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The Impact of Physical Education and Sports on Students' Well-Being and Academic Success

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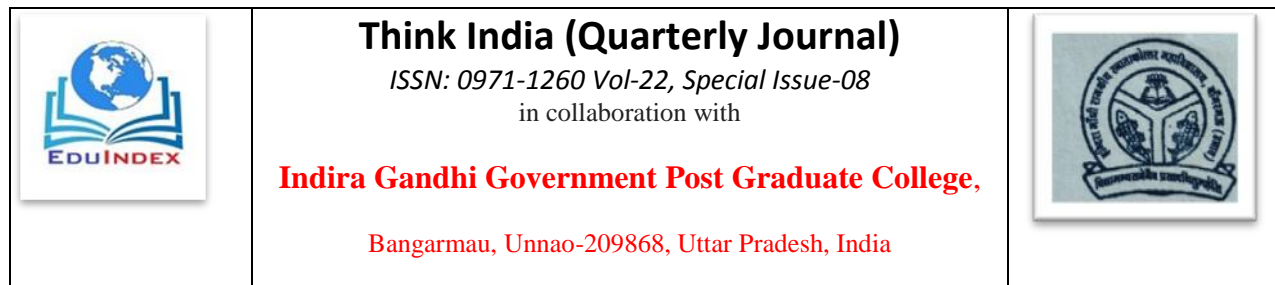
Abstract:

*There are many benefits students receive from physical education and sports that contribute to students becoming responsible adults who are aware of the importance of a healthy lifestyle. High school students retain a higher level of knowledge related to overall health that help them make educated decisions regarding their own health, safety and well-being. Role of school, Periodization of activities, Role of parents, **Regular Fitness Activity, Builds Self-Confidence, Develops Motor Skills, Health and Nutrition, Relieves Stress.** Sport and physical activity not only helps improve children's overall health, but lists a number of benefits to young people's cognitive health and academic achievement including that physical activity before, during and after school promotes academic performance in children and that even a single session of moderate physical activity has an acute benefit to brain function. The enhancement of physical and mental development of children is certainly the most important contribution of Physical education and sports.*

Keywords: *Physical Education, Sports, Mental health, Physical health, & Academic Success*

Introduction:

In the Modern Era physical education and sports is vital role of education. It contributes straight to development of physical and fitness level. It helps to youngster to be aware of the worth of leading a physically active lifestyle. The physically active healthy youth is more likely to be academically motivated, attentive, and promising. In other sentence, we can say that physical education and sports is exclusive to the school core curriculum. It is the only programme that provides the opportunities to youth to learn motor skills, progress of physical fitness and mental the benefits of physical gained from physical activity such as disease prevention, safety and less



injury, decreased morbidity and premature mortality, and increased mental health. The physical education is only the course where students' learn about all of the benefits gained from being physically active as well as the skills and knowledge to incorporate safe, satisfying physical activity into their lives.

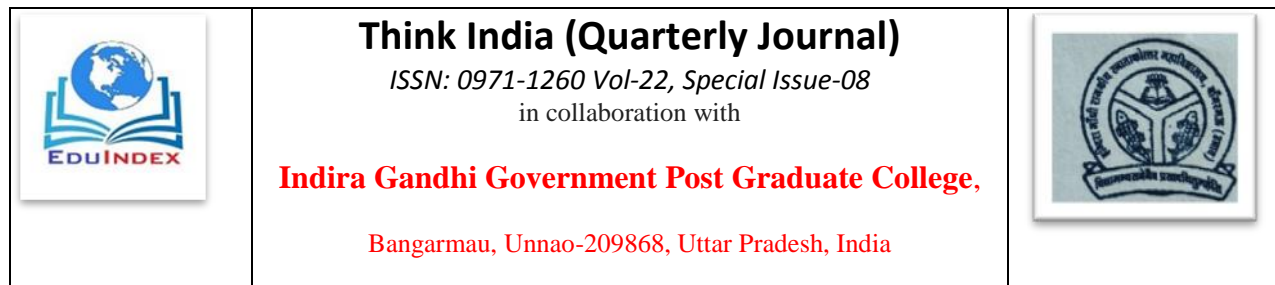
*The enhancement of physical and mental development of children is certainly the most important contribution of physical education and sports for children. **When children learn positive life lessons through sports, there is no doubt they will become honest, reliable adults who will try to help others in need at any moment.*** Mental health aim to strengthen protective factors and enhance alternatives to risk-taking behaviours. Promotion of mental health and well-being helps adolescents in building resilience so that they can cope well in difficult situations or adversities.

Role of school:

Physical activity is essential to the health and development of a child. According to the Centers for Disease Control (CDC), the rate of childhood obesity has tripled over the past 30 years. Childhood obesity can lead to a variety of health problems, both immediate and long-term. Not only are obese children and adolescents currently at greater risk for maladies such as high cholesterol, high blood pressure, pre-diabetes and bone and joint problems, as adults they are also more likely to develop serious illnesses such as heart disease, stroke and certain types of cancer. Research also shows that obesity can have a negative impact on one's self-esteem. As an institution where kids spend eight hours of their day, schools have an inherent responsibility to provide an environment conducive to both mental and physical productivity. Through sports and physical education, children and adolescents can learn to have a healthier lifestyle, prevent health problems and build their confidence.

Periodization is important:

Physical education class should provide a daily dose of proper physical activity. We recommend that children and adolescents (ages 6-17) get at least one hour of physical activity a day, with most of the activity focused around aerobics. More intense activity such as muscle and bone strengthening should be implemented about 3 times a week. Thus, there are many options when it comes to activities in physical education class. Basic aerobic exercises such as jumping jacks and running are a good starting point; additionally, these basic activities are age appropriate for most children grades k-12. Elementary and middle school children might benefit from interactive activities such as hopscotch, which involves jumping, balancing and learning to take turns. This age group would also benefit from having fun equipment including hula hoops, jump ropes and hacky sacks. High school students, on the other hand, might prefer activities such as cycling,



weight lifting, aerobics dance, Pilates or yoga. These activities are beneficial both within and outside of classroom walls. By establishing comprehensive physical activity as a regular part of one's education, students learn to integrate exercise into their lifestyles. This helps maintain one's health and self-esteem.

Sports are a useful way to remain physically active outside of school, but they have many other benefits as well. Research studies show that children who participate in sports tend to do better in school, and are less likely to engage in drug and alcohol abuse. Studies also suggest that playing sports may enhance a child's social skills by promoting a sense of belonging.

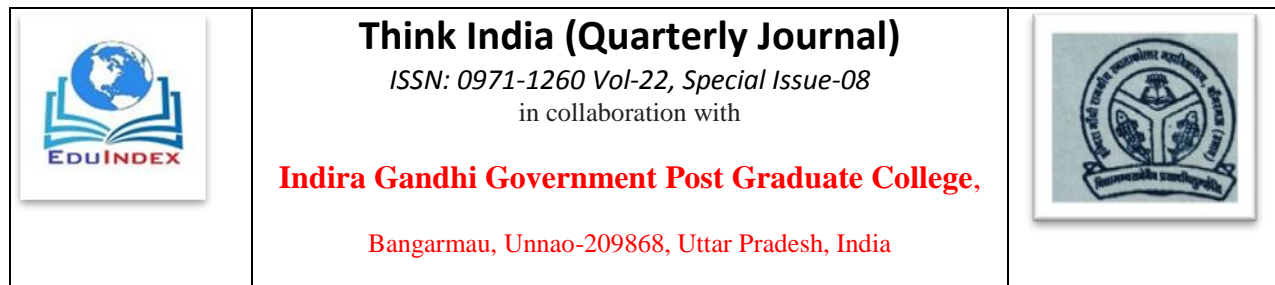
Role of parents:

Most parents wish to encourage children to play sports to help them feel valued. Every child can be successful at one sport or another. However, it takes time for parents to find the sport suitable for the child. Therefore, they should be patient in selecting the sports, since it is a process that will pay off in the long run.

What benefits can come from physical education and sports?

No other thing in life affords children such opportunity to develop positive character traits and to soak up many quality values as sports does. Here are some benefits that may come from playing sports:

- **Kids' character and moral principles are formed through fair play.**
- **Playing sports enables them to create friendships they otherwise might not have formed.**
- **Sports bring people together from all over the world, regardless of their nationality, religion, culture, or skin color.**
- **Teamwork and benefits of social interaction among children are best seen in sports.**
- **They view competitions on and off the field as opportunities to learn from their success and failure.**
- **They learn to respect authority, rules, team colleagues and opponents.**
- **Sport is an important learning environment for children.**
- **Sports experiences help building positive self- esteem in children.**
- **In addition, participating in sports can be a helpful way of reducing stress and increasing feelings of physical and mental well-being.**
- **We cannot stress enough how important it is to NOT impose unrealistic expectations and hard achievable goals on children from the start.**
- **Instead, let your child should first get used to sports, accept it and get to like it so it can become part of his and her everyday life. Results, achievements, medals and**



awards may come later on, though they require a lot of hard work, discipline and sacrifice.

- Also, it is important to allow your child to discover and explore other interesting things too besides sports so they don't feel suffocated at your constant nagging how sports is good for them. Let them see the values of sports for themselves.
- **Sport is not a privilege of wealthy people.**
- **As long as your child is involved in sports activities, he is in the world where he tries to be as best as he can be.**
- **Builds Self-Confidence**
- **Develops Motor Skills**
- **Health and Nutrition**

Exercise and the Brain

Exercise helps memory and thinking through both direct and indirect means. The benefits of exercise come directly from its ability to reduce insulin resistance, reduce inflammation, and stimulate the release of growth factors—chemicals in the brain that affect the health of brain cells, the growth of new blood vessels in the brain, and even the abundance and survival of new brain cells.

Indirectly, exercise improves mood and sleep, and reduces stress and anxiety. Problems in these areas frequently cause or contribute to cognitive impairment.

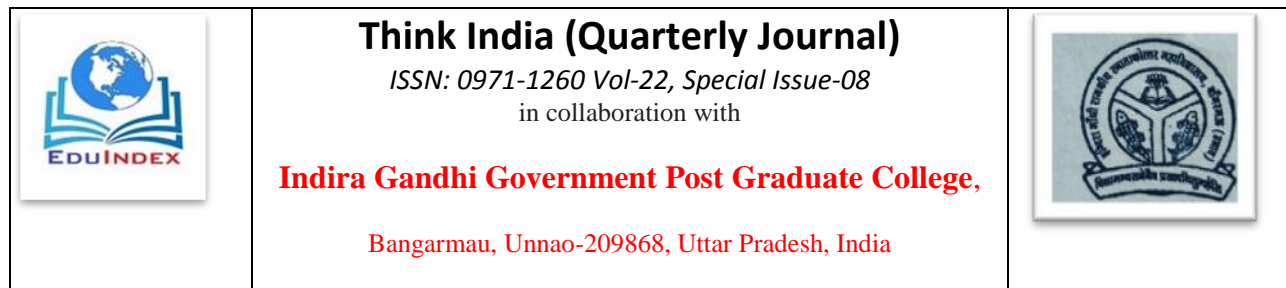
Research confirms that healthier students make better learners. The term *quality physical education* is used to describe programs that are catered to a student's age, skill level, culture and unique needs. Physical education does not have negative impacts on student success and that it offers the following physical, social, emotional and cognitive benefits:

Physical:

Physical education and sports helps students understand how exercise helps them to develop a healthy lifestyle, gain a variety of skills that help them to participate in a variety of physical activities and enjoy an active lifestyle.

Social:

Physical education and sports provides students with the opportunity to socialize with others and learn different skills such as communication, tolerance, trust, empathy and respect for others. They also learn positive team skills including cooperation, leadership, cohesion and



responsibility. Students who play sports or participate in other physical activities experience a variety of emotions and learn how to better cope in stressful, challenging or painful situations.

Emotional:

Physical education and sports can be associated with improved mental health, since increased activity provides psychological benefits including reduced stress, anxiety and depression. It also helps students develop strategies to manage their emotions and increases their self-esteem.

Cognitive:

Research tends to show that increased blood flow produced by physical activity may stimulate the brain and boost mental performance. Avoiding inactivity may also increase energy and concentration in the classroom.

Conclusion: The enhancement of physical and mental development of children is certainly the most important contribution of sports, but the list of values your child may learn and acquire through sports does not end here. Other **positive aspects are numerous**, which reveals the true beauty of sport.

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