

# Physical Education and Recreation

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**Abstract:** *Today's era is an era of competition, where everyone wants to prove better from one on the other way, whether it is Physically, Mentally, Socially, Economically, Spiritually, Emotionally, matters a lot and hence a true value and a urge of physical fitness and the happiness increases day by day. Hence Physical Education and Recreation plays an important role in this "New Education Policy" also. As this both (Physical Education and Recreation) goes hand in hand, gives you pleasure and health too. There are certain General and Specific type of exercises which specifically gives you the general and specific fitness and as you achieves certain level of fitness the body its self responds certain indication of happiness and light attitude in behavioral pattern of the individual.*

**Keywords:** Physical Education, Recreation

## I. INTRODUCTION

Physical education provides cognitive content and instruction designed to develop motor skills, knowledge, and behaviors for physical activity and physical fitness. An educational course related to the physique of the human body, taken during primary and secondary education that encourages psycho motor learning in a play, or movement exploration setting to promote health. Physical therapists are movement experts who improve quality of life through hands-on care, patient education, and prescribed movement. Physical therapists treat people of all ages and abilities and empower you to take an active part in your care. After an evaluation, your physical therapist will design a treatment plan for your specific needs and goals.

The main objectives of physical education are to: develop motor abilities like strength, speed, endurance, coordination, flexibility, agility and balance, as they are important aspects for good performance in different games and sports. It's important to get all four types of exercise: endurance, strength, balance, and flexibility. Each one has different benefits. Doing one kind also can improve your ability to do the others, and variety helps reduce boredom and risk of injury.

Exercise is intentional physical activity to enhance or maintain fitness and overall health. It is a subset of physical activity that is planned, structured, and repetitive and has as a final or an intermediate objective the improvement or maintenance of physical fitness. Being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities. In general, aim for at least 30 minutes of moderate physical activity every day. If you want to lose weight, keep off lost weight or meet specific fitness goals, you may need to exercise more. Cutting down on sitting time is important, too.

- Improve your memory and brain function (all age groups).
- Protect against many chronic diseases.
- Aid in weight management.
- Lower blood pressure and improve heart health.
- Improve your quality of sleep.
- Reduce feelings of anxiety and depression.
- Combat cancer-related fatigue.
- Improve joint pain and stiffness.
- Maintain muscle strength and balance.
- Increase life span.

**Recreation-**

Stephen Smith (1992) traces the origins of the term to the Latin *recreare*, to renew or to be re-created. The concept of restoring the individual (often, historically, “to return to work”). **Recreation** is the voluntarily chosen activities or experiences during leisure time that offers pleasure and restoration for people. Participating in recreational activities is important for a person's quality of life and mental health. It is the whole of activities that are based on entertainment and recreation, which are done voluntarily without being subject to any rule, gain, or continuity, and that increase and refresh the cognitive, physical, and social health, quality of life of the person. Enjoying yourself and relaxing when you are not working; a way of doing this.



Recreation helps our brains relax and stimulates us cognitively, which results in greater productivity at work. Recreational activity relieves us of the feeling of fatigue, restores our energy and promotes a sense of joy. Without recreation, life would be dull and miserable. Any activity engaged in for the sake of fun and enjoyment when one is not working irrespective of age of an individual; recreation is life in itself. Self-esteem: A person's overall sense of self-worth or personal value. Our brains also release more serotonin, a happiness hormone, which improves our moods, relieves stress, and makes us better colleagues, friends, and family members.

The following are the benefits of recreation

- Develops Personal Development and Growth.
- Physical Health.
- Self Esteem and Self Reliance.
- Creativity and Sense of Accomplishment.
- Creates more Fun.
- Enhances Pleasure.
- Reduces Stress.
- Increases Life Satisfaction.

**Value of recreation**

When we continue doing a work or performing an activity regularly and continuously for some hours, it gives us physical and mental fatigue and strain. Recreational activity relieves us of the feeling of fatigue, restores our energy and promotes a sense of joy. Without recreation, life would be dull and miserable. Doing activities that we perceive as fun create an amazing hormonal cascade that results in endorphins washing around our brain and body to make us feel happy, relaxed, calm, to relax our muscles, slow and deepen our breathing, slow our heart rates, lower our blood pressure and lead to more restful sleep. Recreation aims at educating people on the constructive and productive use of this free time, based on activities that are of interest to the participant, comprising of such activities that provide the participant the satisfaction from a socially accepted, constructive, non-survival activity.

Factors affecting Recreation-

- Gender. ...
- Life cycle stage. ...
- Personality. ...
- Place of residence.

As the heading itself elaborates the meaning for not enjoying the or the limitation designed by the human being as well by the society affects the moral to get recreation by himself or herself. There are certain social issues also which affects the recreation with reference to Indian context, which can be minimize by making awareness in the society

## **II. CONCLUSION**

Physical Education and Recreation goes hand in hand, one cannot deny for it, as it is an activity of leisure, leisure being discretionary time. The "need to do something for recreation" is an essential element of human biology and psychology. Recreational activities are often done for enjoyment, amusement, or pleasure and are considered to be "fun". A person involved in recreation is "re-creating" themselves. The whole point of recreation, as the original Latin word recreare implies, is to refresh and renew. Most of the time the recreation is referred as pastime, amusement, diversion, enjoyment, entertainment, fun, hobby, play. The "New Education Policy" challenges, scope and opportunities have an focus towards the value education and also an healthy individual who can lead the life in no stress. The one should have a free zone to opt for the desire to get the education having in own interest. Where the individual learn the skill based and open his or her own job oriented firm for the generation to come.

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