

# **CHAPTER 1**

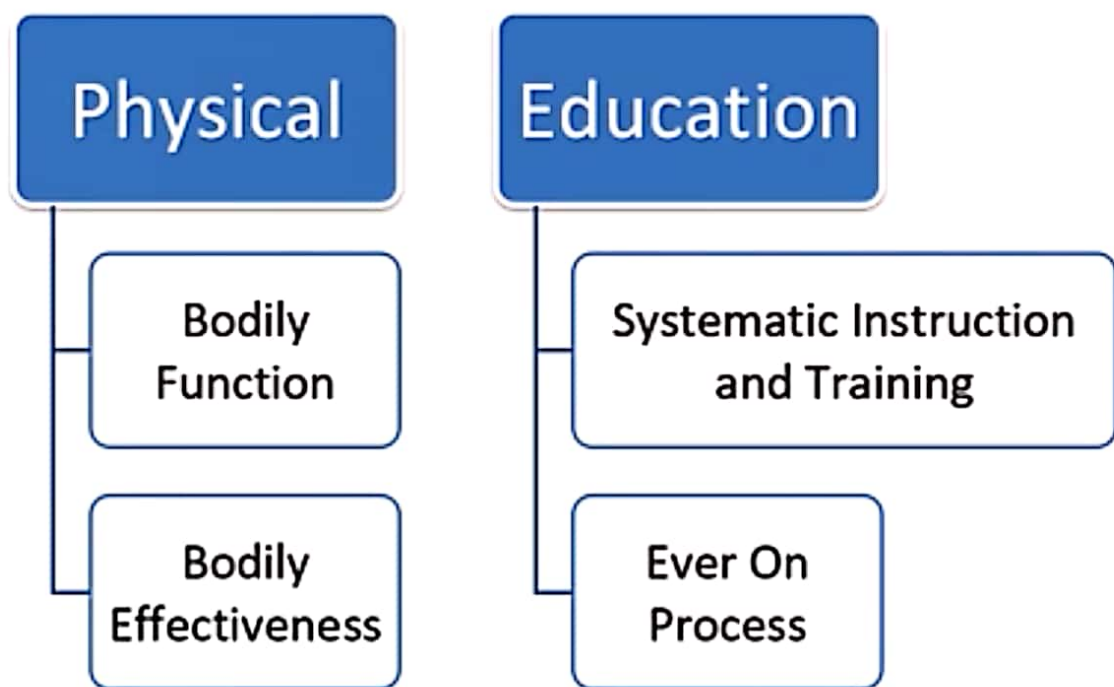
## **CHANGING TRENDS AND CAREER IN PHYSICAL EDUCATION**

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- 1. Meaning and Definition of Physical Education**
- 2. Aims and Objectives of Physical Education**
- 3. Career Options in Physical Education**
- 4. Competitions in various sports at national and international level**
- 5. Khelo-India Programme**

## MEANING OF PHYSICAL EDUCATION

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**Physical education is :**

- ❖ All about development of an individual
- ❖ Covers all the aspect of physical. mental and social well being



## DEFINITION

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### J.B Nash

Physical Education is that phase of the whole field of education that deals with **big muscle activities** and their **related responses**



# AIMS AND OBJECTIVES

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## **The aim of physical education**

- ❖ To make every child physically, mentally and emotionally fit
- ❖ To develop such personal and social qualities in him

Which will help him to live happily with others and build him up as a good citizen



# AIMS AND OBJECTIVES

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**The aim can be attained through different objectives :**

1. Physical development
2. Neuro – Muscular Development
3. Mental Development
4. Social Development
5. Good personal habits and Useful living
6. Intellectual and Personality Development



# AIMS AND OBJECTIVES

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## 1. Physical development

- ❖ Properly Functional Organs
- ❖ Hormonal Balance
- ❖ Physical Fitness



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## **2. Neuro– Muscular Development**

- ❖ Better signal transmission
- ❖ More control on skeletal muscles
- ❖ Improved motor skills
- ❖ Improved coordination



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### 3. Mental Development

Mental development includes such abilities as **Attending, Perceiving, Observing, Remembering, Imagining, Thinking, Solving Problems** and **Growth of Intelligence**

Physical activities increases level of a brain derived protein, which improves

- ❖ Focus
- ❖ concentration and decision making
- ❖ Improves motivation
- ❖ learning and productivity

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## 4. Social Development

❖ It is about improving the well being of every individual in society so they can reach their full potential.

**It improves :-**

- Self Image
- Self Esteem and Confidence
- Reduces Stress and Anxiety
- Team Work and Cooperation



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## **5. Good personal habits and Useful living**

### **❖ Personal habits like –**

- Good Utilization of Leisure Time
- Timely Taking of Meals
- Appropriate Sleep Duration,
- Playing and Regular Workout Habits

### **❖ Physical education aware individual about good habits and motivate them to adopt these habits**

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## 7. Intellectual and Personality Development

- ❖ Physical education helps to create **Good Personality** individuals with all possible socially acceptable behavioral qualities like **Cooperation, Good Character, Self-Control, Leadership Qualities.**