



Needs and importance of Physical Education

Atam singh “NET June 2014”

Abstract: Under the umbrella of the importance of physical education, there are numerous potential paper topics. One topic is the lifelong importance of physical activity and how it can lower the risk of disease. This can be a particularly important topic for a student planning to teach elementary physical education. The paper can include research that suggests that the earlier students learn about health; the healthier they are later in life. Along the same lines, a student could write about current childhood obesity trends and how regular physical activity can reduce those rates and help combat the problem. The correlation between regular physical activity and classroom achievement or regular exercise and productivity are potential topics as well. In this paper we will be describe on the importance of physical education.

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Introduction: Physical education (PE) refers to the process of imparting systematic instructions in physical exercise, sports, games, and hygiene. The term is generally used for the physical education programs at school and colleges. A student studying to work within a certain sports field might write an in-depth paper about the history and benefits of a specific activity such as football, volleyball or lacrosse. For a student working towards a PE teaching degree, he might discuss how playing team sports influences physical, social and emotional development. A paper outlining the physical benefits of certain sports is another option. For example, a student might write a paper that proves the relationship between a strong lower body and playing soccer or the correlation between Pilates and a strong core.

Meaning of physical education: Physical education has turned out to be an integral part of the lives of people where it ensures a better health and assures them a happy life ahead. As far as the meaning of physical education is concerned, it can be defined as the process of bringing changes in an individual's life that are usually brought about by various experiences.

It not only aims at the physical health, but also incorporates other important aspects such as the mental, spiritual, social, emotional and moral health. All such things are acquired by the same sets of physical activities that can bring multiple benefits to an individual.

Physical education: are formally given on regular basis according to well-ordered systematic plan, and it can be of various forms:

- exercises and activities such as aerobics, gymnastics, aquarobics, running, jogging, calisthenics, etc., carried out for sustaining and enhancing the fitness of the physical body,
- physical activities aimed at enhancing mental skills,
- outdoor sports that aims better health and bodily fitness,
- activities that increases flexibility of the body,
- knowledge of precautions to be taken to avoid diseases,
- knowledge relating to the importance of of proper nutrition and healthy food,
- Knowledge to maintain hygiene, sanitation, etc.

Education aims at the training of the body, mind, and conduct of a student. To keep a healthy mind within a healthy body, a student needs regular physical exercise.