

Trends of Modern Career Concepts of Physical Education and Sports

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Abstract: *The importance of physical education, sports and yoga has gained its momentum during the last few decades, especially during covid 19 pandemic every individual realised the outcome of physical literacy. The motor learning is the key concern of movement economy and it is only possible through participating physical activity in a regular manner. In schools and colleges physical education classes stressed on the structured physical education programme depending upon a framed curriculum. Physical education can be a base of a good numbers of challenging careers for future life. The present article discussed the various modern careers extracts from physical education, sports and yoga. The physical education students can choose any professional career depending upon his own interest and expertise.*

Keywords: Career, Sports and Physical Education.

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