

Importance of Physical Education and Sports in School Curriculum: Advancements in National Education Policy

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Abstract: *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

Most schools in India did not include structured physical education in the school curriculum. The emphasis is on general topics because schools do not understand how a structured physical education program can promote the development of young children by increasing their physical, mental, emotional and social growth. As 29.5% of India's population is below the age of 1 (Census of India, 2011), physical education must be used as an effective tool for the 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 economically stronger urban India where obesity has become a major problem. Movement 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. Being inactive 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 excess risk of disease. Interventions to sell physical advantage are desired for appearance, fitness outcomes, and changes over the lifespan. Students elegantly interact at body positive sports events to strengthen and maintain their immunity, fight infectious diseases and live a disease-free life. Therefore, faculties must consider prescribed physical exercises to sell excellent form 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. The hope of physical exercise includes improving motor skills, knowledge and behaviours to promote a healthy and active life, as well as exercise skills, self-efficacy and emotional intelligence. The purpose of the physical training of 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 a different, imaginative and visionary India in introducing a simple and egalitarian society, and a brand new fitness device that touches life. every citizen of man. One of the guiding principles of NEP is multidisciplinary and comprehensive education. The curriculum must include guides for games, sports activities and health, as well as guides for technological competence and social studies, which make training versatile, reasonable and worthwhile. NEP suggests combining sports activities or incorporating physical interest into student management techniques and #039; physical and mental fitness while improving one's cognitive abilities. Along with exercise, students who participate in sports activities expand a lifelong mindset closer to health and acquire a prescribed health qualification through the Fit India program. In addition, it improves their cooperation, initiative, teamwork and responsibility. Other techniques for university students and # 039; In addition, NEP recommends disclosure of sports activities and various sports of faculties and colleges. This provides more problem choices and flexibility, allowing students to choose physical education for the required course.

II. DEVELOPMENTS TO PE CURRICULA

The first secret is a focal point on health. The average pleasant of PE training has shifted from a a laugh launch of electricity to an extended scope of bodily fitness. The as soon as famous stay clear of ball sport is now no longer taken into consideration pleasant practise due to one critical component: youngsters are removed and now no longer being lively. New health developments name for sustained interest for all youngsters throughout PE time. This does not should suggest the cease of group sports activities, however the video games and sports must require all contributors to move, a lot. These inclusive applications which require all people to be lively are the most important shift in PE today. PE applications now additionally attention on college students expertise fitness. Knowing how the frame works is an critical aspect in preserving fitness. To this cease, PE teachers have brought an academic strand to their curriculum which teaches youngsters approximately how their frame works. Topics for practise consist of calories, metabolism, muscle fitness, and cardio function. Children who're given the equipment to recognize how and why dangerous ingesting behavior effect their fitness could make higher alternatives for a lifetime.

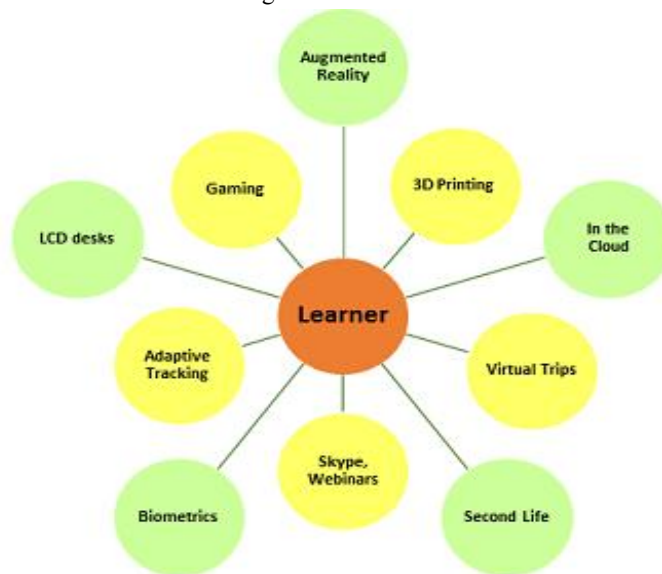


Fig-1 Digital learning process in sports and physical education

III. CHALLENGES IN SPORTS UNDER NEP

Sports management, entrepreneurship is a local social technique and is often carried out intuitively by concerned individuals. Organizations add many business variations in exceptional cases. 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 conventional concept, which is the business of sports activities as a whole. Few studies have progressed empirically and investigated the corporate structure of sporting activities. In addition, little conceptual or empirical research has been devoted to understanding the situations that generate 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 in the context of sports activities, where sports are proactively and more easily accessible. The nature of the gaming business is that corporate sports are almost invisibly integrated into organizations with maximum sports performance. A company can be anything from a brand new sports product to a brand new mission in the gambling industry to launching sports related games. Sports business presents various avant-garde issues that are no longer related to technology (consisting of production equipment and player-spectator interactions), but in addition to social, moral and scandalous aspects that include diversity, privacy and social cohesion. Sports entrepreneurship can be described in many ways. A huge definition of sports activities Entrepreneurship means any revolutionary hobby that is directed towards sports activities. Since sports entrepreneurship is a new emerging discipline, it is important to define exactly what this period means. Innovation is the heart of enterprise technology in sports activities, as it specializes in coming up with the latest projects or supporting an 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 the 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 game business and the prices of participation in related fields.

IV. 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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