

Development of Sports Activities and Physical Education at Grass Root Level

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Abstract:

India and sports have rarely seen a combination that has made its mark at international sports arena. In spite of the fact that we are a country of about 1.25 billion the question is why we are yet to make our mark in international competitions. We are proud to see a few talented personalities likes of Mary Kom, Sachin Tendulkar DeepikaKumarior SainaNehwal who have managed to carve out their names internationally, but then the question still remains why so few when so many? Recent achievements by our sports fraternity in Olympics, ASIAD games have once again raised certain questions pertaining to what ails our sports.

The question is quite complicated and does have multiple dimensions as it involves multiple agencies, federations and government bodies each with their own agenda, issues and problems, not to discuss other mottled dimensions.

One of the basic reasons that we have failed in sports is that we fail to begin at an early age. Our education system has probably failed to tap the potential in the young talent. The importance of sports has been overlooked and underestimated in development of a student's persona. Physical education in India is often a neglected part of education it is often considered just as an additional activity. We overlook the importance of the young and their potentials which once identified motivated and encouraged can give excellent results in field of sports.

The school is the first platform that exposes him to people other than his immediate family and motivates him to out-perform his peers. The school can become an effective platform where the same spirit if channeled properly within the available infrastructure can possibly lay the foundation for future sportsmen of India. This paper is an attempt to look at perception of sports teachers and coaches working in schools about how best the available sports infrastructure can be effectively put to develop skills of young sportsmen who eventually can achieve laurels to themselves and their country.

Introduction:

The traditional 'Gurukul' system of education in India has been the forbearer of education. It aimed at overall development of a student, indiscriminate of his socio-cultural or economic background. The focus was on to development of Character, self control, integral development of personality etc. The ultimate aim was on overall development. One of the dimensions was developing skills in various sports mainly considering the choice of the student.

My personal interest in sports began to take shape only after I joined college. Subsequently I graduated as a Bacheolor of Commerce and took decision to complete my Bacheolor and Masters in Physical education. I stated working as physical instructor in a small

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school for under-privileged children, later I joined one of the prestigious schools in the city. It was here that I began to see the marked differences in sports infrastructure as well as more importantly the difference in perception and attitude of the two schools. I also observed the differences in attitude of students towards sports. As a matter of curiosity I began to discuss with some of my colleagues from my as well as other schools.

Now the question arises is that how can India improve its performance .well if we really try to think about it then we can understand that we have the key to the question. All we need to do is ask ourselves that how much positivity we pass it on to our athletes. Instead of criticizing our government all the time , we really need to develop ourselves within these limitations by making 100% best use of the facilities which are provided to us.

Therefore in this case study we will be discussing about a plan for development of sports at ground root level in the school and colleges .which will going to help in improving performance at higher level that is national and International Level .

This study is based on personal interview of sports teachers and P.E. teachers of different school and colleges.

Actions for Schools

- Provide effective, enjoyable instructional programs of physical education, preferably daily, for all students in kindergarten through grade 12 based on a written curriculum consistent with national standards for physical education.
- Offer programs that meet the needs of special populations
- Ensure that physical education is taught by a qualified teacher with a degree in physical education
- Provide teachers with in-service training in physical activity promotion and coaches with appropriate coaching competencies
- Provide formal instruction in physical education for a minimum of 150 minutes per week for elementary school and 225 minutes per week for middle and high school
- Make sure indoor and outdoor facilities are adequate, clean, safe and open to students during non-school hours and vacations
- Have technology incorporated on a regular and continuing basis
- Develop and enforce policies that support physical education
- Secure adequate funds to provide enough equipment for every student to participate
- Create an environment that supports physical activity as part of a coordinated school health program
- Involve families and communities in the promotion of physical activity
- Systematically assess physical education programs and the outcomes of physical education programs and use the results for program improvement

Actions for State and National Organizations and Colleges and Universities

- Promote physical activity as a measure to prevent chronic disease
- Collaborate with local agencies to share best practices and effective solutions

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- Develop and disseminate assessment systems that individuals can use to determine their health and fitness status
- Allow third-party reimbursement for health care providers who regularly assess and counsel children and their families about physical activity
- Provide incentives through health insurance and employee wellness programs to students and school staff who engage in active lifestyles
- Develop guidelines that recommend the frequency, duration, and quality of offerings in physical education and hold schools accountable for meeting those guidelines
- Adopt and enforce certification requirements that are consistent with national standards for those who teach physical education and provide staff development
- Ensure quality of school buildings and facilities used for students' and school staff's physical activities and provide funds for construction of safe facilities for physical activity
- Refine and enhance the quality of pre-service and in-service education that addresses physical education as a component of a multidisciplinary coordinated school health program
- Fund or conduct research that can inform and support school physical education
- Include in the health care reform agenda incentives for participation in physical activity

Actions for Families and Communities

- Advocate for physical education classes and after-school programs that are attractive to all students by encouraging school administrators and board members to support activities that promote lifelong physical fitness, not just competitive sports
- Make sure the physical education program includes adequate student participation in practices and contests with no discrimination based on ability, gender or race
- Volunteer to help children's sports teams and recreation programs
- Teach children safety rules and make sure that they have the clothing and equipment needed to participate safely in physical activity
- Ensure that physical facilities meet or exceed safety standards
- Work with schools, businesses, and community groups to ensure that low-income young people have transportation and appropriate equipment for physical activity programs
- Communicate with schools, teachers and coaches about appropriate physical education including competitive sports teams

Conclusion

- Have more space for sports activities.
- Facilities and equipment's must be provided by every school and institution so that every individual get equal chance of participating in the activities with proper interest.
- School and institution must take some of the children diet and healthy living.
- Organizers and association member of various universities and national committee must provide good food with proper accommodation so that the standard of the sports do not fall.
- Coaches and instructors must be trained and well qualified.

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- Seminars and conferences for the coaches and instructors so that they can update their knowledge about the game and keep a track in the change of any rules and regulation.
- Every school and colleges must have competition so that the participants get equal opportunity to show case their talent.

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Books:-

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By Peter Smolianov, Dwight Zakus, Joseph Gallo
2. Safeguarding, Child Protection And Abuse In Sports
By Melanie Lang, Mike Hartill