

Physical Education Should Be Made Mandatory in Engineering Curriculum

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ABSTRACT: Every human being has a fundamental right of access to physical education and sport, which are essential for the full development of his personality. The freedom to develop physical, intellectual and moral powers through physical education and sport must be guaranteed both within the educational system and in other aspects of social life. Physical education from long has been recognized as an integral part of the total education process. It is the process through which wholesome development of the every human being is ensured. Physical education is a vital element in a comprehensive, well-balanced curriculum and can be a major contributing factor in the development of an individual in all aspects of life. It is generally acknowledged that physical education helps in the development of physical, mental, emotional health and physical fitness. Many of the engineering colleges maintain physical education in the syllabus only nominally. For them, physical education is a 'rest period' between academic hours and they consider that anyone can teach physical education, without the required training. There are engineering colleges which believe that only delinquent students need to be taught physical education! This wrong notion must be removed in order to bring talented students to the next level of physical education – that is, sports. Especially in 21st century physical Education is not taught in engineering colleges due to privatization of the education. Private engineering colleges always put their efforts only on marks and grades. Different reasons are being cited for the underperformance of athletes and other sports persons in our country. Lack of proper curriculum is one of the main reasons that lag the development of sports in India. According to M.A. George, Sports Authority of India (SAI) coach, educational institutions in India do not have a uniform curriculum. "The curriculum varies from institution to institution.

Key Words: Curriculum, Physical Fitness, Personality development, Privatization

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I. INTRODUCTION

Physical education from long has been recognized as an integral part of the total education process. It is the process through which wholesome development of the every human being is ensured. Physical education is a vital element in a comprehensive, well-balanced curriculum and can be a major contributing factor in the development of an individual in all aspects of life. It is generally acknowledged that physical education helps in the development of physical, mental, emotional health and physical fitness. It is a known fact that physical activity improves overall health. Not only does it improve circulation, increase blood flow to the brain, and raise endorphin levels, which all help to reduce stress, improve mood and attitude, and calm students, physically active students may also achieve more academically. Physically fit students are less likely to miss school, partake in risky behaviors, like attempt suicide, taking drugs etc., which are all associated with better outcomes in engineering colleges.

Many studies have demonstrated the positive effects of physical education and physical activity on performance. Several studies have stated that providing increased time for physical activity can lead to better concentration, reduced disruptive behaviors and higher test scores in reading, math and writing.

It has also been proven that when students are involved in a physical activity program, there is an "improved rate of academic learning per unit of class time" and that increased time spent in physical education does not negatively affect student scores. A study done in France increased its physical education time to 8 hours per week, reducing time devoted to academic subjects. The students in this experiment were physically and psychologically healthier and had increased academic performance when compared to the control group

Wrong notions

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physical education, without the required training. There are engineering colleges which believe that only delinquent students need to be taught physical education. This wrong notion must be removed in order to bring talented students to the next level of physical education – that is, sports. Especially in 21st century physical Education is not taught in engineering colleges due to privatization of the education. Private engineering colleges always put their efforts only on marks and grades. When I enquired few engineering colleges in Bhimavaram Town, I noticed following of the lapses in engineering colleges

1. Many engineering colleges have no P.T periods and there is no regular physical director.
2. Only few engineering colleges having play grounds and majority of the private have no play grounds
3. Physical Director's duty is not to teach physical education to students but to maintain discipline only and Most of them never allowed students to play the games in the ground.
4. Physical Exercise to students is last priority and lecturers and management discourage the students to involve in the games and sports activities
5. Many engineering colleges are not appointed regular physical directors.
6. Most of the colleges recruit Physical Directors on only Records.
7. Parents of the students also never insist physical training but insist grades and marks
8. Government is encouraging the private engineering colleges and allowed the colleges to run without grounds and physical Directors.

Sports and games are the pride of the nation and it elevates the nation in internationally. I would like to mention few things how it is useful to nation and how much of impact on our country.

Pride of the Nation

India is failure to win the medals in Olympics, FIFA, Wimbledon etc, this is the pathetic situation for citizens of India. However, India, despite a population of over 1.3 billion, has not yet made significant presence in the world of sports, including world championships and the Olympics. This is true of both individual events and group events. We have not done well in hockey at the global level, though hockey is considered as the national game of India. In the case of other games also, our condition is rather pathetic. Today small countries won the medals than India and elevated in sports and games.

Healthy society

Physical education and sports not only create healthy individuals but also a healthy society. Therefore, sports culture can contribute to the nation-building process. Today, most small and big nations are making their entry to sports, based on this philosophy. In 21st Century India become a hub of Diabetic. According World health Organization reports fifty percent of sugar patients living in India and other diseases like Blood pressure, arthritis, cancer, obesity will be major problem for India. If India failure to create awareness on physical exercise, it leads to great disaster to India. It will affect on economy and society.

Economic prosperity

With 50% of the population below the age of 25, India is the 'youngest' country in the world. So, if the young people in India are suffering from diseases, what happened to nation? Today in India many families are spending lot of amount on health due to lack of physical exercise. This leads economic burden not only family but on the government. Government should provide hospitals and allotted health budget for treatment. You know the old saying 'health is wealth. But, what are we doing? We give only 1-2 hours of physical training per week in engineering colleges, and, when it comes to universities, even that is often lacking. Being active in sports is primarily the responsibility of the youth, but the government should provide them with all possible facilities for their development. When these young men and women represent India in world championships, they need to uphold the pride of the nation. The budgetary allocation for sports, comes under the Union Ministry of Sports and Youth Affairs, is not sufficient compared to the countries that excel in the Olympics and other international sports events.

Today Indian physical Education is lacking proper allocation of budget, meager facilities in sports academy and other institutions. Moreover misconceptions and wrong notions are great disadvantage to physical Education.

Nepotism and other factors

There is nepotism in the sports sector, which results in the denial of opportunity to many a qualified sportsperson at the national sports events. This also deters many talented young people from taking sports as a career, forcing them to seek jobs to make a living. We also see dismal cases of under-qualified people, who fail to win medals for India, getting government jobs. This must change.

Other hurdles in the way of progress of sports in India include lack of modern facilities like playground, equipment, strategies, techniques, qualified coaches, talented trainers, and sports-related

physiotherapists and psychiatrists. Lack of scientific approach towards the development of physical education and sports education is also to be blamed. When it comes to sports as a subject of study, research is woefully wanting.

There are over 10,396 engineering colleges in India, 825 colleges in Andhrapradesh but none of them is exclusively giving importance for sports education. Look at the situation in China or Japan – these countries consistently excel in sports. Why is it so? This is because China and Japan, like many other countries, have exclusive training institutes for sports and games, and sports is a compulsory part of the academic curriculum in all stages of education.

No Proper Curriculum

Different reasons are being cited for the underperformance of athletes and other sportspersons in our country. Lack of proper curriculum is one of the main reasons that lag the development of sports in India. According to M A George, Sports Authority of India (SAI) coach, educational institutions in India do not have a uniform curriculum. “The curriculum varies from institution to institution. The benefits of implementing a fixed, uniform curriculum will ensure the all-around development of the students. It is mainly because of the top-class facilities provided to sportspersons that countries like the US and China excel at international events.”Milka Singh, former ace sprinter, once said that India needed sports academies in every state in order to train the youngsters. According to him, there is a lack of dedication on the part of many coaches. Sports Authority of India has about 1,500 coaches, with 300 posts lying vacant. The United Kingdom produces around 3,500 coaches every year, of whom many opt for voluntary service. The chief problem with the existing sports federations in our country is that they do not have clear-cut plans for the talented youngsters. This problem, ones hope, would be solved in the near future.

Learn from China, Japan

In China, physical education is a part of curriculum. In Japan, the students have tests in the social and cultural aspects of sports. Where as in India, physical education is given the least importance, and priority is given to education based on academics. China, Japan and India, the three Asian giants, have one thing in common – a rich heritage of traditional sports, be it sumo of Japan, or karate of China, or the ghusti of India. Each of these sports is popular in the respective country. As time passed, all these countries developed their own sports culture and also adopted global sports like football, basketball and cricket. However, among the three countries, India lags behind considerably vis-à-vis sports. The lack of infrastructure and a clear-cut plan to popularize sports among the people could be the reason for this. In a country with so much diversity, sports could be an effective tool to inculcate the feeling of nationalism among the citizens. India has the second largest population in the world (1.237 billion). China tops the list, with a population of 1.35 billion. At the Olympics, China does well with a bagful of medals. Most of the times, people attribute this to China’s population. If that were the case, one should expect India to win the second position. And, we all know that is not the situation. In this scenario, we need to learn a few lessons from countries like China and Japan, so that we can create better sportspeople and a happier and more productive generation.

Opinions of the former champions

Former players expressed their opinion about the games and sports of the country. Their suggestions are valuable for strengthening of the games in India. I would like present some of the great personalities of the Opinions



Milka Singh, Former Sprinter

Many parents are prejudiced about sports. They should change their mindset and should treat other sports equal to cricket. According to me, the Sports Authority of India, which has the authority to recruit coaches in the country, should appoint coaches on contract basis. Give them a task and then evaluate their work before renewing their contract. The coaches have now used to working like in government departments. Coaching is not a job; it is a passion, a coach should try to produce excellent athletes.



PT Usha, Former Indian Sprinter

After many years of experience in athletics, I am convinced that what we lack in India is not talent, but the basic, modern and scientific facilities. If we train our young Indian sports talents, nothing -- even many Olympic medals -- is unachievable. Everyone thinks that bagging an Olympic medal is a difficult task. It is not.



Bobby Aloysius, Former Athlete

India lags behind the US in terms of performance due to a lack of long term planning. Nations like UK and China had begun preparations for the 2012 Olympics back in 2002. Another major problem in Indian sports is the early retirement of sports persons.



K M Binu, Athlete

Right now, the people involved in sports are getting proper training. India lags behind countries like China and Japan when it comes to international sports events. One's achievement doesn't depend solely on the training and hard work he/she is putting in; it also depends on hereditary factors and the situations one is brought up.



K P Thomas, Former Athlete and Dronacharya Award winner

The students of CBSE engineering colleges also should be allowed to participate in the school sports meet. We should not discriminate between the students of CBSE engineering colleges and state-run engineering colleges. The Government should be more cautious in appointing physical education teachers. The recent trend is that physical education instructors are not keen on coaching the students; for them it is like any other job, and they lack dedication.



Ashwini Nachappa, Former Athlete

Cricket enjoys a better fan following in India due to extensive encouragement of the BCCI. Similarly, India has shown excellence in shooting due to better training and infrastructure provided by the shooting federation. If all other sports were to enjoy the same amenities, Indian sports will scale great heights.

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