

Health and physical education: A Review

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Abstract

You can only have a healthy mind in a healthy body in a healthy environment. It is essential for every human being to have a well-balanced body and mind in order to be mentally healthy. A healthy society can only be created by a healthy population. Physical education may help people in every town, culture, country, and even the planet better their health. Children's all-around growth is essential for a healthy society because an educational system that includes mental, emotional, social and physical aspects of health is necessary.

Key words: Health and physical education, environment etc.

Introduction

Increasing numbers of pupils are able to participate in the country's education system because it has been made too simple for them. Has grading system been introduced, right of children to free and compulsive education bill been passed or are there any more news like this that you'd want to discuss? This raises the issue of whether or not such initiatives have been a success throughout the nation. The state of Haryana contributes 3.7 percent of India's GDP. Haryana's education system will be examined in this research, including a comparative look at its neighbouring states. Experts and scholars may learn more about our progress toward our goals and what still needs to be done by examining the educational successes of these states from a variety of perspectives. Additionally, a comparison has been done between these states' literacy rates and literates.

There are two words in the phrase "physical education": Physical and Education. When we say something is "physical," we mean things like a person's physical strength, stamina, or overall health in the dictionary sense. The term "education" may refer to a process of systematic teaching, training, or preparation. In the context of physical training, the two terms are used to describe the systematic teaching of physical activities or the programme of activities essential for the growth and maintenance of the human body or the development of physical powers or activities for nurturing physical talents

Definition of Education and Physical Education

'Education is the manifestation of perfection already in man'. –**Vivekananda**

'By Education I mean an all round drawing out of the best in child and man, body, mind and spirit.' – **M.K.Gandhi**

Objective of Physical Education

The objectives of physical education are stated differently by many of Physical Educationists. The following are main objectives of physical education.

- **Development of Organic Fitness:**

Developing the many biological systems of the human body is the focus of this section's goals. In addition to the circulatory and digestive systems are the neurological and muscular systems. Physical activities have a variety of consequences on our biological systems, which is why they are an important part of physical education. In terms of size, form, efficiency, etc., these systems are always evolving. Having a healthy body allows one to be a useful contribution to the country. As long as our systems are functioning properly, they can do their jobs effectively. Mental health: the development An important part of mental growth is acquiring information and the capacity to think critically. To be successful in the field of physical education, educators must be aware and focused on the task at hand. To do a variety of tasks, one has to engage in physical activity. In addition to game rules and regulations, anatomical and physiological investigations, cleanliness, health and illness prevention, as well as personal hygiene are all included. A person's ability to form particular conclusions develops as a result of their involvement in a variety of activities. As the games go, he is able to adapt to new challenges. He has the ability to make his own judgments.

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- **Social Development:**

Developing a feeling of community awareness and co-operative living is essential in a democratic society like ours. Having strong social skills is crucial to a successful existence. These characteristics are cultivated in the course of physical education. They have the ability to lead others. The participants get to know one other better and learn to adapt to different

circumstances via physical exercises. Among the virtues it cultivates are teamwork, civility, fair play, sportsmanship, self-control, and tolerance and compassion.

- **Development of Neuro muscular co-ordination:**

Only adequate physical activity can enhance the neurological system. Only if a variety of exercises are performed repeatedly over a lengthy period of time can neuromuscular coordination be developed. It is possible to avoid weariness by maintaining good neuromuscular synchronisation. Our bodies operate with more precision and efficiency. As we age, we have a shorter response time. In order to be able to accomplish one's everyday tasks with ease, one has to acquire neuromuscular strength and agility.

Scope of Physical Education

Various physical exercises, including as drill and marching, are organised as part of the school's overall general education curriculum in order to help students develop their physical, mental, emotional, social, intellectual, and moral selves. Physical education encompasses the following topics.

- 1. Corrective Exercises:** A child's malformations may be corrected by corrective activities. We utilise mild corrective workouts in cases where muscle growth has been skewed.
- 2. Games and Sports:** Some of the activities covered in physical education include sports such as football (soccer), cricket (basketball), basketball (volleyball) and judo (archery). Water sports include swimming, diving, canoeing, and so on.
- 3. Rhythmics:** It's important to engage in rhythmic activities like gymnastics, Leziiums Dance, mass physical training and dumbbells in order to keep your body in sync. In physical education, rhythmic exercises are also part of the curriculum.
- 4. Self defense activities:** Physical education programmes include hiking, trekking, Judo, karate, and self-defense training.
- 5. Recreational activities:** Physical education classes include a variety of extracurricular activities, such as pick-up games, chess, carom, horseback riding, field trips, hunting, folk dancing, and fishing.

6. Yogic activities: Physical education includes yogic exercises such as asana, pranayama, and kiryas.

Conclusion

Education in physical education (PE) has long been a standard taxonomy. The term "health and physical education" (HPE) has lately been adopted by a number of educational systems throughout the globe as an umbrella term covering a wide range of health-related topics. It might be claimed that PE and HPE are often employed interchangeably by educators, reflecting a comparable meaning and comprehension. Because PE and HPE have traditionally been associated with two very distinct discourses and ideas, this might be seen as confusing worldwide. New words of branding like "physical literacy" and "health literacy" have re/emerged in the midst of confusion about which title to use, PE or HPE.

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