

PHYSICAL EDUCATION

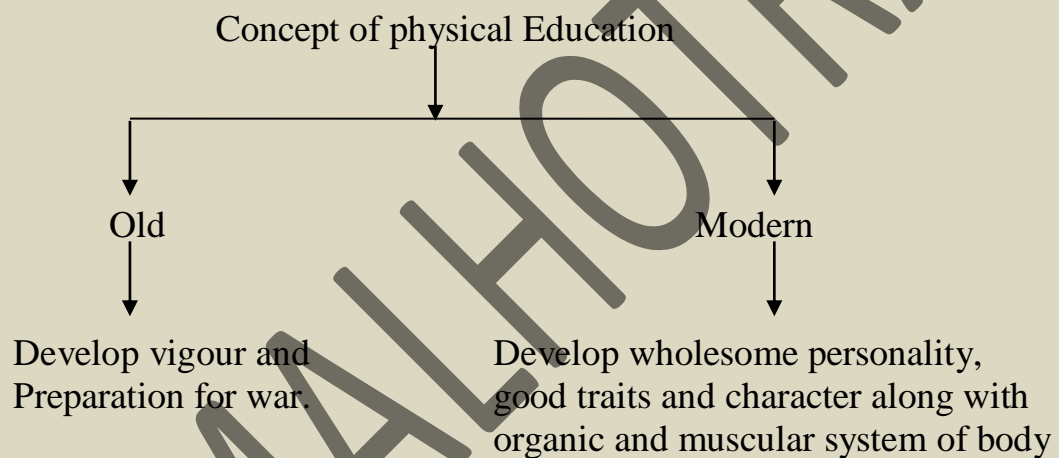
CLASS11TH

BY: R.K MALHOTRA

UNIT 1 : - CONCEPT OF PHYSICAL EDUCATION

- MEANING AND DEFINITION OF PHYSICAL EDUCATION.
- AIMS AND OBJECTIVE OF PHYSICAL EDUCATION.
- NEED AND IMPORTANCE OF PHYSICAL EDUCATION

CONCEPT OF PHYSICAL EDUCATION



DEFINITION OF PHYSICAL EDUCATION.

Different scholars have given different definitions of Physical education. While some have only put emphasis on the physical activities other give greater importance to the growth and development of mental facilities

According to Jay.B.Nash:- Physical education is that phase of the whole field of education that deals with big muscle activities and their related responses.

According to Delbert Oberteufer: - Physical education is the sum of those experiences which come to the individual through movement.

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According to Jesse Fering Williams: - Physical education is the sum of man's physical activities selected as a kind and conducted as to outcomes.

According to H.C. Buck: - According to him Physical education as part of general education educates the boys and girls about the physical activities and through these exercises develop the human body.

MEANING OF PHYSICAL EDUCATION

The word physical education is derived from two separate words 'physical' and 'education'. The plain dictionary meaning of the word physical is relating to body, it may relate to anyone or all bodily characteristics. It may be physical strength, physical endurance, physical fitness, physical appearance or physical health, the word education means systematic instructions or training, or preparation for life or for some particular task. A combine meaning of these two words would be that systematic instructions or training which relates to physical activity or programme of activities, necessary for development and maintenance of human body development of physical power or cultivation of physical education.

Education is a doing phenomenon, one learn through doing, Physical education is the education of Man 'in' and 'by' means of physical activity. It is the education of physical (Body) through body physical activates are educational tools that promote optimum growth and development.

Physical education is that education which starts with physical development and advance towards perfect development of human beings, the ultimate result being vigorous and strong

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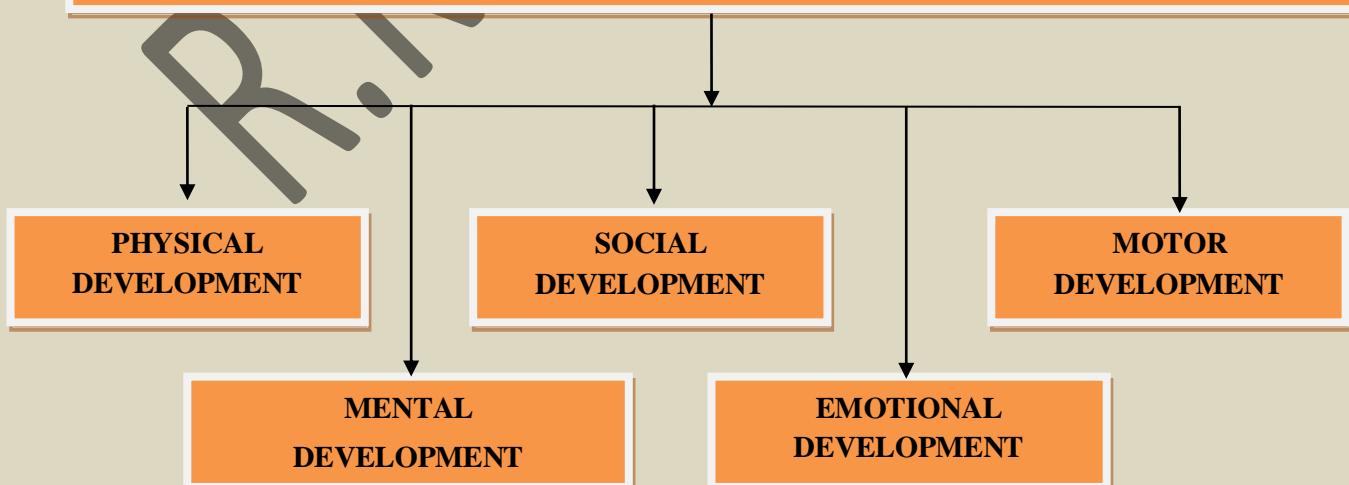
body, acquisition of sound health, mental alertness, social and emotional balance. Such an individual will be able to interpret new situations effectively, in more meaningful and purposeful manner and can be said to be a physically educated person.

AIMS AND OBJECTIVES OF PHYSICAL EDUCATION

AIMS : - The meaning of the word 'Aim is Goal'. All the programmers have a certain goal or an aim to achieve. The aim represents an ideal the highest form of an achievement. Aims revolves around a certain purpose never fully realized and represents an ideal. Aim is a very general, abstract, distinction which we strive to reach.

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 helps him to live happily with others and build him into a good citizen. Hence it is clear that the ultimate aim of physical education is balanced development of physical, mental, social, intellectual and emotional behavior.

OBJECTIVE OF PHYSICAL EDUCATION



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OBJECTIVES: - The main objective of physical education

1. Physical Development
2. Mental Development
3. Social Development
4. Emotional Development
5. Motor Development

1. **PHYSICAL DEVELOPMENT:** - The foremost objective of physical education is physical development in fact it is the development of one organic system. Such as Circulatory system, respiratory system, nervous system, muscular system and digestive system. Physical education is related to physical activities and when we perform these physical activities, there are various effects of these activities on our organic system. These systems are developed in size, shape and efficiency, etc. Hence it can be stated that physical development is possible through this objective of physical education.
2. **MOTOR DEVELOPMENT:** - This is also known as Neuro Muscular Development. They are concerned with making physical movement useful by using little energy. Skill in activities hanging, leaping, jumping, kicking enable a person to perform this day to day tasks easily and efficiently.
3. **SOCIAL DEVELOPMENT:** - This objective is related to the development of social which are essential for better adjustment in life. The programs of physical education provide a number of ways to develop these qualities. Each and every individual wants to have leader like qualities. Through physical activities, the players come closer with each other, which belong to different places. They adjust themselves according to the situation. Human relations are developed. It is better source for attaining the qualities like

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operation, courtesy, fair play, sportsman ship, tolerance and sympathy. These traits are developed in various programs of physical education, a Society can prosper in a healthy Social environment and such type of environment is possible through the programs of physical education.

4. **EMOTIONAL DEVELOPMENT** : - The emotional development is also the major objective of physical education every individual has various Types of emotions viz, pleasure, lone, jealousy hate, fear, distress, anger, wonder, cheerfulness, pleasure anxiety help to achieve optimum or maximum growth which help to activate the aim of physical education. Emotions must be expressed. Physical education provides good opportunities to practice these. Thus emotional development helps to achieve the aim of physical education.
5. **MOTOR DEVELOPMENT**: - This is also known as Neuro Muscular Development. They are concerned with making physical movement useful by suing little energy. Skill in activities hanging, leaping, jumping, kicking enable a person to perform his day to day tasks easily and efficiently
- a) **Development of self-control**
 - b) **Development of sportsmanship.**
 - c) **Development of leadership qualities**
 - d) **Development of personality**

NEED AND IMPORTANCE OF PHYSICAL EDUCATION

The need or necessity of physical education can be judged from the role, it can play in the under mentioned fields. Physical education id needed for the optimum or maximum

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development of an individual. It brings up the optimum or maximum health and help the society to create a healthy environment.

1. Physical education is needed for optimum or maximum development of an individual.
2. Physical education is needed for bring up the optimum health and help to create healthy environment.
3. Physical education is needed to get relief from physical and mental stress.
4. Physical education is needed to guide us to keep ourselves fir and healthy and to live a happy life.
5. There is a great need of physical education because it is the education for wholesome development of child by means of physical activities.
6. It is needed because it brings complete growth and development.

IMPORTANCE OF PHYSICAL EDUCATION

1. **HEALTHY HABITS:** Physical education imparts valuable knowledge about health, hygiene, communicable and non communicable diseases, healthy habits etc at once.
2. **DISCIPLINE:** Discipline is the mainstay of Physical education. We have to play under some set of rules and regulation of a game in a discipline which develops self discipline.
3. **KNOWLEDGE ABOUT GAMES:** This subject gives knowledge about various games and sports. it helps us to understand rules and regulation, skills, techniques etc.

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4. **IMPROVES SOCIAL QUALITIES:** It gives maximum opportunity to implement the socialization process in a healthy way. It also develops many social qualities and helps in developing human relationship.
5. **SPORTS LOVER:** Physical education teaches us to be good spectator and sports lover. It also helps us to understand sports person.
6. **IMPROVES PHYSICAL EFFICIENCY:** It guides a person how to improve his physical fitness thus improving his efficiency.
7. **LEADERSHIP:** The physical education provides good opportunities to develop leadership qualities, like captain of a team who acts wisely, sincerely, impartially and effectively to make his team win. Sometimes organizations of competitions also helps in the development of leadership and management qualities.
8. **ALERTNESS OF MIND:** Physical education is helpful in developing the alertness of mind, because alertness and concentration are essential in various programmes of physical education, such as fencing, wrestling, kabaddi, cricket, baseball and basketball etc.
9. **HELPS IN DEVELOPING HUMAN RELATIONS.** Physical education helps in developing and maintaining relations among human beings. It develops social traits, which are essential for a good citizen. Such qualities like co-operation, sympathy, sportsmanship, loyalty, fraternity, courtesy and other qualities of leadership are developed through physical education.
10. **HARMONIOUS GROWTH AND DEVELOPMENT:** Exercise may promote muscle strength. The regular physical training can improve various organs.