

Future Scope of Physical Education and Sports in School Curriculum: Development in National Education Policy

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Abstract: *The NEP lists health and nutrition, physical education, fitness, well-being, sports, sanitation and cleanliness as important subjects, skills and abilities that everyone should learn and notes the importance of health education in schools. Therefore, the NEP proposes to make health education a mandatory part of the curriculum, which would include mental health, healthy nutrition, personal hygiene, disaster, first aid and the negative effects of alcohol, cigarettes and other substances. 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

Structured physical education must become an integral part of school curricula in India. Thus, for a young and socio-economically diverse population, moving through schools can become an effective all-round development tool for Indian children. Most schools in India have not integrated structured physical education into the school curriculum. The emphasis is on general subjects because schools do not understand how a structured physical education curriculum can promote the development of young children by increasing their physical, mental, emotional and social growth. With 29.5% of India's population below the age of 1 (Census of India, 2011), physical education needs to 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 when you live in urban India with a stronger economic background where obesity has become a major problem. Movement also promotes mental health, encourages and fights depression, and contributes to children's emotional development. Unfortunately, the Indian education system revolves around a fiercely competitive exam culture that puts enormous pressure on students. Physical activity ensures children's 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 in a practical and enjoyable way.

The National Education Policy has been eagerly awaited and is developing pleasure throughout India and the training sector. When someone is inactive, the hazard of having coronary heart disease, neck and breast cancer, diabetes, hypertension, osteoporosis, tension and melancholy increases, amongst different sicknesses. Recent research have proven that the worldwide fitness effect of bodily interest is similar to that of smoking-associated deaths. Physical

inactiveness has been as compared to a virulent disease due to its occurrence and excessive threat of disease. Interventions to sell bodily interest are wanted throughout the lifespan because of occurrence, fitness outcomes and variability.

Students have interaction in positive bodily sporting events in elegance to bolster and preserve their immunity, combat infectious sicknesses and lead a disease-loose existence. Therefore, faculties have to take note of the specified bodily training to sell superb fitness and preserve the situation of the kid. Physical training is a proper problem with educational necessities and consists of benchmark and standards-primarily based totally assessment. The desires of bodily training are the improvement of motor skills, expertise and conduct for a healthful lively existence, along with sports activities skills, self-efficacy and emotional intelligence. The cause of bodily training in faculties is to educate college students the technological know-how and practices of a bodily lively and healthful lifestyle (3). It gives area for participation in developmentally suitable bodily interest aimed toward enhancing kid's fitness, health and nice and gross motor skills. Their cappotential to make a contribution to the introduction of a kingdom and its many increasing developmental desires on the only hand and a simply and egalitarian society at the different, a imaginative and prescient of India and a brand new training device is advanced to the touch human beings's lives each citizen. One of the guiding thoughts of NEP is multidisciplinary and complete training. The curriculum have to encompass guides in games, sports activities and health, in addition to guides in technological know-how and social research, which make training versatile, sensible and rewarding. NEP proposes the mixing of sports activities or the inclusion of bodily interest withinside the mastering techniques of college students and #039; bodily and intellectual fitness at the same time as enhancing their cognitive abilities. Students collaborating in sports activities included training broaden a lifelong mindset closer to health and acquire the health degree prescribed with the aid of using the Fit India programme. In addition, it improves their cooperation, initiative, teamwork and responsibility. Other techniques for college kids and #039; NEP additionally recommends publicity to sports activities and different sports in faculties and colleges. It gives greater problem alternatives and flexibility, permitting college students to pick bodily training as a obligatory course.

Trends to PE Curricula

The contemporary fashion in PE practise has centered much less on a laugh and group sports activities and greater on getting youngsters healthy. To that cease, teachers have needed to define and outline dreams particular to growing lifestyles-lengthy fitness. They've recognized 3 middle regions for attention: contemporary health stages, instructing fitness matters, and coaching how to plot for lengthy-time period exercise. 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

Future scope and challenges in sports under NEP

Sports management, entrepreneurship is a localized social technique and is often intuitively performed through relevant individuals. Organizations add many business variations in exceptional use cases. In a dynamic global environment, the problem of the approximate formation of the game 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 gone forward empirically and investigated the entrepreneurial construct of sporting activities. In addition, little conceptual or empirical research has been invested in the knowledge of situations that generate entrepreneurship in sports activities. Entrepreneurship is becoming a particularly popular topic in the field of sports. The research suggestions in this article provide impetus for theoretical trends that pose exciting learning problems. Sports entrepreneurship can be defined as the mindset of people or organizations actively involved in the search for the latest opportunities in the context of sports activities. Sports entrepreneurship refers to any revolutionary hobby in the context of sports activities, where sports are more accessible with proactive and casual quality. The essence of gaming business is that corporate sports are almost invisibly integrated into organizations with maximum sports activities. A business can be anything from a brand new fitness product for the gambling industry to a brand new task of launching sports related games. Sports business presents various cutting-edge issues that are no longer related to technology (consisting of production equipment and player-spectator interactions), but in addition to social, moral and scandalous considerations that include diversity, privacy and social cohesion. Sports entrepreneurship can be described in many ways. Knormous Definition of Sports Activity Entrepreneurship refers to any revolutionary hobby that aims at sports activities. Since sports entrepreneurship is a new emerging discipline, defining what exactly a period means is a crucial issue. Innovation is the heart of the entrepreneurial technique of sports activities, because it specializes in coming up with the latest projects or maintaining the organization. Sports entrepreneurship refers to the processes, practices and choices in sport that lead to the improvement of products, offers 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 multidisciplinary technology closer to game business and the price of participation from 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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