

A Study of Emotional Intelligence between Male Sports Persons and Male Non Sports Persons

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Abstract: *Generally, physical education is misunderstood to mean physical activity or merely drill. It is necessary to provide knowledge regarding true meaning and scope of physical education. The aim and objectives of physical education are also being stated in detail so as to enable the students to understand the basic concept of the subject. It is also pertinent to deal with the controversy whether physical education is an art or science. The word physical education is derived from two separate words, “physical and education” the plain dictionary meaning of word ‘physical’ is ‘relating to body’, it may relate to any one or all of the bodily characteristic. It may be physical strength, physical endurance, physical fitness, physical appearance or physical health. The word ‘education’ means Systematic instructions or training, or preparation for life or for some particular task. A combined meaning of these two words would be that systematic instructions or training which relates to physical activities or programme of activities, necessary for development and maintains of human body, development of physical powers, or cultivation of physical skill. A well directed programme of physical education leads to healthful living social efficiency, good physical health, and worthy use of Leisure time. In the modern context, the term ‘physical education’ has assumed much border and more meaningful application to our daily life. Physical education is the education of man ‘in’ and ‘by’ means of physical activity. It is education of physical through physical. Physical education is the education which starts with physical development and advances toward perfect development of human being. The ultimate result being vigorous and strong body, acquisition of sound health, mental alertness and social and emotional balance, such as individual will be able to interpret men situations effectively, in more meaningful and purposeful manner and can be said to be a “Physically Educated Person.”.*

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