

Study of Sports Injuries in Football, Ice Hockey, Roller Skating Players and Physical Fitness Importance in New Education Policy

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Abstract: *The NEP-2020 aims to transform India into a worldwide knowledge superpower with universal access to the best education. The all-encompassing and multidisciplinary education that is proposed by this policy is meant to aid in learners' overall development while improving their employability potential and equipping them with the necessary skills for new jobs in developing industries.*

The NEP strives to satisfy the evolving needs for research, innovation, and education by implementing a variety of modifications in the educational system, from pre-primary years to higher education.

At the graduate, Master's, and doctorate level in big multidisciplinary universities, it encourages rigorous research-based specialization and provides opportunities for interdisciplinary cooperation.

Keywords: National Education Policy

I. INTRODUCTION

What Are the Positive Effects of the New Education Policy on Sports?

The changes in the Indian education system were much needed and hence, the introduction of the New Education Policy in India in 2021 has been welcomed by many parents and educationists alike. The idea of holistic development forms the basis of the new policy. This means, for a change, co-curricular are being given equal attention to as academics since the policies get implemented.

But what are its effects on sports? Sports as a career usually takes a backseat and is not the first choice, especially for Indian parents. Hence, many budding talents are lost even before they get the chance to bloom.

Does the new education policy have the power to change that? Let's find out!

The National Education Policy's Impact on Sports Education

The National Education Policy 2021 strongly emphasises including sports and physical education as a part of the curriculum. It is recognized as a subject to be taught and the physical aspects are limited to physical education sessions. The idea is not much different from what already exists. The policy merely makes it mandatory what was otherwise an option in many schools.

NEP in sports schools or any other institution unfortunately does not do much to change the notion of sports as a whole. The only positive impact is it mandates the practice. Thus, hopefully, it is also paving the way to a more comprehensive idea of sports at school in the near future.

The Importance of Sports Education

Almost every child enjoys a certain type of sports. If not a sport, they usually have hobbies they love more than academics. It has been witnessed that children tend to perform better in subjects or curriculum they love to do. This is an essential concept that is neglected when we study the NEP 2021. It does not truly work towards nurturing this love and enjoyment children have while playing, thus failing to hold the attention or interest of youngsters.

Physical Health Benefits of Sports

1. Regulates Weight
2. Lowers Cholesterol Levels
3. Improves Blood Flow
4. Reduces Hypertension
5. Stronger Immune System
6. Strong Muscles
7. Strong Bones

Mental Health Benefits of Playing Sports

Similar to physical benefits, sports have an enormous effect on mental health.

1. Lifts Mood
2. Diminishes Stress
3. Improve Sleeping Habits
4. Rejuvenates Self-Confidence

Other Health Benefits of Playing Sports

If a person has a prolonged health issues, sports or regular exercise can help him to tackle the symptoms and maintain an improved health condition.

1. **Diabetes:** Regular exercise helps to reduce blood sugar levels. Further, if a person has type 2 diabetes, exercise can reduce heart disease chances.
2. **Asthma:** If a person has asthma, he can lower the control frequency and severity of attack by engaging in sports activities. Exercise improves lung carrying capacity, reduce inflammation, strengthen muscle and improves cardiovascular fitness.
3. **Arthritis:** Persons suffering from rheumatoid arthritis need to stay physically active. There are several sports or physical exercises such as stretching, walking, water exercises that are easy on joints and help in muscle strengthening and reducing joint stiffness.
4. **Cancer:** Individuals who have recovered from cancer can improve their health by doing some exercises. Exercise reduces the risk of dying from prostate cancer and breast cancer.
5. **Dementia:** Benefits of sports can be realized in patients with dementia. Regular exercise can improve cognition and lower the chances of cognitive degeneration and dementia.
6. **Heart Disease:** Studies reveal that moderate exercise works well in patients with heart diseases. Also, by doing regular exercises, individuals with high blood pressure can reduce the chances of dying from heart disease and further progression.

To conclude engage yourself in various types of sports as per your health condition and get the benefits mentioned above.

Games and Sports in NEP 2020

The importance and value of sports and games that is in fact physical education in the education system has long been recognized and today's education is unthinkable without games and sports being a part and parcel of modern education. In present day education much emphasis is given to the physical education and the belief has come to influence the educationists, policy planners and the regulating authority the government that no worthwhile education for the young generation is possible without physical education. Sports and games is the integral part of inclusive education and thus sports and games need to be given required priority and place in modern education so that it leads to the growth of healthy individual personalities which can fit in the democracy of the country and contribute to its development. Thus physical education should be made inalienable and inseparable part of education and it needs to be made a part of school syllabus and curriculum. Adequate emphasis needs to be given to the sports and games in the education system of the country.

All students, regardless of ability, should get the recommended 60 minutes or more of daily physical activity to grow into physically fit personalities. Schools can help all students to meet this recommendation by providing equal opportunities for students with disabilities as well. Creating an inclusive culture for physical education and physical activity helps every student learn to lead a healthy, active and purposeful life style. The inclusion in education means that, "All children regardless of ability or disability, have the right to be respected and appreciated as the valuable members of school community, fully participate in all school activities and interact with peers of all ability levels with opportunities to develop friendship." Inclusive physical education and physical activity includes – 1-Includes students with disabilities in regular physical education classes. Specifically, teaching strategies, equipment, environments and assessments have been adopted to meet the needs of all students. 2-Supports the students with disabilities who want to participate in other physical activities before, during and after school. 3-Encourage the students with disabilities to have same roles and experiences as their peers who do not have a disability during physical education and other physical activities. "Education is the manifestation of the perfection already existing in man." said Swami Vivekananda. The primary objective of education is overall personality development. Complimenting to this objective, the paradigms of Physical Education, sports and Yoga are integrated under the National Education Policy -NEP 2020.

New Education Policy And Students' Health

The recent National Education Policy 2020 (NEP) has brought about a monumental change in our education system. In doing so, it has also placed high priority on children's health and their nourishment.

Health and education are strongly interconnected. While healthy individuals are more likely to have better education outcomes, right education can improve the health status of a household. The recently released National Education Policy 2020 (NEP) proposes to bring a paradigm shift in Indian education. In doing so, it recognizes the need for proper nourishment and good health to aid optimal learning, and proposes certain health-related interventions.

The following are the key approaches and interventions on health proposed in the NEP.

Holistic education with sports-integration

Multidisciplinary and holistic education are part of the key principles of the NEP. Along with subjects like the sciences and social sciences, the curriculum must contain courses that make education well-rounded, useful and fulfilling, including games, sports and fitness.

Expansion of food programme

India's mid-day meal programme exemplifies the convergence of education with a food and nutrition programme. Currently, mid-day meals are provided to children in Classes 1 to 8, studying primarily in government and government-aided schools. The NEP proposes provision of early child care and education to children below 5 years of age in Preparatory Classes in primary schools, and extends the mid-day meal programme to these students.

Further, NEP proposes provision of breakfast for school children in addition to mid-day

Health education

Noting the importance of health education in schools, the NEP includes health and nutrition, physical education, fitness, wellness, sports, sanitation and hygiene as some of the key subjects, skills and capacities that must be learned by everyone. Accordingly, the NEP proposes the inclusion of training in health, including preventive health, mental health, good nutrition, personal and public hygiene, disaster response and first-aid, and detrimental effects of alcohol, tobacco and other drugs, as part of the school curriculum.

Healthy learning environments

The NEP proposes some other measures for promoting physical and mental health. This includes regular health check-ups in schools, especially for 100% immunization, and health monitoring through health cards. Health check-ups and growth monitoring under Anganwadi system will be extended to Preparatory Class students. The NEP also recommends reducing the weight of school bags and textbooks. For mental and emotional health of children, the NEP proposes introduction of social workers, counsellors and community involvement into the schooling system.

Addressing critical health challenges

Taking a forward-looking approach, the NEP highlights the need to develop an education system that enables India to address its key challenges, including in health. This will require high-quality studies in science, social sciences and humanities, interdisciplinary research, and other advancements in the education system. India should also focus on cutting-edge areas, such as artificial intelligence, big data and genomic studies. These studies can have important applications in critical areas, including health.

FOOTBALL

Football is the most watched and played single sports on the planet. More than 200 million people worldwide play more than 20 million soccer games. To distinguish it from the American football, it is, more often. Than not, referred to as soccer or association to as soccer or association football.

No one with certainty knows when and where soccer began in the course of human history but great varieties of what later on becomes soccer were played about 3000 BC. The earliest recorded reference dated 1004 BC to a game like soccer like game with either a bib's bladder filled with air or a leather ball stuffed with hair. The early Olympic game in ancient Rome featured twenty seven men a side who completed so vigorously that two third of them had to be hospitalized after a fifty minute encounter. As a consequence, the government sometimes legislated against it finding it "vulgar and indecent" king Hennery IV and Hennery VIII passed laws against football and Queen Elisabeth I "had soccer players joined for a week. With follow-up church presence". Then times changed and the game began to become popular in 1880s. Eton College had the earliest rules of the game in 1815, after s period of choose. The first recorded international match was played between Scotland and England on November 30, 1872 and the first world cup organized on July 18, 1930. Founded on June, 2, 1889, the federation football Association [FIFA], is the governing body of the world soccer. A presence more than 170 nations are represented on its general body. Soccer occupies a place of pride on the Olympic sport programmed.

Ice Hockey

Ice hockey is believed to have evolved from simple stick and ball games played in the 18th and 19th centuries in the United Kingdom, Ireland and elsewhere, primarily bandy, hurling, shinty and lacrosse. Arguably the games most influential to the early design of ice hockey were early forms of an organized sport today known as bandy, a sport distinctly separate from ice hockey. These games were brought to North America and several similar winter games using informal rules developed, such as shinny and ice polo, but would later be absorbed into a new organized game with codified rules which today is ice hockey.

While the general characteristics of the game stay the same wherever it is played, the exact rules depend on the particular code of play being used. The two most important codes are those of the IIHF and the NHL. Both of the codes, and others, originated from Canadian rules of ice hockey of the early 20th Century.

Roller Skating

Roller skating is traveling on surfaces with roller skates. It is a recreational activity, a sport, and a form of transportation. Roller rinks and skate parks are built for roller skating, though it also takes place on streets, sidewalks, and bike paths.

Roller skating originated in the performing arts in the 18th century. It gained widespread popularity starting in the 1880s. Roller skating was very popular in United States from the 1930s to 1950s, then again in the 1970s when it was associated with disco music and roller discos. During the 1990s, inline outdoor roller skating became popular. The earliest roller skates known are from 18th century Europe. These skates were used in theatre and musical performances, possibly to simulate ice skating onstage. Early roller skating was done in a straight line because turning or curving was very difficult with the primitive skate designs of the time. Limited to an occasional performance prop at the time, roller skating would not see widespread use until the 1840s.

Types of roller skating

- Artistic
- Figures
- Dance
- Freestyle
- Precision teams
- Singles and pairs
- Speed skating
- Jam Skating
- Group skating
- Aggressive inline
- Roller hockey
- Roller derby
- Aggressive roller skating

Common Injuries in Sports?

- Abrasion
- Incision
- Subluxation
- Muscle Cramp
- Sprain
- Tennis elbow

The various kinds of bones are connected together at different parts of the skeleton by joints. The main structures which unite to form the joints are bone, cartilage, synovial, membrane and the ligaments.

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