

RECENT TRENDS AND CHALLENGES IN MOVEMENT EDUCATION AND SPORTS

¹Km. Naghma Hashmi & ²Dr. M.P. Gaur

¹B.P.Ed, G.S.R.M.P.G. College, Lucknow (U.P.), India.

²Associate Professor, Department of Physical Education, D.A.V. Degree College, Lucknow (U.P.), India.

Abstract

Hard work does not tire your body and mind when you are doing something you love. If your child likes to exercise, encourage it. Besides academics, physical education also has a great career option these days. So encourage your little star if he's too into fitness. There are thousands of emerging trends and careers in physical education. Career opportunities arise in all sectors. Expand their horizons as much as possible. At present, India has a million fitness trainers across the country. People are taking fitness to a new level. If you are a frequent social media user, you must be familiar with the term "fitness freak." Fitness is no longer just a necessity. It has become a passion for people. At a growing age, physical development is a significant concern for every parent. Physical education has been catering to that required for a long time. Parents used to prefer physical education from the primary grades only for these primary reasons.

Keywords: Recent trends, Movement education, Quality Physical education, Performance related.

Introduction

The importance of physical education has never been emphasized more than it is today. It is widely recognized that physical education 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.

Physical education and Sports: An Indian context

Although it has never received the attention it deserves, physical education and sport play an essential role in the education system. Although it has been part of the curriculum since the very beginning of education, neither scholars, nor students, nor educators have ever taken it seriously. You are only allowed to chat when playing or doing physical education. The average public's conception of physical education is one of wide circles, non-stop play and no work. But now day's belief of people has been changed drastically and they are attracting towards physical education and sports not only for health fitness but also to select for career

opportunities. Abraham Lincoln in one of his speeches, once said: "The sportsman is the best ambassador of the nation". Thus, the director or physical education teacher can be the best ambassador of our institution or university.

Changing Trends and Career in Physical education

Physical education is no longer a typical subject in children's curriculum. Schools and parents are putting extra stress on this domain as it enhances children's physical fitness and mental alertness as a whole. At a growing age, physical development is a significant concern for every parent. Physical education has been catering to that required for a long time. Parents used to prefer physical education from the primary grades only for these primary reasons.

Future of Physical Education

Physical education should be individualized. One size does not fit all. This is extremely challenging, but with creative tools like Physical best, fitness for life, and fitness gram, physical educators are becoming more like personal trainers than coaches. We should focus on activity and nutrition leading to good health and wellness. If we can't do everything, we need to at least do this. Therefore, while playing age appropriate games is important, our emphasis needs to be on building lifelong skills and attitudes. Being active and eating well is vital at any age, but it becomes a matter of life or death as we get older. We can't put fitness in the bank and use it later; we have to keep active and eating well to maintain the benefits. We also need to emphasize participation and stop the trend toward becoming a nation of spectators, with a few highly skilled athletes playing and everyone else watching. All students should be provided opportunities to both cooperate and compete in physical activities. Both are important life skills, and both can be fun. Our students should graduate with an understanding of the key principles of fitness and nutrition. They should be informed consumers of activity, nutrition, and wellness and be ready to assume self-responsibility for their own health through prevention.

Conclusion

The idea of three dimensions should guide us in our job. Discipline, devotion, and resolve. The actual riches of the country is its youth. Youth involvement is essential for the success of any programme. Therefore, to ensure the development of physical fitness and learn skills in sports and games that have transferable value, an individual should regularly engage in games, sports, and different exercise programmes. This will enable him to lead a happy, enjoyable, and healthy life as a member of society. On the other hand, society should give its people adequate opportunity to participate in activities of their choosing and therefore improve or maintain their level of physical fitness. Excellence in sports cannot advance until the "General Standard of Health" improves. In order to assure "Improvement of performance in competitive sports" physical education and sports programmes should focus on "Health Related" and "Performance Related" areas. Therefore, the goal of physical education is to encourage the methodical, all-around growth of the human body by scientific methods. Therefore retaining exceptional physical fitness to accomplish one's dearly held life goals. Therefore, any organization of physical education should begin with fostering a positive attitude and sense of self-worth among physical educators themselves. This will help them realize that physical education does not need to be an afterthought in schools or colleges, but rather that it should be expanded into classrooms where it can become the focal point or hub of the educational system.

References

1. Brenner G. Webster's new world American idioms handbook. Webster's new world. Nathan M. Murata language augmentation strategies in physical education. *The Journal of Physical Education, Recreation & Dance*, 2003, 74.
2. Sethumadhava RVS. Brand Image of Physical Education. *HPE Forum*. October 2002; 2(2):1-3.
3. Connor-Kuntz, Dummer. Teaching across the curriculum: language-enriched physical education for preschool children. *Adapted physical activity quarterly*. 1996; 13:302-315.
4. Kamlesh ML, Sangria MS. *Physical and History of Physical Education*, Parkash Brothers, Ludhiana, 1988.
5. Donald C. *Dimension of Sports Studies*. John Wiley, Sons, New York Chic ester Brisbane Toronto Singapore, 1982
6. Shephard RJ, Jequier JC, LaBarre R, Rajie M. *Habitual physical activity*, 1980.