

Advantages of Trends Under NEP in Modern Era: Physical Education and Sports

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Abstract: *The updates in the national education policy have been eagerly awaited and are causing confusion in India's education sector. wanting to know what to include and what to leave out. Every young academician and student in India can achieve their multiple goals thanks to this new change. It throws light on the entire education system in India as it is an ideal foundation for both primary and higher education. The curriculum should include courses in games, sports and fitness, as well as courses in science and social studies, which make education versatile, practical and rewarding. NEP proposes the integration of sports or the inclusion of physical activity in the learning methods of students and physical and mental health while improving their cognitive abilities. Students participating in sports integrated education develop a lifelong attitude towards fitness and achieve the fitness level prescribed by the Fit India programme. To ensure that all children experience the magic of play and sport, and to create a nation of healthier and stronger children through the school system, we expect sport and play to be taught and valued with the same rigor and structure as core academic subjects. Focusing on vocational education contributes greatly to the overall development of children, and our hope is that students will be able to choose physical activity and sport as a vocational subject. It throws light on the entire education system in India as it is an ideal foundation for both primary and higher education.*

Keywords: NEP, development, health, students, learning

I. INTRODUCTION

Physical education should be used as an effective tool for holistic development of Indian children from different socio-economic backgrounds. The obvious benefits of physical education in keeping children fit, active and healthy are especially important if you live in an economically stronger urban city in India where obesity has become a major problem. Exercise also promotes mental health, encourages and fights depression, and promotes child and emotional development. Unfortunately, the Indian education system revolves around a highly competitive exam culture that puts enormous pressure on students. Physical activity ensures children's and social growth by giving them self-confidence, promoting leadership, teaching teamwork and encouraging participation and creativity. These values are difficult to learn through textbooks, but they can be practiced practically and enjoyably. The National Education Policy has been eagerly awaited and brings joy to the whole of India and the education sector. Inactivity increases the risk of coronary heart disease, neck and breast cancer, diabetes, high blood pressure, osteoporosis, stress and depression. Recent studies have shown that the global fitness effect of physical interest is similar to that of smoking-related deaths. Physical inactivity has been compared to virulent disease because of its prevalence and additional risk of disease. Interventions to sell physical advantage are recommended for appearance, fitness outcomes, and life cycle changes. Students gracefully interact in body positive sports events to strengthen and maintain their immunity, fight infectious diseases and live a disease free life. Therefore, the faculties must consider the prescribed physical exercises to sell the form perfectly and maintain the condition of the child. Physical education is a real problem of educational needs and consists mainly of comprehensive assessment based on benchmarks and standards. A desire to move includes improving movement skills, knowledge and behavior that promote a healthy and active life, as well as movement skills, self-efficacy and emotional intelligence. The purpose of physical education at the faculties is to train students in the technological skills and practices of a physically active and healthy lifestyle (3). It provides space for participation in developmentally appropriate physical interest aimed at improving the child's fitness, health and fine and gross motor skills. Their potential to contribute to the realization of the kingdom and its many growing development aspirations on

the one hand and to an imaginative and visionary India on the other, introducing a simple and egalitarian society and a brand new fitness device that touches life. every human citizen. One of the guiding principles of NEP is multidisciplinary and comprehensive education. The curriculum should include play, movement and health guides, as well as technology skills and social studies guides that make the training versatile, reasonable and beneficial. NEP recommends combining sports activities or incorporating physical interest into student management techniques and #039; physical and mental fitness while improving cognitive skills. Along with movement, students participating in sports activities expand their lifelong mindset towards health and get prescribed blood pressure through the Fit India program. In addition, it improves their cooperation, initiative, teamwork and responsibility. Other techniques for university students and # 039; In addition, the NEP recommends publicizing the sports activities and various sports of the faculties and colleges. This provides more problem choices and flexibility, allowing students to choose physical education for the course they need.

Development and Growth

The first secret is the health center. The average enjoyment of physical exercise has changed from ridiculously electrifying to fitness. As soon as the famous stay away from ball sports, the pleasant movement is now no longer thought of because of one important part: the youngsters leave and are no longer lively. A new health development name for the continuous interest of all young people during the movement period. This shouldn't mean the end of group sports activities, but video games and sports should still require a lot of movement from everyone involved. These wide-ranging applications, which require all people to live, are the most significant change in PE today. Fitness apps now also pay attention to students' knowledge of fitness. Knowing how the frame works is an important aspect of maintaining condition. Because of this, physical education teachers have brought an academic sequence to their curriculum that teaches youngsters approximately how their framework works. Exercise topics include calories, metabolism, muscle conditioning and heart rate. Children who are given the tools to understand how and why unsafe swallowing behaviors affect their health can make better choices throughout their lives.

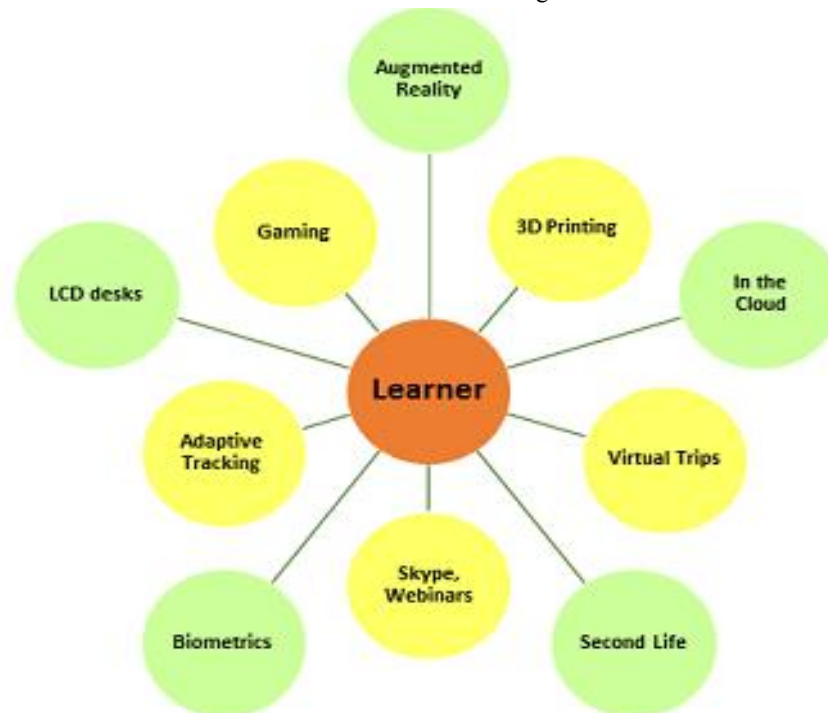


Fig-1 Digital learning process in sports and physical education

Learning's under NEP

In a dynamic global environment, the problem of the approximate formation of the gaming business has not yet been solved, which means that it can be, but with the growth of a truly traditional concept, which is the sports activity as a whole. Few studies have empirically advanced and investigated the corporate structure of sporting activities. In addition, little conceptual or empirical research has been conducted to understand the situations that create entrepreneurship in sports activities. Entrepreneurship is becoming a particularly popular topic in the field of sports. The research proposals in this article provide impetus for theoretical trends that present exciting learning problems. Sports entrepreneurship can be defined as the state of mind of people or organizations that are actively involved in the latest opportunities related to sports activities. Sports entrepreneurship means any revolutionary hobby related to sports activities, where sports are proactive and more accessible. The nature of the gambling business is that corporate sports are almost invisibly integrated into organizations with maximum athletic performance. A company can be anything from a brand new sports product to a brand new venture in the gambling industry to launch sports related games. Sports business presents various avant-garde themes that are no longer related to technology (consisting of production equipment and player-spectator interaction), but diversity, privacy and social cohesion in addition to social, moral and scandal. Sports entrepreneurship can be described in many ways. The huge definition of sports business refers to any revolutionary hobby that is oriented towards sports activities. Since sports entrepreneurship is a new emerging discipline, it is important to define precisely what this period means. Innovation is the heart of the company's technology in sports activities, as it specializes in coming up with the latest projects or supporting the organization. Sport entrepreneurship refers to sport processes, practices and choices that lead to the improvement of products, offerings or markets. This article discusses sports entrepreneurship as values that influence the tendency of an organization or people to create and expand a revolutionary sport. This article illustrates the importance of interdisciplinary technology closer to the gaming industry and the prices of participation in related fields.

II. CONCLUSION

The updates in the national education policy have been eagerly awaited and are causing confusion in India's education sector. wanting to know what to include and what to leave out. Every young academician and student in India can achieve their multiple goals thanks to this new change. It throws light on the entire education system in India as it is an ideal foundation for both primary and higher education. Vocational training is an important area of development for India's youth. The most important development goal is education in India, both urban and rural.

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