video recordings, talented gymnasts can equip their uniforms with motion sensors that authenticate their movements. Such structures can provide a comprehensive assessment of their movement in three-dimensional space based on a kinematic version of the athlete.

Similar examples can be found in various sports. Cheaper toys and hobby trackers have been launched these days. Armband devices provide statistical parameters and selected functions of the temporal substance of the body. For example, they count the steps taken during the day, can detect falls, sleep quality, etc. Typically, such devices collect the movements or physiological processes of the consumer with sufficient frequency and random accuracy to his goal.

Gadgets in sports :

The processing of signals and facts in entertainment commentary structures the degrees from the extremely simple to the extremely stressful and time-consuming. However, processing desires and processing possibilities depend on quite a few things and situations: processing, processing area, processing complexity, processing electricity, battery

capacity, etc.

Processing time depends on comments. If the comments are simultaneous, for a given movement, the processing should be done in real time. If the comments are final devices that are given after the end of the movement, then in post-processing the device can pay the entire amount.

Drone technology utilized in sports :

The unmanned drone era with an embedded digital digicam facilitates to take super snap shots and motion pictures from height. A Drone is simply, in easy phrases, a flying robot. This plane is normally managed from a specialised far flung control, and with the assist of shrewd software program can tune all matters within the air. Many athletes (runners, basketball gamers, skiers, climbers, etc.) are the usage of drones to reveal their practise to peer whether or not any adjustments may be created. A moderate development in non-public fine time for the competitor will take off seconds or smash a 2nd. Nowadays a sports activities occasion has been greater real and realistic to air. The predominant benefit of the usage of drones or unmanned plane in critical global sports activities is their being capable of get in the direction of global athletes.

Sport background of feedback systems :

Motor gaining knowledge of, a method of gaining knowledge of new movements, is crucial in any sport. Motor gaining knowledge of is primarily based totally on repetition. Numerous accurate executions, on the whole numerous thousand of them, are required to accurately analyze a positive movement. According to sports activities experts, remarks is the maximum vital idea for gaining knowledge of, besides the exercise itself. It may be concluded that motor gaining knowledge of closely relies upon at the remarks given to the learners. In this paper we are able to attention at the opportunities of era subsidized motor gaining knowledge of enhancements. During the exercise, the natural (inherent) remarks records is supplied

internally via human feel organs.

Augmented remarks is supplied via way of means of outside source, historically via way of means of teachers and trainers, these days additionally via way of means of technical gadget and devices. Coach supported motor gaining knowledge of is depicted in Motor learning that supports traditional teaching can be improved by the introduction of a technical device that can measure, calculate and provide the locations of the movements made. Figure 2 shows the technical setup using the sensor, processing and monitoring block. An important reason for the use of technical equipment is the possibility of obtaining imperceptibly in comprehensible or miles beyond human capabilities statistics. For example, a teacher cannot see the pressure applied during a gymnast's jumps, or the teacher cannot see the exact place where the tennis ball hits the racket during a serve. With the help of a special technical device, both the pressure of the gymnast and the impact point of the tennis ball can be measured, calculated and delivered. For example, in Figure 2, the sensor could be a too-fast, too-accurate digital camera recording a tennis serve. The live video is processed and the ball score is calculated. The instructor receives a graphical representation of the service, followed by many applicable parameters on the instrument screen. The teacher can then look at the facts and possibly make a recommendation to the tennis player.

Modern track and field events using technology:

Track and discipline varies from maximum different disciplines, as it's miles measured in meters and seconds simplest. Within tune, a fragment of a 2nd could make all of the difference. Which is why the system which tracks tune and discipline race information must be as dependable as particular as practicable. An digital beginning pistol is any other innovation used to enhance tune occasion startups. In addition, whilst the runner begins, they'll observe their development the usage of Radio-Frequency Identification (RFID) chips.

These chips are so precious that during trendy they have got come to be popular. RFID chips can be bandaged to shoes to reveal the pace, distance and sample of a runner.

Aerodynamics :

While without a doubt any game will be used to demonstrate this new function of high-tech tennis, fencing, swimming, golf, and cycling – is a superb example. In the twenty first century, global-elegance tennis gamers (and their coaches and trainers) could have a clean understanding of the legal guidelines of aerodynamics in an effort to absolutely draw close the game and obtain a bonus over opponents. Therefore whilst engineer broaden technological gadgets for sports activities they have got to research the real aerodynamics of the respective video games and sports activities.

Conclusion :

There isn't any doubt that athletes in novice and expert recreation will usually attempt for higher results; in keeping with the Coubertin's Olympic moto: "Faster, higher, stronger!" Application of technology and era can also additionally provide vast aggressive advantage, what's in today's exceedingly aggressive and commercialized recreation really priceless! The cognizance of this paper is extended motor studying with using era. While it isn't debatable that era can outperform human senses in nearly all aspects, one query remains; can technology make a step into the area of training? With a wonderful solution a great quantity of opportunities open. For

example, a clever eCoach that follows athlete's movements and offers recommendation primarily based totally on all of the statistics to be had from athlete's non-public records and statistics to be had withinside the "recreation cloud". Perhaps the arena of training will alternate forever.

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Current Trends In Physical Education & Sports

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Abstract :

The paper reviews the challenges faced by physical education in India including its low status and low priority in the school time-table. It further goes on to suggest changes in physical education curriculum including use of technology of various forms and kinds to enhance students' social, emotional, mental and physical well-being. It makes recommendations to use audio and video recording, YouTube, mobile learning etc. for improving student-learning in physical education. The importance of physical education has never been emphasized more than it is today. It is widely recognized 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.

Challenges Faced by Physical Education in India :

- Physical education is perceived to be a low priority subject because to many people it does not contribute directly or substantially to a country's economy. This has given rise to a situation where physical education is sidelined to include other 'more important' subjects.
- Priority subjects that lead to jobs and thereby to economic growth are allocated a longer teaching time and subjects like physical education struggle to retain timeslots of thirty five to seventy minutes per week in the school timetable.
- Often the schools run two shifts – morning and afternoon – to cater to large enrolments and insufficient classrooms and facilities. Limited space and equipment have serious implications for physical education teaching and sports co-curriculum, with overcrowded classes of eighty or more students each. This leads to the allocation of available classrooms to priority subjects, resulting in physical education and sports classes being assigned to other unused areas and facilities indoors and outdoors.
- It is noted that the amount of time devoted to physical education has diminished in the

- school curriculum throughout the world.
- Our country's financial resources and budget also have a bearing on the length of teacher training programmes, and therefore the quality of teachers. In many developing countries, a college of teacher education is usually only two years long, and physical education teachers again do not feature very high in terms of priority to ensure longer and better teacher training programmes.
- Physical education is often 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.
- 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.

Additional benefits have also been observed for children who participate in regular physical education as follows:

- Enhanced self-esteem and self-concept
- Reduced levels of anxiety and stress.
- Academic performances equal to or better than those receiving more academic curriculum time and less physical education.
- More positive attitudes about school, physical activity, and themselves which lead to improved attendance and reduced drop-out rates.
- A more positive school climate.
- Children are less aggressive and experience fewer discipline problems.
- A reduced likelihood to smoke, use drugs or consume alcohol.

- Physical education leads to physical, mental, social and emotional well-being.

1. Physical Aspect :

- It improves our health and keeps blood pressure, blood sugar, cholesterol under control, releases hormones that control stress.

2. Mental Aspect:

- It boosts morale, reduces stress and anxiety.

3. Social Aspect:

- It develops a team spirit and gives social recognition.

4. Emotional Aspect :

- It controls depression and anger as well as enhances self esteem.

Recommendations:

This push towards health education is beginning in the intermediate level, including lessons on bullying, self-esteem and stress and anger management. Incorporating local indigenous knowledge into physical education can lead to many meaningful experiences and a way of learning about other cultures. Yoga is one such example. Lezim is another such example.

A. Physical Education Curriculum :

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 of physical education is physical literacy which, along with numeracy and literacy, is the crucial foundation for learners to access the whole range of competences and experiences. 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. Physical education trends have developed recently to incorporate a greater variety of activities besides typical sports. Usually, at school level and junior college level, one hour has been set aside for physical education. On the other hand, at senior college level, sports participation has been emphasized rather than physical education.

B. Physical education curriculum today needs to incorporate the following :

- Its purpose needs to be more focused on active living, fitness and healthy lifestyles.
- The pedagogies need to transmit more knowledge-based lessons to students.
- Local indigenous activities and games need to be incorporated so as to enable students to identify with their own cultures and strengthen the development of a healthy image and self confidence.
- Ensure equitable opportunities and learning experiences for all, including girls with disabilities.
- Use of technology should be an important part of the curriculum.

C. A Quality Physical Education Programme needs to include:

- Curricular instruction for all secondary school students for a minimum of 150 minutes per week.
- Qualified, enthusiastic teachers.
- Well planned lessons incorporating a wide range of activities.
- A high level of participation by all students in each class.
- An emphasis on fun, enjoyment, success, fair play, self-fulfilment and personal health.
- Appropriate activities for the age and stage of each student.
- Activities which enhance cardiovascular

systems, muscular strength, endurance and flexibility.

- A participation based intramural program.
- Creative and safe use of facilities and equipment.

D. Use of Technology in Physical Education:

New technology in physical education is playing a big role in classes in the developed countries. It could also be adopted in Indian schools. One of the most affordable and effective is a simple video recorder. With the use of a video recorder, students can see the mistakes they are making in things such as a throwing motion or swinging form. Studies show that students find this more effective than having someone try to explain what they are doing wrong and then trying to rectify it. Educators also found the use of other technologies such as pedometers and heart rate monitors very successful, using them to make step and heart rate goals for students. Using heart rate monitors in physical education is important because it helps students understand how exercise affects their body. Other technologies that can be used in a physical education setting would include video projectors, GPS and even gaming systems.

Projectors can be used to show students things such as proper form or how to play certain games. GPS systems can be used to get students active in an outdoor setting and active exergames can be used by teachers to show students a good way to stay fit in and out of the classroom setting. Another type of technology that is commonly used in physical education is the use of pedometers. Pedometers do not necessarily track how far a person is going, but it lets them know the number of steps they are making. It will let them know how many steps on average they are making. The rapid development of technology over the past twenty five years has provided many novel and imaginative ways for educators to present instructional materials effectively. Technology such as projection systems, smart/interactive white boards and wireless transmission (WiFi and

Bluetooth) allow for the display and transfer of information far beyond the traditional chalkboard.

Teachers can enrich physical education instruction by using those tools, provided that set-up and/or implementation does not diminish student activity time. Motion-analysis software and digital video make student performance evaluation easier, thereby enhancing teacher, peer and individual assessment. 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 development. Some of the other technology that can be used to make instruction in physical education more effective include the following:

1. iPod Touch:

Sets of these units can become enormously popular in the classroom.

There are many applications and functions that lend themselves to different topics, such as geocaching for orientation of activities and games that test reaction time.

2. Xbox Kinect:

With this videogame peripheral, you are not only required to use your entire body as the controller but just one set-up can be effective for a whole class. For example, games such as Dance Central and Zumba Fitness are great for setting up a dance unit; you can calibrate the Kinect to one student, who then stands at the front of the class and acts as the lead dancer for everyone else. Everyone is fully involved in the activity, which can incorporate many different styles of dance.

3. Edmodo:

This is an e-learning platform, which has only recently been introduced to education. Each class has its own group and students are beginning to submit class work and homework tasks via Edmodo. Web 2.0 tools such as aMap, YouTube and Jigsaw Planet embed strikingly. Students are also able to

produce work on sites such as Photopeach, Photovisi and Popplet, and then add their link to a post. This enables easy sharing in class and opportunities for peer review. Edmodo is the education equivalent of Facebook, allowing teachers to instantly create a personalised social network with their students. Once registered, students can enter a unique class access code given to them by their teachers, which will then enable students to easily share resources with each other. Edmodo will handle all types of media from images, documents, videos and website URLs making it a fantastic place to develop a rich tapestry of discussion around health related concepts.

4. Twitter :

Is a recent addition to the social networking world is twitter. The basic idea behind the popular platform is the sharing of information in a maximum of 140 characters. Without an intended focus, twitter becomes like any form of free speech in that the majority of what is spoken about is complete nonsense. With the click of a button, teachers can connect with those from all over the world, who are willing to share their lessons and ideas.

The recent influx of technology in schools has brought about a growth in the number of physical education teachers all of which are vying for the latest resources and innovative tools. One of the applications of twitter in a practical class includes injured students tweeting the results and key moments of games in the classroom, creating a brilliant micro blog snapshot of the years learning.

5. Students :

Could contribute to the wider world through video coaching with pocket cameras by teaching a game or skill via video to another person.

6. Mobile :

learning involves students ringing a local

phone number and leaving a voice message. Once they hang up, the message is saved and made available at a nominated online space, effectively leaving a trail of recordings of student experiences. As students return to the classroom, they can listen to their recordings, which then helps them to visualise and explore the theoretical concepts behind the field trip. Imagine a physical education teacher having students phonecast their responses to theoretical concepts such as biomechanics, physiology and so on. This not only allows sharing by the very nature of recording, but students are also forced to consider and understand the concepts in a much deeper way.

7. The higher:

Level of podcast is the vodcast which involves producing a video version known as a vodcast. Utilise your video camera or webcam to record you explaining a concept or instructions for an activity. You can then share these with your students via a USB or place them on your school/college's intranet and upload your lesson videos to video-hosting websites such as YouTube and give your students the ability to pause, rewind and fast forward your teaching. However, physical educators must deliberate on the reliability and validity of such devices when selecting the technologies to use. Students also should be well versed in using the devices, to prevent an increase in management time and a decrease in student activity levels. Implementing technology appropriately into physical education can

enhance teaching and learning and contribute to providing a quality physical education program. Technology can aid in content presentation and can help students becoming physically educated individuals who have the knowledge, skills and confidence to enjoy a lifetime of physical activity.

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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.



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 biomechanical analysis software includes a number of video cameras. Some

of this software is manual, while others are fully automated. When compared to two-dimensional biomechanical 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 plat forms :

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, Dropbox, 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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Women In Sports India: An Overview Study

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Introduction :

Sports reflect values found in our everyday lives and even in our entire society. Women have been excluded from certain areas of significant participation in various aspects of living. This is also true for the involvement in sports and physical activities. No domain where myths, attitude and belief remain so persistent as in the field of sports. There are myths that females are inferior to men and their monthly cycle, pregnancy and psychological limits restrict their participation in sports. Greece history revealed that women were only considered to do household chores child bearing and child rearing. They were not allowed to participate in sports. Even Baron Pierre de Coubertin the father of modern Olympic Games, was not in favor of women involvement in sports. When Olympic Games started in Greece that were absolutely run by the men. Women were not even allowed to attend them as spectators. It is said that the mother of a great athlete was for given only because she was the mother of an Olympic champion who had dared break the rules so that she out could see her son win the Olympic Games.

In traditional India women were considered as a member of the family group a daughter, winner, or mother and not as an individual with identify of rights of her own. It was taken granted everywhere that women as such can have no rights and privileges. They was inherently inferior to men and therefore, must subordinate to them.

Education of Women:

Education of women is not a modern experiment in India Thousand of years ago in the

vedic period daughter acquired on ideal education I ideal but it was different during the others rule . There women were not allowed to go outside even mix with the men in any activity i.e sports ,politics etc. but with the passage of time Indian education commission and university education commission emphasized on the importance of women education.

Due to increased education institutions Indian women started enjoying games and sports both indoor and outdoor. The father of nation Mahatma Gandhi said that “If you educate a many you educate an individual, but if you educate women, you educate an entire family.”

Socio Economic Status:

Socio economic status and demographic background of women enable us to understand clearly the age, family structure, familial occupation and income etc. Socio economic state has direct positive relation with women involvement in sports upper and lower section were fortunate to get involved in the sport and games of their own choice. On the other hand middle and lower strata women participated in outdoor team games. Greendorfer found that father level of education and occupation has positive relation with women involvement in sports. He further suggested that lower the father educational and occupational stats they are more likely to be in team games. Whereas higher the education and occupation level women were associated with individual sports. Malumphy found that team sports women's father and low economic status and higher status fathers permitted their daughter to

play individual sports where there are less chance of sports injuries. So women who have higher socio economic status they prefer to participate in team games and those who have high economic status that enjoy individual sports like Badminton, Tennis, Golf.

Role Models :

Role Models are considered strong motivator for women involvement in sports. Role models actual or symbolic whose attitude, values and social responses are exemplified behaviorally. Role model of both men and women directly encourage women to get involved in sports. Greendorfer found that male as the dominant role models during childhood. During childhood both sex model were more significant at adult stage Indian female role models from different games like PT Usha, Anjali Bhagwat, Sania Mirza have played major role to increase the women involvement in sports.

Birth Order :

Birth order and sex of sibling have also played important role in the women involvement in sports. Lander found in his study that first born female over represented in individual sports like badminton, Tennis etc. Whereas later born participated in team sport called high harm sports. Same sex sibling close in age often interacts in play group throughout the socialization years. McPherson found that women get more involved in sports by seeing her elder sister and mother participating in sports. He further found that father was the role family member accounting for women involvement in sports.

Conclusions :

Women emancipation provided different opportunities of education, employment and sports involvement. Education and Socio-economic

status of the family have positive relation with women involvement in sports. Role model of both sexes available to women increased their participation in field of sports birth order and sex of sibling prefer that first born women proper to engage in individual sport like badminton and tennis etc. Whereas later born over represented in team games. Last but not least parent's positive attitude toward sports and games has also increased the women participation in sports activities.

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Global Mental Health, Peace and Sustainability Through Yoga

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Abstract :

Yoga can make an important contribution in achieving a healthy life and promoting well-being for all at a time when the world is striving to achieve sustainable development goals. Yoga underscores the unity of all things and of all people, a concept that is very close to the UN values of sustainability and peace. Yoga also promotes inner calm and it is highly necessary for us to better understand one another in the challenges we face. This year's theme of 'Yoga for Health' directly links yoga practice to sustainable goal number three that focuses on ensuring healthy life and promoting wellbeing at all ages. Yoga connects our body with nature and leaves us with a better balance with the world around us. In the plethora of activities and challenges of the 21st century, we need precious moments of self-reflection to allow us as individuals to play a positive role in improving the world around us.

Keywords : Yoga, Psychiatric disorders, Peace.

Introduction :

Yoga has an important contribution to make in achieving a healthy life and promoting wellbeing for all. The world has started acknowledging the importance of Yoga and 21st June is being celebrated as international "Yoga Day" worldwide. The UN General Assembly President Peter Thomson remarked "yoga has now assumed a global identity and the ancient art of physical, mental and spiritual balance that helps people achieve a sense of wellbeing. It guides us towards being in harmony with our fellow humans

and with nature." The Indian Prime Minister Shri Narendra Modi stated in his popular national broadcast (Mann Ki Baat; generally means "Heart's talk"), Yoga is India's recommendation of wellness to the world and appealed to all citizens to embrace the practice of Yoga at whatever stage of life they are in. Again at the Paramartha Niketan in Rishikesh, Uttarakhand on the bank of Ganges he stated "yoga is not just a form of exercise but a way to attain peace through physical, mental and spiritual well-being". The ancient scriptures suggests Sage Patanjali assembled the Yoga Sutras prior to 400 CE, and the very first line of his yoga sutra reads as Yoga citta vritti nirodhah, which means 'Yoga is the cessation of mind - movement which means yoga is a life style process of controlling chitta. Chitta composes of Man (Mind), Buddhi (Intellect), Ahamkar (Ego) relating to his technique of attaining final (Moksha) Emancipation.

The Yoga Sutra of Patanjali prescribed eight limbs (Ashtanga) or stages of yoga, namely the first stage of spiritual path outlined as moral restraints (Yama) and its complements (Niyamas) that represent a series of "right living" or ethical rules. Both stages discipline the body and psyche, are considered to be necessary preliminaries. The third limb is mind-body posture as the accessory to mind control by governing and disciplining the body (Asana) which promotes good health and cultivate awareness, relaxation and concentration. The fourth one is the vital force (Pranayama), means extension of Prana-breath life force or breath control. The fifth limb is the conscious withdrawal of energy from the senses (Pratyahara) and the final three stages are the process by which unification of

experiences occur. These are concentration (dharana), meditation (dhyana) and ecstasy (samadhi), described as equilibrium and conjunction.

These steps are known as 'samyama'- the term summarizes the “catch-all” process of psychological absorption with an aim of meditation. Specifically, the eighth state of meditative consciousness or absorption, a one-pointedness of mind, is the final phase of the unification process.

All these attributes of the revered practices are often accompanied by a distinctive philosophy and psychology. Besides, yoga was known as spiritual discipline for the advancement of ultimate state of psychophysiological health with higher mind-body consciousness. Yoga is well accepted by the Western world as a holistic approach to health which is also classified as a form of Complementary and Alternative Medicine (CAM) by the National Institutes of Health. It is also recognized as a form of integrated mind-body medicine that improves wellbeing, mostly the stress related illnesses. In view of the documented benefits of yoga in promotion of mental and physical health, numerous psychiatrists now recognize its positive role in alleviating psychiatric disorders and adapt yoga in their own practice.

Yoga and Mental Health :

In recent years there is a growing utilization of Yoga as one of the therapeutic measure in the field of mental health where the benefits of yoga practice and therapy are being widely recognized. Now the health professionals are aware of therapeutic values of yoga and many introduce the approach as a psycho-physiologic and spiritual technique in their treatment. Research indicate Asanas increase patient's physical flexibility, strength and coordination while the Pranayama and Meditation practices calm and focus the mind to enhance higher self-awareness and lessen anxiety, that result in better quality of patients life. Some other beneficial and therapeutic effects reported by Yang such as

reduction in level of distress, blood pressure, and improvement in mood, resilience and metabolic regulation. Studies also indicate yoga is effective in the treatment of anxiety disorders (including in caregivers), pain, Alzheimer's disease, stroke prevention and rehabilitation, epilepsy, peripheral nervous system disorders and multiple sclerosis The practice of yoga has grown as a universal science which has innumerable therapeutic facets that helps to achieve holistic health.

Though there are numerous types and schools of yoga, each characterizes their own specific styles of mind and body postures (asanas), breathing techniques (pranayama), meditation and deep relaxation practices that fosters awareness and eventually promote intense states of consciousness. According to yoga the nervous system of an individual affects one's health and yoga purifies and brings relaxation to the mind. It symbolizes unification of mind, body and soul to enable a person to gain higher consciousness. In the past decades one can witness a considerable development in research addressing the impact of yoga on health and wellbeing. Many studies confirmed the physiological effects and advantages of yoga in the treatment of mental illnesses characterized by decrease in cortisol, plasma oxytocin, heart rate variability, increase in neurotropic factors (BDNF), copiousness of the cognitive experience related potential, and gray matter level are also reported

In an exploratory study by Woodyard in reported several therapeutic effects of yoga practice, such as

- Improvement in body flexibility and muscular strength.
- Promotion and enhancement of cardiovascular and respiratory functions.
- Improvement in depression, anxiety and stress.
- Treatment of addiction and promotion of recovery.
- Reduction in chronic pain, f) improvement in sleep patterns.

- Boost in overall quality of life and wellbeing. Therefore, it may be suggested that it is imperative for the health care professionals to be knowledgeable about the application of yoga and the evidence of its many therapeutic effects. However, the large scale transmission of yoga education and regular broadcasting yoga programs in the media has revolutionized yoga as a way of life with greater recognition of its rootedness in health and emotional wellbeing.

Although there are emergent bodies of research literature and assorted scientific reviews that suggest numerous therapeutic effects of yoga, however few researchers had indicated that there is paucity of tangible evidence regarding its therapeutic relevance for many clinical conditions. Peace through Yoga :

Creating sustainable global peace on the Earth is an ultimate state of contentment and freedom amongst and within all nations and humanity. At the same time sporadic and acute societal unrest; including religious fanaticism, terrorism, territorial disputes, political and ethnic tensions posing greater challenge of the era around the globe. The interpersonal conflict may escalate to institutional aggression, hostility and war. World peace is desirable and peace brings both material and spiritual benefit to all societies. When it's most needed the yogic science has the power to inspire grassroots social change in the world. Yoga is not just for self-transformation, but is an instrument for global peace which provides internal, emotional and spiritual reconciliation and healing. It gives one the self-strength and capability to approach conflicts from a space of mindfulness, compassion and love, in such circumstances peace is inevitable. Violence and war originates on economic, military, religious or ideological motives are caused by much the same factors as aggression between people. Though positive transformation within individuals may take enormous time but the practice of yoga can be critical to the transformation of those individuals who may create and are creating the institutions with

replaced or transformed organizations that are based on the ethos of peaceful co-existence . The ideal world of nonviolence provides a foundation for people and nations to willingly cooperate, either voluntarily or by virtue of a system of governance that prevents warfare.

The Global Peace Initiative (GPI) has recognized the leading, scientifically established meditation-based “technologies of consciousness” that counterbalances individual and societal tension, restore balanced brain functioning and clearly diminish crime and social conflict. The GPI is now employing the “Brain-Based Approach to Peace” on a national scale in the United States of America, India and on a global scale. In a study by Hatchard, Deans, Cavanug and Orme-Johnson in 1996 reported that due to Transcendental Meditation program in groups there were multiple effects in the intervention site such as reduced crime and a phase transition to increased orderliness. The distinctive efficacy of the Transcendental Meditation (TM) - Sidhi Program in groups has been well documented that reported success in preventing social violence, terrorism, and war which has been recognized by more than fifty demonstrations and twentythree scientific research. The researchers have carefully scrutinized and published in reputed academic journals, in every paper the TM approach produced noticeable drop in crime rate, social violence, terrorism, war and on the other hand there was an increase in peace and positivity in society.

Sustainability and Yoga :

On 20th June 2016 the Permanent Mission of India to UN organized a special event on Yoga for the Achievement of Sustainable Development Goals (SDGs). The unique program sought to enrich the collective insight to the unique features of yoga and its central place for the achievement of SDGs as it links the ancient practice to modern sustainability goals. The SDGs are interconnected set of 17 explicit targets that include ending poverty and hunger, ensuring good health and

wellbeing, achieving inclusive and quality education, access to safe water and sanitation, focusing on climate action, responsible consumption and the conservation of environment, promotion of peace, justice and strong institutions – all the socio-political and environmental goals may be ultimately linked to the olden practice of yoga for the mind and body which is a way to discover the sense of oneness with self, the world and the nature. Most importantly, Maharshi Patanjali described yoga as “sarvavhauma”, which means Universal. In this context Hrudananda Ray contended “Yoga as a science of reunion can work and is working, fostering the well-being of a complete man. So simply it is a human science devoted to serve humanity beyond faith, belief and way of worship”.

The ancient yoga wisdom suggests the practice of virtues called Aparigraha which means non-possessiveness or non-greediness refers to keeping the desire for possessions to what is necessary or important based on the one's life stage and environment. The practice of Non possessiveness (aparigraha) can lead to contentment (santosha) this implies a greater human value of sustainability, while meeting the needs of present generation without compromising the ability of future generations to meet their own needs. “Yoga aims at transforming our life style and its awareness can help us in our struggle against climate change. The practice of yoga brings about balance, wellbeing, happiness and freedom to live life fully. We may actually see the beginning of a global shift in consciousness leading to a more balanced and harmonious planet”. In an official statement the former Director General of UN Ban Ki-moon stated that yoga practice can aid in increasing consciousness about our own role and responsibility as consumers of the planet earth's resources and individuals' obligation to respect and live in peace with our neighbors. In addition yoga can also help individual in emergency situations to find relief from stress.

In fact, sustainability may be found ingrained

in Patanjali's Ashtanga Yoga, code of conduct described in the eight fold path that are pertinent to human living and institutions in present-day context, observance of these universal code of conduct rooted in moral, ethical and behavioral imperatives ultimately lead to a sustainable society. This has not only social dimensions but also has environmental and economic dimensions that eventually lead to spiritual progress of the individuals. These reliable principles and practices can be explicated how yamas (ethical restraints), and niyamas (ethical observances), have a bearing on individual behavior along with socio-economic and environmental implications. Similarly, the practice of the subsequent five limbs of yoga such as asana, pranayama, pratyahara, dharana and dhyana – lead to a sustainable society where individuals develop an affirmative attitude towards life, attaining a state of samadhi, (super-consciousness) the ultimate aim of yoga.

Conclusion :

With the passage of time, it is becoming exceptionally evident that much of the revered ancient philosophy and science of yoga will be practiced in various forms around the world and will continue to grow in popularity. Since the time it was urged to the world community to adapt an international day of yoga by Indian Prime Minister Narendra Modi in 2014, today it has got unprecedented response from the world community.

It is recognized that the yoga as a holistic approach can make a significant contribution to human health and wellbeing, sustainability, peace of the world population that is striving to achieve sustainable development goals. Considering the growing body of scientific studies and numbers of systematic reviews on the therapeutic effects of yoga, it may be suggested that yoga can be considered as a complementary therapy or an alternative method in the treatment of many health conditions. However, still there is an urgent need for evidence building research in specific health

conditions to further garner international and national support to benefit millions of people those are away from the practice of yoga.

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Modern trends in physical education and their future prospects

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Abstract :

This paper aims to determine physical education's current trends and future prospects in relation to individual health. As is common knowledge, physical education receives less attention than other subjects in school and college curricula. Physical education is no longer limited to sports coaching, play activities, physical fitness, or physical training alone in the 21st century. It has developed into a multifaceted field. In the beginning, only competitive sports and recreation were prioritized in school and college physical education curriculums. The advanced program of actual schooling gives accentuation on wellbeing, actual wellness and health, serious and sporting games, amusement, between private abilities and way of life abilities. Although physical education is taught as part of the curriculum in all schools, there is little interest in the subject due to a lack of time, qualified teachers, and good facilities.

A good curriculum, sufficient funding for holding a variety of competitions, and the use of technology to raise awareness of the value of sports and physical activity in everyday life are some of the future obstacles that need to be overcome in order to make this field interesting. Therefore, a curriculum of this kind will unquestionably assist teachers of physical education in motivating their students to engage in a variety of physical activities so that they can adopt and maintain a lifetime commitment to physical activity, health, and wellbeing.

All the instructive organization ought to make important moves to presenting different proactive tasks for their understudies with the goal

that the hypo-motor illnesses like sort II diabetes, hypertension, back torment, knee torment, cervical spondylolysis and so on., can be managed.

Keywords: Health, hypo kinetic diseases, physical activities, physical education curriculum

Introduction :

In the Current Universe of Room age and computerization time, all people have all the earmarks of being carrying on with an increasingly more idle life. They ride rather than walk, sit rather than stand and watches rather than members. Such kind of dormancy or inactive life is hindering to mental and actual wellbeing. Because of this torpid and idleness way of life propensities, people are experiencing hypokinetic illnesses like diabetes, cervical and stumble spondylitis, back torment, knee agony, heftiness and cardio vascular infections. Hence, there is incredible requirement for actual instruction as a piece of adjusted living.

Actual training patterns have grown as of late to consolidate a more prominent assortment of exercises and not just restricted to directing, instructing and sorting out serious games exercises in school and universities. The actual training proficient needs to present different kinds of proactive tasks like strolling, running, running, swimming, exercise center, climbing, vigorous exercise, yoga and playing sporting games in their school and school for every one of the understudies. These exercises can assist understudies with growing beneficial routines that will extend into adulthood and advanced age. Some Actual schooling instructors have even started to

integrate pressure decrease procedures like yoga and profound breathing to their understudies. It is the sole liability of the actual instruction expert to inspire the understudies about the significance of actual training with the goal that understudies can comprehend and value the actual schooling program better. Increasingly more number of understudies would take interest to partake in different sorts of proactive tasks to keep their body fit. Before, just couple of understudies were intrigued to partake in the bury school or entomb college sports rivalry. Thus, that they like to go to the jungle gym and take part to work on their presentation. These days, a large portion of the school and understudies don't go to the jungle gym to play external games any longer.

This is because of the rise of the PCs and computer games that turned into the best leisure activity of school understudies. Indeed, even numerous schools are there they don't have actual instruction expert to run the course educational program. The significance of actual training should be shown in school and universities, so they can realize that through actual training, they can figure out how to fill in collectively with uplifting perspective. Schools, sheets and College heads ought to take care of the issues including the awful and undesirable pattern today. Assuming the universities keep on disregarding the significance of actual training, understudies will be in danger of heftiness, hypertension and other wellbeing related issues.

Actual training program in secondary school and senior optional school

Genuine preparation program in auxiliary school and senior discretionary school Physical training program in College Universities Today, numerous colleges in western nations require actual schooling educators to be ensured to show wellbeing moreover. Numerous schools and colleges offer both actual instruction and wellbeing as one confirmation. Stress and Outrage the board is additionally presented in actual training as future possibilities. The understudies will basically gain it

and take an interest different proactive tasks separated from serious games.

It is all because of the medical conditions that are usually found in each person. The actual training programs for another age of undergrads that pressure long lasting wellness exercises, like strolling, trekking, in-line skating, indoor open air games, and high impact exercise. Further it ought to instruct the understudies about invigorating eating regimens; and show understudies how to screen their pulses and heartbeats. Numerous schools don't appear to understand the worth of actual training in the educational program. One primary test is significantly impacting the outlook of the educational program engineers, adjusting the mentality of the training division that equivalent significance ought to be given to Actual instruction and sports. In each college and schools of our nation should have a branch of Actual training and sports headed by Teacher not the overseer of actual training. It ought to be a showing post not a managerial post like chief who just sort out sports. The division of actual schooling ought to be exceptional with complex examination types of gear in the field of sports biomechanics, practice physiology, kinesiology, sports brain science, physiotherapy and advance wellness community Medical condition :

The entire universe is confronting the medical conditions that step by step the rates of human ailments like heart, thoracic, malignant growth, stoutness, diabetes and hypertension sicknesses increments quickly. The main thing is dynamic support in actual work and positive way of life propensities will lessens these issues. Research concentrates on show that actual dynamic individuals are more averse to foster coronary supply route illness, hypertension and stroke than the people who are dynamic. Individuals who are actually idle have an expanded gamble of colon and bosom malignant growth. The tension and sadness are additionally extremely normal because of less association in actual work.

The Proactive tasks assist an individual with

keeping a feeling of profound prosperity. The overweight or stout individuals essentially diminished their gamble for infection with normal actual work. Individuals who get customary proactive tasks have a more proficient invulnerable framework. Actual dormancy is presently the fourth driving reason for death around the world. WHO proclaims, universally, around 31% of grown-up matured 15 and over were in deficiently dynamic. Around 3.2 million passings every year are owing to in adequate actual work. Actual latency is a key gamble factor for non communicable infections (NCDs) like cardiovascular sicknesses, disease and diabetes.

Proposals

1. Every one of the schools, universities and colleges specialists ought to empower actual instruction and they ought to likewise give select program to wellbeing, wellness, amusement and health
2. All the actual training educators working in the school, school and colleges should be empowered and granted for their magnificent work
3. Qualified actual schooling educators and mentors ought to be named in the schooling foundations and more projects on wellness and wellbeing ought to be advanced separated from instructing and preparing.
4. Most recent foundation and obvious plans ought to be acquainted in schools with advocate actual training and sports exercises among youngsters
5. The public authority needs to assume a significant part by allotting suitable financial plan for actual training and sports in India and legitimate execution of it.
6. An observing gathering is required comprising of Actual instruction and sports experts to screen the actual training system of each and every school.
7. The mentalities of individuals likewise needs to change, so actual training classes are not

considered as a weight on kids yet rather an exit plan to perform well in the scholastics and a significant part for the overall improvement of youngsters

8. Each school ought to direct a class for every one of the guardians in the subject significance of wellbeing, wellness and health program. With the goal that the guardians will understand the significance of actual work and wellness. Then just they will send their child and girl to the ground and empower partaking in different proactive tasks.

Conclusion :

The ongoing practices and present educational plan should be changed to create interest of under studies in actual schooling and sports exercises. What's in store difficulties will essentially be the proper educational plan to be made and followed and to make accessible sufficient assets from different associations. The innovation will likewise assume a significant part in growing and making the interest in proactive tasks.

The significance of actual schooling and sports exercises are being recognized in this day and age and endeavors are being made to advance the circumstances so an ever increasing number of proactive tasks can be coordinated for the advantages of the understudies. Understudies today are not the same as the understudies of yesterday. The training of yesterday won't address the issues of the understudies of today, and the previous wellbeing and actual schooling educational programs specifically won't meet those evolving needs. What we want today? Today, we really want areas of strength for an at more elevated level in the question of the significant patterns and issues confronting wellbeing and actual schooling in our country. After plan the course educational program, their executions part is more significant in our schools, universities and college. It ought to be aggregate endeavors from both government and

confidential areas and from the top power of instructive foundations.

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Future Research And Enrichment In Sports: Technology In Modern Era

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Abstract :

The purpose of this article is to find out the current trends and challenges in physical education and sports, and based on these current issues, future trends and challenges are considered. Many factors reduce students' interest in physical education. Although physical education is taught as part of the curriculum in all schools, there is a lack of adequate time and trained teachers, but good facilities lead to a lack of interest in the field and form the current and emerging discipline of "play entrepreneurship". more suggestions for destiny studies.

This article examines the position of the entrepreneur in sports activities and the entrepreneurial technique in New Advent projects. This article contributes to the popular knowledge of entrepreneurship in the context of sports activities and shows how theoretical and empirical images of entrepreneurship in the context of sports activities are additionally desired. The main administrative and rational effects of sports entrepreneurship in this article are the growth of entrepreneurship in projects related to sports activities. This article is the main awareness of the fatal ability of sports active entrepreneurship in the development of entrepreneurship, which provides a solid theoretical foundation for destiny research paintings.

Introduction :

The motivation of this article is to try several problems of sports training on entrepreneurial research with the aim of finding out the directions of research on the fate of ability. Increasingly,

reputation within a sports business can be about as important as business. This article identifies the question of what one wants to explore in this new place of entrepreneurial paintings. The company in the sports industry is big and one of the biggest in the world. The purpose of this work is to give every business and sports educator an overview of the problems of contemporary teaching, allowing registration for destination ideas. The sports business immediately and spirally employs many people worldwide and is one of the most globalized industries in the world. Considering the value of sports business to the global economy, it needs the continuous interest of every business and game management researcher. Due to the importance of the field of physical activity, it is very important that sport business researchers continue their research in this field.

Sports management, entrepreneurship, is a localized social technique and it often happens through intuitively concerned people. Organizations add many business variations in exceptional use cases. In a dynamic global environment, the problem of the approximate formation of game business is not solved, which means that it can be, but with the growth of a really conventional concept, which is the business of sports activities as a whole. Few studies have gone forward empirically and investigated the entrepreneurial construct of sporting activities. In addition, little conceptual or empirical research has been invested in the knowledge of situations that generate entrepreneurship in sports activities. Entrepreneurship is becoming a particularly popular topic in the field of sport.

The research suggestions in this article provide impetus for theoretical trends that pose exciting learning problems. Sports entrepreneurship can be defined as the mindset of people or organizations actively involved in searching for the latest opportunities in the context of sports activities. Sports entrepreneurship refers to any revolutionary hobby in the context of sports activities, where sports are more accessible with proactive and casual quality. The nature of gaming business is that entrepreneurial sports are almost invisibly integrated into most sports organizations. A business can be anything from a brand new fitness product used in the gambling industry to a brand new task of starting a sports business. Sports business presents various avant-garde issues that are no longer related to technology (consisting of production equipment and player-spectator interactions), but in addition to social, moral and scandalous considerations that include diversity, privacy and social cohesion. Sports entrepreneurship can be described in many ways.

Enormous Definition of Sports Activity Entrepreneurship refers to any revolutionary hobby that aims at sports activities. Since sports entrepreneurship is a new emerging discipline, defining what exactly a period means is a crucial issue. Innovation is the heart of the entrepreneurial technique of sports activities, because it specializes in coming up with the latest projects or maintaining the organization. Sports entrepreneurship refers to the processes, practices and choices in sport that lead to the improvement of products, offers or markets. This article discusses sports entrepreneurship as the values that influence the tendency of an organization or people to create and scale a revolutionary sport. This article illustrates the importance of multidisciplinary technology closer to game business and the price of participation from related fields.

Challenges in Sports world :

Physical education trends have developed recently to incorporate a greater variety of

activities besides typical sports. Introducing students to activities like bowling, walking or hiking, or Frisbee at an early age can help students develop good activity habits that will carry over into adulthood.

Technology in modern era :

Children born at the beginning of this millennium are known as the “i Generation” (Rosen, 2010, 2011). This group of individuals has access to forms of technology that were unheard of just two decades ago. They have never known life without high-speed wireless Internet, data cell phones, text messages, or video game consoles. Most of them are familiar with technological interfaces and regularly use apps and social media. The implications of such dramatic changes in children's and youth's access to technology should be self-evident in all areas of learning. Health and physical education pedagogy has applications that can be implemented to enrich and improve curricula in most schools. There are many tech apps available that focus on promoting physical activity and fitness. However, implementing different technologies requires new skills and practices from students and teachers.

Sport enterprise and entrepreneurship :

Organizations that belong to the equal enterprise generally compete in comparable environments (Fayolle et al., 2010). Porter (1985) defines an enterprise as a fixed of organizations which have comparable customers, providers and technologies. In addition, organizations within the equal enterprise generally percentage comparable organisational and cultural developments (Spender, 1989). An enterprise is labeled as organizations which have shared global perspectives and knowledge (Huff, 1982). Within industries there may be similarity among the managers and cultural traits which might be significant inside those organizations (Fayolle et al., 2010). These traits are specific and are disseminated to humans running within the

enterprise.

They have additionally been described as 'macrocultures' as they're a fixed of developments shared through all contributors in an enterprise (Abrahamson and Fombrun, 1994). Fayolle et al. (2010, p.711) kingdom that macrocultures "end result from the publicity of price delivered community members (providers, manufacturers and customers of an enterprise) to comparable situations and are bolstered through the socialisation that takes area withinside the community". A man or woman or organisation's entrepreneurial orientation is a sturdy indicator in their cappotential to be revolutionary withinside the sports activities enterprise. An entrepreneurial corporation in an enterprise has numerous salient behaviours that they exhibit (Lumpkin and Dess, 1996).

These behaviours exhibit that they're actively engaged in product marketplace innovation, assignment a volatile task that entails proactive innovation (Miller, 1983). Organisations with an entrepreneurial posture have pinnacle control strategically worried in unsure effects which might be generally technologically superior as compared to different organizations withinside the equal enterprise (Zahra, 1993). Moreover, entrepreneurial companies pioneer the enterprise through being competitively competitive and proactive with their competitors (Covin and Slevin, 1991).

Sports businesses encompass a number of social, economic and environmental troubles that function in lots of sectors of the economy. 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.

Future goals and research :

There is a critical need for destiny research to look at how sports enterprises expand systems and operating methods that inspire entrepreneurship. It may be that during large companies, the position of the board of directors is crucial to help the company expand into new businesses. Sports companies regularly have difficult relationships with their governing bodies, as they are in the position of selling the team, but at the same time with social and financial goals in mind. Leisure business management can also provide insight into how management undertakes new projects and uses its resources.

More specifically, a board position is needed, which includes internal and external managers who influence sports activities in business. Another project related to hobby entrepreneurship, which

concerns the amount of entrepreneurship within a company and the desire to successfully manipulate entrepreneurial practices. Questions, including how and by whom the business is promoted, must be protected to clarify the rational consequences for the managers of the companies involved in sports activities. A mixed technique that includes the entrepreneurship of sports activities and the applicable regulatory framework can provide additional relevance at a unique level of research.

Environmental factors :

Future studies should empirically look at how the outside surroundings is classed through sports activities marketers close to figuring out economic commitments to recreation ventures. More paintings is needed on how sports activities marketers are compensated for his or her expertise desires to be explored. The nature and shape of sports activities entrepreneurship differs in line with the surroundings. The distinction in sports activities entrepreneurship withinside the manufacturing, excessive tech and provider quarter is needed to shed mild on one of a kind enterprise practices.

Conclusions :

This article provided an important assessment of sports entrepreneurship, aiming to capture the critical features and identify the main demanding situations that should be addressed to lead to an encouraging environment for the promotion of sports entrepreneurship. We want to look at the subtleties and deeper meanings of leisure entr epreneur ship in the same way. This article diagnoses the extremely demanding situations that must be met in order to maintain business practices. Sports entrepreneurship has its own characteristics, which include a dynamic and interactive environment with significant impact. The demanding situations offered in this article

include business and sports management.

Current practices and the current curriculum must be changed to create interest in physical education and sports activities among students. The challenges for the future are mainly an appropriate task and curriculum to follow, but also to receive enough funding from various organizations to support disadvantaged but intelligent children so that they can focus on their game without worrying about money. Technology also plays an important role in expanding exercise and generating interest.

The importance of physical education and physical activity is recognized in today's world and efforts are being made to improve the situation so that more and more talents are recognized.

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The Importance of Fitness, Health & Wellness for Healthy Living

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Abstracts :

Health and wellness are not synonyms. Health refers simply to a physical body being free from diseases, but wellness is an overall balance of your physical, social, spiritual, emotional, intellectual, environmental, and occupational well-being. Wellness is a lifestyle and is not an end to be achieved. Wellness means that one strives for balance throughout his whole life. On the other hand, health would be that a person wants to lose weight and lower blood pressure. Once he does this, he is considered healthy. Health is a goal one can achieve, while wellness is a dynamic concept that continues for a lifetime. Fitness is very important for good health. Besides feeling better mentally, exercising can help protect you from heart disease, stroke, obesity, diabetes, and high blood pressure; and it can make you look younger, increase and maintain bone density, improve the quality of your life, and may keep you from getting sick.

Exercising also helps you control stress better, and can make you feel happier and less nervous. Before you start an exercise routine, ask your doctor about what exercises to do. Then make a plan to spend less time in front of the television and/or computer, and begin exercising more. This paper will start by discussing importance of health & wellness and its components and later Physical fitness components will also be discussed.

Key words: health, wellness, Physical Fitness and Components of Fitness.

Introduction:

Health is a dynamic process because it is

always changing. We all have times of good health, times of sickness, and maybe even times of serious illness. As our lifestyles change, so does our level of health. Those of us who participate in regular physical activity do so partly to improve the current and future level of our health. We strive toward an optimal state of well-being. As our lifestyle improves, our health also improves and we experience less disease and sickness. When most people are asked what it means to be healthy, they normally respond with the four components of fitness mentioned earlier (cardiorespiratory ability, muscular ability, flexibility, and body composition). Although these components are a critical part of being healthy, they are not the only contributing factors. Physical health is only one aspect of our overall health.

The other components of health that are just as important as physical health include the following:

- **Social health :** The ability to interact well with people and the environment and to have satisfying personal relationships.
- **Mental health :** The ability to learn and grow intellectually. Life experiences as well as more formal structures (e.g., school) enhance mental health.
- **Emotional health :** The ability to control emotions so that you feel comfortable expressing them and can express them appropriately.
- **Spiritual health :** A belief in some unifying force. It varies from person to person but has the concept of faith at its core.
Living a healthy lifestyle such as eating

healthy, exercising, avoiding junk will not only extend your life, rejuvenate your skin and hair but also improve your overall well-being. It will help you to feel better physically and mentally.

However, healthy habits are hard to develop and require changing of a mindset. But a strong willpower and target goal will help you to follow a healthy lifestyle. Most of us are suffering from certain health issues. The most common health issues are overweight, mood swings, diseases, low stamina, and dull appearance. Healthy living plays an important role in overcoming all of these issues.

Importance of Health and Wellness :

Below points will help you to understand the importance of health and wellness in an individual's life:

1. Weight Management:

Regular exercises and healthy eating will help you to avoid excess weight gain. Being physically active is necessary to reach your weight loss targets, boost immunity system and increase your energy level.

You should do at least 150 minutes exercise every week to stay active and fit. Along with exercise, take a balanced or calorie managed diet. Right balance of carbs, fats and proteins boosts your energy level and keeps it going through your day.

2. Improve Mood :

A healthy lifestyle will lead a relaxed mind and make you energetic throughout the day. Exercise and healthy eating also help you to improve your mood and boost your self-confidence. It will also help you to overcome your stress.

3. Prevent Diseases:

Following a healthy lifestyle will help you to prevent certain diseases such as heart diseases, blood pressure, depression, body pain etc. Always start your day with a healthy breakfast. Regular exercise and balanced diet will not only increase your metabolic rate but also ultimately improved health condition.

4. Boost Energy:

An unhealthy eating will cause a lethargic feeling. On the other hand, a balanced healthy diet will give fuel to your body to run all functions. A healthy diet includes whole grains, lean meats, low-fat dairy product, fruits and vegetables. A good combination of exercise and balanced diet gives you a good sleep and help you start a fresh and energetic day.

5. Improves longevity:

The other benefits of adopting a healthy lifestyle in daily routine will give you longer life, healthier and younger skin, nourished hairs, and overall wellbeing.

Regular exercise and balanced diet is a key to healthy lifestyle and availing all above benefits. For a healthy body, start with a simple and short five-minute walk. Gradually increase it with daily 30 minutes.

Wellness is the search for enhanced quality of life, personal growth, and potential through positive lifestyle behaviours and attitudes. If we take responsibility for our own health and well-being, we can improve our health on a daily basis. Certain factors influence our state of wellness, including nutrition, physical activity, stress-coping methods, good relationships, and career success.

Use these Key Components of Wellness to assess where things are going well in your life and where you would like to see a change. Together, these components of wellness can help you create a strong foundation for personal wellness.

Key Components of Wellness :

- 1. Social Wellness :** how you relate to self, others, and community; having supportive relationships and a sense of belonging.
- 2. Physical Wellness :** how you care for you body and mind; your health and vitality.
- 3. Environmental Wellness :** how you create environments around you to support your

best self, as well as how you relate to the global environment.

4. **Emotional/Mental Wellness** : your awareness and acceptance of your feelings; your thoughts, attitudes, and self-talk; your resilience and self-esteem.
5. **Intellectual Wellness** : having creative and stimulating activities that allow you to continue learning and pursuing your interests.
6. **Career/Livelihood** : having fulfilling and meaningful work in which you nurture your gifts, skills and talents.
7. **Spiritual Wellness** : your sense of meaning and purpose in your life; how you integrate your beliefs and values into action.
8. **Financial Wellness** : how you understand and handle your money in ways that provide for you now, as well as prepare you for financial changes.

What is Fitness?

Fitness does not only refer to being physically fit, but also refers to a person's mental state as well. If a person is physically fit, but mentally unwell or troubled, he or she will not be able to function optimally. Mental fitness can only be achieved if your body is functioning well. You can help relax your own mind and eliminate stresses by exercising regularly and eating right.

Why is it Important to Be Physically Fit?

People who are physically fit are also healthier, are able to maintain their most optimum weight, and are also not prone to cardiac and other health problems. In order to maintain a relaxed state of mind, a person should be physically active. A person who is fit both physically and mentally is strong enough to face the ups and downs of life, and is not affected by drastic changes if they take place.

Why Be Fit?

There are many health benefits associated with fitness. To name a few:

- Decreased risk of Type 2 diabetes
- Decreased risk of hypertension (or high blood pressure)
- Decreased high cholesterol
- Improved mental health
- Better quality sleep
- Stress relief
- Increased bone density
- Decreased risk of early death

How Can You Become More Physically Fit?

Becoming physically fit requires a change in life style as well. You will have to incorporate a regular exercise routine in your life and also eat healthier. By avoiding junk foods, fizzy drinks, bad habits like smoking and alcohol and by getting adequate amount of rest, you will be able to become physically and mentally fit. Just by eliminating all these food substances from your life, no matter how temporarily, you will allow your body to detox and become stronger. Make sure that you spend more time outdoors in the sun, and fresh air and take part in more healthy activities. Fishing, bicycling, swimming, hiking, and even playing foot ball with your kids should be a part of your physically fit lifestyle.

Primary Components of Fitness :

The four primary components (also known as the components of health related fitness) that are important to improved physical health are as follows:

Components of Fitness :

- **Cardiovascular Endurance** : The ability of your heart, lungs and blood vessels to supply oxygen to your body while it is going through exercises or physical activity for a long period of time. Your stamina.
- **Muscular Strengths** : The amount of force that your muscle can exert against something.
- **Muscular Endurance** : The ability of your muscle to when working continuously.
- **Flexibility** : How flexible your joints can

move. The ability of your joints to move around or the range of movement of your joints.

- **Body Composition :** The amount of fat.

Secondary Components of Fitness :

The secondary components of fitness (also known as the components of performance based fitness) are involved in all physical activity and are necessary for daily functioning. Athletes experience different levels of success depending on how well these secondary fitness components are developed. Although the primary components of fitness are thought to be the most important, we should not ignore the secondary components because of their importance in the completion of daily tasks. The secondary components include the following.

- Balance is the ability to maintain a specific body position in either a stationary or dynamic (moving) situation.
- Coordination is the ability to use all body parts together to produce smooth and fluid motion.
- Agility is the ability to change direction quickly.
- Reaction time is the time required to respond to a specific stimulus.
- Speed is the ability to move rapidly. Speed is also known as velocity (rate of motion).
- Power is the product of strength and speed. Power is also known as explosive strength.
- Mental capability is the ability to concentrate during exercise to improve training effects as well as the ability to relax and enjoy the psychological benefits of activity (endorphins).

Conclusion :

Health and wellness have very great value to our lives. It reduces the menace of premature death by influencing better life quality in active people. It also reduces the risks of inactivity related diseases such as the cardiovascular disease. It also helps in

increasing core strength, coordination, balance, agility, self-esteem and body image.

Health and wellness can only be maintained by an individual's efforts especially using physical exercise as a control or inducer of health and wellness. Consistency, proper scheduling of physical activities, appropriate exercises, and proper diet are the key factors for the maintenance of health and wellness.

Physical fitness refers to being in good physical condition sometimes referred to as being in condition or in shape. Fitness refers to a quality that enables someone to carry out a certain role or task. The importance of physical fitness cannot be emphasized enough. In today's society that is moving towards a more sedentary lifestyle, there is a greater need than ever to increase the daily activity level to maintain both cardiovascular fitness and body weight.

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Study of Post-lockdown Depression of College Students during COVID – 19 Pandemic

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Abstract :

The objective of the present study was to examine the post-lockdown Depression among college students during COVID - 19 pandemic. Total 195 students from various departments of Swarnim Gujarat Sports University were selected as the subject for the study. The questionnaire designed by Pallavi Bhattnagar and others was used to evaluate Depression level among the subject. Descriptive statistics i.e. mean, standard deviation, and percentage were for the analysis of the collected data on Depression. From the result of the study, it may be concluded that there is a high level of depression in Grade – D and E levels in female students, whereas in Grade – D and E a higher level of depression has been seen in male students.

Keywords : Depression, COVID-19

Introduction:

After going through this difficult situation of Covid-19 pandemic, hardly students can say that their life has not changed during covid-19. Covid-19 affects all parts of the world like health, economic and social challenges worldwide. WHO said that depression and mental health were found to be the result of stressful situations. As the covid-19 pandemic spread, new rapidly spreading viruses increase the risk of infection in many countries and increase the number of new rules. In the first year of the COVID-19 pandemic, global prevalence of depression increased by a massive 25% (WHO). What is the current effect of the virus on the students? Even after a lot of research on that, it

still can't be said for sure. One of the studies found that 82% of people experienced mental fatigue and a lack of confidence.

In addition, Covid-19 syndrome is seen after corona and the patient is recovering from corona, but some of the symptoms of corona have been seen. People have been experiencing symptoms such as shortness of breath, depression for a long time. When schools reopened after the lockdown, some research found that many students were more anxious. Depression originally from the Latin word "Deprimere". Which means "To press down". We all know that depression is a feeling of dread or worry. Depression is a common feeling. Which is a state of inner turmoil that might arise from insecurity and lack of confidence or fear. Depression disorders are usually caused by recurrent thoughts and stress.

Depression often leads to significant changes in people's daily behavior, leading to avoidance of certain situations. Depression is an inner fear, stimulated by the impulse of commitment. Depression disorders, however, are different. They can cause depression that affects a person's ability to live a normal life. An depression disorder is a serious mental illness.

Statement of Problem:

The present study was aimed to examine the post-lockdown depression among college students during COVID – 19 pandemic.

Method:

Considering the objective of the study total 195 students from the various departments of

Swarnim Gujarat Sports University were selected as the subject, in which 136 were male and 59 were female students. Age of the subjects were from 17–25 years. Anxiety, Depression and Stress Scale (ADSS–BSPSA) by Pallavi Bhatnagar was used to examine the depression among the selected subjects. Norms for normal populations were used for the interpretations of raw data. Students inheritance and racial differences were not taken into consideration for this study. The limitations of this research were standard questionnaire, respondent's response attitude, time, etc. The data obtained through the selected tool was considered standard for this study. Online methods were used for data collection considering the condition at the time of data collection. Data for the selected variable has been collected once the educational institutes have been reopened after the first lockdown. Descriptive statistics i.e. mean, standard deviation, and percentage were for the analysis of the collected data on depression.

Total Subjects	Depression Subscale
Mean	2.097
SD	2.635
Range	14
Minimum	0
Maximum	14
N	195

Result of the Study and Conclusion:

Table–1 :

Descriptive Statistics of Depression in Total students

Subscale	Grade – A	Grade – B	Grade – C	Grade – D	Grade – E	Grade – F
Depression	0	2	6	51	136	0

Total Subjects Depression Subscale :

Table–2:

Table showing the level of Depression in total students

It is evident from Table – 2, out of total 195 subjects, 0 student showed Grade – A (Extremely

Male Subjects	Depression Subscale
Mean	1.721
SD	2.223
Range	13
Minimum	0
Maximum	13
N	136

High), 02 student showed Grade – B (High), 06 student showed Grade – C (Above Average), 51 student showed Grade – D (Average), 136 student showed Grade – E (Below Average), 0 student showed Grade – F (Low) level of depression.

It is evident from Table – 3 that, the total number of male subjects were 136, mean of depression subscale was 1.721, and standard deviation was 2.223.

Table–3:

Descriptive Statistics of Depression in male students

Subscale	Grade – A	Grade – B	Grade – C	Grade – D	Grade – E	Grade – F
Depression	0	1	2	33	100	0

Table–4:

Table showing the level of depression in male students

Male Subjects	Depression Subscale
Mean	2.966
SD	3.2591
Range	14
Minimum	0
Maximum	14
N	59

It is evident from Table – 4, out of total 136 male subjects, 0 student showed Grade – A (Extremely High), 01 student showed Grade – B (High), 02 student showed Grade – C (Above Average), 33 student showed Grade – D (Average), 100 student showed Grade – E (Below Average), 0

student showed Grade – F (Low) level of depression.

Table – 5:
Descriptive Statistics of Depression in

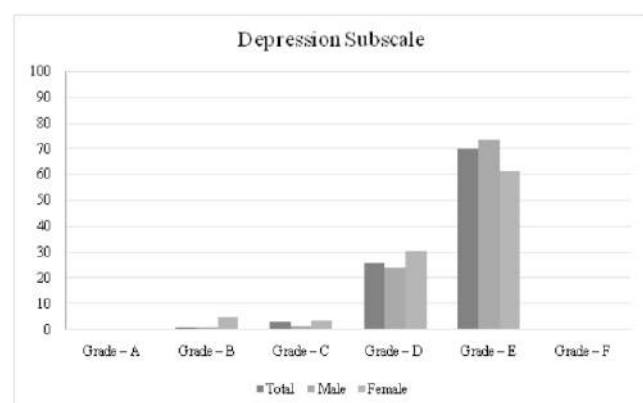
Subscale	Grade – A	Grade – B	Grade – C	Grade – D	Grade – E	Grade – F
Depression	0	3	2	18	36	0

It is evident from Table – 5 that, the total number of female subjects were 59, mean of depression subscale was 2.966, and standard deviation was 3.259.

Table – 6:
Table showing the level of depression in

It is evident from Table – 6, out of total 59 female subjects, 0 student showed Grade – A (Extremely High), 03 student showed Grade – B (High), 02 student showed Grade – C (Above Average), 18 student showed Grade – D (Average), 36 student showed Grade – E (Below Average), 0 student showed Grade – F (Low) level of depression.

Graph – 1:
Graph showing the level of Depression in male and female students



Analysing the above-mentioned details of table – 2 through percentage it can be concluded that high level of depression was observed in 1.026%, above average level of depression was observed in 3.077 %, average level of

depression was observed in 26.154 % and below average level of depression was observed in 69.744% of total students.

Analysing the above-mentioned details of table – 4 through percentage it can be concluded that high level of depression was observed in 0.735%, above average level of depression was observed in 1.471%, average level of depression was observed in 24.265% and below average level of depression was observed in 61.017% of total female students. From the result of the study, it may be concluded that there is a high level of depression in Grade – D and E levels in female students, whereas in Grade – D and E a higher level of depression has been seen in male students.

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Challenges and opportunities in front of physical education and sports.

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Abstract:

Physical education has never been more important than it is right now. In the current universe of Room age and robotization period, essentially all people have all the earmarks of being carrying on with an increasingly more dormant life. They prefer to ride rather than walk, sit rather than stand, and observe rather than participate. Such a kind of latency or stationary life is incredibly destructive for physical and emotional well-being. People are suffering from hypokinetic diseases like diabetes, cervical and lumber spondylitis, back pain, joint pain, obesity, and cardiovascular diseases as a result of this lax and inactive lifestyle. As a result, there is a pressing need for physical education as a component of a well-balanced life. It is also widely acknowledged that physical education and sports are relevant and crucial to the development of an active and healthy lifestyle as well as the solution to the worldwide epidemic of obesity.

The latest things and difficulties in actual schooling and Sports, future patterns and difficulties would be examined. An issue that is extremely pertinent to the current educational system, in which we continue to struggle to implement physical education as a subject in comparison to other nations. An adequate curriculum, sufficient funds, provision for holding a variety of competitions, and the role of technology in raising awareness of the significance of physical education activities and sports to our day-to-day lives are some of the future obstacles that need to be overcome in order to make this field interesting. The current study addresses all of these issues.

Key words : Technology, sports curriculum, and physical education. Youngsters, Actual Instruction, Sports, Youth.

Introduction :

The significance of actual Schooling has never been underlined more than it is today. Actual Training (PE) and Sports creates understudies actual skill and certainty, and their capacity to utilize these to act in a scope of exercises. It encourages physical skill, physical growth, and an understanding of how the body works. It encourages positive attitudes and teaches students to think in new ways by providing opportunities for them to be creative, compete, and face various challenges individually, in groups, and in teams. The current study will identify the current trends, issues, and difficulties in physical education and sports, which will serve as the foundation for addressing future difficulties.

Understudy learning in actual training (PE) is a worry shared by the instructive local area, and inspiration and responsibility are two of the variables that appear to be key determinants in the educating educational experience. According to Ryan and Deci, students are more willing to engage in particular behaviors and learn more when their motivation is more adaptive. An important line of research has focused on the mechanisms that explain how interactions affect several behaviors in general health contexts and, specifically, teacher–student interactions in the PE context through the lens of self-determination theory (SDT).

As per these creators, inspiration can be

depicted as the cycle that moves an individual to act with a particular goal in mind. Inside this hypothesis, a few sorts of inspirations are separated as a feature of a continuum as per the level of self-assurance, which are distinguished as independent inspiration, controlled inspiration, and amotivation. Both identified regulation, which is characterized by engaging in a behavior that appears to be beneficial to the individual, and experiencing intrinsic motivation, which refers to the inherent reason to do something for pleasure, are manifestations of autonomous motivation. Controlled motivation is exemplified by experiencing introjected motivation, which may occur when a person feels guilty for not performing a specific action, and external motivation is exemplified when a person is moved solely by an external reward. Intrinsic motivation is the opposite of amotivation, which is amotivation.

The first looks at whether athletes benefit from a talent identification and development system, and the second looks at how stakeholders in sports can stop the apparent trend toward early specialization in youth sports settings. While this paper discusses the research that has been done on these issues, we also offer a number of potential solutions that researchers and practitioners might think about to improve how they identify and develop talent. In conclusion, talent identification and selection at younger ages is not recommended because it is a complex and widely misunderstood phenomenon that lacks solid research evidence. Additionally, there are concerns that talent may be harmful. The Olympic and professional sports landscape of today is arguably more competitive than it has ever been. The increased emphasis on identifying and developing early athletic talent is one consequence of this.

In this paper, we discuss some of the most significant issues that arise when it comes to the identification and growth of talent—athletes—and offer some potential solutions that could be taken into account by both research and practice. Clarifying the goals of talent identification

initiatives, such as defining talent and how its meaning might change over time, is the first obstacle. The second challenge is how to find the best ways to find, choose, and develop talent. There are problems with different methods of finding talent, you need to know how it affects you, and the system needs to have enough resources to help you keep learning new things. Last but not least, we talk about two issues with talent identification and development's "healthiness."

Objectives :

The essential targets of this study are to:

- 1) Identify the greatest obstacles that physical education instructors in Jordanian public schools face.
- 2) Determine the gender differences in the challenges that physical education teachers in Jordanian public schools face.
- 3) Determine the differences in the difficulties that physical education instructors in Jordanian public schools face due to varying years of experience.

Current Trends Issues And Challenges In College And Sports :

Ultimately, due to a variety of educational, social, and political considerations, physical education (PE) does not receive high priority in the Indian collegiate education system. The World Summit on Physical Education (199), which was held under the patronage of UNESCO, deliberated this aspect and emphasized the need for a proper physical education curriculum with adequate time, financial, and material allocation. The declaration states that "the World Summit on Physical Education reinforces the importance of PE as a lifelong process and every student has a right to possess the highest level of health, play, recreation, and enjoy leisure." PE is yes to justify its existence in India at the collegiate level, despite the fact that The immediate need is to prepare ourselves to deliver high-quality PE programs and address the professional agenda at all educational levels. The

following aspects will contribute to the provision of high-quality college programs.

- a) Improve the teacher preparation program;
- b) Set up the regular teacher education program;
- c) Develop curricula that are in line with the goals of the 21st century; and
- d) Discover methods for attracting students to the playground.

Latest things, Issues And Difficulties At School Particularly Actual Instruction And Sports.

The 'rude awakening' uncovers a couple of locales of continuing with worry concerning latest things in actual schooling and sports. These grasp the zone: actual schooling not being conveyed or conveyed without quality, inadequate time task, nonappearance of prepared qualified or possibly deficiently arranged teachers, lacking plan of workplaces and stuff and showing materials, tremendous class sizes. It is seen that the proportion of time focused on actual training has been reduced in the instructive arrangement all through the world. As more and more students sign up for the educational program, the physical education component should be linked to the overall prosperity of the students. As previously mentioned, activities learned as children carry over into adulthood. Furthermore, the meaning of actual development as a strategy for making more unmistakable care in the homeroom has not been seen.

Present Skills & Competencies In Physical Education And Sports :

The place of Actual Instruction is to make actual expertise with the objective that all young people can move beneficially, satisfactorily and safely and appreciate what they are doing. In order to plan and create programs that are based on helping others, educational institutions and schools frequently collaborate with network offices in all sectors of society, including private and business, non-governmental, and government organizations. The significance of authority that is eager to conquer issues associated with territoriality,

dormancy, lawful commands, custom, dread of the loss of intensity, sentiments of possession, the misconception of projects, and other issues is critical to the development of agreeable connections. Such pleasing activities work on the accessibility to ventures and organizations, similarly as zones and workplaces. As a result, a variety of organizations will help capable students participate in a variety of competitions.

In India exceptionally where there is so a ton of capacity anyway in view of nonattendance of money related resources, various understudies needs behind being so gifted. The joint effort from different associations will push poor understudies to show their capacity at different world level contentions. To advance physical education and sports activities at higher education, particularly in physical education, it is crucial to have adequate preparation through well-defined educational programs and funding from various offices.

According to Keşke (2007), education is a process of acquiring knowledge with the objectives of, among other things, assisting individuals in adjusting to society, enabling them to recognize themselves mentally and socially, and equipping them with the skills necessary to live satisfying lives. Thus, it is undeniable that financial benefit, high work influence and the amount of qualified people and social abundance are high in showed social orders, Today, kids are more fixed than some other time in late memory, due somewhat to the enormous proportion of time spent on phones, PCs, and associating with electronic life.

Thusly, weight related clinical issues and cardiovascular contaminations, for instance, youth huskiness and diabetes are progressively normal in adolescents and it has ended up being huge clinical issues for more energetic age. Physical education is being reduced or sometimes eliminated at all evaluation levels in schools and universities that once had a significant impact on health education.

Physical education's significance has never been more prominent than it is today. Physical education is widely regarded as useful and

significant in the development of a functioning and sturdy way of life as well as the solution to rising obesity rates worldwide. Therefore, it is essential to fully comprehend the hypothetical premise behind the planning, development, and advancement of educational programs in the educational setting.

Even though physical education is a part of the school curriculum in many countries, kids don't get exercise, so they don't get as much exposure to physical activity as they should. The demonstration of a genuinely unique lifestyle in mix with sound food, in any case, ought to be started in early pre-adulthood. Consequently, ensuring that all youths take part in standard actual development is fundamental, and the schools are the principal place where all children can be come to.

The primary school subject with the primary focus on the body, physical activity, physical improvement, and well-being is quality physical education, which is the best and most comprehensive method for providing all children, regardless of their capacity or inability, sex, age, social, race/ethnicity, strict or social foundation, with the skills, attitudes, qualities, information, and comprehension for deep rooted investment in physical movement and sport. The current investigation will determine which future challenges will be addressed by separating the current trends, issues, and challenges in PE and sports.

Role Of Technology In Physical Education :

The "I-generation" are children born in the early part of this thousand years (Rosen, 2011). This social affair of individuals approaches sorts of innovation incomprehensible just twenty years earlier. They have never known life without fast remote web connections, information-sharing phones, or video game support. The vast majority of them regularly use applications and live online, so they are familiar with technology interfaces. The effects of such dramatic shifts in youngsters' access to technology ought to be readily apparent in all

educational settings.

Applications in prosperity and actual training educational strategy are available and can be applied to improve and redesign curricular commitments in most school settings. There are a variety of mechanical applications that are focused on improving health and physical activity. Understudies will be expected to show capability in fundamental motor abilities and moreover wellness in using innovation. Teachers will in like manner be expected to get learning of contemporary, innovation based educational methods. Technology ensures both how students learn and how teachers teach. Physical and health instructors are being tested to become more open to a technology-driven environment that expands opportunities for students far beyond the boundaries of the traditional classroom. In this way, technology can play a crucial role in generating interest in sports and physical education.

The issues and difficulties in Advanced education especially in Actual Schooling are a ton of. "Physical Education in this nation has remained disregarded, and if any consideration is paid, it is in step protective way," writes Deshpande (2000). In the field of global sports, this is one of the main reasons why we are waiting. A computer lab with web offices is a requirement for every professional college and department of physical education.

Additionally, all professional foundations ought to be connected, allowing students and educators from various areas to communicate via video chat. In many establishments, employees will only be available during examination hours, so NCTE should consider implementing a more effective method to reduce these situations. NCTE requires that each foundation have enough qualified employees. Additionally, NCTE ought to have a system in place to verify that employee compensation complies with UGC standards. Similar Specialist and low upkeep guides are not designated in a critical number of the establishments. Following the inspection, it

appeared to the meeting group that some establishments' foundation offices were not utilized for the Physical Education program.

Along with an educator's abilities to meet the requirements of the inclining showing process, NCTE ought to conduct periodic examinations of the numerous organizations to determine whether the structure and equipment are used; When it comes to achieving the goals and increasing an instructor's effectiveness, factors like the condition of the course, the equipment used, the materials used, and the educational plan all play a significant role. Physical education and sports educators face numerous challenges and worry about their professional responsibilities. When it comes to resolving issues with physical education classes, distinguishing evidence of issues looked at by sports instructors and physical education instructors will play a significant role.

In light of the fact that, in order to have the option to create a decent learning environment, it is essential to first establish a decent learning environment, and in order to have the option to create this environment, it is essential to first recognize the issues that physical education teachers have identified and to provide solutions.

Developing 21st century Skills And Competencies In Physical Education And Sports:

The goal of physical education is to promote health and fitness for today's and tomorrow's lifestyles and to keep students interested in and enjoying physical education. Links to community-based organizations, agencies, and institutions are an essential part of the 21st century health and physical education curriculum, and physical literacy, along with numeracy and literacy, is the essential foundation upon which students can access the entire range of competences and experiences. In order to plan and develop programs collaboratively, schools and colleges collaborate with community agencies in all sectors of society, including private and commercial organizations, non-governmental organizations, and government

agencies. As the utilization of assets working together suggests a sharing of human financial and actual assets, it expects that the heads of co-working associations foster cozy connections and organizations, among individuals organizations and establishment.

In India exceptionally, where there is such a lot of ability however because of absence of monetary assets numerous understudies needs behind being so capable. The co-activity from various organizations will help penniless understudies to exhibit their ability. Therefore, in order to promote physical education and sports, adequate training, a clearly defined curriculum, and funding from various agencies are required.

Understanding Sport and Predicting the Future:

As verified over, the fundamental reason for a TIDS is to recognize and foster competitors with the best potential for progress as grown-ups. Thus, this involves a component of foreseeing what's in store. Practitioners must base their decisions regarding individuals on their predictions of the individuals' future performance capabilities within their sport and the way the sport will change over time. Consequently, two key inquiries rise out of this view; Do we comprehend the sport's current and future requirements for performance?

Because we need to be able to identify and develop athletes who will be able to train and compete in future versions of their sport, both questions are essential to comprehending the talent identification and development process. However, this is no simple undertaking! Understanding the ebb and flow requests of game includes undertaking a presentation needs examination This needs investigation can incorporate the assessment of the physical, specialized, strategic, and mental necessities of the game with a large number of exploration accessible to investigate these requests close by the master comprehension of mentors. However, the complexity of sports performance can make it challenging to accurately measure and

comprehend the demands of the sport.

Late examination and the improvement of innovation has brought about creative techniques and investigations to more readily assist with grasping games execution. For instance, the new ascent in microtechnology gadgets (e.g., worldwide situating frameworks) to assess the actual attributes of coordinate play has dramatically expanded over the course of the past 10 years with cutting edge examination procedures (e.g., top actual qualities of match-play inside unambiguous lengths as opposed to announcing entire match qualities) presently applied (Whitehead et al., 2018). In addition, the assessment of additional aspects of sports performance (such as ecological dynamics, Vilar et al., 2012; Ramos et al.'s complex networks, 2018; hypernetworks of sports execution, Ribeiro et al., 2019) give advancing and novel ways to deal with catching the intricacy of sports execution.

Although it is challenging to comprehend the evolution of sports performance both now and in the future, there are a few approaches that researchers and practitioners might want to take into consideration. To begin with, brandishing associations should seriously mull over laying out a reasonable execution model [also known as a psychological model; (Richards and other, 2012; Tee and Co., 2018)] for the sport they play. Organizations can understand and communicate the broad, long-term physical, technical, tactical, and psychological goals of their sport, TIDS, and program with the help of a performance model's "vision." This would show an obvious endpoint for what the TIDS is pursuing and permit clear correspondence inside hierarchical designs for significant partners (e.g., scouts and mentors) inside their ability recognizable proof and improvement processes.

Fostering this sort of presentation model would very likely include more intricate assessments of the requests of the game than have been recently led. For instance, the majority of sporting systems continue to take into account key

performance indicators along the dimensions of physical/physiological capabilities, technical and tactical skills, and psychological strategies without much discussion of the fact that elements within a dimension (such as personal beliefs about enjoyment and challenge interact to affect motivation) and between dimensions (such as the potential for accurate perceptual-cognitive performance during periods of fatigue is affected by physiological fitness) interact extensively. Schap schröer and others, 2016).

However, very few studies have examined how these outcomes interact with one another, leaving us with only a superficial and incomplete understanding of performance indicators.

Use of Technology:

Our students are digital natives because technology is prevalent everywhere. They are experiencing childhood in reality as we know it where they have been connecting with innovation 21st century students. The National Association for Sport and Physical Education (NASPE) is of the opinion that, when used appropriately, technology can be a useful tool for enhancing instruction. The scope of education is being dramatically altered as teachers deal with a generation of students who have never lived without a computer, video game console, cell phone, or internet access. Technology tools can provide objective data on activity levels and novel approaches to physical activity for individuals.

Beyond the traditional chalkboard, technology like projection systems, smart boards, and wireless transmission (Wi-Fi and Bluetooth) make it possible to display and transfer information. With the right configuration, teachers can use those tools to improve physical education instruction. As a result, incorporating technology correctly into physical education instruction can improve instruction and program quality. Innovation can support content show and can help understudy turning out to be truly instructed people who have the information, abilities and certainty to partake in a lifetime of actual training.

Teachers' influence on Physical activity:

It has been established that teachers play a significant role in promoting PA among adolescents. In a given school, teachers determine how well students can achieve the standards. To accomplish more elevated levels of PA, successful inspiration is fundamental which should be finished by further developing showing procedures. Past investigations showed that, profoundly independently propelled understudies are probably going to be all the more genuinely dynamic, even external the PE class. According to Rutten et al., PE teachers should assist students in maintaining high levels of motivation. Pethkar revealed that teachers' attitudes are influenced by their stage of service. Pre-service teachers have more positive attitudes toward physical activity and fitness, but teachers' attitudes have an impact on students' attitudes toward these topics.

Teachers' influence on Physical activity :

The job of educators has been laid out as a main consideration in advancement of PA in adolescents. Educators have the effect in a specific school in terms of the degree to which understudies can accomplish the guidelines. Students who are highly autonomously motivated are more likely to engage in more physical activity outside of physical education classes, according to previous research. In order for students to achieve higher levels of PA, effective motivation is necessary. Rutten and co. demonstrated that PE teachers should be supportive in order to maintain students' high levels of motivation. Pethkar uncovered that the phase of administration impacts the perspectives of the teachers. Pre-service teachers have more positive attitudes toward physical activity and fitness, but teachers' attitudes have an impact on students' attitudes toward these topics.

Sports education is essential for a child's personality development in any school or institution. It helps them get some exercise and let go of the stress and pressure of the study. However,

the children's lack of motivation is a major reason why they do not participate in sports-related school activities. In a similar vein, the number of children attending training facilities for sports and fitness-related activities is insufficient. Children can gain a lot from participating in sports. It offers them an opportunity and chance for showing their abilities and ability in rivalries. Such encounters set them up better for handling the difficulties of life.

The children also benefit from learning good behavior and self-discipline on playgrounds, developing a better personality, and developing positive relationships with one another. It additionally improves the nature of the authority among the gathering of kids. This article focuses on the growing significance of sport education in schools and training centers, the advantages of these venues, and the difficulties associated with their implementation, such as a lack of management funding or higher authority involvement. This report offers a number of suggestions and initiatives that can be implemented for improvement, such as encouraging more students to participate, expanding the number of tournaments and events, utilizing up-to-date training resources, etc.

There issues looked by schools and preparing focuses that nobody is prepared to put is likewise examined in this article.

Importance of Pedagogical content knowledge of teacher:

A teacher must have sufficient knowledge of the subject matter they teach in order to be effective. A significant portion of the content knowledge needed to teach PE consists of the tactics, skills, and rules of the activity. In addition to having general knowledge of students, general pedagogical knowledge, local knowledge of the students they teach, and knowledge of the curriculum's content, teachers, according to Shulman (1987), should be able to transform their content knowledge into ways that help students learn. This capacity is called as pedagogical content

information. Choices about what to show and how to show it create from content knowledge and instructive substance information. Compelling educators should have a profundity of content information in the exercises they educate.

Active teachers make sure that every student has enough opportunities to learn by covering the material in as much time as they can. Specialists have shown that, instructors who have more extravagant substance information and more academic substance information are better capable to accommodate assorted students, grouping exercises, distinguish normal execution mistakes and correct them and plan for healing exercises. Dynamic support in sports is getting lower these days among kids. The situation is not unique to a single nation; rather, almost every nation, particularly developed nations, is dealing with this issue because the majority of children there are becoming obese. Numerous studies have shown that this issue has been particularly severe in the United States, the United Kingdom, and even Asian nations like China and India. However, the issue is not limited to a lack of interest; in some schools and training facilities, sports infrastructure is also being neglected.

When it comes to infrastructure, South Asian nations like India, Pakistan, Bangladesh, and many others face a significant issue. In some schools and training centers, major issues have also occurred in the UK and the United States. Consequently, the objective of the review is to know the difficulties and draw out the potential suggestions to forever kill this issue.

Challenges :

Fate of sports schooling in schools and other instructional hubs is a conspicuous issue. Sports instruction should be important for the schooling system. In the current situation, efforts are being made to boost students' enthusiasm for sports. It is great to see that kids and understudies are taking cooperation in sports (Kuzmin et al. 2016) [5]. However, there are also some difficulties in this

regard. In some way, these difficulties are making it difficult to spread sports education throughout educational establishments. There are a portion of the accompanying difficulties that are being confronted.

Lack of Infrastructure :

The education system cannot function without sports education. Besides the fact that it teaches sportsmanship among youth yet additionally it keeps an individual intellectually and truly prosperous. School bestowing essential instruction is endeavoring to incorporate the program of sports training. Notwithstanding, challenges in sports schooling likewise manage an absence of foundation. There should be the accessibility of complete and required framework for sports instruction. Unfortunately, many training facilities and schools lack this infrastructure. On the campuses of schools and training centers, there needs to be a large playground for sports. However, the sports program's infrastructure is lacking at many schools. As a result, schools that offer sports and physical education programs must have the necessary infrastructure.

Role of social media and digital platform:

The job of virtual entertainment and innovation has turned into a fundamental piece of living souls. One hand, online entertainment and different method for innovation are ending up help for human progress. Notwithstanding, regarding sports and actual instruction, these have an unfriendly effect. Social media use among children and younger students is excessive. Also, computerized stages like web based games, correspondence application have become piece of youth. Consequently, it can be seen that many young people are reluctant to participate actively in the sports program.

They refrain from actively participating in school sports programs. It is evident from the current situation that the role of digital platforms and social media is preventing young minds from

developing their full potential. This is hurting the younger generations. As a result, the spirit of sportsmanship fails to have an effect. Additionally, this contributes to student obesity and prevents young students from participating in the sports program. Hence, this can be viewed as one of the significant difficulties for sports training in schools and all preparing focuses.

Recommendation :

There is some following suggestion for the eventual fate of sports instruction. Schools and preparing focus should have their sports educational plan for understudies. Schools' involvement in sports education continues to gain prominence. Accordingly, schools should urge understudies to take dynamic cooperation in the games program. Sports-specific infrastructure must be present in schools and training facilities. In the event that schools have an absence of foundation, it should endeavor to develop its fundamental framework for sports derivations. Students can be encouraged to become more sports-oriented by their parents. In this manner, guardians should urge their youngsters to be more fiery and thusly take dynamic support in sports.

Training facilities must ensure that all rounds of infrastructure are accessible. Training facilities should encourage the spread of sports innovation in this way. Parents should do their best to keep an eye on their children and discourage them from spending too much time on social media and other digital platforms. Regular sports promotion programs must be offered by schools. This will actually want to help the understudies and make them mindful of the advantages of sports throughout everyday life. Sports emphatically affect human lives. It keeps an individual solid and intellectually fit. Schools should also talk to effective teachers and trainers who can teach students about sports and the many activities they can participate in.

A productive games instructor will actually want to direct and support the understudies at the

hour of demotivation and stress. As a result, schools must recruit effective sports teachers. Physical education encompasses a wide range of issues that are truly perplexing. The lack of facilities for medical examinations, a poorly designed playground, an academically overloaded curriculum, and a lack of time are typically the obstacles that stand in the way of an efficient organization of physical activities in schools. absence of assets, absence of arrangement of early afternoon dinners and the act of twofold moves. A sound classification is necessary for teaching in the classroom. In a similar vein, appropriate groups of boys must be formed in order to provide boys with games tailored to their abilities and interests. Boys should be grouped according to their age, physique, interest, and capacity. All boys cannot play all games, and they are not interested in the same game.

In order to evaluate the health and hygiene of schoolchildren, a comprehensive program of physical medical tests should be put together. Wellbeing guidance ought to be remembered for any efficient program of wellbeing and actual schooling. In the event that noontime feast won't be sorted out for the kids the people who stay in the school for quite a while, will need to stay with void stomach which is unwholesome.

Current trends of Physical Education in Society:

The question of concern is the disintegrating status of actual instruction and sports. Establishing a connection with other developed nations in order to receive guidance from their coaches and authorities presents a significant obstacle for the world's developing nations. This way, developing nations can learn about the world-class sports infrastructure and technological equipment. For the promotion of sports, the educational institutions' physical education programs should be the focus. Cricket, which has become a religion in India, is a game that is popular with the media and helps players get richer. Cricket, on the other hand, should not be overlooked, as should other sports.

Importance of Physical Education in Indian children:

In India, structured physical education must be incorporated into school curriculums. For such a youthful and socio-monetarily different populace, actual training through schools can turn into a strong comprehensive improvement instrument for Indian Youngsters. The majority of Indian schools have failed to incorporate structured physical education into the curriculum. Schools focus on mainstream subjects because they don't see how a structured physical education curriculum can help young children grow physically, mentally, emotionally, and socially. With 29.5% of India's populace under 14 years of age (Indian Evaluation, 2011), actual instruction should be used as a viable apparatus for the all encompassing advancement of Indian youngsters, from different financial foundations. Physical education's obvious benefit of keeping children fit, active, and healthy is especially important for those who live in urban India, where obesity has become a major problem, and come from more affluent backgrounds.

4 Physical education also aids in the emotional development of children while also supporting mental health, providing motivation, and combating depression. Unfortunately, India's education system revolves around an awfully competitive exam culture, which puts a lot of pressure on students. Actual Instruction guarantees the social development of kids by giving them fearlessness, advancing administration, showing collaboration and empowering incorporation and title. These qualities are difficult to learn through reading material, however can be instructed for all intents and purposes and pleasantly through actual schooling.

Future trends and Challenges :

The school/school wellbeing and actual instruction programs are decreasing across the world. In today's world, it is difficult to reconcile the significance of health with grades and marks. The World Summit on Physical Education in 1999

addressed the worldwide decline in physical education, which has been the subject of extensive research. despite the fact that some government policies intend to incorporate sports and physical education into the compulsory curriculum; still in actuality it has part of protection from get emerged. The difficulties that exist at this time may be discussed in light of the following points:

- I. Distinguishing issues and difficulties drawing in youngsters and PE educators.
- ii. determining the concepts and guiding principles of curriculum and program effectiveness.
- iii. Ability distinguishing proof and advancement in sports.
- iv. Valuing the jobs of a mentor and how these can be successfully overseen in school.
- v. Counseling and raising awareness of sports and physical education.
- vi. Constructing sports infrastructure that is up to date and cutting-edge for today's world.
- vii. Promoting and encouraging female sports through the creation of facilities and environments for female sports

Conclusion:

Sports education in schools and training facilities is important and will continue to be so. Sports should be important for the youthful existence of an individual. In the current situation, the condition of sports of schooling is picking up speed and endeavors are being made to integrate sports training into the educational program of an instructive establishment. In any case, in the ongoing situation where the instructive foundations are putting forth attempts to present games program, then again, it very well may be seen that the quantity of youth are hesitant to take dynamic cooperation in sports schooling and projects. Based on the above conversation, this can be said that the fate of sports instruction is to a great extent relied upon the two understudies and school and preparing focus the executives.

Young students must be taught the benefits of

sports. Taking into account the above conversation, obviously actual training in India is much of the time an ignored piece of instruction and many schools the nation over don't understand the significance of having actual schooling as a piece of the framework. There are schools that have managed to strike a balance between academics and physical fitness, and physical education has many benefits. The current global state of ill health will unquestionably be reduced by a well-thought-out, systematic health plan that incorporates various physical education and sports activities. Implementing a systematic PE program has the potential to balance an individual's financial well-being and reduce individual health care costs. In order to pique students' interest in physical education and sports activities, the current practices and curriculum must be altered.

The challenges of the future will include developing and adhering to the appropriate curriculum and obtaining sufficient funds from a variety of organizations to support needy but intelligent children so that they can concentrate on their games without worrying about money. The technology will also play a significant role in growing the interest in physical activities and creating new ones. It is closed from the review that educators are the main variable for the students for giving more chances to learn and be genuinely dynamic and keep up with a physically dynamic

way of life all through their life expectancy. In order to achieve a standard pupil-to-teacher ratio and improve the quality of physical education, it is suggested that the government pay attention to teacher training and hire an insufficient number of specialist (qualified) PE teachers. Other than this, to work on the nature of in-administration PE educators, in-service training ought to be led after term of 2-3 years.

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Harnessing the Power of Sports for India's Socio-Economic Development: A Multi-Dimensional Examination of Challenges and Policy Recommendations

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Abstract:

The significance of physical education and sports cannot be understated as global technology advances. Physical activities are essential for overall health and well-being, as well as the development of fundamental life skills like collaboration, leadership, and problem-solving. Governments across the globe have recognized the significance of physical education and sports, and have taken various steps to promote and develop these activities. The Department of Education in the United States has implemented a number of initiatives to promote physical education and sports in schools. These include providing federal grants to states and local school districts to help finance physical education programs and offering physical education teachers opportunities for professional development. The Department of Education is also developing national standards for physical education and ensuring that all students have access to physical education courses.

The Department of Education in the United Kingdom has launched a number of initiatives to promote physical activity and sport. These include funding schools to help them deliver physical education and sports activities and initiating a national campaign to encourage more individuals to participate in sports. In addition, the government has established the Youth Sport Trust to promote physical education and sports in schools. Other nations have also implemented physical education and sports promotion initiatives. In China, the Ministry of Education has implemented a number of physical activity and sports promotion initiatives. These include providing funding and

resources to schools to assist them in delivering physical education and sports activities and initiating a national campaign to encourage more people to participate in sports.

Clearly, governments throughout the world have taken a variety of steps to promote physical education and sports.

Such initiatives are essential for ensuring that everyone, regardless of circumstance, has access to high-quality physical education and sports activities. In order to guarantee the success of physical education and sports activities, it is also essential that they receive adequate funding and resources.

State of Play: Government Initiatives :

The Government of India has launched several initiatives, including the 'Khelo India' campaign, the 'Fit India Movement,' and the 'Target Olympic Podium Scheme' (TOPS), with the intention of fostering a national athletics culture. While these initiatives are commendable, it is essential to evaluate their implementation and outcomes critically in order to identify improvement opportunities.

Persisting Challenges :

Infrastructure and Facilities Despite progress, there is still a lack of comprehensive and high-quality sports infrastructure, especially in rural and semi-urban areas. Coaching and Training: There is a dearth of qualified coaches, and the application of scientific training techniques is restricted. Inadequate funding frequently impedes the growth of sports other than cricket, thereby

limiting their diversity. Potential athletes are frequently deterred by the cultural and societal mindset that athletics are a less viable career option.

Emerging Possibilities:

Youth Demographics: Taking advantage of India's demographic dividend could result in a vast talent pool for a variety of sporting disciplines. The increasing prominence of leagues such as IPL, Pro Kabaddi, and ISL indicates the potential for a variety of sports. Technological advances have the potential to revolutionize talent identification, training, performance monitoring, and fan engagement. Increased participation from the private and corporate sectors can supplement resources and expertise.

Recommendations Concerning Public Policy :

Expansion and modernization of sports infrastructure, particularly in marginalized areas, should be a top priority for infrastructure development. Investment in coach education programs and the attraction of international expertise for high-performance training are crucial for the improvement of coaching standards. Government funding can be supplemented by encouraging private and corporate sponsorships and partnerships. Reforms in sports education and policies can promote sports as a viable profession and cultivate a fitness and sports culture. Adoption of emerging technologies is essential for talent scouting, performance analytics, injury prevention, and supporter engagement.

Conclusion :

India has the demographic advantage and cultural diversity to become a global sporting superpower. However, this requires the collaboration of numerous stakeholders. Through

strategic planning, steadfast execution, and continuous evaluation, India will be able to overcome current obstacles and capitalize on the vast sporting opportunities available. A well-conceived, inclusive, and robust sporting ecosystem can catapult India onto the international sports stage, nurturing national pride and unity while promoting national health and fitness.

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Physical Education And Sports: Indian Society And Its Challenges

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Abstract

Exercise and sport are an important part of the education system, although it has never been given the importance it deserved. Although it was included in the curriculum from the early stages of education, it was never taken seriously by educational leaders, teachers or students. Sports is the only profession where you talk and play/perform. The concept of physical education in the mind of the general public is a big circle, play and play, not work. Abraham Lincoln quoted in one of his speeches: "The athlete is the nation's best ambassador." Therefore, the sports director / teacher can also be the best ambassador of our institution/university. . Currently, compared to previous years and now there may be a decline in physical education compared to today, there are obstacles and struggles to improve the condition of the surrounding structure and infrastructure to develop the general discipline of physical education and sport.

Introduction :

The significance of bodily training has in no way been emphasized greater than it's miles today. It is extensively recognized that bodily 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, bodily training is a part of the faculty curriculum, instructions aren't given, therefore main to a discounted revel in of bodily pastime for kids and youngsters. The exercise of a bodily energetic life-style in aggregate with wholesome nutrition,

however, desires to be began out in early childhood. Therefore, making sure that every one kids have interaction in ordinary bodily 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 bodily pastime and recreation and is the simplest faculty difficulty whose number one attention is at the body, bodily pastime, bodily improvement and fitness. The gift 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.

The modern practices and gift curriculum desires to be changed to generate hobby of college students in bodily training and sports activities sports. The destiny demanding situations will eparticularly 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 bodily sports. The significance of bodily 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.

Physical Education & Sports in Indian society :

Exercise and sport are an important part of the education system, although it has never been given the importance it deserved. Although it was included in the curriculum from the early stages of education, it was never taken seriously by educational leaders, teachers or students. Sports is the only profession where you talk and play/perform. The concept of physical education in the mind of the general public is a big circle, play and play, not work. Abraham Lincoln quoted in one of his speeches: "The athlete is the nation's best ambassador." Therefore, the sports director/teacher can also be the best ambassador of our institution/university.

Issues and Challenges :

The problem with the definition of physical education is not only that the term is broad and complex, covering so many different phenomena, but also that it means different things to different people. Someone has argued that physical education is all that physical educators do. JP Thomas summarizes that physical education is education through physical activity for the development of the general personality of the child and for its realization and perfection in body, mind and spirit.

Although these definitions differ significantly in the emphasis of different aspects, they still share many common elements. Some of them can be named as follows: Exercise is a stage of the general educational process. It is the sum of the overall experience and associated responses. Experience grew and responses evolved from the involvement of large muscles. All-round development of a person - physical, mental, social, moral is the real goal of physical education. It is the same as in general education. In the Indian context, physical education is perhaps the only area of education that has not received enough attention.

Youth in sports :

Prepare specific and comprehensive physical education programs that are particularly suited to our

conditions. We have continuously emphasized the academic aspects, the physics is relatively untouched. As a result, Indians increasingly neglected their bodies, for whom physical education is like physical exercise, and whose physical form is not what it should be, they are "soft". One of the main goals of sports activities is to maintain and improve the health of young people in our schools and colleges. And the school has a responsibility to ensure that all students achieve and maintain optimal health, not only from a moral perspective, but also from the conventional perspective that when optimal health is present, the educational experience is much more meaningful. A child learns more easily and better when he is in good health. Even human values have a lot to do with building and destroying health. Unfortunately, a large number of people suffer from "value diseases", that is, they know what they need to do to be good, but do not do it. They know that smoking can cause death from lung cancer, even if they don't quit.

They understand how alcohol affects the ability to drive, but they still drive drunk. They appreciate the role of regular exercise in weight control, but they do not change their sedentary lifestyle much. Therefore, educational, health and medical institutions have long recognized the need to program guided physical exercises into school curricula. During the developing and rapidly growing period of elementary school, the foundation of appropriate habits, attitudes and appreciation of all physical activities, including play, lies and desirable civic qualities are acquired so that in adulthood the knowledge, solid thought processes, physical endurance, and emotional maturity is acquired to live effectively in an ever-changing and highly complex society. In this regard, teachers have a great responsibility to respond effectively to the challenge.

Conclusion :

In our profession, we should follow the three-dimensional concept of discipline, dedication and determination. Youths are the real wealth of the

nation. No programming is possible without the participation of young people. Therefore, in order for a person to live a happy, enjoyable and healthy life as a member of society, he must regularly engage in games and sports and engage in various training programs to ensure the development of physical fitness and acquire sports and game skills, make an impact. value On the other hand, society must offer its members enough opportunities to engage in activities of their choice and thus develop or maintain physical fitness. If the "general level of health" does not improve, the level of excellence in sport cannot be improved.

Physical education and sports activities in educational institutions should focus on "health-related" and "performance-related" areas to ensure "performance improvement in competitive sports".

Physical education therefore means promoting the systematic and versatile development of the human organism with the help of scientific technique and thereby maintaining an exceptional physical shape in order to achieve cherished goals in life. Therefore, every sports organization must start by developing a positive

attitude and confidence in physical education teachers and make them feel that physical education should not be at the edges of schools/educational institutions, but should reach the classrooms and become teachers. the focus or center of an educational system.

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Physical Inactivity: Challenges For Poor Health

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Abstract :

A sedentary lifestyle is a very serious worldwide problem. Unfortunately, physical inactivity, which has progressively increased over the past several decades, significantly increases the risk of numerous diseases/disorders, including several forms of cancer, diabetes, hypertension, coronary and cardiovascular diseases, overweight /obesity, and all-cause mortality, among others. This paper will provide detail information of physical inactivity, its common reasons, negative effects and how to overcome on it.

Key words : Physical Inactivity, Health Risks.

Introduction :

Physical inactivity is a term used to identify people who do not get the recommended level of regular physical activity. Physical inactivity, defined as achieving less than 30 minutes of moderate intensity physical activity per week, is the fourth greatest risk factor for poor health in the world.

Physical inactivity is anytime you are not standing or moving. Sitting at your desk, watching TV or being in your car for a long journey all fall into this category. Physical inactivity affects you inside and out from head to toe. This lesson discusses how a lack of Physical activity can lead to a variety of physical disorders in our body systems.

Common Reasons of Physical Inactivity :

Many technological advances and conveniences that have made our lives easier and less active, many personal variables, including physiological, behavioural, and psychological

factors, may affect our plans to become more physically active.

The most common reasons people for not adopting more physically active lifestyles are:

1. Do not have enough time to exercise
2. Find it inconvenient to exercise
3. Lack self-motivation
4. Do not find exercise enjoyable
5. Find exercise boring
6. Lack confidence in their ability to be physically active (low self-efficacy)
7. Fear being injured or have been injured recently
8. Lack self-management skills, such as the ability to set personal goals, monitor progress, or reward progress toward such goals
9. Lack encouragement, support, or companionship from family and friends, and
10. Do not have parks, sidewalks, bicycle trails, or safe and pleasant walking paths convenient to their homes or offices.

Negative Effects of Physical Inactivity :

Most people know physical activity, such as regular exercise, is important for weight loss and optimal health. What some people do not realize is being physically inactive is considered a risk factor for several illnesses and medical conditions. According to the World Health Organization, about 2 million people worldwide die from conditions related to physical inactivity. People of all ages, from children to the elderly, can suffer negative consequences if they live a sedentary lifestyle and are physically inactive.

Here are some common negative effects of physical inactivity:

- Increased Chance of Developing Hypertension
- Risk of Developing Heart Disease Increases
- Osteoporosis is More Likely to Occur
- Colon and Breast Cancer Risk Increases
- Doubles the Risk of Obesity
- Increased Chance of Gallstone Formation
- Adult Onset Diabetes is More Likely to Develop
- Higher Chance of Developing Depression and Anxiety

Health risk factors linked to Physical Inactivity:

Lack of physical activity has clearly been shown to be a risk factor for health and other conditions:

- Less active and less fit people have a greater risk of developing high blood pressure.
- Physical activity can reduce your risk for type 2 diabetes.
- Studies show that physically active people are less likely to develop coronary heart disease than those who are inactive.
- Physical inactivity may increase the risk of certain cancers.
- Older adults who are physically inactive are unable to improve their ability to do daily activities.
- Physical inactivity may increase the risks of certain cancers.
- Physical inactivity may contribute to anxiety and depression.
- Physical inactivity has been shown to be a risk factor for certain cardiovascular diseases.
- Sitting too much may cause a decrease in skeletal muscle mass.
- Physical inactivity is linked to elevated cholesterol levels.

How can we reduce Physical Inactivity at home and at work?

Countries and communities must take action to provide individuals with more opportunities to

be active, in order to increase physical activity. Here are a few tips to reduce physical inactivity at home and at work throughout the day:

- Schools have safe spaces and facilities for students to spend their free time actively;
- Quality physical education for all.
- Sports and recreation facilities provide opportunities for everyone to do sports.
- Use a pedometer to track daily steps .
- Park far away from your building.
- Use public transportation.
- Use a standing or walking desk.
- Have walking meetings.
- Take a brisk walk after lunch.
- Walk to your co-worker.
- Stand during phone calls.
- Drink enough water that you use the restroom often.
- Play games instead of watching TV.
- Physical activity is promoted through activities of daily living.
- Walking, cycling and other forms of active transportation are accessible and safe for all.

Conclusion :

People of all ages, from children to the elderly, can suffer negative consequences if they live a sedentary lifestyle and are physically inactive. Physical inactivity increases the risk of health diseases. Moreover, since there is a linear relationship between the level of physical activity and health status, children and adolescents should participate daily in 60 minutes or more of moderate to vigorous physical activity that is enjoyable, involves a variety of activities, and is developmentally beneficial.

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Physical Fitness & Physical Exercises

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Abstract :

Physical exercises are essential for the development of all physical fitness. Nowadays in our country, because of the sedentary lifestyle, most people are attacked by chronic diseases such as; coronary heart disease, hypertension, diabetes, and Some other upcoming diseases. According to many research studies finding physical inactivity is one of the causes of the development of chronic disease and poor fitness. People are living sedentary lifestyles due to poor culture of having regular physical exercise. Promoting physical activity and reducing sedentary time in people can be challenging. Regardless of age, weight or athletic ability, minimum physical activity is good for everyone. Physical activity has many health benefits, no matter of age. As their body adapts to regular exercise, they will get stronger and fitter.

Keywords: Physical fitness, Sedentary, Disease, Exercise, lifestyle

Tancred (1995)[1] believes that: "One of the misconceptions in the sports world is that a sportsperson gets in shape by just playing or taking part in their chosen sport. If a stationary level of performance and consistent ability in executing a few limited skills is your goal, then engaging only in your sport will keep you there. However, sportsmen and women must participate in year-round conditioning programs if they want the utmost efficiency, consistent improvement, and balanced abilities. The bottom line in sports conditioning and fitness training is stress, not mental stress, but adaptive body stress. Sportsmen

and women must put their bodies under a certain amount of stress (overload) to increase physical capabilities."

Health & Fitness :

The World Health Organization (WHO) defined health in its constitution of 1948 as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity".

Fitness is the ability to meet the demands of a physical task.

The Components of Fitness

Basic fitness can be classified into four main components: strength, speed, stamina and flexibility. However, exercise scientists have identified nine components that comprise the definition of fitness (Tancred 1995).

- **Strength** : the extent to which muscles can exert force by contracting against resistance (e.g. holding or restraining an object or person)
- **Power** : the ability to exert maximum muscular contraction instantly in an explosive burst of movements. The two components of power are strength and speed. (e.g. jumping or a sprint start)
- **Agility** : the ability to perform a series of explosive power movements in rapid succession in opposing directions (e.g. Zigzag running or cutting movements)
- **Balance** : the ability to control the body's position, either stationary (e.g. a handstand) or while moving (e.g. a gymnastics stunt)

- **Flexibility** : the ability to achieve an extended range of motion without being impeded by excess tissue, i.e. fat or muscle (e.g. executing a leg split)
- **Muscle Endurance** : a single muscle's ability to perform sustained work (e.g. rowing or cycling)
- **Cardiovascular Endurance** : the heart's ability to deliver blood to working muscles and their ability to use it (e.g. running long distances)
- **Strength Endurance** : a muscle's ability to perform a maximum contraction time after time (e.g. continuous explosive rebounding through an entire basketball game)
- **Coordination** : the ability to integrate the above-listed components to achieve effective movements.

The Benefits of Exercising :

Why not live a sedentary lifestyle?

Living a sedentary lifestyle is more dangerous to your health than smoking. Research conducted by Tai-Hing et al. (2004) revealed that 20% of all deaths of people over the age of 34 were attributed to a lack of physical activity. They concluded that a lack of physical activity increased the risk of dying of cancer by 45% for men and 28% for women, and the risk of dying from respiratory ailments by 92% for men and 75% for women. The risk of dying from heart disease was 52% higher for men and 28% higher for women.

Why are we less active?

The telephone and internet allow us to order almost anything from our home comfort and have it delivered to the door, and if we venture out, we will probably go by car or public transport. Technology has automated the workplace, so fewer people are doing manual work. For entertainment, we play games on computers or watch television, and we do not even need to wrestle with the pages of our newspaper or book as they can now be read on a computer. We have become less active primarily

due to technological advancement, and research suggests that many adults spend more than seven hours a day sitting down.

What is the impact of this sedentary lifestyle?

Cherian (2012) states that much research has been conducted on the effects of a sedentary lifestyle on an individual across the globe. These research findings include obesity, increased risk of heart disease - diabetes - cancer and osteoporosis, loss of muscle tone, sleeping difficulties, headaches, and a faster ageing process.

Controlling visceral fat is important because increased levels have been associated with insulin resistance, cardiovascular disease and other metabolic syndromes. Visceral fat is located around the organs inside the belly and is deeper in the body than subcutaneous fat, which lies under the skin. Kraus et al. (2005) found that participants in their research who did not exercise had an 8.6% increase in visceral fat after eight months, while those who exercised at the highest amount saw an 8.1% decrease in visceral fat.

What is the difference between physical activity and exercise?

David Bassett, Jr., PhD, a professor in the Department of Exercise, sport, and Leisure Studies at the University of Tennessee, Knoxville defines Physical activity as a movement that involves contraction of your muscles (housework, gardening, walking, climbing stairs) and exercises as a planned, purposeful physical activity performed to acquire fitness or other health benefits.

What are the benefits of regular physical activity?

NHS (2012) says it is medically proven that people who do regular physical activity have:
up to a 35% lower risk of coronary heart disease and stroke

- up to a 50% lower risk of type 2 diabetes
- up to a 50% lower risk of colon cancer

- up to a 20% lower risk of breast cancer
- a 30% lower risk of early death
- up to an 83% lower risk of osteoarthritis
- up to a 68% lower risk of hip fracture
- a 30% lower risk of falls (among older adults)
- up to a 30% lower risk of depression
- up to a 30% lower risk of dementia

Thus the following benefits can be achieved by doing regular physical activity and exercise stronger bones, muscles, tendons and ligaments and enhanced components of fitness (endurance, speed, strength, balance, coordination and flexibility). The mental benefits of exercise help you deal with stress and tension, improve self-confidence, and increase your motivation. People will get direct health benefits by participating or indulging in at least one hour of physical activity as well as physical exercise.

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मानवी शारीरिक आरोग्य व रोग निर्मिती

प्रा. अभय श. चांदेकर

संचालक, खेळ व शारीरिक शिक्षण
बाबासाहेब देशमुख पारवेकर महाविद्यालय,
पारवा जि. यवतमाळ.

आपले शरीर संपूर्णतः निरोगी असणे हिच आरोग्याची गुरुकिल्ली आहे. या करीता शरीराची अधिकाधिक माहिती करून घेणे व ते निरोगी कसे राहील याची दक्षता घेणे गरजेचे आहे. मानवी शरीरात इंद्रियांच्या रूपात असणारी यंत्रे नाजूक असूनही टिकावू आहेत. हे शंभर वर्षांपर्यंत अखंडितपणे कार्य करतात. आज मानव शरीर व मन व्याधिमुक्त ठेवण्यास निसर्ग व सृष्टिकर्त्यावर विसंबून नाही. त्याकरीता वेगवेगळे व्यायाम प्रकार व औषधोपचार प्रचलीत आहेत. शरीर रोगमुक्त राखण्यास याचे ज्ञान असणे आवश्यक आहे.

आहार, व्यायाम व विश्रांती योग्य प्रमाणात असल्यास शारीरिक आरोग्य चांगले राहते. परंतु यामध्ये अनियमितता अथवा चुक केली तरच शारीरिक व्याधी जडतात. याचे नियम पाळलेच पाहिजेत. नियमाची पायमल्ली केली की शरीरात रोग निर्माण होणारच. आपल्या शरीरात पृथ्वी, आकाश, तेज, वायु, व जल ही पंचमहाभूते असतात. या पाचही गोष्टींचे संतुलन कायम राखण्यासाठी ऋतुमानाप्रमाणे आहार घेतला पाहिजे. परंतु शारीरिक हालचाली अथवा व्यायाम कोणत्याही ऋतुत करता येतोच.

समतोल आहार :

समतोल आहारात प्रथिने, स्निग्ध पदार्थ, जिवनसत्वे, खनिजद्रव्ये व पाणी या घटकांचा प्रमाणात समावेश असावा लागतो. एखादा घटक कमी प्रमाणात घेतला तरच शरीराच्या तक्रारी सुरु होतात. या तक्रारीचे प्रमाण वाढले म्हणजेच शरीरास रोग जडणे होय शरीराचे सर्वच अवयव स्वयंपणे का' करणारे आहेत. जोपर्यंत त्यांना रक्त व प्राणवायूचा पुरवठा पुरेशा प्रमाणात होईल तोपर्यंत ते योग्य रीतीने कार्य करीत राहतात. शरीर यंत्रणा योग्यरीतीने चालण्यास फुफ्फुसे (श्वसनसंस्था) व पोट (पचनसंस्था) महत्वाच्या आहेत. याच दोन संस्थांच्या माध्यमातून रोगजंतूचा शिरकाव होण्याची फार मोठी शक्यता असते. व फुफ्फुसात प्राणवायूच्या योग्य पुरवठ्यासाठी 'प्राणायाम' करणे अतीयोग्य ठरते. श्वासोच्छ्वासाचे नियंत्रण म्हणजेच प्राणायाम म्हणता येईल.

रक्ताभिसरण

शरीरात शुद्ध रक्त तयार होणे आवश्यक आहे. सेवन केलेल्या अन्नाचे व पेयाचे पचन होवून त्यातून रक्त तयार होते. याकरीता पचनसंस्थेची योग्य दक्षता घेणे ही अत्यंत आवश्यक आहे. ग्रहण केलेले अन्न दाताने चावून त्यात लाळ मिसळली जाते. अन्न पुर्णतः चावल्याशिवाय घाईघाईने जेवतात व प्रमाणाबाहेर पिष्टमय पदार्थ सेवन करतात ते सर्व मधुमेह व स्थूलत्वाला निमंत्रण देतात. आहारात गोड, खारट, आंबट, तिखट, तुरट व कडू हे स्वादरस असावे. तुरट व कडू रसांमुळे गोड पदार्थाचे दुष्परिणाम नाहीसे होतात व रक्त शुद्ध होते. पाचकशक्ती वाढते व जठराग्नी प्रज्वलीत होते. आहारात सर्व पोष्टीक पदार्थांचा समावेश असावा तसेच व्यसनांमुळे बाधक पदार्थांचे सेवन करणेही शरीरास अपायकारक असतेच. धूम्रपान, मद्यपान, तंबाखु, गुटखा, नशेचे ड्रग, यासारखी दुर्व्यसने जडवून घेणे म्हणजेच शारीरिक रोगाला आमंत्रण देणे हे निश्चित. रक्ताभिसरण सुरळीत होण्याकरीता खेळणे, धावणे, चालणे, अशा व्यायामाची आवश्यकता असते.

रोग निर्मिती

शरीराच्या कोणत्याही अवयवाकडून प्रमाणाबाहेर परिश्रम करवून घेतल्यास व आरोग्य विषयक नियमांकडे दुर्लक्ष केल्यास शारीरिक रोगांची सुरुवात होते. या रोगांचे स्वरूप पुढील प्रमाणे आहे.

- लघवी कमी होणे, म्हणजेच शरीरात विषारी द्रव्ये साठू लागणे.
- जठरातील उष्णता कमी होणे, भुक् मंदावणे म्हणजेच पचनक्रीया बिघडणे होय यातून बद्धकोष्ठता अथवा अतिसार रोग उद्भवतात.
- विषम आहाराने रक्त दुषित होते. प्रदुषित रक्त सर्व अवयवांचे दुखण्याचे कारण बनते. कार्बनडाय ऑक्साईड व विषारी द्रव्ये निर्माण होतात. हे अवयवांना पुनर्कार्यक्षम होवू देत नाही.
- शारीरिक तक्रारी म्हणजेच शरीराची क्षमता कमी होणे होय.

क्षमता कमी झाल्यास शरीरात रोगजंतूचा प्रभाव वाढतो व रोग निर्माण होतात. आंतस्त्राव ग्रंथीत बिघाड निर्माण होतो.

- अन्नाचे पचन होवून निरूपयोगी अन्न विषारीद्रव्य व रोगजंतू गुदद्वार व लघवी द्वारे बाहेर टाकणे आवश्यक आहे. या क्रियात बिघाड झाल्यास बद्धकोष्ठता, गॅसेस, किडनिचे आजार उद्भवतात.
- तहान, भुक, लघवी, शौच याची सूचना शरीर देते त्याच वेळी सेवन व उत्सर्जन करणे आवश्यक असते. याच्या वेळा न पाळणे म्हणजेच रोगास आमंत्रण देणे होय. पोट भरल्याची सूचना देकर आल्याने कळते तेव्हा अधिक अन्न ग्रहण टाळावे.
- शरीराच्या कोणत्याही भागाचे दुखणे म्हणजेच त्या भागात कार्बनडाय ऑक्साईड वायु, पाणी, हवा, अनावश्यक साचले असल्याची ती सूचना असते.
- नाकातून पाणी वाहणे शिंका येणे म्हणजेच शरीरातील अधिक पाणी बाहेर टाकण्याची आवश्यकता आहे.
- खोकला येतो तेव्हा छातीत गळ्यात साठलेला कफ बाहेर टाकण्याची आवश्यकता असते.
- शरीराच्या कोणत्याही भागात अधिक रक्त प्रवाहाची आवश्यकता असते तेव्हा त्या जागी कंड सूटतो.
- शरीरात शिरलेल्या रोगजंतूशी श्वेतपेशींची लढाई सुरु असल्यास ताप येतो.

उपरोक्त शारीरिक लक्षणांवरून त्या समस्येचे त्वरीत निराकरण करणे गरजेचे असतेच. त्याकरीता पोषक आहार, विश्रांती याचसह प्राणायाम, योगासने, धावणे, चालणे, फिरणे, पोहणे, खेळणे, व्यायाम करणे, ऐरोबिक्स, या प्रकारच्या शारीरिक हालचाली नियमित केल्यास शरीरातील क्रीया सुरळीत पार पडतात व शारीरिक अवयव व स्नायुची क्षमता वाढवितात.

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महाविद्यालयीन स्तरावरील ग्रामीण शहरी विद्यार्थ्यांमध्ये ध्यान साधनेचा त्यांच्या एकाग्रता व ताण तणाव यांच्याशी असलेला सहसंबंधाचा अभ्यास

प्रा. सौ. क्रांती संदेश क्षीरसागर

शारीरिक शिक्षण संचालक, महात्मा गांधी शिक्षण मंडळ,
कला विज्ञान व वाणिज्य महाविद्यालय, चोपडा जि. जळगाव

सारांश :

प्रस्तुत संशोधनात संशोधिकेने महाविद्यालयीन स्तरावरील ग्रामीण शहरी विद्यार्थ्यांमध्ये ध्यान साधनेचा त्यांच्या एकाग्रता व ताणतणाव यांच्याशी असलेला सहसंबंधाचा अभ्यास सर्वेक्षण पद्धतीने करण्यात आलेला असून यासाठी महाविद्यालयीन स्तरावरील १०० विद्यार्थ्यांची निवड नमुना निवड पद्धतीने करण्यात आली होती. माहितीचे संकलन करण्यासाठी एकाग्रता व ताणतणाव या मापन साधनांचा अवलंब केला. तर संकलित माहितीचे विश्लेषण करण्यासाठी मध्यमान, प्रमाणविचलन मूल्य या संख्याशास्त्रीय तंत्रांचा वापर करण्यात आला. या संशोधनात खालील निष्कर्ष संशोधकाला प्राप्त झाली महाविद्यालय स्तरावरील ग्रामीण व शहरी विद्यार्थ्यांमध्ये ध्यान साधनेचा एकाग्रशी धन सहसंबंध आहे. तर ताणतणाव आणि ध्यानसाधना यांचा ऋण सार्थक सहसंबंध आहे. यावरून असे सांगता येईल की विद्यार्थ्यांमध्ये एकाग्रता क्षमता वाढवायची असेल तर त्यासाठी ध्यानधारणा महत्त्वपूर्ण असते.

प्रस्तावना:

दैनंदिन जीवनात शाळेत दिसणारे हे सर्वसामान्य दृश्य आहे. एखादी रहस्य कथा किंवा कॉमिक्स वाचताना मनाला प्रयत्नपूर्वक एकाग्र करावे लागत नाही ते सहजपणे होते, पण तेच जर एखाद्या आवडत नसलेल्या विषयाचे पुस्तक असेल तर? आपला आवडता टीव्ही प्रोग्राम आपण तासंतास बघू शकतो, पण एखादे तांत्रिक पुस्तक असेल तर ते वाचायला किती कंटाळा येतो? मुलांमध्ये एकाग्रतेचा अभाव ही शिक्षक व पालक यांची मुख्य तक्रार असते व आपला मुख्य अडसरही. आणि जेव्हा मन एकाग्र होण्याची सगळ्यात जास्त गरज असते तेव्हाच तसं होत नाही, उदारणार्थ रात्री जागून अभ्यास करायचा असेल तेव्हा ह्या सागळ्यांवर रामबाण उपाय म्हणजे ध्यान करणे. अनेक संशोधनांद्वारे असे सिद्ध झाले आहे की, नियमित ध्यान केल्याने एकाग्रता वाढते, विषय कंटाळवाणा असेल तरीही. उदारणार्थ पेनसिल्वेनिया विद्यापीठाच्या एका सर्वेक्षणानुसार, दररोज अगदी काही मिनिटे

ध्यान केले तरी एकाग्रता व कार्यक्षमता वाढते. अतिशय सतर्कता राखण्याची गरज असते तेव्हा ध्यान करणे उपयोगी ठरू शकते.

ध्यान साधना केल्याने मनात येणारे सर्व विचार थांबवू शकतो असे नाही परंतु त्यावर आपण ताबा मिळवू शकतो हे नक्कीच. तसेच नियमित ध्यान (Meditation) केल्याने नकारात्मक विचारांना सकारात्मक विचारात बदलता येते. नियमित ध्यान साधना आपल्या मेंदू मध्ये एक अध्यात्मिक ऊर्जा निर्माण करते व त्यामुळे आपले मन शांत होते त्याचे फलस्वरूप आपले शारीरिक विकार/आजार दूर होतात. चंचल मनाला स्थिरता मिळाल्यामुळे आपली निर्णय क्षमता सुधारते, आपली एकाग्रता (Meditation) वाढते, आपल्या स्मरण शक्ती वाढते. असे सर्व सकारात्मक बदल आपल्याला दिसून येतात. परंतु हे सर्व बदल काही एक किंवा दोन दिवसांमध्ये होत नसतात त्यासाठी आपल्याला ध्यान रोज करावे लागते. आपले रोज चे पाच ते दहा मिनिटे आपले संपूर्ण आयुष्य बदलवू शकते. ध्यान करण्यासाठी आपल्याला कुठल्या साधनांची गरज पडत नाही, तसेच आपल्याला त्या साठी काही खर्च सुद्धा येत नाही. आपण आपल्यासाठी काढलेले हे पाच मिनिटे आपले संपूर्ण आयुष्य बदलवू शकतात.

थोडक्यात सांगायचे झाल्यास ध्यान म्हणजे आपल्या आत्म्याचा अंतरात्म्याशी झालेला संवाद म्हणजेच ध्यान होय. ध्यान म्हणजे आपल्या मनात उठणाऱ्या असंख्य विचारांना शांत करणे. ध्यान करण्याची सगळ्यात सोपी पद्धत म्हणजे आपल्या श्वासावर लक्ष केंद्रित करणे.

ध्यान करण्याचे फायदे

- **स्मरण शक्ती वाढते :**
नियमित ध्यान केल्याने आपले चंचल मन एकाग्र होते. नियमित ध्यान साधनेमुळे आपल्या मेंदूची कार्यक्षमता वाढते व आपली स्मरणशक्ती आपोआपच वृद्धिंगत होते.
- **मन आनंदी राहते :**
ध्यान केल्यामुळे आपल्या मध्ये एक सकारात्मक ऊर्जेची निर्मिती होते. आपला आपल्या जीवनाकडे बघण्याचा

सकारात्मक दृष्टिकोन तयार होतो व त्याचेच फलस्वरूप म्हणजे आपले मन नेहमी आनंदी राहते.

• **कार्यक्षमता वाढते :**

नियमित ध्यान केल्यामुळे आपला मानसिक आणि शारीरिक थकवा दूर होतो, शरीरामध्ये नवचैतन्य निर्माण होते. आपला उत्साह वाढतो आणि आपली कार्यक्षमता प्रचंड प्रमाणात वाढते. वाईट सवयी दूर होतात- मन प्रसन्न शांत असल्यामुळे आपल्याला कुठल्याही वाईट सवयी लागत नाही आणि आपल्याला काही वाईट सवयी असल्यास त्या हळू हळू दूर व्हायला लागतात.

• **आजार बरे होतात:**

सर्व आजार हे मानसिक तणावामुळे निर्माण होतात. परंतु नियमित ध्यानाचा सराव केल्यास आपला मानसिक ताण हळू हळू कमी होतो. एक अध्यात्मिक ऊर्जा आपल्यामध्ये निर्माण होते. नियमित ध्यान केल्यामुळे रक्तदाब म्हणजे बीपी, शुगर, थायरॉईड यासारखे आजार पूर्णपणे बरे होतात. आधुनिक वस्पर्धात्मक धावपळीच्या जीवनात आपले शरीर व मन खूप थकून जाते. त्यामुळे ताण-तणाव वाढून, एकाग्रता बिघडते. त्यातून नैराश्याच्या प्रमाणात वाढ होते. अनेक प्रयत्न करून ही ताण-तणाव दूर होत नाहीत. अशा परिस्थितीत शरीर आणि मनाला स्थिर व सुदृढ आरोग्यदायी राखण्यासाठी ध्यान धारणा, प्राणायाम व योगासने सर्वोत्तम उपाय आहेत. या सर्व बाबींमुळे एकाग्रता व ध्यान धारणा यांच्यात सहसंबंध दिसून येतो का तसेच ताण तणाव व ध्यान धारणा यांच्या सहसंबंध असतो का याचा शोध घेण्यासाठी संशोधन कार्य हाती घेण्यात आलेले आहे.

समस्या विधान:

महाविद्यालयीन स्तरावरील ग्रामीण शहरी विद्यार्थ्यांमध्ये ध्यान साधनेचा त्यांच्या एकाग्रता व ताण तणाव यांच्याशी असलेला सहसंबंधाचा अभ्यास करणे.

उद्दीष्टे:

- महाविद्यालयीन स्तरावरील ग्रामीण विद्यार्थ्यांमधील एकाग्रता व ध्यान साधना यांच्यातील असलेला सहसंबंधाचा अभ्यास करणे.
- महाविद्यालयीन स्तरावरील ग्रामीण विद्यार्थ्यांमधील ताण तणाव व ध्यान साधना यांच्यातील असलेला सहसंबंधाचा अभ्यास करणे.

- महाविद्यालयीन स्तरावरील शहरी विद्यार्थ्यांमधील एकाग्रता व ध्यान साधना यांच्यातील असलेला सहसंबंधाचा अभ्यास करणे.
- महाविद्यालयीन स्तरावरील शहरी विद्यार्थ्यांमधील ताण तणाव व ध्यान साधना यांच्यातील असलेला सहसंबंधाचा अभ्यास करणे.
- परिकल्पना
- महाविद्यालयीन स्तरावरील ग्रामीण विद्यार्थ्यांमधील एकाग्रता व ध्यान साधना यांच्यातील सार्थक सहसंबंध आढळून येत नाही.
- महाविद्यालयीन स्तरावरील ग्रामीण विद्यार्थ्यांमधील ताणतणाव व ध्यान साधना यांच्यातील सार्थक सहसंबंध आढळून येत नाही.
- महाविद्यालयीन स्तरावरील शहरी विद्यार्थ्यांमधील एकाग्रता व ध्यान साधना यांच्यातील सार्थक सहसंबंध आढळून येत नाही.
- महाविद्यालयीन स्तरावरील शहरी विद्यार्थ्यांमधील ताण तणाव व ध्यान साधना यांच्यातील सार्थक सहसंबंध आढळून येत नाही.

संशोधनाची कार्य पद्धती

संशोधन पद्धती-सर्वेक्षण पद्धती :

- **जनसंख्या :** चोपडा तालुक्यातील वरिष्ठ महाविद्यालय येथील कलावाणिज्य व विज्ञान शाखेतील विद्यार्थी संशोधनाची जनसंख्या म्हणून निश्चिती करण्यात आली होती.
- **न्यादर्श :** चोपडा तालुक्यातील वरिष्ठ महाविद्यालयातील २०० कलावाणिज्य व विज्ञान शाखेतील विद्यार्थ्यांची सहेतुक नमुना निवड पद्धतीने निवड करण्यात आली.
- **संशोधन साधने :** महाविद्यालयीन स्तरावरील ग्रामीण शहरी विद्यार्थ्यां मध्ये ध्यान साधनेचा त्यांच्या एकाग्रता व ताण तणाव यांच्याशी असलेला सहसंबंधाचा अभ्यास करण्यासाठी संशोधकांनी संशोधकांने एकाग्रता चाचणीचा तसेच तंत्रज्ञानाचा अभ्यास करण्यासाठी ताण-तणाव चाचणीचा वापर केला.

ग्रामीण स्तरावरील	N	M	SD	Table 'r' value	Obtained 'r' value	Decision
एकाग्रता ।वरी	50	40.12	15.41	0.19	0.60	त्याग
ध्यानसाधना		37.49	15.49			

विश्लेषण व अर्थ निर्वचन :

स्वाधीनतामात्रा (४८) साठी ०.०५ सार्थकता स्तरावर टेबल

मूल्य ०.१९ आहे. प्राप्ती मूल्य ०.६० असून ते टेबल मूल्यापेक्षा अधिक आहे. म्हणून शून्य परिकल्पनेचा त्याग करावा लागेल. यावस्तुन असे दिसून येते की, महाविद्यालयीन स्तरावरील ग्रामीण विद्यार्थ्यांमधील एकाग्रता व ध्यान साधना यांच्यातील सार्थक सहसंबंध आढळून येतो. म्हणजेच एकाग्रता व ध्यान साधना यांच्यात सहसंबंध दिसून येतो.

परिकल्पना

२. महाविद्यालयीन स्तरावरील ग्रामीण विद्यार्थ्यांमधील ताण तणाव व ध्यान साधना यांच्यातील सार्थक सहसंबंध आढळून येत नाही.

ग्रामीण स्तरावरील	N	M	SD	Table 'r' value	Obtained 'r' value	Decision
एकाग्रतावरी	50	68.12	14.12	0.19	0.59	त्याग
ध्यानसाधना		38.11	16.47			

विश्लेषण व अर्थ निर्वचन

स्वाधीनतामात्रा (४८) साठी ०.०५ सार्थकता स्तरावर टेबल मूल्य ०.१९ आहे. प्राप्त मूल्य ०.५९ असून ते टेबल मूल्यापेक्षा अधिक आहे. म्हणून शून्य परिकल्पनेचा त्याग करावा लागेल. यावस्तुन असे दिसून येते की, महाविद्यालयीन स्तरावरील ग्रामीण विद्यार्थ्यांमधील ताण तणाव व ध्यान साधना यांच्यातील सार्थक सहसंबंध आढळून येतो. म्हणजेच ध्यान साधना व ताण तणाव यांच्यात सहसंबंध दिसून येतो याचाच अर्थ असा की जर ताण तणाव दूर करायचा असेल तर त्यासाठी ध्यान साधनेतील विविध आसनांचा सकारात्मक परिणाम होतो.

परिकल्पना

३. महाविद्यालयीन स्तरावरील शहरी विद्यार्थ्यांमधील एकाग्रता व ध्यान साधना यांच्यातील सार्थक सहसंबंध आढळून येत नाही.

ग्रामीण स्तरावरील	N	M	SD	Table 'r' value	Obtained 'r' value	Decision
एकाग्रतावरी	80	41.12	14.11	0.19	0.82	त्याग
ध्यानसाधना		39.23	14.78			

विश्लेषण व अर्थ निर्वचन

स्वाधीनतामात्रा (४८) साठी ०.०५ सार्थकता स्तरावर टेबल मूल्य ०.१९ आहे. प्राप्ती मूल्य ०.८२ असून ते टेबल मूल्यापेक्षा अधिक आहे. म्हणून शून्य परिकल्पनेचा त्याग करावा लागेल. यावस्तुन असे दिसून येते की, महाविद्यालयीन स्तरावरील शहरी विद्यार्थ्यांमधील एकाग्रता व ध्यान साधना यांच्यातील सार्थक सहसंबंध आढळून येतो. म्हणजेच ध्यान साधना व एकाग्रता

यांच्यात सहसंबंध दिसून येतो.

परिकल्पना

४. महाविद्यालयीन स्तरावरील शहरी विद्यार्थ्यांमधील ताणतणाव व ध्यान साधना यांच्यातील सार्थक सहसंबंध आढळून येत नाही.

ग्रामीण स्तरावरील	N	M	SD	Table 'r' value	Obtained 'r' value	Decision
एकाग्रतावरी	80	66.52	14.69	0.19	0.53	त्याग
ध्यानसाधना		39.96	15.47			

विश्लेषण व अर्थ निर्वचन

स्वाधीनतामात्रा (४८) साठी ०.०५ सार्थकता स्तरावर टेबल मूल्य ०.१९ आहे. प्राप्ती मूल्य ०.५३ असून ते टेबल मूल्यापेक्षा अधिक आहे. म्हणून शून्य परिकल्पनेचा त्याग करावा लागेल. यावस्तुन असे दिसून येते की, महाविद्यालयीन स्तरावरील शहरी विद्यार्थ्यांमधील ताण तणाव व ध्यान साधना यांच्यातील सार्थक सहसंबंध आढळून येतो. म्हणजेच ध्यान साधना व ताण तणाव यांच्यात सहसंबंध दिसून येतो याचाच अर्थ असा की जर ताण तणाव दूर करायचा असेल तर त्यासाठी योग्य साधनेतील विविध आसनांचा सकारात्मक परिणाम होतो.

निष्कर्ष :

- ध्यान साधना व तान तनाव यांच्यात सहसंबंध दिसून येतो याचाच अर्थ असा की जर मानसिक ताण तणाव दूर करायचा असेल तर त्यासाठी ध्यान साधनेतील विविध आसनांचा सकारात्मक परिणाम होतो.
- ग्रामीण विद्यार्थ्यांमधील ताण तणाव व ध्यान साधना यांच्यातील सार्थक सहसंबंध आढळून येतो. म्हणजेच ध्यान साधना व ताणतणाव यांच्यात ऋण सहसंबंध दिसून येतो याचाच अर्थ असा की जर ताणतणाव दूर करायचा असेल तर त्यासाठी ध्यान साधनेतील विविध आसनांचा सकारात्मक परिणाम होतो.
- ध्यान साधना व मानसिकता न तनाव यांच्यात ऋण सहसंबंध दिसून येतो याचाच अर्थ असा की जर मानसिक ताणतणाव दूर करायचा असेल तर त्यासाठी ध्यान साधनेतील विविध आसनांचा सकारात्मक परिणाम होतो.
- ध्यान साधना व ताण तणाव यांच्यात सहसंबंध दिसून येतो याचाच अर्थ असा की जर ताण तणाव दूर करायचा असेल तर त्यासाठी ध्यान साधनेतील विविध आसनांचा सकारात्मक परिणाम होतो.

संदर्भ ग्रंथ सूची :

१. अशो कसी. (२००८) 'टेस्ट युवर कल्पाज पब्लिकेशन.
२. श्री पाल जर्दे (१९९५) शारिरिक शिक्षणाचा इतिहास (भाग २, द्वितीय आवृत्ती कोल्हापुर, चंद्रमाप्रकाशन
३. श्रीपालजर्दे (१९९५) शारिरिक शिक्षण तत्वे व स्वरूप, कोल्हापुर, चंद्रमाप्रकाशन.
४. वाखरकर डि. जे. (१९७३) महाराष्ट्रातील शारिरिक शिक्षणाची वाटचाल : मराठवाडा मंडळ प्रकाशन पुणे.
५. भागवत दळवी (२०१३) मानसिक ताण तणाव आणि ध्यान संस्कार उमा प्रकाशन सोलापुर.
६. अमित कौटस, निलमशर्मा (२०१२) तणावा च्या संदर्भात एकाग्रता आणि स्मरणावर होणारा योगाचा परिणाम. इंटरनॅशनल जनरल ऑफ मल्टी डिस्प्लिनरी रिसर्च ते 02 Issue 5 May 2012, ISSN 22315780.
७. देशपांडे म. ना. (२००७) अॅनालिटिकल स्टडी ऑफ सोमॅटोटाई पफिजिकल फिटनेस अॅन्ड मॅटल हेल्थ ; अप्रकाशित पी. एच. डी. प्रबंध. शारिरिक शिक्षण व विस्तार विभाग, सावित्रीबाई फुले विद्यापीठ पुणे.

शारीरिक शिक्षा व पर एक अध्ययन और अकादमिक की प्रदर्शन पर इसका प्रभाव

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बच्चे की सीखने की क्षमता स्वास्थ्य एक 'महत्वपूर्ण' मध्यम कारक है। यह विचार है कि स्वस्थ बच्चे बेहतर सीखते हैं अनुभवजन्य रूप से समर्थित और अच्छी तरह से स्वीकृत (बाश, २०१०)। कई कारक अकादमिक प्रदर्शन को प्रभावित करते हैं एक बच्चे का। उनमें से कुछ सामाजिक-आर्थिक स्थिति (सिरिन, २००५), माता-पिता की भागीदारी (मन और चैन, २००१) हैं। और कई अन्य जनसांख्यिकीय कारक। कई अध्ययनों ने पुष्टि की है कि स्वास्थ्य लाभ जुड़े हुए हैं शारीरिक गतिविधि के साथ, जिसमें हृदय और 'सिपेशियों की फिटनेस, हड्डियों का स्वास्थ्य, मनोसांसाजिक परिणाम शामिल हैं और संज्ञानात्मक और मस्तिष्क स्वास्थ्य (स्ट्रॉन्ग एट अल।, २००५)। मस्तिष्क स्वास्थ्य जीवन काल मस्तिष्क के रूप महत्वपूर्ण है मानव शरीर की मानसिक प्रक्रियाओं और शारीरिक क्रियाओं दोनों के लिए जिम्मेदार है। वयस्कों में, मस्तिष्क स्वास्थ्य, रोग और इष्ट तम संरचना और कार्य की अनुपस्थिति का प्रतिनिधित्व करते हुए, जीवन की गुणवत्ता के संदर्भ में मापा जाता है और दैनिक जीवन में गतिविधियों का प्रभावी का'काज। बच्चों में, मस्तिष्क स्वास्थ्य को किस संदर्भ में मापा जाता है एक में ध्यान, ऑन-टस्क व्यवहार, स्मृति और शैक्षणिक प्रदर्शन का समल विकास शैक्षिक सेटिंग।

बचपन के दौरान मस्तिष्क के विकास में शारीरिक गतिविधि और फिटनेस महत्वपूर्ण भूमिका निभाती है। बच्चे जवाब देते हैं शारीरिक सत्र में भाग लेने के बाद विभिन्न प्रकार के संज्ञानात्मक कार्यों के लिए तेजी से और अधिक सटीकता के साथ गतिविधि। मध्यम शारीरिक गतिविधि में भाग लेने से तंत्रिका और व्यवहार सहवर्ती में वृद्धि पाई जाती है एक विशिष्ट संज्ञानात्मक कार्य पर ध्यान देने के आवंटन के साथ जुड़ा हुआ है। कुछ प्रायोगिक अध्ययन में, बच्चे जिन्होंने ३० फिटनेस की एरोबिक शारीरिक गतिविधि में भाग लिया, उन बच्चों से बेहतर प्रदर्शन किया जिन्होंने देखा टेलीविजन उतने ही समय के लिए। शारीरिक गतिविधि जो आम तौर पर अकादमिक से ब्रेक के रूप में उपयोग की जाती है सीखने का समय, इसके सगाई के बाद के प्रभावों में बेहतर ध्यान, कार्य पर व्यवहार में वृद्धि और शामिल हैं शैक्षणिक प्रदर्शन में

सुधार। शिक्षक पूरक के भाग के रूप में शारीरिक गतिविधि के लिए अवकाश प्रदान कर सकते हैं पाठ्यचर्या या बस एक पाठ के दौरान छात्र का ध्यान फिर से स्थापित करने के तरीके के रूप में। स्कूल के बाद की शारीरिक गतिविधि कार्यक्रमों ने कार्डियोवैस्कुलर सहनशक्ति में सुधार करने की क्षमता और एरोबिक में यह वृद्धि प्रदर्शित की है फिटनेस को अकादमिक प्रदर्शन में सुधार के साथ-साथ तंत्रिका के आवंटन मध्यम स्थता के लिए दिखाया गया है।

कार्यशील स्मृति कार्य पर अंतर्निहित प्रदर्शन संसाधन

ब्रेन हेल्थ, फिजिकल एक्टिविटी, एकेडमिक परफॉर्मेंस, रस्पॉन्सिव, साइकोलॉजी लोकप्रिय कहावत 'स्वास्थ्य ही धन है' व्यक्तियों और समाजों के समग्र कल्याण के लिए अच्छे स्वास्थ्य को बनाए रखने की आवश्यकता पर प्रकाश डालता है। 'सारा का' और कोई नाटक जैक को सुस्त लड़का नहीं बनाता' एक अक्सर उद्धृत कहावत है। यहाँ, वास्तव में नियमित शारीरिक व्यायाम करने की आवश्यकता पर बल दिया गया है। स्वास्थ्य के बारे में हमारी धारणा इतनी भ्रांतिपूर्ण है कि है 'एक सख्त व्यायाम आहार और अच्छे खाने के बजाय स्वस्थ भोजन के लिए जाते हैं।

आदतें। कोई आश्चर्य नहीं, बहुत से लोग अपने मध्य बिसवां दशा में मोटे हो जाते हैं! 'स्वस्थ शरीर में स्वस्थ मन' है हर जगह शैक्षणिक हलकों में उद्धृत एक लैटिन कहावत का अंग्रेजी अनुवाद। हमारे पूर्वज कभी थे अच्छे स्वास्थ्य के गुणों के प्रति सचेत थे और नियमित शारीरिक गतिविधियों के अभ्यासी थे। यह इसलिए है, सामान्य रूप से शारीरिक गतिविधि के प्रति कॉलेज के छात्रों के दृष्टिकोण में गहराई तक जाने के लिए उपयुक्त। खेलकूद हो सकता है 'नुष्यों में कई विकासत्मक लक्ष्यों की दिशा में काम करते थे जो उनकी कुल भलाई सुनिश्चित करते हैं। खेल सार्वजनिक स्वास्थ्य में सुधार करता है, शैक्षणिक गतिविधियों को बढ़ावा देता है, सामाजिक विकास को बढ़ाता है और सबसे बढ़कर समर्थन करता है।

सामुदायिक जीवन / साहित्य की समीक्षा :

जोसेफ (२०११) इस तथ्य पर जोर देते हैं कि शारीरिक

गतिविधि व्यवहारों की क्षमता जो सीखी जाती है बचपन, अगर वयस्कता तक ले जाया जाता है, जो उम्र से संबंधित गिरावट के साथ-साथ स्वास्थ्य को सकारात्मक रूप से प्रभावित करता है बचपन से किशोरा वस्था तक शारीरिक गतिविधि में, भविष्यवक्ताओं को समझने के लिए एक महत्वपूर्ण आवश्यकता होती है और पूर्ववृत्त। एक बच्चे या बच्चों के समूह को हस्तक्षेप के लक्ष्य के रूप में सटीक रूप से पहचाना जा सकता है। जेंग एंड रेमंड (२०११) ने हाई स्कूल के छात्रों के शारीरिक शिक्षा के प्रति दृष्टिकोण की जांच की और उनकी खेल गतिविधि प्राथमिक ताएँ। जांच कर्ताओं की राय थी कि पहचान करना और समझना स्कूली बच्चों की शारीरिक शिक्षा गतिविधि के सहसंबंध वर्तमान और को बढ़ावा देने के लिए महत्वपूर्ण हैं बच्चों की आजीवन शारीरिक गतिविधि में भागीदारी।

अन्य कारकों में, बच्चों के व्यवहार पर विचार किया जाता है शारीरिक गतिविधि भागीदारी को प्रभावित करने वाला एक प्रमुख तत्व होना। जिन बच्चों का दृष्टिकोण अधिक सकारात्मक होता है शारीरिक गतिविधि की ओर स्कूल के बाहर शारीरिक गतिविधि में भाग लेने की अधिक संभावना है और कम सकारात्मक दृष्टिकोण वाले लोगों की तुलना में अधिक शारीरिक गतिविधि प्रदर्शित करते हैं। बच्चों का पालन-पोषण करना शारीरिक गतिविधि के प्रति सकारात्मक दृष्टिकोण वर्तमान और आजीवन के प्रचार के लिए अनुकूल होगा बच्चों की शारीरिक गतिविधि में भागीदारी। कार्लसन (१९९५) ने विभिन्न वर्गों के छात्रों और शारीरिक शिक्षा के प्रति उनके दृष्टिकोण का अध्ययन किया अब सार्वजनिक डोमेन में है।

अध्ययन से पता चला है कि अधिकांश छात्रों ने शारीरिक संबंध नहीं बनाए शिक्षा उसी तरह जैसे उन्होंने अपने कई विषयों जैसे गणित या भूगोल को किया। हालाँकि, शारीरिक शिक्षा के प्रति नकारात्मक दृष्टिकोण वाले किशोरों पर शोध बहुत सीमित हैं। कार्लसन (१९९५); पोर्टमैन (१९९५) और स्मिथ (१९९५) ने छात्रों की विशेष आबादी पर ध्यान केंद्रित किया जैसे कि कम क्षमता या सामाजिक रूप से अलग-थलग या अलग-थलग। हालाँकि, की बहुत कम गहराई से जाँच की गई है सक्षम छात्र और शारीरिक शिक्षा के प्रति उनका दृष्टिकोण। शिक्षक छात्रों को पहचानने लगते हैं जो प्रतिभाशाली हैं और उन छात्रों को उनकी पूरी क्षमता तक पहुंचने के लिए प्रोत्साहित करने और प्रोत्साहित करने का प्रयास करते हैं। अधिकांश शिक्षकों की धारणा यह है कि सक्षम छात्र शारीरिक शिक्षा का आनंद लेते हैं और उसे पसंद करते हैं। हालाँकि, बैन (१९८०) ने पाया कि सकारात्मक होने के लिए छात्रों को शारीरिक शिक्षा में सकारात्मक रूप से सामाजिक बनाने की आवश्यकता है इसके प्रति रवैया। ब्रोमन (२००५) हाल के

अध्ययनों को संदर्भित करता है जो इंगित करता है कि कॉलेज के छात्र विशिष्ट तनाव का अनुभव करते हैं और यह तनाव मादक द्रव्यों के सेवन, कम आत्मसम्मान, शैक्षणिक समस्याओं, अवसाद और कई से जुड़ा हुआ है अन्य बीमारियाँ। इसके अलावा, कॉलेज के दिनों में, माता-पिता की देखरेख से अधिक में बदलाव होता है स्वतंत्र जीवन शैली। छात्रों को हमेशा समय प्रबंधन, काम के मुद्दों के साथ-साथ सीखने में समस्याएं आती हैं नई मित्रता और संबंध विकसित होने पर विभिन्न प्रकार की सामाजिक भूमिका परिवर्तनों का सामना करने के लिए। कई के लिए, नई चुनौतियाँ उत्पन्न होती हैं क्योंकि उनके पास अपने स्वयं के दिन के पैटर्न और नींद को विकसित करने का पहला अवसर होता है कार्यक्रम।

इसके अलावा, नए वित्तीय परिवर्तनों के साथ-साथ अकादमिक सफलता के लिए दबाव भी होता है। ये अद्वितीय तनाव कारक चिंता से जुड़े हुए हैं और अंततः छात्रों के सीखने पर नकारात्मक प्रभाव डाल सकते हैं।

अध्ययन का उद्देश्य:

- स्कूली बच्चों के लिए शारीरिक शिक्षा के महत्व को समझना।
- शारीरिक फिटनेस और बच्चों के शैक्षणिक प्रदर्शन पर इसके प्रभाव के बीच संबंध का पता लगाना।
- शारीरिक शिक्षा को एक भाग के रूप में शामिल करने की अवधारणा को और मजबूत करने के उपाय सुझाना स्कूल स्तर पर ही पाठ्यक्रम।
- **अनुसंधान क्रियाविधि:** अनुसंधान का प्रकार: यह प्रकृति में एक वर्णनात्मक अध्ययन है।
- **नमूना आकार:** ५०० उत्तरदाता।
- **उत्तरदाता:** स्कूली बच्चे दक्षिण बैंगलोर के विभिन्न स्कूलों में पढ़ रहे हैं।
- **डेटा का प्रकार :** प्राथमिक डेटा अच्छी तरह से डिजाइन की गई प्रश्नावली, प्रत्यक्ष व्यक्तिगत साक्षात्कार का उपयोग करके एकत्र किया गया है और अवलोकन के तरीके। विभिन्न राष्ट्रीय पत्रिकाओं में प्रकाशित लेखों और शोध पत्रों के संदर्भ में माध्यमिक डेटा एकत्र किया गया है और अंतरराष्ट्रीय पत्रिकाओं, पत्रिकाओं, रिपोर्ट आदि।
- **विश्लेषण :** एस पी एस एस सॉफ्टवेयर का उपयोग करके इस तरह के एकत्रित डेटा का परीक्षण किया गया था, भिन्नता का विश्लेषण किया गया था निर्भर और स्वतंत्र चर के बीच सह-संबंध को समझें।

अध्ययन के निष्कर्ष:

- शारीरिक गतिविधि का संज्ञानात्मक कौशल जैसे एकाग्रता और ध्यान पर सकारात्मक प्रभाव पड़ता है कक्षा के दृष्टिकोण और व्यवहार को भी बढ़ाता है, जो सभी सुधार के महत्वपूर्ण घटक हैं अकादमिक प्रदर्शन।
- इलिनोइस विश्वविद्यालय के एक अध्ययन से पता चला है कि जो बच्चे शारीरिक रूप से फिट होते हैं उनमें इसकी संभावना अधिक होती है स्कूल में बेहतर प्रदर्शन करें और उच्च ग्रेड प्राप्त करें। अध्ययन में भाग लेने वाले बच्चों को दिया गया इलेक्ट्रोएन्सेफेलोग्राम (ईईजी) मस्तिष्क की तरंगों को मापने के लिए और कितनी तेजी से मस्तिष्क निश्चित रूप से प्रतिक्रिया करता है प्रोत्साहन। शोधकर्ताओं ने पाया कि शारीरिक रूप से तंदुरुस्त बच्चों के मस्तिष्क के सिनेप्स तेज और मजबूत होते हैं, और परिणामस्वरूप उन बच्चों में बेहतर भाषा कौशल था।
- अधिक शारीरिक रूप से स्वस्थ बच्चे न केवल पढ़ने में बेहतर थे, वे पढ़ने में भी बेहतर थे कई व्याकरण संबंधी त्रुटियों के साथ मार्ग। शोधकर्ताओं ने डील करने वाले ब्रेनवेव पैटर्न को देखा भाषा के साथ और व्याकरण में त्रुटियों को खोजने की क्षमता। फिट बच्चों के दोनों के साथ मजबूत परिणाम थे मस्तिष्क तरंग समूह और निरर्थक या त्रुटिपूर्ण वाक्यों की बेहतर समझ।
- अध्ययन में शारीरिक गतिविधि, फिटनेस, संज्ञानात्मक कार्य और के बीच सकारात्मक जुड़ाव भी पाया गया शैक्षिक उपलब्धि। साक्ष्य ने संकेत दिया कि शारीरिक गतिविधि का कुछ हिस्सों से संबंध है मस्तिष्क जो प्रयोगशाला कार्यों के दौरान जटिल संज्ञानात्मक प्रक्रियाओं का समर्थन करता है। यह भी दिखाया कि भौतिक गतिविधि विकास, विकास और सामान्य स्वास्थ्य के लिए महत्वपूर्ण है।
- मध्यम शारीरिक गतिविधि का सिर्फ एक सत्र तुरंत बच्चों के मस्तिष्क समारोह, संज्ञान और को बढ़ावा देता है अकादमिक प्रदर्शन।
- मौलिक आंदोलन कौशल में महारत हासिल करने से दिमागी शक्ति और शैक्षणिक प्रदर्शन में वृद्धि होती है। दूर समय शारीरिक गतिविधि के पक्ष में पाठ अच्छे ग्रेड की कीमत पर नहीं आते हैं।
- अनुसंधान साबित करता है कि छात्रों को स्कूल के पूरे दिन पर्याप्त मात्रा में शारीरिक गतिविधि की आवश्यकता होती है यह न केवल मोटापे और मोटापे से संबंधित मुद्दों को रोकता है, बल्कि छात्र भी बेहतर प्रदर्शन करते हैं शैक्षणिक रूप से।

- शारीरिक व्यायाम सीधे मस्तिष्क के व्यवहार और विकास को प्रभावित करता है। 'यह संभावना है कि संज्ञान पर शारीरिक गतिविधि के प्रभाव विकासशील दिमागों में विशेष रूप से महत्वपूर्ण होंगे यूथ,' कोलंबिया विश्वविद्यालय के चार्ल्स बास द्वारा २०१० के एक निबंध के अनुसार। अंतर-विद्यालयी खेलों में लगातार भाग लेने वाले युवाओं की ड्रॉप-आउट दर कम थी। यद्यपि खेल ड्रॉप-आउट समस्या को हल नहीं करेगा जो कई आंतरिक शहर के स्कूलों को पीड़ित करता है, यह केवल बढ़ावा दे सकता है जुड़ाव का एक ऐसा वातावरण जो स्कूल जाने वाले छात्रों को जोखिम में डाल सकता है।

सुझाव :

चूंकि, शारीरिक शिक्षा सभी बच्चों तक पहुंचने की गारंटी है, शारीरिक शिक्षा ही एकमात्र निश्चित अवसर है लगभग सभी स्कूल-उम्र के बच्चों के लिए स्वास्थ्य-बढ़ाने वाली शारीरिक गतिविधियों का उपयोग करना। छात्र शारीरिक रूप से अधिक हैं उन दिनों में सक्रिय होते हैं जिन दिनों उन्हें शारीरिक शिक्षा मिलती है। इसलिए, प्रदान करने पर अधिक जोर दिया जाना चाहिए पाठ्यक्रम के एक भाग के रूप में शारीरिक शिक्षा। गुणवत्तापूर्ण शारीरिक शिक्षा को माता-पिता और बाल स्वास्थ्य पेशेवर संगठनों दोनों का मजबूत समर्थन प्राप्त है। इसलिए, इसके अनिवार्य कार्यान्वयन के लिए उपाय किए जाने चाहिए। कई मॉडल और उदाहरण प्रदर्शित करते हैं कि स्कूल के दिनों में निर्धारित शारीरिक शिक्षा है दैनिक आधार पर संभव।

अतः इसे पाठ्यक्रम का अंग मानने की आवश्यकता है। संबंधित अधिकारियों को उच्च गुणवत्ता वाली पाठ्यचर्या शारीरिक शिक्षा प्रदान करनी चाहिए जिसके दौरान छात्र कक्षा के समय का कम से कम आधा (५० प्रतिशत) जोरदार-या मध्यम-तीव्रता वाली शारीरिक गतिविधियों में लगाना चाहिए गतिविधि। सभी प्राथमिक विद्यालय के छात्रों को प्रति दिन औसतन ३० मिनट और सभी मध्य और शारीरिक शिक्षा कक्षा में हाई स्कूल के छात्रों को प्रति दिन औसतन ४५ मिनट। प्रारंभिक विद्यालय के लिए प्रति सप्ताह कम से कम १५० मिनट के साथ पाठ्यक्रम निर्धारण में लचीलेपन की अनुमति देना छात्रों और मिडिल और हाई स्कूल के छात्रों के लिए प्रति सप्ताह २२५ मिनट। छात्रों को पूरे स्कूल में अतिरिक्त जोरदार या मध्यम-तीव्रता वाली शारीरिक गतिविधि में संलग्न होना चाहिए अवकाश के माध्यम से दिन, समर्पित कक्षा शारीरिक गतिविधि समय और अन्य अवसर। चूंकि, भौतिक गतिविधि स्वास्थ्य और सीखने को बढ़ावा देती है, यह इस प्रकार है

कि शारीरिक गतिविधि सभी स्कूलों के लिए प्राथमिकता होनी चाहिए, खासकर अगर शैक्षणिक उपलब्धि में सुधार करने का अवसर है। विद्यालयों का उन तरीकों से कम उपयोग किया जा रहा है जिससे वे शारीरिक गतिविधि के लिए अवसर प्रदान करते हैं।

बच्चे और किशोर। इसलिए, बच्चों के लिए शारीरिक गतिविधि बढ़ाने के लिए पूरे स्कूल का दृष्टिकोण और किशोरों की जरूरत है। इस तरह के दृष्टिकोण के तहत, स्कूल के सभी घटक और संसाधन एक में काम करते हैं पहुँच, प्रोत्साहन और कार्यक्रम प्रदान करने के लिए समन्वित और गतिशील तरीके से जो सभी छात्रों को सक्षम बनाता है हर दिन ६० मिनट या उससे अधिक जोरदार या मध्यम-तीव्रता वाली शारीरिक गतिविधि में संलग्न हों।

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Recent Advancements and Technology in Sports Training and Sports Sciences

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Abstract

Technology in sports measuring a few bodily or physiological amount of an character have already come to be part of every day existence for plenty humans. While such easy gadgets output specially the statistical values of measured portions or matter activities, needs in game are greater stringent. Quantities of hobby should be measured in wider variety, with extra precision, and with better sampling frequency. We present a brief creation to motor gaining knowledge of in game and its desires for era back-up. We gift homes and obstacles of diverse sensors used for game pastime sign acquisition, way of verbal exchange, and homes and obstacles of verbal exchange channels. We shed a few mild at the evaluation of diverse components of game pastime sign and facts processing. We present timing, spatial, and computational electricity constraints of processing. Attention is given additionally to the kingdom of the artwork facts processing strategies together with gadget gaining knowledge of and facts mining. In end we present a few technological tendencies and demanding situations in sports, together with Internet of Things, clever game system, and actual-time biofeedback structures and packages.

Keywords: Sports, physiological, sensors, technological tendencies.

Introduction :

Physical rest is increasingly important in our lives. It is an important and necessary factor for a healthy existence and there is no doubt that it contributes to our well-being. While gaming was

once synonymous with physical leisure, it may no longer be. In a sense, leisure physical activities can be classified into leisure games, ie. casual games, beginner games and expert games. Each of the three classes has a different position in society and consists of people with extraordinary goals. But one element is not unusual for all of them; desire and desire to measure one's physical pastime. The technology used in the game is growing very quickly; The modern era has homes and features that were the easiest to imagine a few years ago. Internally, for example, the movement of a gymnast in a positive element is easiest to analyze using video recordings, talented gymnasts can equip their uniforms with motion sensors that authenticate their movements. Such structures can provide a comprehensive assessment of their movement in three-dimensional space based on a kinematic version of the athlete. Similar examples can be found in various sports. Cheaper toys and hobby trackers have been launched today. Armband devices provide statistical parameters and selected functions of the temporal substance of the body. For example, they count the steps taken during the day, can detect falls, sleep quality, etc. Typically, such devices collect the movements or physiological processes of the consumer with sufficient frequency and random accuracy. to his goal. Instead, complex and expensive structures that collect and process huge amounts of facts simultaneously give the game. For example, a machine for real-time monitoring of football and attendance at school. Most of the magazine packs in the game are in one of the groups mentioned above. According to sports experts, next to the drill

itself, the biggest determining variable for getting information is the commentary. During practice, the natural (natural) notes are transmitted internally through the human sense organs. Extended notes are taken with the help of an external source, historically teachers and coaches. A modern technical system can help each speaker and teacher by providing side-by-side additional notes on facts not available through traditional reporting methods. The acquisition of movement data is crucial for all techniques to study body function; from walking to ballet. This statement applies to any athlete or sports facility: casual, novice or experienced. Technology is already a gift, or in a sense, a given for all aspects of the game. In this article, we will identify the main technically important structures that help to obtain some engine data. Many sports activities are done with a special system.

Technology in sports :



Fig.1 : Technology in sports

Signals and facts processing in recreation comments structures degrees from tremendously simple to extraordinarily stressful and time consuming. The processing wishes on one hand and the processing abilities however depend upon

quite a number of things and situations: time of processing, region of processing, processing complexity, to be had processing electricity, to be had battery capacity, etc. Time of processing relies upon at the kind of comments. If the comments is concurrent, given for the duration of the motion, the processing ought to be done in actual time. If the comments is terminal, given after the motion is completed, then the device can manage to pay for to do the whole lot in post-processing.

Motor learning that supports traditional teaching can be improved by the introduction of a technical device that can measure, calculate and provide the locations of the movements made. Figure 2 shows the technical setup using the sensor, processing and monitoring block. An important reason for the use of technical equipment is the possibility of obtaining imperceptibly incomprehensible or miles beyond human capabilities statistics. For example, a teacher cannot see the pressure applied during a gymnast's jumps, or the teacher cannot see the exact place where the tennis ball hits the racket during a serve. With the help of a special technical device, both the pressure of the gymnast and the impact point of the tennis ball can be measured, calculated and delivered. For example, in Figure 2, the sensor could be a too-fast, too-accurate digital camera recording a tennis serve. The live video is processed and the ball score is calculated. The instructor receives a graphical representation of the service, followed by many applicable parameters on the instrument screen. The teacher can then look at the facts and possibly make a recommendation to the tennis player.

Drone technology utilized in sports:

The unmanned drone era with an embedded digital digicam facilitates to take super snap shots and motion pictures from height. A Drone is simply, in easy phrases, a flying robot. This plane is normally managed from a specialised far flung control, and with the assist of shrewd software program can tune all matters withinside the air. Many athletes (runners,

basketball gamers, skiers, climbers, etc.) are the usage of drones to reveal their practise to peer whether or not any adjustments may be created. A moderate development in non-public fine time for the competitor will take off seconds or smash a 2nd. Nowadays a sports activities occasion has been greater real and realistic to air. The predominant benefit of the usage of drones or unmanned plane in critical global sports activities is their being capable of get in the direction of global athletes. Drone will seize and compare a sincerely visible exercise consultation in diverse athletic sports after the consultation is finished. While drones have had a protracted records in navy deployment, their an increasing number of sizable use in non-navy roles calls for consideration (e.g., Hodgkinson and Johnston, 2018). Though modern-day utilization is restrained even as the era is withinside the improvement phase, as they own massive ability versatility drones may also rework the manner that logistics offerings are provided. Their use no question will cause the fulfillment of recent business, social, environmental and different goals (Atwater, 2015).

Snick-o-Meter:

The Snick-o-meter identifies whether or not a snick occurred. A snick whilst the cricket ball comes in touch with the bat is a nice noise. That is expressed withinside the captured audio sound-waves. There is frequently confusion approximately whether or not the ball has made touch with the bat, or a batsman's gear. Among the prevailing techniques, Rock et al. in probed the usage of wavelets for area detection in cricket signals. Wavelet-primarily based totally functions had been extracted and an synthetic neural network (ANN) machine become educated on them. The ANN classifier become educated to inform the numerous instructions apart. The accuracy of the machine become 97.5 percentage on uncooked trying out data. Rock et al. in supplemented their elegance machine's efficacy with the resource of the use of centering their hobby on extraction of

wavelet region descriptors for the fast period of the snicks. Additionally, they made use of time region-based definitely higher order statistical functions, inclusive of skewness and kurtosis, and have been able to gain a category price of a hundred percent on unprocessed finding out statistics.

Modern track and field events using technology:

Track and discipline varies from maximum different disciplines, as it's miles measured in meters and seconds simplest. Within tune, a fragment of a 2nd could make all of the difference. Which is why the system which tracks tune and discipline race information must be as dependable as particular as practicable. An digital beginning pistol is any other innovation used to enhance tune occasion startups. In addition, whilst the runner begins, they'll observe their development the usage of Radio-Frequency Identification (RFID) chips. These chips are so precious that during trendy they have got come to be popular. RFID chips can be bandaged to shoes to reveal the pace, distance and sample of a runner.

Aerodynamics:

While without a doubt any game will be used to demonstrate this new function of high-tech tennis, fencing, swimming, golf, and cycling – is a superb example. In the twenty first century, global-elegance tennis gamers (and their coaches and trainers) could have a clean understanding of the legal guidelines of aerodynamics in an effort to absolutely draw close the game and obtain a bonus over opponents . Therefore whilst engineer broaden technological gadgets for sports activities they have got to research the real aerodynamics of the respective video games and sports activities.

Conclusion :

There isn't anyt any doubt that athletes in novice and expert recreation will usually attempt for higher results; in keeping with the Coubertin's Olympic moto: "Faster, higher, stronger!" Application of technology and era can also additionally provide vast aggressive advantage,

what's in today's exceedingly aggressive and commercialized recreation really priceless! The cognizance of this paper is extended motor studying with using era. While it isn't debatable that era can outperform human senses in nearly all aspects, one query remains; can technology make a step into the area of training? With a wonderful solution a great quantity of opportunities open. For example, a clever eCoach that follows athlete's movements and offers recommendation primarily based totally on all of the statistics to be had from athlete's non-public records and statistics to be had withinside the "recreation cloud". Perhaps the arena of training will alternate forever.

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Sports Psychology in Physical Education and Sports

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Abstract :

Sports psychology is a psychological field that examines the intersection of physical activity and mental health. Your mind controls your body, and your body influences your mind. The two will always be linked, so to maximize your physical performance, you have to understand what's going on in your brain.

Sports psychologists look at the mental aspects of athletics to discover the cognitive techniques that athletes use to succeed. They also explore the ways that sports can negatively impact your mental health, and they help athletes improve their mental and emotional well-being so that they can have a long and happy career in their sport. Teams that employ sports psychologists often perform better and have fewer issues with stress, anxiety, and burnout.

Key words : Sports Psychology, Physical Education and Sports, etc.

Introduction :

Sports psychology is the study of how psychological factors influence sports, athletic performance, exercise, and physical activity. Sports psychologists investigate how participating in sports can improve health and well-being. They also help athletes utilize psychology to improve their athletic performance and mental.

A sports psychologist doesn't just work with elite and professional athletes either. This type of professional also helps non-athletes and everyday exercisers learn how to enjoy sports and stick to an exercise program. They utilize exercise and athletics to enhance people's lives and mental well-being.

Sports psychology looks at how physical activity and mental well-being intersect. Sports psychologists help athletes maintain high levels of performance by prioritizing mental fitness. They also look at sports participation in relation to skills like teamwork and emotional regulation.

Sports psychology: a brief history:-

The field of applied sports psychology emerged in the early 20th century. Scientists became interested in how athletes like Babe Ruth achieved such outstanding results.

Their studies rapidly expanded from physical skill to the ways cognitive skills like memory, perception, attention, and focus affected athletic performance.

Since then, the field of sports psychology has developed into a field of study in its own right. Now several colleges offer graduate programs and coursework leading to licensure.

Only a few of us need the kind of physical endurance that high-level Olympic, collegiate, and elite athletes do. But we can still learn a lot from exercise psychology about mental performance. After all, there's a reason sports metaphors are so common in business and leadership books. Participating in competitive sports — whether in childhood or as an adult — can develop skills to succeed in any area of life.

Types of Sports Psychologists :

There are different types of psychologists.

1. Clinical Sports Psychologists
2. Exercise Psychologists
3. Developmental Psychologists
4. Forensic Psychologists.

5. Educational Sports Psychologists.

Sport Psychology related skills :

Becoming a sports psychologist could be exciting for many psychology students, and it may be a good career choice for those with a strong interest in sports and physical activity.

Individuals interested in becoming sports psychologists should have the following skills and attributes.

1. Ability to motivate athletes
2. Interpersonal skills
3. Attention to detail and analytical skills
4. Communication and listening skills
5. Ability to work under pressure in high-stress situations.

Important Techniques in sports psychology

Sports psychologists don't just focus on what happens on the field. They examine all of the factors affecting game day performance and the athlete's well-being.

Various techniques are used in the practice of sports psychology. Below are some of the most common ideas that athletes can use to enhance performance and health.

Arousal Regulation

- Arousal regulation techniques involve the control of the overall level of neuronal activity, and thus arousal levels, in the brain. Arousal refers to how emotionally activated an athlete is before or during performance.
- Techniques for arousal regulation could include muscle relaxation, deep breathing, medication, listening to music, or mindfulness.
- The role of a sports psychologist is to assist an athlete in reaching their optimal level of arousal at which their athletic performance is maximized.

Goal Setting

- Goal setting involves planning out ways to

achieve an accomplishment and envisioning the outcome you are pursuing.

- These goals should be specific, measurable, attainable, time-based, and challenging.
- You can make outcome goals, performance goals, or process goals.

Imagery :

- Imagery refers to using multiple senses to create mental images of experiences in your mind.
- Athletes use imagery to practice activating the muscles associated with an action, recognizing patterns in activities and performance, making mental recreations of an event or game, or visualizing correcting a mistake or doing something properly.

Pre-Performance Routines :

- A pre-performance routine refers to the actions, behaviours, or methods an athlete implements before for a game or performance.
- This could include eating the same foods, putting on clothes in a particular order, listening to a specific playlist of songs, wearing specific clothing, or warming up in a particular way.
- This helps develop stability and predictability, triggering concentration and decreasing anxiety levels.

Self-Talk :

- Self-talk refers to the inner monologues, whether thoughts, words, or quotes, we say to ourselves.
- Athletes can utilize self-talk to instil optimism, improve focus, manage stress, or inspire confidence.

Progressive Muscle Relaxation :

- Progressive Muscle Relaxation is a technique within arousal regulation. It involves alternating between tensing and relaxing

target muscle groups.

- This helps with lowering blood pressure, reducing state anxiety, improving performance, and decreasing stress hormones.

Hypnosis :

- Hypnosis involves being in a state of increased attention, concentration, and suggestibility.
- Sports psychologists sometimes use this strategy to help clients control state anxiety and arousal levels.
- Most typically, though, it is used among health psychologists to help patients quit smoking.

Cognitive Behavioural Therapy (CBT) :

- CBT is a type of psychotherapeutic treatment that helps people identify and change destructive thinking patterns, emotional responses, or behaviours.
- While CBT is used by all kinds of people, athletes could especially benefit from its effects.

Biofeedback :

- Biofeedback involves using external technology to measure one's internal physiological processes such as heart rate, brain waves, or muscle tension.
- This information can be used to monitor or control these effects to maximize performance and obtain a more beneficial biological response.

Pressure and anxiety :

- Few jobs are as inherently stressful as playing professional sports. Athletes are under intense physical strain, both internal and external pressure, and can worry about losing their jobs.
- Learning to deal effectively — and still perform — under this kind of stress is challenging for any athlete.
- Ultimately, this pressure can be the cause of both anxiety and depression.

Rehabilitation

- Injuries are hard enough to deal with when your entire career doesn't ride on your physical well-being. For athletes, they have to contend with the fear of potentially having to end their careers due to getting hurt.
- Sport psychologists help athletes cultivate learned optimism and motivation as they recover. This not only aids rehabilitation but also ensures that they're less likely to re-injure themselves by rushing back to the field.

Attention and focus :

An athlete has to be able to tune out timers, teammates, the crowd, and their inner critic. They can't afford distractions, whether they're in practice or playing in the Superbowl. A lack of attention could cost them the game, the match, or even lead to injury.

Teamwork and motivation :

Many competitive sports involve playing as part of a team. So sports psychologists help athletes develop interpersonal relationships, increase energy and motivation, and mediate conflicts. Building these connections is an essential part of mental fitness.

Benefits of Sports Psychology :

Sports psychology can have a powerful impact on your athletic performance, your interpersonal skills, and your overall mental health. Here are some of the key benefits of sports psychology:

- Goal Setting.
- Team Building.
- Improved Focus.
- Increased Confidence.
- Reduced Risk of Burnout.
- Better Stress Management.
- Better Mental Health Overall.
- Improved Athletic Performance.

Conclusion :

The popularity of sport psychology, both as

an academic discipline and an applied practice, has grown substantially over the past two decades. Few within the realm of competitive athletics would argue with the importance of being mentally prepared prior to an athletic competition as well as the need to maintain that particular mindset during a competitive contest. Nevertheless, recent research has shown that many athletes, coaches, and sporting administrators are still quite reluctant to seek out the services of a qualified sport psychologist, even if they believe it could help. One of the primary reasons for this hesitation appears to be a lack of understanding about the process and the mechanisms by which these mental skills affect performance. Unlike the "harder sciences" of sport physiology and biochemistry where athletes can see the tangible results in themselves or other athletes (e.g., he or she lifted weights, developed larger muscles, and is now stronger/faster as a result), the unfamiliar and often esoteric nature of sport psychology appears to be impeding a large number of athletes from soliciting

these important services. As such, the purpose of this article is to provide the reader with a simple framework depicting how mental skills training translates into improved within competition performance.

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Sports Athletes & Doping

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Abstract :

Doping is widely known as the use of banned substances and practices by athletes in an attempt to improve sporting performances. The term doping likely derives from "dope", an ancient expression referred to a primitive alcoholic drink that was used as a stimulant in South African ceremonial dances; gradually, the term was extended and finally adopted his current significance. There are at least two essential reasons to support the fight against doping: the potential harmful effects on athletes and the depth corruption of the fair competition. An exhaustive list of banned substances and methods has been drawn by the International Olympic Committee and further accepted by other International Sport Authorities and Federations. This list, regularly updated, is basically divided into doping substances (stimulants, narcotic analgesics, anabolic agents, diuretics, peptide and glycoprotein hormones and analogues), doping methods (blood doping, pharmacological, chemical and physical manipulation) and drugs subjected to certain restrictions (alcohol, marijuana, local anesthetics, corticosteroids and beta-blockers). Although there might be some medical conditions, which could legitimate the need of these substances or methods, there is no place for their use in sport. Thus, an athlete's consume of any of these substances or methods will result in disqualification. Aim of the present review is to provide a synthetic description of both the desirable effects and the potentially harmful consequences of the use of some of the major doping substances and methods.

Keyword : Doping, Sports, Wada, Supplements, Steroids.

Introduction:

The desire to increase their own physical performance in order to obtain better results in sports led athletes to seek alternative method to train hard (Mazzeo, 2016) for a long time individuals have tried to improve in artificial way their physical performances. Man has always tried to improve his physical performance by any method legal of illegal, healthy or harmful to health. The reasons of these attempts are various and they are changed over time from to get best results in the hunting to obtain profit in fact best performance mean, great eating's furthermore it involves athletics friend and relatives medical staff managers chemists, biologists and pharmacists, pharmaceutical industries, clandestine laboratories and criminal organizations . Therefore drugs abuse is one of the biggest problems in sports. In elite athletics, it involves the repeated and excessive use of substance to realize a certain effect. Furthermore the desire to enhance their physical abilities did not even spare the disabled athletes. Doping has ancient origins probably it would have the same age of sport phenomenon as from the moment in which individuals began to practice physical activity in competition with others, in fact they have sought to improve their own performance by taking mixtures of various types of plants.

Doping :

Although attempts to enhance athletic performance are probably much older, the word "Doping" was first mentioned in 1889 in an English dictionary. It described originally a mixed remedy containing opium, which was used to dope horses.

Attempts of Doping :

According to report of Philostratos and Galen, various remedies were used to enhance athletic performance as early as the end of the third century bc (Burstin 1963). Chinese physicians recommended the use of Ma Huang an extract from the plant Ephedra to increase performance over 5000 years ago. When this drugs was usually used to suppress coughing and to stimulate circulation (Abourashed et al. 2003) The Indian physician sutruta recommended the eating of testicles before battles obviously with the same aim (Chinery 1983) Hallucinogenic mushrooms were taken in the third century bc to enhance performance during Olympic competitions, which were held between 776 bc and 393 ad (Burstin 1963, Prokop 1970 Hanley 1983 Critically considered, the materials available at that time may probably be categorized between nutrients or nutritional supplements like eggs, meat blood and real drug like substance with objectively expected activity like bull testicles or alcoholic beverages with their nevertheless two edged effect on performance. This antique doping was strictly prohibited by the rules of the classic Olympic Games, just as today. The sanction were however much more severe in the old Greek Olympics as well as in horse doping Prokop 2002 mentions that ever death penalties were given. When Emperor Theodosius abolished the ancient Games in the year 395 ad. The reasons he gave were that they had become a hotbed of cheating affronts to human dignity and doping (Dirix and Sturbois 1998).

Stimulants :

Early doping agents were mainly stimulants cocaine, caffeine, strychnine, etc. The introduction of synthetic phenyl ethylamine derivatives mainly amphetamine Benzedrine and methamphetamine Pervitin as strong acting stimulants let to their increased use in sports as well as in the military for improved vigilance. Amphetamines and analeptics central, respiratory, and psychotonic as well as several alkaloids e.g. ephedrine, strychnine, narcotics and some hormones there fore became prohibited as the first classes of doping agents.

Anabolic Agents :

Anabolic steroids came into use in sorts first as agents supporting recovery after massive stress and exhaustion, They were developed after the isolation and structural elucidation of the mother compound testosterone, the Principal male sexual hormone, in the 1930s. testosterone was first isolated as a crystallized pure substance by E. Lacqueur and coworkers in 1935.

General Anti-Doping Regulation :

In 1928 the international Amateur Athletic Federation become the first International Sports Federation to ban the use of stimulating substance (WADA 2009a) The IOC claims to have contemplated doing problems at the Olympic Games since its IOC session in 1937/1938 in Warsaw and Cairo.

Wada list of monitored substances :

Category	Moment	Substances
Stimulants	In-Competition	Bupropion, caffeine, nicotine, phenylephrine, phenylpropanolamine, pipradrol and synephrine
Narcotics	In-Competition	Hydrocodone, mitragynine, Morphine, odeine ratio, tapentadol and tramadol
Glucocorticoids others	In and out of competitions	Telmisartan, Meldonium

Prohibited Method :

Manipulation of blood and its components	administration of products containing red blood cells in the circulatory system	Increasing the amount of oxygen or its transport
Physical and chemical handling	Altering the integrity and validity of the sample collected during anti-doping control	Increasing the amount of oxygen or its transport

Genetically doping	Transfer of polymers of nucleic acids or their analogs	Use of normal or genetically modified cells
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Conclusion :

The athlete using drugs or nutritional supplements practice mainly sport where appearance as in body building competitions. These substances are more and more used by athletes not only in competitive sports but also in fitness and recreational sports. it s important to ask why athletes dope. In advance it is important to know that the prohibited substance and/ or the amount of substance prohibited constantly change.

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Recent Issues, Challenges & Career Opportunities In Physical Education & Sports

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Abstract :

Physical Education and sports is an integral part of Education. This paper highlights the broad range of career opportunities and guide people about courses in physical education and sports in India. Physical education and sports as a profession offers many types of career opportunities in different fields. Degrees, Diplomas, Certificate course in the field of physical education and sports beneficial for those, who acquired (Gulhane, 2014) these courses in different field. A career in this area can lead people to a wide range of career options (Adling, 2016) from being a part of the selected sports, health clubs, sports goods manufactures, sports marketing, commentator, sports journalism, trainer, teaching area, coaching area, publications, and many other similar options in both government and private sectors .This artical focus on professional curriculum of physical education and sports in India.

Key-words : Sports, Physical Education, Career, Courses.

Introduction:

Physical Education is the most diverse subject. Students have to study all kind of subject right from Philosophy to Information Technology. Each and every subject has the direct impact on the performance of the individuals. Physical Education provides a solid foundation preparing a individual to pursue a variety of careers, from chiropractic to teaching, from recreation leadership to athletic training, and from dance therapy to sports management. Today, Physical Education professionals have a very important role to play in the future of the health of our nation and the world.

Later this field was considered as a hobby especially in India but nowadays it is taken as a serious career option. The successful story of sports person in recent years in national and international sporting event has brought the focus to physical education & sports careers. Government of India as well as other sports bodies is encouraging people who have an interest in physical education and sports to develop their natural abilities (Mann, J., & Sharma, K.). In present scenario scope career opportunities in this field becoming wider and more inter connected with the other field. This field helps people to make body physically and mentally fit, fame and money as a career. Sportsperson and physical educator can choose career opportunity in sports marketing, coaching, sports administration, sports medicine, sports promotion and can be employed in private & public sector (Adling, 2016). Government departments and armed forces also have special recruitment drives for extra ordinary sportsman. Sports and physical education related people can setup your own business in manufacturing of sports equipment after gaining experience in this field. This field offers a handsome salary in both public and private sectors. In the field of physical education and sports number of experience is not merely matter but also the person's capability to deliver excellent performance consistently. A career in sports and physical education is a unique occupation. It is a profession by which a student/player can earn a substantial amount of money and at the same time stay fit. Apart from being a profession, sports and physical education has the potential to build character, self discipline, teamwork, sacrifice and fair play can be learned and

enhanced through sports competitions. (Killingsworth, R., J. Earp, and R. Moore. Sept.- Oct. 2003).

Presentation of Data :

A good structure of courses available in physical education and sports can help to give a push to the field. Sports and physical education institutes (NCTE) with great potential are imparting education in this field and research is also being carried out in such centers. The degree that is being provided by these institutions is recognized worldwide and accepted everywhere. These courses are running in all over Indian universities and colleges. Most of the universities in India are offering following diplomas i.e. post graduate diploma, Graduate degrees, Post graduate degrees and research programme of University Grant Commission, New Delhi in the field of physical education and sports, has been presented in Table 1 to 2.

Table 1

List of Institutions, Colleges and Universities Running Physical Education and Sports Science Courses in India

S. No.	Name of University/Institution	Place	State
1	National Sports University, Imphal	Imphal	Manipur
2	Swarnim Gujarat Sports University	Gandhinagar	Gujarat
3	TamilNadu Physical Education and Sports University, Chennai.	Chennai	T.N.
4	National academy of Sports Management, Mumbai.	Mumbai	M.S.
5	Symbiosis school of Sports Sciences Pune.	Pune	M.S.
6	Centre for Sports Science, Chennai.	Chennai	T.N.
7	Y.M.C.A college of physical education Chennai	Chennai	T.N.
8	Indira Gandhi Institute of Physical education and Sports Sciences Delhi.	Delhi	Delhi
9	Punjab university Chandigarh	Chandigarh	Chandigarh
10	Punjabi university, Patiala	Patiala	PB
11	Kurukshetra University Kurukshetra	Kurukshetra	Haryana
12	Chaudhary Ranbir Singh university Jind	Jind	Haryana

13	Chaudhary Devi Lal University Sirsa .	Sirsa	Haryana
14	Institute of Sports Science & Technology, Pune.	Pune.	M.S.
15	Lakshmbai National College of Physical Education Thiruvananthapuram	Thiruvananthapuram	Kerala
16	Lakshmbai National Institute of Physical Education Gwalior.	Gwalior.	M.P.
17	Netaji Subhas National Institute of Sports, Patiala.	Patiala.	PB
18	Annamalai University, Chennai (Tamil Nadu).	Chennai.	T.N.
19	Allahabad University, Allahabad (Uttar Pradesh).	Allahabad	U.P.
20	Andhra University, Vishakhapatnam (Andhra Pradesh).	Vishakhapatnam	A.P.
21	Banaras Hindu University, Varanasi (Uttar Pradesh).	Varanasi	U.P.
22	Jamia Millia Islamia University, New Delhi.	New Delhi .	New Delhi
23	Manipur University, Imphal (Manipur).	Imphal	Manipur
24	University of Calcutta, Calcutta (West Bengal).	Calcutta	W.B.
25	University of Hyderabad, Hyderabad (Andhra Pradesh).	Hyderabad	A.P.
26	University of Mumbai, Mumbai (Maharashtra).	Mysore	karnatka
27	University of Mysore, Mysore (Karnataka).	Pune.	M.S.
28	University of Pune, Pune (Maharashtra).	Pune.	M.S.
29	University of Rajasthan, Jaipur (Rajasthan).	Jaipur	Raj.
30	Utkal University, Bhubaneswar (Orissa).	Bhubaneswar	Oddisa
31	Visva Bharati University, Santiniketan (West Bengal).	Santiniketan	W.B.
32	College of Physical Education, Pune (Maharashtra).	Pune.	M.S.
33	Noida College of Physical Education, Noida (UP)	Noida	U.P.

Table 2

Courses of Physical Education & Sports in India

S. No.	Diploma in	P.G. Diploma in	Bachelor Degree	Master Degree	Research Degree
1	Physical Education	Sports Coaching	B.P.E.S. (Bachelor of Physical Education & Sports)	MPEd. (Master of Physical Education)	Ph.D. in Physical Education

2	Sport Coaching	Sports & Exercise Nutrition	B.P.Ed. Integrated (Bachelor of Physical Education) 4 year after 12 th	M.A. (Master of Arts-Sports Journalism and Mass Media Technology)	Ph.D. in Exercise Physiology & Nutrition
3	Sports Medicine	Sports Medicine	Bachelor of Arts in Physical Education	M.Sc., Exercise Physiology & Nutrition	Ph.D. in Sports Psychology and Sociology
4	Sports management	Sports Management	B.Sc. (Bachelor of Science-Sports Nutrition).	M.P.E.S. (Master of Physical Education and Sports)	Ph.D.in Sports Medicine
5	Sports & Exercise Nutrition	Adventure Sports Administration	B.Sc. (Bachelor of Science-Sports Coaching)	M.Sc., Sports Bio-mechanics and Kinesiology	Ph.D.in Sports Journalism and Mass Media Technology
6	Sports & Exercise Psychology	Sports Journalism and Mass Media Technology	B.A. in Sports Management	M.B.A., Sports Management	Ph.D.in Sports Biomechanics and Kinesiology
7	Sports Sciences	Sports & Exercise Psychology	B.P.Ed. (Bachelor of Physical Education) 2 year after Graduation	M.Sc. Sports Coaching	Ph.D.in Sports Management
8	Sports Photography	Fitness Management	B.Sc., Exercise Physiology & Nutrition	M.Sc., Sports Psychology and Sociology	Ph.D.in Sports Coaching
9	--	--	BBA in Sports Management	M.Tech. Sports Technology	M.Phil. in Physical Education
10	--	--	Bachelor of Management Studies in Sports Management.	Master of Sports Management	M.Phil.in Sports Biomechanics and Kinesiology
11	--	--	B.Sc. Health, Physical Education & Sports Sciences	MD Sports Medicine	M.Phil. in Sports Management
12	--	--			M.Phil.in Sports Coaching

13	--	--			M.Phil. in Sports Medicine
14	--	--	--	--	M.Phil.in Sports Journalism and Mass Media Technology
15	--	--	--	--	M.Phil.in Exercise Physiology & Nutrition
16	--	--	--	--	M.Phil.in Sports Psychology and Sociology
17	--	--	--	--	M.Phil.in Sports Technology

In present scenario, sports industry has emerged as one of the lucrative option in India. The sports and Physical Education is one of the most rewarding career options in India with lots of jobs opportunities. Sports opened up many career opportunities for young talents in India. Along with talent, strong determination, perseverance and adequate qualification required. Career in this field categorized into different ways like- Sports based, Science based, teaching based, movement based and media based (Vats Kavita, Sharma Parshant, Sharma J.P., 2015). Today there are many institutes dedicated to impart physical education and sports training in different type of sporting activities in India. Sports and physical education has evolved a full-fledged and practical career option. It is one of the largest foreign exchange earners and provides direct and indirect employment to millions of people worldwide (Mann, J., & Sharma, K.). Jobseeker can find out suitable job through Employment newspaper, advertisements through institutions as well as public service commission of concerned government website, daily publishing newspapers, social networking sites and many more, and list of the institutions, colleges, universities and other sectors has been presented in Table 3 to 9.

Table 3
Career Opportunities In Universities:

Professor in different teaching subject of physical education and sports	Associate Professor in different teaching subject of physical education and sports	Assistant Professor in different teaching subject of physical education and sports	Sports Coach in different discipline
	Deputy Director of Sports	Assistant Deputy Director Sports	Fitness Trainer
Game Organizer			

Table 4
Career Opportunities in Iits and Nits

Senior Student Activity & Sports Officer in NITs	Junior Student Activity & Sports Officer in NITs	Sports Officer in IITs	Physical Training Instructor in IITs
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Table 5
Career Opportunities in Sports Authority of India

Professor in different teaching subject of physical education and sports	Associate Professor in different teaching subject of physical education and sports	Assistant Professor in different teaching subject of physical education and sports	Sports Coach in different discipline
Director of Sports	Deputy Director of Sports	Sports Medicine Doctor	Fitness Trainer
Physiotherapist	Strength and conditioning Expert	Psychologist	Dietician

Table 6
Career Opportunities in Education and Degree Colleges

Assistant Professor in physical education and sports	Deputy Director of Sports	DPE
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Table 7
Career Opportunities in Physical Education Colleges

Professor in different teaching subject of physical education and sports	Associate Professor in different teaching subject of physical education and sports	Assistant Professor in different teaching subject of physical education and sports	Sports Coach in different discipline
--------------------------------------------------------------------------	------------------------------------------------------------------------------------	------------------------------------------------------------------------------------	--------------------------------------

Principal	Dietician	Psychologist	Fitness Trainer
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Table 8
Career Opportunities In Elementary, Sec. & Sen. Secondary Schools

Physical Training Instructor	Physical Education Teacher	PGT Physical Education	DPE
TGT Physical Education	Sports Coach		

Table 9
Career Opportunities in State Sports Department

District Sports and Youth Officer	Sports Coach in different discipline
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Table 9
Other Career Opportunities in Different Fields

Referee/ Umpire/ Game Official	Sports Clothing Designer	Sports Photographer	Gym Instructor
Sporting Good Salesperson	Sports Promoter	Sports Reporter	Sports Marketing
Sports advisor	Weight-Control Counsellor	Books Publishing sector	Sports Commentator
Sports Agent	Sports Massage Therapist	Media, Sports and Advertising Agencies	Sports Equipment manufacturing sector
Manager/ Instructor of Health Club and Fitness centre	Program director in community sports programme	Manager/ Instructor of Health Club and Fitness centre	

Conclusion :

All the above are the important bright career positions after having the sports and physical education related qualification. Students can choose their field of interest. A career in sports and physical education is a unique occupation. It is a profession by which a student/player/sports professional can earn a substantial amount of money and at the same time stay fit. Apart from being a profession, sports and physical education has the potential to build character, self discipline,

teamwork, sacrifice and fair play can be learned and enhanced through sports competitions. Even no steps have been taken by our Govt. to provide the facilities and opportunities to the students in the context of career in physical education and sports. Moreover India has the great policy in sports but no have proper implementation. So this is the time to review once again for making a proper policy of the sports and physical education to uplift the standard of the physical education and sports in the country to strengthen the sports culture as well as the providing the career opportunities for the betterment of sports personalities and physical education professionals. We have to restructure our curriculums in sports and physical education, excellent research facilities to be provided to the physical education & sports scientists, formulation and proper implementation of the policies are important matter for contemplation. So we can provide better career opportunities to sports and physical education professionals.

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खेल व्यायाम आणि शारीरिक सुद्धता

डॉ. चंद्रशेखर बाबासाहेब कडू

संचालक शारीरिक शिक्षण विभाग
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प्रस्तावना :

खेल आणि व्यायाम एका नाण्याच्या दोन बाजू आहे. कारण खेल खेलणे म्हणजेच शारीरिक व्यायाम होय. खेलामुळे शारीरिक, मानसिक तसेच बौद्धिक व्यायाम होतो. खेल अनेक प्रकारे खेलल्या जाते. त्यामुळे व्यायाम मात्र निश्चित आहे. खेलामध्ये मैदानी, वैयक्तिक, सामुहिक बैठे खेल, बौद्धिक खेल, साहित्यासोबत खेल, साहित्याविना खेल अशा अनेक प्रकारचे खेल खेलल्या जाते. त्यामुळे शारीरिक, मानसिक व बौद्धिक व्यायामासोबतच विकास सुद्धा साधल्या जातो. आणि याचा संपूर्ण परिणाम हा आरोग्यावर पडतो, ज्यामुळे शरिराची योग्य हालचाल होवून कार्यात वाढते आणि शरीर हे सुदृढ बनते व शारीरिक, मानसिक व बौद्धिक विकास घडून येते.

खेल :

शारीरिक हालचाली करणे, कवायत करणे, मनोरंजनासाठी खेल खेलणे, इत्यादी व्यक्ती आपल्या रिकाम्या वेळेत करित असतो. या खेलामधून त्याला आनंद मिळतो. म्हणून खेलाला व्यक्ती जीवनाचा एक घटक बनवितो व्यक्ती किंवा खेलाला आपल्याला अवगत असलेले शारीरिक कौशल्य एका विशिष्ट ठिकाणी सराव करून प्रदर्शित करतो आणि आपल्या ध्येयाची प्राप्ती करतो. या संपूर्ण प्रक्रियेला खेल म्हटल्या गेले आहे. खेल म्हणजे जीवनावश्यक गरजा भागवून जादा वेळेत केलेली एच्छिक कृती आहे, खेल्याचे दुसरे लक्षण म्हणजे ज्यात सक्ती नसते, स्वेच्छा असते, आनंद असतो इत्यादी खेलता खेलता शारीरिक कृती करण्याच्या प्रयत्नाने व धडपडीमुळे विविध शारीरिक क्षमतांचा विकास होतो त्यामध्ये शारीरिक, मानसिक, भावनीक सामाजिक, सांस्कृतिक व शैक्षणिक दृष्ट्या विकास घडून येतो.

खेळाडू आपल्या खेल्याद्वारे समान शारीरिक क्षमतेचे साधारण एकाच प्रकारचे कौशल्य अवगत केलेले असतात. किंवा एकाच खेलामध्ये आपली प्रगती साधू शकते. फक्त काही वयामध्ये मोजकेच खेलाला आपल्या कल्पनेपेक्षा प्रचंड यश मिळवून मानवीय

शक्ती पलिकडील कामे क्षणार्थात करून जातात. तेव्हा सहाजिक लक्षात येते यामध्ये शारीरिक कौशल्यापेक्षा अधिक काही नाही. खेलाला खेल खेलतो म्हणजे तो केवळ शारीरिक अनुभव नसतो. तर मानसिक एकाग्रता, भावनिक, स्थिरता त्या विशेष क्रिडा प्रकारास पूरक एवढीच कृती आत्मसाद करणे हा मानसिक, भावनिक, वैचारिक अनुभव जगतो. या चा एकत्रित परिणाम म्हणजे एक विशिष्ट प्रकारचे खेल व त्यामधले कौशल्य होय जे खेलाला रूपाने आपल्या पर्यंत पोहोचविल्या जाते.

खेळाचे महत्त्व :

व्यक्तीच्या विकासामध्ये खेलाला फार महत्त्वाचे स्थान आहे. त्यामुळे खेल्याचा शारीरिक, मानसिक, भावनिक, सामाजिक, सांस्कृतिक व शैक्षणिकदृष्ट्या विचार केल्या जातो.

१. खेल्याचे शारीरिक महत्त्व :

शारीरिक हालचाल आणि घटक एक दुसऱ्या शिवाय अशक्य बाब आहे. म्हणून खेल खेल्याचे म्हटले शारीरिक हालचाल ही होणारच त्यामुळे स्नायुचे आकुंचन व प्रसरणाने आपण विविध शारीरिक हालचाली करतो. सांध्याच्या स्नायुच्या विविध कार्यशतीवर खेलामुळे नियंत्रण येते. ज्या मुलांना बालवयात मुक्त शारीरिक हालचाली करण्याची पुरेशी संधी मिळत नाही त्यांचा व मानसिक विकास चांगल्या प्रकारे होत नाही असे पियाजे म्हणतात. हालचाल करण्यास सांधे व स्नायु यांना प्राणवायु गरज असते. जे स्तामार्फत पूरविल्या जाते. त्यामुळे शरीरातील सर्व स्नायु व सर्व संस्था मजबूत बनतात. ही बाब खेलामुळे शक्य आहे.

२. खेल्याचे मानसिक महत्त्व :

जेम्स रॉस या मानसशास्त्रीयदृष्ट्या खेल ही उत्स्फूर्त आनंददायक नवनिर्माण सर्वोत्तम अविष्कार करणारी स्वाभाविक कृती आहे मग वाळूत पारणे असो किंवा

उभ्याच्या झाकणांना तीन तीन भोके पाडून तराजू बनवून दुकान दुकान खेळणे असो. बालकाची परस्पर देवाणपण मैत्रीची नाती चालून त्याचे रोखे सहन हत्या त्याच्या भावनिक विकासासाठी चांगला उपयोग होता. आणि हाच विकास जसजसे त्याचे खेळामध्ये कौशल्य विकसीत होत जाईल सोबतच मानसिक विकास सुद्धा होत जाईल.

खेळ आणि सामाजिक विकास :

व्यक्ती आपल्या जीवनाच्या दैनंदिन गरजा भागविण्यासाठी इतरांवर अवलंबून राहतो त्याच वेळी आर्थिक स्वातंत्र्य घराच्या रचनेमुळे व्यक्ती उलट स्वकेंद्रीत होतो. म्हणजेच मी आणि माझा सेल्फ कनेक्टेटेड ब्लॉक एवढ्यात त्याच्या मनाची परिच-आफ्नालेली असते, याउलट मात्र या गोलापासून स्वतःच्या प्रयत्नले नेलेला फुटबॉल पलिकडील गोलात मारण्याचे सहकार्य, सामुहिक प्रयत्नाचे सतत शिक्षण दिले जाते. गोल एकाने जरी भारता तरी या मात्र सर्व संघाचे यामुळे सामाजिकतेच्या सर्वात मोठा विकास घडून येतो. अशा प्रकारच्या वैयक्तिक खेळामुळे समाजामधील सर्वात मोठी अडळ म्हणजे व्यक्तीचा अहमभाव नाहिसा होऊन सद्भावना व सामाजिकतेचा विकास होतो.

व्यायाम :

शारीरिक श्रम म्हणजे व्यायाम नसून मन आणि शरीर यांचे संतुलन ठेवून केले जाणारे श्रम म्हणजे व्यापान होय. ज्यामुळे शरीरामध्ये स्फूर्ती, प्रेरण, बल यांचा विकास होतो. व्यायामामुळे शरीरामध्ये थकवा व भारीपणा निर्माण होतो. मात्र व्यायामाच्या नियमीत सरावामुळे उत्साह, उल्हास आणि आत्मचेतना सुद्धा निर्माण होते. व्यायाम एक प्रकारचा सुखद परिश्रम आहे. ज्यामुळे संघटन आणि सुशासनाची भावना निर्माण होते, विद्यार्थी आपल्या विद्यालयामध्ये खाली वेळेमध्ये क्रिकेट, हालीबॉल, फुटबॉल, बॅटमिंटन, पेस, कॅरम, यासारखे विविध मनोरंजन खेळ खेळतात. आणि खेळ संपल्यानंतर त्यावे -चेहरे अगदी खुलून जातात. मन प्रसहोते आणि शरीर हलके होते. खेळ हा एक प्रकारचा शारीरिक व्यायाम आहे आणि तो खेळ संपल्या नंतर अनुभवाला मिळतो. खेळामुळे शारीरिक कार्यक्षमता मात्र निश्चित वाढते, सोमन स्फूर्ती वाढून कार्य करण्याची शक्ती वाढते. अर्थात हृदय, फुफुस, मांसपेशी इत्यादी अवयव नियमित रूपाने कार्य करतात

क्रीडा शास्त्राच्या विवेचनाच्या संदर्भात व्यायाम या संज्ञेला फार महत्त्व आहे. व्यायामाचा परंपरागत कार्य म्हणजे बलदंड !

विदेशातील हरक्युलस काय किंवा आपल्याकडील भिम कृत्य संकल्पना एकच विविध कसरती करावयाच्या म्हणजेच हजार जोर दंड घालायचे, भरपूर खायचे, भरपूर विश्रांती घ्यायची इत्यादी. आपल्या देशात पूर्वीच्या काळामध्ये तालिम, आखाडे, यामध्ये शेकडो पैलवाल आपले कर्तव्य दाखविण्यासाठी उत्साहित राहत होते. त्यांच्यानुसार व्यायामाचा परंपरागत असा अर्थ लावतात की, भरपूर जोर दंड घालणारे आणि भरपूर खाऊन पचविणारे उत्तम कर्तबगार मानल्या जात होते. मात्र शारीरिक शिक्षणाच्या दृष्टीने व्यायामाची कल्पना अधिक विकसित व शास्त्रीय स्वरूपात मांडली आहे. व्यायामाचे सुरुवातीला शास्त्रीय दृष्टीने प्रथम उद्दिष्टे ठरविले जातात, उदा. व्यायाम कशासाठी हवा आहे. ? केवळ शरीर सुंदर दिसण्यासाठी का ? अधिकतम वजन उचलण्यासाठी की विशिष्ट क्रिडा प्रकारात प्राविश्य प्राप्त केल्यासाठी ? किंवा आपले दैनंदिन आरोग्य चांगले राहावे म्हणून अथवा प्रकारे व्यायामाचे निरनिराळे उद्दिष्ट ठरविले जातात शारीरिक शिक्षणात शरीराच्या विविध घटकांचे, स्नायु समुहाचे वर्गीकरण करून शारीरिक हालचालीमुळे एकूण संपूर्ण शरीरावर काय परिणाम होतो याचा विचार केल्या जातो. शरीराच्या विविध संस्थावर काय परिणाम होतो हे लक्षात घेवून व्यायाम प्रकाराची मांडणी केली जाते.

शारीरिक सुदृढता :

विविध खेळासाठी त्यातील उस यश प्राप्तीसाठी विविध मूलभूत आरोग्यकारकाः शारीरिक सुदृढतेची आवश्यकता असते शारीरिक सुदृढतेचा अर्थ व्यक्ती किंवा खेळू आपल्या कार्यामध्ये न दमता, न थकता उत्साहाने कार्य पूर्ण करतो किंवा खेडाळू आपल्या खेळामध्ये कौशल्य प्राप्त करू शकतो. म्हणजेच सुदृढ आरोग्य होय. सोबतच सर्वसामान्य लोक आपले दैनंदिन कार्य उत्साहाने करतात, त्यांची रोगप्रतिकारक शक्ती वाढते. से अधिक आनंदाने राहतात, शारीरिक शिक्षणाच्या क्षेत्रात विविध कारक कौशल्ये यांचा उपयोग केल्या जातो.

शारीरिक सुदृढतेचे प्रमुख घटक :

१. सांध्याची हालचाल :

निरनिराळे स्नायु यांच्या सहाय्याने विविध दिशांना जास्तीत जास्त वळविण्याची क्षमता, स्नायुची लांबी, अस्थीबंधन, स्नायुबंधन, यावर लवचिकता अवलंबून असते जी नियमित खेळ व व्यायामामुळे पश्चिमोत्तासन, भुजगासन यामुळे शरीराचे सांधे जास्तीत जास्त ताणले जाऊ शकते ज्याचा फायदा जिमनास्टीक, मलखाद, योगासने या किडा प्रकारात

विकसित होते.

२. स्नायुची शक्ती :

एखादे कार्य अनेकदा व दिर्घ काळ करण्याचे स्नायुची क्षमता जोर बैठका काढणे, वजन चालणे इत्यादी कार्यामुळे स्नायुची क्षमता वाढते. ताकद एखादे कार्यविशेषापर्यंत पापरणारी म्हणजे पाप क्षेप. पीनियन व खेळामुळे व संतुलीत आहाराने खेडाळूच्या शरीरात निर्माण होते. एखाद्या व्यक्तीला क्रिडामध्ये भाग घ्यायचा नसेल किंवा कुठे क्रिडा शिक्षण प्रशिक्षण घ्यायचे किंवा घ्यायचे नसेल तरी सुद्धा रोजच्या दैनंदिन कार्यात, समाजात आपले शरीर सुदृढ, निरोगी, डौलदार दिसावे यासाठी प्रमाणबद्ध शरीररचनेची आवश्यकता असते. जी खेळ आणि व्यायामामुळे शक्य आहे.

निष्कर्ष :

खेळ व्यायाम आणि शारीरिक सुदृढता हे एक दुसऱ्याचे

अविभाज्य घटक आहे. क्रीडा शास्त्रामध्ये कोणतेही ध्येय पूर्ण करायचे असेल किंवा खेळामध्ये कौशल्य प्राप्त करायचे असल्यास सर्वप्रथम खेळ निवड नंतर त्याला पूरक असलेला व्यायाम प्रकार आणि या दोन्ही क्रियेमुळे सुदृढ शरीराची निर्मिती सहज शक्य आहे. मात्र त्यामध्ये नियमितता असणे आवश्यक आहे.

संदर्भ :

१. प्र. म. आलेगांवकर - प्रगत किडा मानसशास्त्र, ऋतुपर्ण अनिरुद्ध कुलकर्णी, कॅटीनेटर प्रकाशन विजयानगर, पुणे ४११०३०
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Dr. Sagar Pralhadrao Narkhede, presently working as Director of Physical Education & Sports at Saraswati Arts College, Dahihada, Tq. Dist. Akola affiliated to S.G.B. Amravati University, Amravati Since 2009. He has done M.A., M.P.Ed., M.Phil, PH.D., NET, SET, N.I.S., D.J.. He has received Maharashtra Guru Gaurav Award, Adarsh Teacher Award & Best Sports Sanghatak Award by Government of Maharashtra. He has also received Dr. G. P. Gautam Award for Best Physical Education Teacher from Physical Education Foundation of India, New Delhi. Besides, he has published 44 Research Papers out of which 19 are published at International level. He has also published one book. He is recognized as Research Guide in Physical Education. He has work as a Organizing Committee Member & Official in various tournaments. He has acted as Chairperson & Resource Persons at various conferences & seminars. He has also performed duties as Coach, Manager and Member of Selection Committee in various level tournaments. Under his Coaching Indian Handball Team Has Won Gold Medal against Pakistan at Faisalabad, Pakistan.

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