

Sports Education in Light of NEP 2020

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Abstract: *The New Education Policy 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. 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. To most people, parents and teachers alike, sports is either about playing it or a subject to be taught outside textbooks. This concept completely bypasses its experiential aspects where sports can become an elemental tool to shape young minds and bodies. Sports teaches many life lessons that are beyond the scope of classrooms like team spirit, strategizing, calculative decision making, and overall discipline and time management. Thus, it cannot be denied that while the intention of NEP is holistic, it is still majorly flawed where mandating sports in colleges is concerned. This new modification may bring lot of dreams coming true for each and every young academician and student in India. A comprehensive framework for elementary and higher education as well, this is going to throw light upon the whole education system in India. Vocational training being the key developmental area for young youth of India The up gradation of Indian education in both rural and urban areas is being the ultimate key sector. The NEP accepts sports as being as vital to other subjects like English or Science by doing away with the strict division between academic and extracurricular activities, hence improving the Fun and Engagement that students so badly desire in a institution. Children can grow physically, cognitively, and socially via play.*

Keywords: national education policy, physical education, academics, sports, co-curricular

I. INTRODUCTION

“A country where playgrounds are inhabited, their hospitals will be deserted and in a country where playgrounds are deserted, their hospitals will be inhabited”.

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 institution syllabus and curriculum.

“**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. Physical Education, Sports and Yoga professionals will contribute in bringing Health and wellness at every aspect of one's personality. Thus developing and proposing the syllabus framework for physical education, sports and yoga was an interesting assignment for the committee. To keep in mind the broad guidelines given by UGC about making the citizens of 21st century equipped with critical thinking, problem solving, Analytical Reasoning, Cognitive skills and self

-directed learning etc. The committee had several meetings to develop the curriculum framework and we have come out with a broad outline for the colleges and universities to take up the framework for physical education, sports and yoga. 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 community, fully participate in all institutions activities and interact with peers of all ability levels with opportunities to develop friendship.

Objectives of Physical Education curriculum:

- To develop motor qualities.
- Sports and physical education can help to foster patriotism, comradeship, friendship, unity, cooperation, cordial relationships, international integration, and other social qualities.
- Regular Physical Education classes helped the students to adopt the need of essential qualities in day to day life style.
- Cultivating attitudes and positive values which aids in leading an active and a healthy lifestyle
- Supports the students with disabilities who want to participate in other physical activities before, during and after college.
- Encourage the students to acquire good health & maintain good physical fitness.

The broad framework is to make physical education, sports and yoga accessible and available to masses by creation of professions in physical education, sports and yoga through Higher Education Institutions. This will help every citizen of India to be healthy, fit and stay well. India is growing rapidly as a global super power .To face the challenges of the century and to keep up with the pace of the world, maintaining health is of paramount importance. Giving thrust to healthy society, physical education, sports and yoga are of great significance in today's world .

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 institutions.

But does this perception do justice to nurturing young sports persons as a whole?

NEP in sports institutions 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 institution in the near future.

To most people, parents and teachers alike, sports is either about playing it or a subject to be taught outside textbooks. This concept completely bypasses its experiential aspects where sports can become an elemental tool to shape young minds and bodies. Sports teaches many life lessons that are beyond the scope of classrooms like team spirit, strategizing, calculative decision making, and overall discipline and time management.

Thus, it cannot be denied that while the intention of NEP is holistic, it is still majorly flawed where mandating sports in institution is concerned.

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.

Sports education builds the personality and develops many life skills for children. Team sports or individual games, be it indoor or outdoor- contribute largely to this multi-faceted development. Now imagine, a child being entirely deprived of this experience- how does it impact one's personality?

By being a part of a sports institution, children get the scope to find out their calling in specific types of sports while trying out different options. At the same time, their academics do not get neglected. But more than anything, the child has an overall physical and mental development that brings out the best in them as an adult later in life.

The comprehensive academics and sports training for future athletes at sports institutions are also gaining popularity with parents who are recognizing the advantages. So even with the conceptual gap in NEP regarding sports, concerned parents still can get a solution when they look for true holistic development of their child. Playing sports and games helps students improve their self-esteem, social skills, and confidence. It also teaches them about time management and discipline. Moreover, it can also be used as a career path or hobby. Besides, it helps students reduce stress and depression.

By the end of the program the students will be able to:

1. The curriculum would enable the pass out students to be entrepreneur (to start their own fitness center, gym, etc) and device appropriate fitness program for different genders and age groups at all level.
2. The curriculum would enable to officiate, supervise various sports events and organize sports events.
3. Students acquire the knowledge of Physical Education, Sports and Yoga and understand the purpose and its development .
4. The student learns to plan, organize and execute sports events.
5. Student will learn theoretical and practical aspects of game of his choice to apply at various levels for teaching, learning and coaching purposes efficiently.
6. Student acquire the knowledge of opted games, sports and yoga and also learn the technical and tactical experience of it.
7. Student will learn to apply the knowledge of managing the fitness equipments.
8. Student will learn to apply knowledge of Physical fitness and exercise management to lead better quality life.
9. The student will learn and contribute on fitness management.
10. Students will understand and learn different dimension of active life style.
11. The student will gain knowledge of professional preparation in Physical Education, Sports and Yoga.
12. Student will learn the knowledge of fitness diet.
13. Students will be able to assess the Physical Fitness in Scientific way.
14. The students will be able to continue professional courses and research in Physical Education, sports and yoga.
15. The activities in the Curriculum shall be modified/redesigned at the BoS level of the concerned universities to benefit the Physically/ Visually Challenged students.

II. CONCLUSION

NEP 2020 also envisages sports as a part of the curriculum and lays emphasis on sports-integrated learning as well as adopting fitness as a lifelong attitude. National Credit Framework with due weightage to sports plays important role, will act as a catalyst in popularising sports.

III. RECOMMENDATIONS

- The various papers in the subject of Physical Education, Sports and Yoga of undergraduate programmes, in core discipline, specific discipline elective, Health Education and Skill Enhancement Courses, shall be taught (theory and practicals) by Physical Education Faculty, qualified as per the UGC guidelines
- Physical Education Faculty shall be Enriched with additional knowledge through short term courses/workshops/refresher/orientation/training programmes as per requirements.
- The committee recommends inclusion of the subjects for the competitive examinations conducted for the civil services under the central and state level.
- Health and Wellness paper shall be taught by Physical Education Faculty only.
- In addition to Practicals, one hour of theory (for Physical Education, Sports and Yoga) under Skill Enhancement Course shall be ensured at the first semester of all Under Graduate courses.

- Appropriate Sporting and Yoga infrastructure and necessary Books/reference materials shall be ensured at all Higher Education Institutions (HEIs).
- Recruitment of Faculty shall be ensured in all Government, Aided, Constituent and Private HEIs.
- Open Elective Papers and Skill Enhancement Papers in Physical Education, Sports and Yoga shall be made available in all HEIs across all UG Programs (Arts, Science & Commerce, i.e.BA/BSc/BCom/BBA/BCA & all other UG Courses). Board of Studies (BoS) & Board of Examination (BoE) shall be constituted immediately in all the universities.
- The existing workload of the Physical Education Faculty for preparing college sports teams (training and coaching hours) for University/State/National level competitions shall also be considered along with the workload of papers made available under NEP.
- HEIs shall be guided and empowered to align with NSQF (National Skills Qualification Framework) and enter into MoUs with NSDC (National Skill Development Corporation) and other organizations to ensure employability.
- Along with Discipline Specific Core papers, appropriate measures shall be ensured to conduct practical and theory assessments for Open Electives and skill enhancement courses.

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