



**Dr. Surander Singh**

Vocational Teacher, Physical Education & Sports  
Govt. Sen.Sec. School, Seekari, Ballabgarh-121004

*The concept of the paper of sports is as old as the mankind, but it is changing with time. The ancient man was also taking the help of sports for his survival for finding the food and for taking protection from wild animals. They were taking sports as the source of recreation and take the benefits of relaxation also. Sports and games are the best for old people and for the children. Sports plays beneficial role in the process of physical development and motor development. Now, in these days sports are in best use for leisure time and in future it will be the important part of human life for their physical fitness.*

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### Introduction

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The twentieth century is the era of advancement. Science and technology has pre dominating the life of human beings. This era is also called the era of progress in all fields. But the field of Physical education and sports is under developed in this advanced era also, the reason is that this subject is not given due importance as academic discipline until 1964.

The surge of Physical Education comes in Indian instruction with British's. During the British time frame this order was called as physical preparing. In 1882 the suggestion given by the Indian Education Commission take the enthusiasm to advance the physical instruction among the young. Around then there were no physical instruction for instructors who are taking the subject of Physical Training, they were not equipped for the subject. They simply serve the need of great importance. The action which was directed around then was entitled as "Vyayam Shikshaky" It was established by Vaidya Brothers of Shree Hanuman Vyayam Prasark Mandal at Amravati (Maharashtra). In 1820 the instruction identified with physical wellness was begun and the points of that training were to centered around gymnastic, preparing of cleanliness and care and improvement of body

### Development of Physical Education and Sports in India

The principal school of physical instruction was established by H.C.Buck in 1920 in Madras after that a Government College of Physical Education was found in 1932 at Hyderabad, trailed by the Christian College of Physical Education, Lucknow, In 1938 In Kandivilli (Bombay) the Training Institute of Physical training was established and in 1940 the College of Physical Education in Lahore was appeared. The main motive of these colleges was to train the teachers for the subject of physical education. At the initial stage the training was given to ex-serviceman and they were shifted into schools and colleges. These teachers started the competitions in the field of physical education at institution, district and state level.

### Post-Independence Developments

After Independence, many different committees were formed for the growth of physical education in India. The first committee that was constituted for the promotion of physical education was "Tarachand Committee" in the year of 1948. The committee gave the various recommendations for the improvement of status of physical education. After that in 1949 the university grant commission found the committee for the emphasis of need of physical education and the committee was headed by Dr. Radha Krishan. The committee reported that without physical health, the intellectual health is impossible, no nation become great nation without physical foundation. Physical education is very important for the national development. Under theses recommendation, University Education Commission in 1952 suggested the measures for the development of physical education.

The Central Advisory Board of Physical Education and Recreation was developed in 1950 for resolving the issues related to physical

education. In 1965, The Kothari Education Commission on Education was also stressed on the need of physical education and suggested to make it as compulsory subject in the schools and colleges and also suggested for the training of athletes in different games and sports.

So many different committees and boards were constituted for promotion of Physical education and sports, which are as under:

- Raj Kumari Amrit Kaur Sports Coaching Scheme (1953)
- All India Council of Sports (1954)
- Central Advisory Board of Physical Education (1956).
- LNIPE Renamed as LNCPE, Gwalior (1957)
- Physical Efficiency Drive (1959)
- National Institute of Sports, Patiala (1961)
- All India Sports Congress (1962)
- National Fitness Corps (1965)
- Rural Sports Tournament Scheme (1970-71)
- Sports Talent Search Scholarship Scheme (1970-71).
- National Sports Championship (1975)
- Policy of National Sports (1980)
- Ministry of Sports and Youth Affairs (1982)
- Policy of National Sports (1984)
- National Sports (Development) Bill (2011)

The National Council for Teacher Education (NCTE) "It was built up as a National dimension statutory body by the Government of India in August, 1995 with the goals of accomplishing arranged and composed improvement of educator training framework, guideline and legitimate upkeep of standards and benchmarks of instructor instruction (counting physical training) and for issues associated there with. A portion of its real capacities are setting down standards for different instructor training courses, acknowledgment of educator instruction organizations, setting down rules in regard of least capabilities for arrangement of instructors, reviews and studies, research and advancements and counteractive action of commercialisation of instructor training".

#### **Affect of Sports Education in the Field of Education**

Education and sports are interdependent terms. Academic learning and sports education are the important formats of curriculum. These two

subjects are like the two sides of the same coin. The overall development of students is also depends on the physical education because academic education develop the intellect of the students but physical education give the knowledge about the team work, cooperation, sharing and tolerance. The present education context is the context of stress and strain but physical education gives them the sources of recreation which is beneficial for the development of well being of the students. Today education system demands balanced education and that will be possible with the help of physical education and sports only.

#### **Development of Teacher Education in Physical Education**

The first course in physical education for teachers was the course of "Certificate in Physical Education" run by the Young men's Christian association founded by the American Missionary Mr. Marries Crowe Buck, in 1920. The duration of the course was one year and the eligibility of the course was matriculate after that Diploma in Physical education was formed that was equal to the bachelor degree as it was in the western pattern. This degree was issued by the Government College of Physical Education in Hyderabad in 1931. The Christian College of Physical Education, was established in Lucknow in 1932. In 1938, the Training Institute of Physical Education Kandivili (Bombay) came into existence. The period of 1949-95 (Post Independence Period) so many teachers were working in schools and colleges as the physical education teachers. In 1956 the norms and regulations were formulated for the development of physical education by the Central Advisory Board of Education.

In the early period the physical education laid emphasis only on the growth of muscles, perspiration and respiration. But in today era, it is important aspect for the development of emotions, mental satisfaction, values and social responsibilities in student's lives. Now the physical education is became the important part of education. The curriculum of education is incomplete without the curriculum of physical education.

In 1957, Laxmibai National College of Physical Education in Gwalior was established with the aim of teacher education in physical education. During the early stage, it was influenced by the American Pattern of professional physical education. In Punjab state the first college which brought the courses for teacher education in physical education was the Government college

of physical education, Patiala. It started the two courses C.P.Ed and D.P.Ed for the teacher education in physical education in 1958. Later on NCTE started the correspondence courses also for teachers in physical education field.

**Courses of Physical Education Available in India**

Brief information about the recognized courses in Physical Education available in India is given below

**Showing the Information of Recognised Professional Courses in Physical Education**

Sr. No.	Course	Eligibility	Duration	Job Prospective
1.	Certificate/Diploma in Physical Education 2 Years	Senior secondary or 10+2	2 years	Elementary schools
2.	Bachelor of Physical Education (B.P.E.) 3 Years	Senior secondary or 10+2	3 years	Elementary schools
3.	Bachelor of Physical Education (B.P.Ed.) 2 Years	BA/B.Sc./B.Com/B PE 3 Years or its equivalent	2 years	High schools
4.	B.P.Ed. Integrated 4 Years	Senior secondary or 10+2	4 years	High schools
5.	Master of Physical Education	B.P.E./B.P.Ed.	2 years	Senior secondary schools/colleges universities

**Schemes and Policies Framed by Government For Physical Education and Sports**

**Physical Fitness Scheme**

Between 1950 and 1970, a period of two decades, India ushered in four different schemes to ensure the physical fitness of Indian boys and girls. These schemes are named below:

- National Discipline Scheme
- National Cadet Corps and Auxiliary Cadet Corps
- National Fitness Corps
- National Physical Efficiency Drive

**Physical Education and Sports in Universities**

University Grants Commission (UGC), and Association of Indian Universities (AIU) are working together for the promotion of physical education and sports in universities and in colleges. Financial assistance was given for the development of sports infrastructure in colleges and universities. AIU oversees organisation of coaching camps and sports competitions among college and university students and preparation of Indian Universities contingent for international competitions. Three hundred scholarships of Rs. 3600 per annum each are awarded through SNIPES to outstanding college and university students performing excellently in sports. Scholarships are also renewed in subsequent years subject to holders maintain or improving their performances.

**Various Associations Related to Physical Education Field**

- Indian Olympic Association
- Raj Kumari Amrit Kaur Sports Coaching Scheme
- Netaji Subhash National Institute of Sports, Patiala (NSNIS)
- Sports Authority of India

**Recommendation of Different Committees on Sports**

Other than being only an acknowledged need for general condition of a solid body and sound personality and to accommodate a co-curricular and extracurricular outlet to the understudies, physical preparing bit by bit turned into the core of scholastics recommended in educational plan structure, course improvement and research endeavours, accordingly making it both multidisciplinary and trans - disciplinary investigation at all dimensions.

Following India turned out to be free, the University Education Commission (1948) and the Mudaliar Secondary Education Commission (1952-53) were comprised which, "recommended measures for creating physical instruction and sports for the adolescent at various phases of training".

- Kaul - Kapoor Committee Report (1961)
- Dr. Deshmukh Committee on Physical Education (1967)
- Amrik Singh Committee Report (1987)
- Gopaldaswami Committee Report (1987)
- Punjab Education Policy (2002)

The service of Education set up Central Advisory Board for Physical Education (1976) which,

"planned and confined the national approach of physical training and prescribed that the huge scale programs on status of physical instruction, blueprints of the confirmation and endorsement courses in physical training, prospectuses of physical instruction for young men and young ladies, and tests in physical instruction. Under its recommendation national arrangements and projects of physical training and sports were detailed in various states and executed, and reasonable arrangement was made in the five years plans for physical instruction and sports".

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