



**Think India (Quarterly Journal)**

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## **The Developmental Contribution of Physical Education and Sports**

**Dr. V.K. Mishra**

Assistant Professor-Commerce  
Indira Gandhi Govt. P.G. College,  
Bangarmau, Unnao, India.  
Email: drvkmishra07@gmail.com

### **Abstract:**

*Due to the fact that physical education and sports represent an important element of education and training, the purpose is to form a strong conception in youth regarding the practice of physical exercise and to value the budget of leisure for an educational and recreational purpose. The paper was started from the premises that physical education represents a branch of permanent education, which desires the realization of a harmony between biologic and psychic components of the child's personality. Through sports, physical education and motion, the road towards a dreamt perfection is searched.*

**Keywords:** Sports, Physical Education, Culture, Child Development.

Physical education and sports represent components of a global education, when taking into consideration their content, these being able to influence health, the child's development and growth, developing movement, psychic processes and phenomena and favoring socialization. "In this context, the functions of physical education and of extracurricular activities are of a biologic, movement, psychological and social nature, which are connected to the concept of a balanced and integrated development of personalities".

"Physical education represents a form of education that values moments through body development, communication, the learning of movement abilities and skills that are favorable to the practicing of physical exercises and moments during an entire life time"(Dacica, L., 2013). "Physical education represents a component of general education which disposes of rules, forms of organization and development for the optimization of a biometric and psychic potential of the individual, in order to increase the quality of life"(Dacica, L., 2012). Sports represents a part of culture, being understood, from its beginning as an ideal means to maintain health, to form a body and even a character, its main feature being the competition, which



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stimulates the desire to be known and implicitly, the obtaining of performances. This represents the valuing element in the symbiosis with physical education, both activities becoming permanent during the entire period of education of the young generation. “The fact that the formation of modern humans supposes his development from a physical, social, intellectual, ethical and aesthetical points of view must be kept in mind, in connection to the demands of the society and according to his aptitudes, thus leading to an increase of his standard of living and of a social development” (Dacica, L., and colab., 2012). A real support in the didactic activity is represented by a modern orientation of physical education towards the educational system, in which Olympianism becomes a component of an educational act, and this cannot be fulfilled if family doesn’t offer the proper support.

A pupils sportive education in schools represents an integrated part of the system of psychical education, a modern form of teaching physical exercises (during all lessons of physical education and of extracurricular activities), according to nowadays demands in this field. “The efficiency of a physical education lesson is influenced by the mastery and by the creation of each teacher.”(Scarlat, E., (1981). The intense educational process described cannot be realized without a harmonization of the school – pupil - family relations. The idea of free will is intended more towards the democratization of attitudes. This feature is also observed in a training plan when seeing that the appetite for a methodical and organized activity is decreasing, when indifference or the finding of new ways to spend free time is developing. “The lack of physical activity leads to an excess weight, thus favoring the beginning of obesity and of chronic illnesses that affect the children’s health from early years” (Dacica, L., and colab., 2012). The lack of movement and a nutritional disequilibrium represent the main causes for an increased number of obsess children and young in our country. Unfortunately, young people tend to forget nature and sports arenas. The fact that more pupils “practice” today different branches of sports on the computer, while being “exempted” from psychical education classes held in schools represents a real social phenomenon and an extremely dangerous one. This reality represents an alarm signal for all factors involved in the development process of this young generation. In these conditions, the entire educational endeavour becomes a more complex one, because it deals not only with the pupil, the young, but also with all that gravitates around him. Regardless all these sport activity was not resumed only to physical education classes, is has extended in the pupils’ participation to extracurricular or occasional sports activities. “The cultivating of the custom of practicing different sports and physical education must be realized by school” (Colibaba-Evulet, D.,



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and colab., 2011). Research in this case was realized under the shape of an inquiry, represented by a questionnaire, considered by the author a proper instrument for gathering opinions for the optimization of activities from a high school level. The main point was represented by the establishment of favourite sports branches among young, regarding extracurricular activities, in order to form and enlist representative teams from different school to their favourite sports branches. Lesson programs will thus be formulated by keeping in mind the desires of these pupils. Thus, the objective of this study followed the discovery of high school pupils' opinions regarding their options for physical education and sports activities classes, in order to increase their attractiveness and to form a strong concept regarding movement, on one side, and on the other side, to increase successful participation to the National Olympics of School Sports and other sports competitions.

### Methods used

The methods used in this study are represented by: the method of a specialty literature study, the method of explanation and exposure, the observation method, the conversation method, the questionnaire method, the data collection methods, the statistic method and the graphic method.

### The results obtained

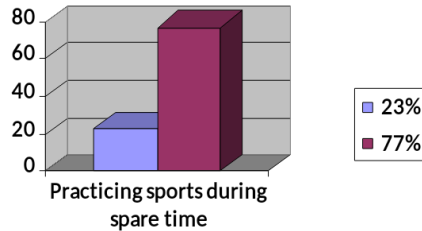
The study was realized at the level of the 9th and the 10th grades from the National College from Delhi, during the school year 2017-2018 and would be applied during the following school year, which is 2018-2019. The number of girls and boys was counted from the groups involved in the study and the number of exempted pupils was underlined. The participants were aged between 15 and 17 years.

Girls exempted	Boys exempted	No. of pupils exempted	Girls		No. Pupil/grade	Grade
3	-	3	16		28	9 <sup>th</sup> A
3	2	5	14		29	9 <sup>th</sup> B
2	-	2	13		27	10 <sup>th</sup> A
4	-	4	18		29	10 <sup>th</sup> B
12	2	14	61		113	total

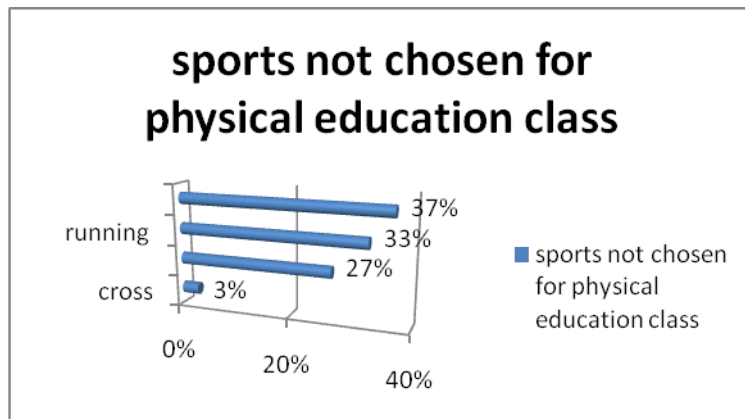


Discussions

The data gathered were analyzed and processed for each question of the questionnaire and every answer was processed in the same manner, the later being presented in a percentage value according to the total number of pupils (113) or according to the number of boys (52), respectively of girls (61). The first item: Do you practice sports during your spare time? For this question a number of 26 positive answers were counted: 19 boys and 7 girls (the first graphic). The percentage of 23% is a small one for the 133 pupils, participant at this study, thus proving that young people don't practice sports.



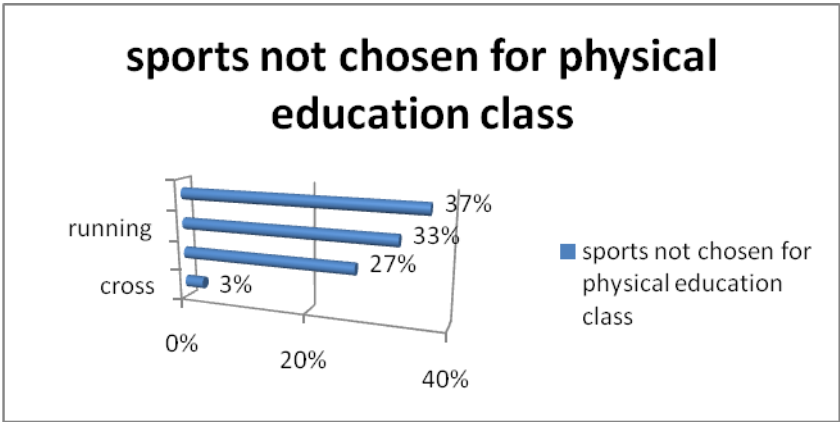
For the 4th item: What sports do you practice during your spare time? (the second graphic). A number of 11 pupils gave basketball as their favorite sports, 42% of the total number that practice sports (first graphic), 7 pupils play football (27%), 2 swimming (8%), 4 fitness (15%) and 2 jogging (8%). These answers are important because these will be introduced in school program according to the disciplines that are already present.



For the 7th item: What sports do you wish to practice during the physical education class? (3rd graphic) pupils answered in the following manner: 67 pupils desire to practice basketball, a percentage of 59, 21% desire to



practice football and 20% want to become involved in the handball teams.



Pupils’ answers are influenced by the content of the physical education classes. Thus sports games were expected to be popular among the pupils’ choices. Other sports are insignificant in comparison to sports games that are practiced at a level of performance. When taking into consideration basketball, it has to be mentioned that 67 pupils are boys and only 23 are girls. Thus it must be admitted that the town of Resita doesn’t offer possibilities to practice basketball at a professional level. The girls’ answers that choose basketball represented a reason to enjoy the author of the study, because they desire to practice sports, still it was concerning that they don’t refer to gymnastics or athletics, sports that represent the basis of sports branches. Acrobatics elements and jumps suppose specific efforts that are not in the top preferences of high school students. Athletics is perceived by pupils as being interactive.

In the development of didactic projects of classes and lessons, there are no inconvenient when it comes to talking about sports games, because the school holds a sportive basis and sufficient resources to satisfy the pupils’ desires. Other elements from gymnastics and athletics will also be used, even if these were not chosen by pupils. The content of lessons will be worked on, in order to make classes more attractive, to apply all sports games during the two year semesters and to use proper means in the realization of themes and lessons.

Item 8: What sports we desire to exclude from the psychical education class? (graphic no. 4) completes the previous question. The answers given were: running 42 - 37%; gymnastics -31 – 27%: cross 3- 3%; no answer -37



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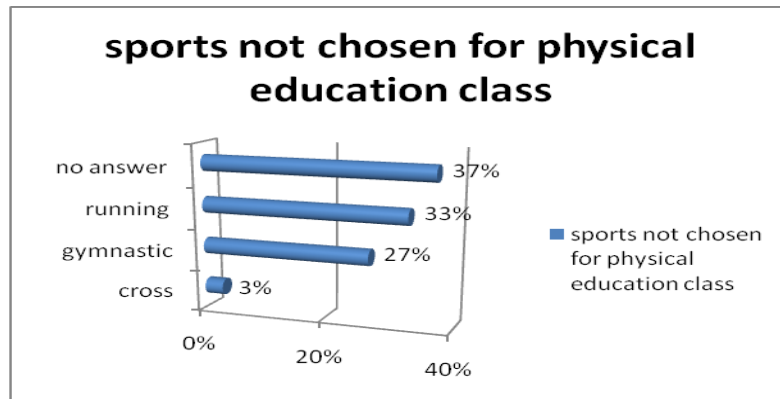
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The other questions are not presented because are significant for this paper. Still it must be mentioned that the sports most watched on TV are football, with a detached score, followed by basketball, by extreme sports and motoring. The two questions regard medical exempted pupils are concerning for teachers, if it is take into consideration that from the 113 pupils, 14 are exempted, 2 boys and 12 girls, which don't necessarily have real medical problems.

### Conclusions

- The project of physical education classes and other sports activities must keep in mind the pupils' preferences.
- The realization of unitary plans insures continuity in training, respectively good results in school sports competitions.
- An increase in attractiveness through games during classes, with gymnastics themes and athletics must be gained in order not to be rejected by pupils.
- School physical education during classes must be completed with sports activity during spare time, but which supposes the same gamogenetic objectives.
- Family is little attracted by sports activities, a percentage of 13% of pupils sustain that it is necessary to practice sports with the family, so that pupils feel their support.
- The development and the support of diverse activities in school programs that cover the preferences of pupils and young people.
- The main elements that can be improved through sports activities are: health sate, biological potential by evaluating anthropometric, physiologic and functional indexes, the motor capacity, psychosocial relations and social integration.
- Sports activities teach pupils what tolerance means, offer them positive role models, encourage the young to fulfill whatever they desire.
- The realization of physical education programs agreed by the young, combined with tourism and cultural activities contribute to their formation and integration as future citizens.

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