

## **Unit - 1**

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### **Changing Trends And Career in Physical Education**

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- 1.1 Meaning and Definition Physical Education
- 1.2 Aim and Objectives of Physical Education
- 1.3 Career Options in Physical Education
- 1.4 Competitions in Various Sports at National and International Level
- 1.5 Khelo India Programme.

## **I.1 Meaning and Definition of Physical Education**

Physical Education is composed of two words 'Physical' means body and 'Education' means modification of behaviour thus means Education through the medium of physical Activities. It aims on overall development of human being through participating in various games and sports activities. Modern Physical Education was started in 18<sup>th</sup> century in Germany. Where Physical Education was an integral part of School Curriculum, Since then many changes have taken place and various aspects have emerged with time.

### **I.1 Definitions of Physical Education:**

In fact the basis of physical education is difficult and very broad with changing time, its meaning also kept changing. Following time, its meaning: According to Charles A Bucher, "physical education is an integral part of total education process and has its aim in the development of physically, mentally, emotionally and socially fit citizens through the medium of physical activities which have been selected with a view to realize these out comes."

"Physical education is the sum of changes in the individual caused by experience which can bring in motor activity."

### **I.2 Aims and objectives of Physical Education :**

Physical education has been defined in different ways by experts and institutes in this field. These are as follows:

"Physical education is that phase of education which deals with big muscle activities and their related responses." —**J.B. Nash**

"Physical education is that phase of education which is concerned, first, with the organisation and leadership of children, in big muscle activities, to gain the development and adjustment inherent in the activities according to social standards, and second, with the control of health or growth conditions naturally associated with the leadership of the activities so that the educational process may go on without growth handicaps." —**Clark W. Hetherington**

**"Physical education is an integral part of the total educational process and has as its aim the development of physically, mentally, emotionally, and socially fit citizens through the medium of physical activities which have been**

selected with view to realising these outcomes.”

**Charles A. Bucher**

“Physical education is education through physical activities for the development of the total personality of the child to its fullness and perfection in body, mind and spirit.” —**Central Advisory Board of Physical Education and Recreation**

## **I.2 Aim and Objectives of Physical Education:**

Aim is the ultimate one, *i.e.*, all-round development of an individual. The means and ways we adopt to achieve our aim are called objectives and those are:

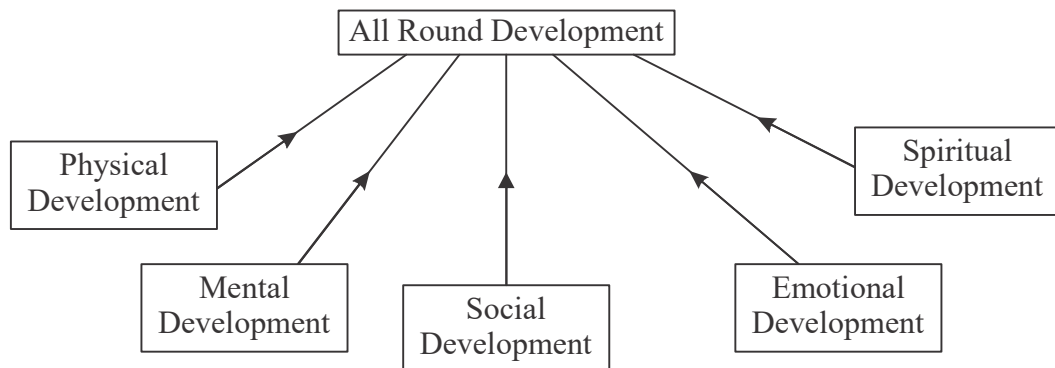
Physical development

Mental development

Social development

Emotional development

Spiritual development



**Fig. Aim and Objectives of Physical Education**

### **Objectives :**

- 1. Physical Development:** The main objective of physical education is physical development. Physical education is related to several physical activities. When we do any physical activity, it effects our different body systems— blood circulation, respiratory system, muscular system, digestive system, etc. It results in the development of the size and shape of organs. It is helpful to make body healthy and strong. If our body systems are fine and healthy, only then we shall be able to do our work efficiently and be safe from several disease like high blood pressure,

diabetes, obesity and arthritis. For e.g., Running increases the heart rate which helps the blood to flow efficiently through the whole body.

2. **Mental Development:** This objective is related to mental development. There should be some activities in physical education which keep our brain alert and concentrated. Now-a-days, physical education is not related to physical exercises only but it also includes rules of game, principles, structures of body, personal cleanliness, etc. These physical activities sharpen the brain. By taking part in physical activities a person learn to tackle various situations. During sport many situations occur in which player takes his/her self-decision. So, this results in their mental development and decreases the stress level.
3. **Social Development:** This objective of physical education is related to social skills which are helpful in coordination. During a competition, players of different region come together on single platform. So, they learn cooperation, support, respect, good sportsmanship, etc. through these skills, players can make their nation healthy and strong.
4. **Emotional Development:** The objective of physical education is to make an individual emotionally develop through physical activity. A man is endowed with different emotions like happiness, jealousy hope, despair, joy, fear, loneliness, weal and woe, etc, If they do not control these emotions, thes there will be no place for them in the society, which can be harmful for them. Physical education programme develop these emotions and teach us to control them.
5. **Spiritual Development:** The objective of physical education for an individual is to reflect time to evaluate their experiences to allow them to build a positive mindset and promote progression.

### **I.3 Career Options in Physical Education**

The opportunities in the field of physical education were teaching and training only till 1990. There are ample employment opportunities for people in the field of physical education due to increase in interest towards training and increase in number of activites. Ther are two types of career options in physical education. The first kind is related to teaching and training of physical education. These are called traditional careers also. The second kind is related to the careers when emerge out of it related to health, management, sports performance and media. Their descriptions are as follow:

1. In Teaching Sector	2. In Training Sector (Coaching)	3. In Health/Fitness related Sector	4. In Performance related Sector	5. In Media Sector
• At Primary level	• In Schools, Colleges, University	• Sports Fitness Trainer • Sports Medicine • Sports Dietician	• Professional Players	• Sports Journalism • Book Author
• At Middle	• In Various Sports Institution	• Sport Psychology	• Sports Planning Officer	• Sports Photography
• At Secondary level	• Industrial Recreation	• Sport Nutritionist	• Sports Management	• Sports Broadcasting
• At College and University level	• Sports Facility Management	• In Gyms as Athletic Trainer	• Recreational Sport Management	• Sports advertising (Sports equipments marketing)
• Teaching at other Professional Institution	• Administration	• Health/Fitness Industry	• Performance	• Sports Industry

## Competition in Various Sports at National and International Level

### Introduction

India is home to a diverse population playing many different sports. Field Hockey is the most successful sports for India at Olympics in which India has won eight Olympic gold medals. Cricket is most popular sport in India. Kabaddi is most popular indigenous sport in the country. Other popular sports in India are Athletics, Badminton, Judo, Football, Basketball, Chess, Shooting, Wrestling, Boxing, Tennis, Squash, Weightlifting, Gymnastics and Table-Tennis. Some indigenous sports like Kho-Kho and Kabaddi are very popular. Some other sports were originated in India Such as Chess, Leg Cricket, Snooker. etc. are also very popular.

The National Games of India is a national domestic sports event organisation which has been held in the country since 1924 and for developing multi-sports culture in India. Khelo India School Games, an event for Under-17 School Kids, had been started from 2018 as its first edition.

Political responsibility for sport in India is with the Ministry of Youth Affairs and Sports, which is headed by a cabinet minister and managed by National Sports Federations. The only major exception is the BCCI which is the administrative body of Cricket but not a NSF. Presently, there are more than 70 recognised National Sports Federations (NSF).

Sport Authority of India, the field arm of the ministry, supports and nurtures talent in youth and provides them with requisite infrastructure, equipment, coaching, facilities and competition exposure. Sir Dorabji Tata with the support of Dr. A.G. Noehren established the Indian Olympic Association (IOA) in 1927. IOA is responsible for the Indian continents participation in the Olympic Games, Commonwealth Games, Asian Games and South Asian Federation Games. Each Olympic and Non-Olympic Sport has a federation at the national level.

### **Major Responsibilities of National Federations**

1. To Select the National Teams.
2. To recommend the Indian Olympic Association (IOA) for official sponsorship.
3. To participate in games conducted under the auspicious of the International Olympic Committee (IOC), Olympic Council of Asia (OCA), Commonwealth Games Federation (CGF) and South Asian Games (SAG) Federation
4. To supervise the conduct of State Associations under them.
5. To promote the sport and maintain the decorum of the game.
6. To ensure coordination among state sports.
7. To prepare budget for respective sports.
8. To recommend the names for awards like Rajiv Gandhi Khel Ratna Award, Arjuna Award and Dronacharya Award for excellence in sports.
9. To elect the governing body at regular period.
10. To follow the latest rules of international federations.

### **List of International Competitions**

In the sport of athletics. international competitions between national teams can be distinguished into four main types:

- Multi-sports events, commonly referred to as Games, where athletics events form part of wider sporting programme.
- World championships. the primary competitions where all nations may compete.

S.No.	Name of Game	Governing Body	Prominant Players	Major Competitions
1.	Archery	Archery Association of India (AAI) Established In : 1973 Current President : B.V.P. Rao Headquarter : New Delhi	<ul style="list-style-type: none"> <li>• Sanjeeva Kumar Singh</li> <li>• Limba Ram • Deepika Kumari</li> <li>• Atanu • Dola Banerjee</li> <li>• Rahul Banerjee</li> </ul>	Olympics, world championship commonwealth Games, Asian Games SAF Games National Games, khelo India, AU india NTERU hiveisty
2.	Athletics	Athletics Federation of India (AFI) Established in : 1946 Current President : Mr. Rdille Sumariwalla Headquarter : New Delhi	<ul style="list-style-type: none"> <li>• Sanjeeva Kumar Singh</li> <li>• Milka Singh • Shiny Abraham</li> <li>• P.T. Usha • Jinson Johnson</li> <li>• Anju Bobby George</li> <li>• Tintu Lukka • Dutee Chand</li> <li>• Neeraj Chopra</li> </ul>	Olympics, W.C., CWG, Asian Games SAF Games, National Games K.I.G. All India inter University
3.	Basketball	Basketball Federation India (BFI) Established In : 1950 Current President : K. Govindraj Headquarter : New Delhi	<ul style="list-style-type: none"> <li>• Satnam Singh • Amritpal Singh</li> <li>• Yadhvinder Singh</li> <li>• Geethu Anna Jose</li> <li>• Akhanksha • Prashanti Singh</li> </ul>	World championships. NBA American leagues European leagues olympics, CWG, Asim Games Nodionet Games, Khelo India, AIU
4.	Badminton	Badminton Association of India (BAI) Established In : 1934 Current President : Himanta Biswa Sarma Headquarter : New Delhi	<ul style="list-style-type: none"> <li>• Saina Nehwal • Syed Modi</li> <li>• P.V. Sindhu • Chetan Anand</li> <li>• Pullela Gopichand</li> <li>• Aparna Papat</li> <li>• Prakash Padukone</li> <li>• Srikanth Kidambi • Jwala Gutta</li> <li>• Ashwini Ponappa</li> <li>• Parupalli Kashyap</li> </ul>	Olympics, world Ranking tournaments, Asian Cwg, SAF, Premier Badminton league All India, Thomas cup, Uber cup (wonen) Sudirum an cip (Mix Teams).

5.	Boxing	Boxing Federation India (BFI) Established In : 1925 Current President : Ajay Singh Headquarter : New Delhi	<ul style="list-style-type: none"> <li>• Vjender Singh</li> <li>• Mary Kom</li> <li>• Akhil Kumar</li> <li>• Hawa Singh</li> <li>• Vikas Krishan Yadav</li> <li>• Pinki Rani</li> <li>• Manish Kaushik</li> </ul>	Olympics, W.C., Asian Games, Amateur Boxing championship, SAF CWG, National Golden Gloves Championships
6.	Football	All India Football Federation (AIFF) Established In : 1937 Current President : Praful Patel Headquarter : New Delhi	<ul style="list-style-type: none"> <li>• Sunil Cheetri</li> <li>• Bhaichung Bhulia</li> <li>• I.M. Vijayan</li> <li>• Aditi Chauhan</li> <li>• Oinam Bembem Devi</li> </ul>	FIFA World Cup, FIFA confederation cup UFAA Championship, Asian cup, Santosh Trophy
7.	Gymnastics	Gymnastics Federation of India (GFI) Established In : 1952 Current President : Narender Batra Headquarter : New Delhi	<ul style="list-style-type: none"> <li>• Dipa Karmakar</li> <li>• Ashish Kumar</li> </ul>	Olympics world championships Asian Games. CWG. SAFG, Pacific Rim Championship, PAN AMERICAN Champion KIG, National
8.	Hockey	Indian Hockey Federation (IHF) Established In : 1928 Current President : Mohd. Mushtaque Ahmad Headquarter : New Delhi	<ul style="list-style-type: none"> <li>• Dhyan Chand</li> <li>• Savita Punia</li> <li>• Dhanraj Pillay</li> <li>• Rani Rampal</li> <li>• Sandeep Singh</li> <li>• Sardar Singh</li> <li>• Dilip Tirkey</li> <li>• Mandeep Singh</li> </ul>	Olympics, world championship Asian Cup SAFG, CWG, Beighton CUP, AGA KHAN CUP marugappa gold hockey cup, Nehru cup Halicl kheyo india lague
9.	Judo	Judo Federation of India (IFI) Established In : 1965 Current President : Pratap Singh Bajwa Headquarter : New Delhi	<ul style="list-style-type: none"> <li>• Cawas Billirmoria</li> <li>• Akram Shah</li> <li>• Garima Chaudhary</li> <li>• Sandep Byala</li> <li>• Tombi Devi</li> <li>• Navjot Chana</li> <li>• Sushila Likmabam</li> </ul>	Olympics, world Games, SAFG, CWG, Asian Games European Judo Championship, Judo Grand prix, PAN AMERICAN UDO CHAMPIONSH



10.	Kabaddi	Amature Kabaddi Federation of India (AKFI) Established In : 1937 Current President : Birendia Piasad Baishya Headquarter : New Delhi	<ul style="list-style-type: none"> <li>• Anup Kumar</li> <li>• Abhिलाsha Ma</li> <li>• Karnam Maheshwari</li> <li>• Kunjurani Devi</li> <li>• Poonam Yadav</li> <li>• Satish Shivalingam</li> <li>• Vikas Thakur</li> <li>• Gurdeep Singh</li> <li>• Ravi Kumar</li> </ul>	Asian Games, Kabaddi world cups, Pro kabaddi league, federation cups, National Games K.I. Games
11.	Kho-Kho	Kho-Kho Federation of India (KKFI) Established in : 1959-60 Current President : Rajeev Mehta Headquarter : New Delhi	<ul style="list-style-type: none"> <li>• Satish Rai</li> <li>• Sarika kale</li> <li>• Pankaj Malhotra</li> <li>• Mandakini Majhi</li> <li>• Praveen Kumar</li> <li>• Shabeer Bapu</li> </ul>	National Championship, Nehru gold cup federation cup
12.	Shooting	National Rifle Association of India (NRAI) Established in : 1951 Current President : Sh. Ravinder Singh Headquarter : New Delhi	<ul style="list-style-type: none"> <li>• Rajyavardhan Singh Rathod</li> <li>• Abhinav Bindra</li> <li>• Jitu Rai</li> <li>• Apurvi Chandel</li> <li>• Jaspal Rana</li> <li>• Gagan Narang</li> <li>• Manu Bhakat</li> <li>• Heena Sandhu</li> </ul>	Olympics, world championships, Asian Games, CWG, SAF Games, National Games, Khelo India Games
13.	Wrestling Games, KIG	Wrestling Federation of India (WFI) Established in : Current President : Brij Bhushan Sharan Singh Headquarter : New Delhi	<ul style="list-style-type: none"> <li>• Yogeshwar Dutt</li> <li>• Babita Phogat</li> <li>• Sushil Kumar</li> <li>• Bajrang Poonia</li> <li>• Pooja Dhanda</li> <li>• Vinesh Phogat</li> <li>• Geeta Phogat</li> <li>• Dara Singh</li> </ul>	Olympics, World Championships Asian Games, CWG, SAF Games • Sakshi Malik Federation Cup, National
14.	Volleyball	Volleyball Established in : 1951 Current President : S. Vasudevan Headquarter : Bangalore	<ul style="list-style-type: none"> <li>• Jimmi George</li> <li>• Gurinder Singh</li> <li>• G.E. Sridharan</li> <li>• A. Ramana Rao</li> <li>• Tom Joseph</li> <li>• Shyam Sundar Rao</li> <li>• Nirmal Saini</li> </ul>	Olympics, World Championship, Asian Games, CWG, SAF Games, Federation Cup, National Games, KIG
15.	Weightlifting	Indian Weightlifting Federation (IWLF) Established in : 1935 Current President : Bijendra Prasad Baishya Headquarter : New Delhi	<ul style="list-style-type: none"> <li>• S. Mitabai Chanu</li> <li>• Sanjita Chanu</li> <li>• Swati Singh</li> <li>• Kavita Devi</li> <li>• Karnam Maheshwari</li> <li>• Kunjurani Devi</li> <li>• Poonam Yadav</li> <li>• Satish Shivalingam</li> <li>• Vikas Thakur</li> <li>• Gurdeep Singh</li> <li>• Ravi Kumar</li> </ul>	Olympics, World Championship, Asian Games, CWG, SAF Games, Federation Cup, National Games, KIG

- Continental or regional championships, between nations of a specific geographical area.
- Competitions where the invited nations or athletes have a shared language, religion, ethnicity, occupation or political allegiance.

### Competition

Event	1st Held	Level of Competition	Participants
Olympic Games	1896	World games	Worldwide
Worldwide Championships	1983	World championships	Worldwide
World Indoor Championships	1985	World indoor championships	Worldwide
Universiade	1959	University games	Worldwide (college athletes)
Military World Games	1995	Military games	Worldwide (military athletes)
World Military Track & Field Championship	1941	Military championships	Worldwide (military athletes)
Asian Games	1951	Continental games	Asia
Asian Indoor Games	2005	Continental indoor games	Asia
Pan American Games	1951	Continental games	Americas
African Games	1965	Continental games	Africa
European Games	2015	Continental games	Europe
European Championships	1934	Continental championships	Europe
European Indoor Championships	1966	Continental indoor championships	Europe
South American Championships	1919	Continental championships	South America
Asian Championships	1973	Continental championships	Asia
African Championships	1979	Continental championships	Africa
Oceania Championships	1990	Continental championships	Oceania
Mediterranean Games	1951	Regional games	All nations bordering the mediterranean sea

Event	1st Held	Level of Competition	Participants
Pan Arab Games	1953	Regional games	Arab World nations
Commonwealth Games	1930	Regional games	Commonwealth of Nations
Centrai American and Caribbean Games	1926	Regional games	Central American and Caribbean nations
East Asian Games	1983	Regional games	East Asian nations
South Asian Games	1953	Regional games	South Asian nations
Southeast Asian Games	1959	Regional games	Southeast Asian nations
Island Games	1985	Regional games	European islands and other small territories
Games of the Small States of Europe	1985	Regional games	Small states of Europe
Meaccabiah Games	1932	Ethnoreligious games	Jewish athletes and israeli athletes (including Arab Israelis)
Lusophony Games	2006	Language games	Portuguese speaking nations
Jeux de la Francophonie	1989	Language games	French-speaking nations
Central American and Caribbean Championships	1967	Regional championships	Central American and Caribbean nations
North American, Central American and Caribbean Championships	2007	Regional championships	North American, Central American and Caribbean nations
Ibero-American Championships	1983	Regional championships	Ibero-American countries
Pacific Conference Games	1969	Invitational championships	Five Pacific-coast countries (later invitational)
FAJR Indoor Championships	1992	Regional championships	Asia
World Deaf Athletics	2008	World championships	Worldwide

## **Khelo India Program**

### **Introduction**

The importance of sports and fitness in one's life is invaluable. Playing sports inculcates team spirit, develops strategic and analytical thinking, leadership skills,

goal setting and risk taking. A fit and healthy individual leads to an equally healthy society and strong nation.

Sports is an extremely important component for the overall development of our nation. India, in the last five years has made steady progress in the field of sports. This tremendous potential needs to be showcased at a global platform. It's time we inspire young talent, give them top notch, infrastructure and training of the highest level. We need to inculcate a strong spirit of participation in sports that enables players to demonstrate their true potential. Only then can India realise its dream of becoming a sports super power.



The Khelo India Program has been introduced to revive the sports culture in India at the grass-root level by building a strong framework for all sports played in our country and establish India as a great sporting nation.

To accomplish the above objectives, Khelo India Program has been divided into 12 verticals, namely-

### **Khelo India Program**

- (i) Play field development
- (ii) Community coaching development
- (iii) State level Khelo India centres
- (iv) Annual Sports Competitions
- (v) Talent search and development program
- (vi) Utilization and Creation/Upgradation of Sports Infrastructure
- (vii) Support to National/Regional/State Sports Academics
- (viii) Physical fitness of school children
- (ix) Sports for Women
- (x) Promotion of Sports amongst people with disabilities
- (xi) Sports for peace and development
- (xii) Promotion of rural and indigenous/tribal games

Talented players identified in priority sports disciplines at various levels by the high powered committee will be provided annual financial assistance of “INR 5 Lakh per annum for 8 years”.

Khelo India school games, which are a part of the Khelo India Program, are first being held from 31st January to 8th February, 2018 in New Delhi. Under-17 athletics have been invited to participate across 16 disciplines, which are as follows:

- |                  |                  |                    |
|------------------|------------------|--------------------|
| (i) Archery      | (ii) Athletics   | (iii) Badminton    |
| (iv) Basketball  | (v) Boxing       | (vi) Football      |
| (vii) Gymnastics | (viii) Hockey    | (ix) Judo          |
| (x) Kabaddi      | (xi) Kho-Kho     | (xii) Shooting     |
| (xiii) Swimming  | (xiv) Volleyball | (xv) Weightlifting |
| (xvi) Wrestling  |                  |                    |

Khelo India Program meaning play India youth games, held annually in January or February, are the national level, multidisciplinary grassroots games in India's held for under-17 years school students. Every year best 1000 students will be given an annual scholarship of INR 5,00,000 for 8 years to prepare them for the international sporting events.

- |              |                               |
|--------------|-------------------------------|
| First event  | – 2018                        |
| Occur every  | – Annually                    |
| Last event   | – 2019                        |
| Headquarters | – New Delhi                   |
| Purpose      | – Grassroot level talent hunt |

In First Khelo India games small state of Haryana (102 medals including 38 gold, 26 silver and 38 bronze) which is considered a sports powerhouse was the top team in 2018, followed by Maharashtra (111 medals including 36 gold) and Delhi (94 medals including 25 gold).

## **History**

On 31st January, 2018 the Prime Minister Narendra Modi, inaugurated Khelo India school games at the opening ceremony based on Guru-Shishya tradition held at Indira Gandhi Stadium, New Delhi.

### **Selection Criteria**

Only selected school kids below the age of 17 years are eligible to compete in the individual sports. Top 8 sports person from the school games federation of India's National School Games. 4 nominations from federation, one from Central Board of Secondary Education, one from the host state and one from the organising committee will be selected. For Archery, Badminton and Shooting, the top 16 from the National School Games, 8 nominations by the federation, one from CBSE, one from host slate, one from organising committee, and 6 from wild cards will be selected.

### **Aim of the Khelo India Program**

“To make popular the rural, indigenous and the Tribal sport/Games to disseminate information and pique the curiosity of the present generation about these games and also to encourage children and youth to take up these games in a major way, paving way for their mainslreaming.

### **Objectiveness of Schemes**

To encourage, promote and popularize the indigenous sports and games and those played in the rural and tribal areas ol the country.

### **Objective Type Questions (1 Marks Each)**

**Q.1.** “Physical Eduction is the sum of changes in an individual caused by experience centring motor activity” Who said this?

- (a) Prince martin
- (b) Millions
- (c) Charls A.Butchar
- (d) Cassidy

**Ans.** (d) CASSIDY

**Q.2.** “Physical Education is the sum of men’s physical activities selected as to kind and conducted as to outcomes” who said this?

- (a) C.C.Covel
- (b) Charls A Butcha
- (c) Williams
- (d) J.B. Nash

**Ans.** (c) Williams

**Q.3.** How many objectives of physical Education are there?

- (a) Four
- (b) Five
- (c) Three
- (d) Six

**Ans.** (b) Five

**Q.4.** What is the aim of physical Education?

- (a) Physical development (b) Motor development  
(c) Mental Development (d) All Round development

**Ans.** (d) All Round development

**Q.5.** Sports management is based upon....?

- (a) Efficient and Talented officials (b) Smart and clever officials  
(c) Weak and Greedy officials (d) None of these

**Ans.** (a) Efficient and Talented officials

**Q.6.** For A Reporter what Qualities are desired most?

- (a) Sweet Speaking skills (b) Soft Speaking skills  
(c) Excellent Speaking skills (d) Beautiful Personality

**Ans.** (c) Excellent Speaking skills

**Q.7.** What is the scope of Coaching?

- (a) Social Parks (b) Sports Clubs  
(c) Hotels (d) All of the above

**Ans.** (d) All of the above

**Q.8.** Thomas cup is Related to which Game?

- (a) Hockey (b) Judo  
(c) Badminton (d) Football

**Ans.** (c) Badminton

**Q.9.** Where was first khelo India Games held?

- (a) Mumbai (b) Delhi  
(c) Hyderabad (d) Kolkata

**Ans.** (b) Delhi

**Q.10.** Which state of India stood just in khelo India Games in 2018?

- (a) Delhi (b) Punjab  
(c) Kerala (d) Haryana.

**Ans.** (d) Haryana

**Q.11.** How many sports discipline are there in khelo India Games?

- (a) 12 (b) 14  
(c) 16 (d) 18

**Ans.** (c) 16

**Q.12.** When was the first khelo India Games held?

- (a) 2016 (b) 2018  
(c) 2017 (d) 2019

**Ans.** (b) 2018

### **Short Answer Type Questions (3 Marks)**

**Q.1 What do you mean by sports journalism?**

**Ans.** Through sports journalism we mean that we can gather information regarding all sports activities and to collect different types of material required for physical education. Such physical education teachers who have skill in communicating by oral or writing can avail the career option in the field of sports journalism.

**Q.2. What do you mean by Health related careers?**

**Ans.** In the modern world, people are more aware of their health related issues. Each and every person is awake to his health. He remains to be hale and healthy. He wants to adopt a healthy life style. So there is an increase in job opportunities in health related careers in field of physical education. The number of health and weight control clubs has increased tremendously. The another field related to health career is athletics training.

**Q.3 What is the objective of physical education?**

**Ans.** Physical education facilities and ample time for the individual and the groups to participate in activities that are physically wholesome, mentally stimulating and socially sound.

**Q.4 Discuss the teaching career in physical education.**

**Ans.** Physical education has traditional been declared as a professional field. Appropriate career offers many rewards to the teachers whether they are engaged in elementary school middle schools. High school, senior secondary schools. College or universities. This career is usually considered to have many benefits. The teacher, in the field of physical education has deep respect among the students because he makes a good contribution to society this career provides internal satisfaction

- Elementary School
- Middle School
- High Secondary School
- College and university



These are teaching opportunities in the field of physical education at different levels.

**Q.5 Write a note on career in book writing?**

**Ans.** Career opportunities are widely available in book writing in the field of physical education and sports, specially in India. As a matter of fact, there is shortage of books on physical education and its allied subjects in India. Some physical educators, who have deep knowledge of various sub-disciplines of physical education, such as sports biomechanics, sports sociology, sports medicine, exercise physiology, research methods, sports psychology, sports philosophy, sports pedagogy, sports management and various sports, may write textbooks as a part time careers.

**Q.6 Write a note on career in sport Industry?**

**Ans.** Careers are also available in sports industry. A person who wants a career in sports industry, must have the knowledge of physical education and sports. One may establish a sports industry at a small scale. It may be related to only T-shirts and Track suits. It may be related to only sports footwear. The knowledge of research and designing is also vital for such jobs, because new types of sports equipments and new types of tracksuits or swimsuits which are beneficial for increasing the performance of sportspersons are always in demand.

**Long Answer Type (5 Marks)**

**Q.1 What is physical education? Explain the aim and objectives of physical education.**

**Ans.** Physical education is a vast subject and it has been given importance since ages. Modern friends have increased its importance as modern physical education stresses on balanced development of body and mind. It brings harmonious growth and development so that optimum health as well as good personality can be developed. Physical education is studied as regular subject at par with other academic subjects. The activities of physical education programmes are used by other academic subjects for better learning. This subject has been found to develop good health. Its activities are also followed

for disabled students, occupational and professionalism of other subjects. Thus, we can say that physical education has great importance in the society, moreover, the trends in physical education and sports are also changing.

Physical Education refers to the instruction of physical activities and games. Specifically, it is used to denote the courses in school in which students receive instruction and practice in physical exercise in order to promote good health.

**Central Advisory Board of Physical Education:** “The aim of Physical Education is to make every child physically, mentally and constitutionally fit. To develop in him such personal and social qualities that help him to live happily with others and build him into a good citizen.”

Thus, the aim of physical education are as follow:

1. Develop a wide range of psychomotor skills.
2. Maintain and increase physical mobility and flexibility.
3. Increase in strength and endurance.
4. Develop understanding and appreciation for a wide range of physical activities.
5. Develop positive values and attitudes.
6. Acquire self-esteem and confidence through the acquisition of skills, knowledge and values.

**Aim:** All Round Development

**Objective:** Physical Development

Mental Development

Social Development

Emotional Development

Spiritual Development

**Q.2 Write a short note on the following :**

(i) Book Publishing

(ii) Sports Photography

**Ans. (i) Book Publishing:** There are a number of publishing houses who

publish books concerning physical education, its sub-disciplines and such other subjects related to it.

They need highly qualified Physical Education experts who possess extraordinary knowledge in this field. Alongwith its sub-discipline health education is developing and in all these disciplines publishing houses need persons to take care of books in the process. Editorial workers are also badly needed by most of the publishing houses. They need such persons who are aware of publication needs. These personnels should have knowledge of physical education writing and Editorial skill- they should be well aware of publication needs. Personnels are also required to the field of sales, for direct sales a number of persons who can move from and approach directly to sale these books are required. The person doing this job should have a good knowledge of the field of physical education and comparative value of the available books. They should have the idea of market and experience in organising sales and convincing power. Thus, there are a lot of opportunities in every field to step in. Sales opportunities are available almost on similar lines in the fields of magazines and journal particularly those which are related with sports.

**(ii) Sports Photography:** This is again a vast open field but this field again needs physical education experts who have particular interest in photography. They should have the capacity to communicate with the masses through clear and illustrative photographs. The photographs should be self-explanatory. The person should first be a talented photographer, then the rest comes to play.

These are scores of journals, newspapers which require such photographers. At times, photographers from alien fields have to cover up sports to a bridge the gap.

Therefore, here we see lot of scope available for physical education experts who have aptitude to be a photographer. Courses in photography coupled with experience is a must for these kind of jobs. In the real sense to be a good photographer, these are the basic requirements.

## **Q.2. Discuss administration careers in detail.**

**Ans. (i)** Department of Physical Education. There are many universities and some colleges in India, where various courses of physical education are being run. In such departments, the administration lies in the hands of chairman or head. He is the sole administrator of the teaching

department. Teachers of physical education and other clerical staff work under the chairman/head. The senior teachers of the department usually acts as the chairman' India, there is no need for separate management qualifications for such post, because it is based on the seniority.

There are always a number of people and organisations who want to have sports facilities where they can exercise to remain healthy and fit or for the purpose of recreation. They desere facilities of gymnasium, health club, fitness centre, stadium, sports complexes, ice arenas, and aquatic centre or swimming pool. In such fields, facilities managers are required. The requirement of such facilities is more in western countries in comparison to India in fact, we are lagging too much in this field. The sports facility manager may perform all the responsibilities by himself or may have an assistant or several staff members under his direction. He may have to perform additional responsibilities, for example, in a health or fitness club, the faculties manager may conduct exercise classes and monitor individuals' workouts using the facility. He should make sure that the facility and equipments are maintained according to the accepted standards.