

Physical Education—Its Aims and Objectives

Physical Education is that experience or practice which is concerned with human body. This knowledge is gained through the activity of body parts and muscles. Human muscles activate and present new experience to our body. Physical education is the sum total of all those experiences. Experiences that human body receives through the motion of the body bring changes in it. These changes leave effects on character and way of living of a person. Whatever man receives through these experiences and changes is called physical education .

The subject of physical education is new for common people. Different countries at different times have described it under different names.

Physical Culture : Right up to the end of 19th century the word physical culture was used for physical education. This physical culture touched the heights of the whole culture of man. Man was taught political, scientific, technical affairs and fine arts along with physical exercises in it.

Physical Training : With the passage of time, training of high level games was introduced along with physical exercises. Every game and training of exercise was given importance and physical culture was given the name of physical training.

Games and Sports : Broadly speaking it is known as games and sports. Initially both of these words were used for the shows and competitions involving physical strength for the entertainment of man. For example bull fights, cock fights and partridge fights, swords and stick fights and chariot races etc.

But these days, from the technical view point, sports are based on psychology, physical construction and physical activities.

Coaching : Coaching means to teach the intricacies of the latest methods of sports to a player who knows the basic techniques of games.

Physical activities are of many types. These are selected for their variety and are used according to the aim. Everybody has some aim.

Aim : Physical education like general education guides a person to achieve the highest target. J.F. Williams, an expert in physical education has expressed in very simple words that if we are to achieve our goal through physical education, our aim should be :-

To give a good and expert guidance and provide such facilities as may give opportunities to any person or class to work. These activities make a person physically fit, mentally alert and satisfied and socially efficient.

Important words in this definition are physically fit, mentally alert and satisfied and socially efficient. According to these words, such activities should be selected for every person as should be physically useful. A person may select such activities as may make the body active and enhance his thinking power. Some riddles and principles are applied in games in such a manner as may keep the human brain fresh and provide him mental satisfaction. These activities should be socially accepted. Other persons should view them in a respectable manner. People may appreciate benefits got through them and try to adopt these activities themselves.

On the whole, the aim of physical education is to provide a person that sort of environment which may be useful for him physically mentally and socially. The aim of physical education

is to do the all round development of a human being. This aim is achieved through various objectives.

Generally, the objectives of physical education are as under:-

1. Physical Growth and Development
2. Mental Development
3. Social Development
4. Moral Development

1. Physical Growth and Development : To lead a good, successful and comfortable life, the foremost need is to have a healthy, strong and robust body. If our body is built up of strong bones, then the organs working in it are doing their functions well. When all the functions of the body are done well, only then the development of our body is done. To achieve the objective of physical fitness, physical education provides a suitable environment.

All-round development of child : For small children, there should be arrangement of games according to their age, desire and strength. For example action-song, motion-story etc. Senior children and young people enjoy playing games involving dancing and jumping and games should be provided according to their strength. For example hockey, football, athletics, trekking, swimming, horse riding etc. Elderly persons need games as per their need



- Fig. 1

which should cater to the strength of their advancing age as long walk and yoga. There should be difference between the games of boys and girls as per their physical need. Boys should have games requiring strength as pole vault, weight lifting and girls should have rhythmic games as folk dance, laziu, tipri etc.

As it is harmful for the body to have no exercise similarly it is also harmful to do over exercise.

A comfortable exercise from every point of view is useful for the body.

2. Mental Development : A man does not become healthy in a real sense by making his body strong only. Mental health should also develop along with physical health. Physical education presents such activities as activate the human brain. As a player of basket ball is to defend the ball from the other player. He is to take care of the movement of his feet and then look for the target and weighing his strength, he is to throw the ball into the basket. A player who is only physically strong and mentally unsound cannot become a good player. Therefore a person who plays some game gains mentally as well as physically. Physical education provides a healthy environment for mental development.

Body may be strong, brain may be sharp, even then until the body and brain work in coordination and the movements are not made fast and in a proper manner, no work could be possible. Our physical movements are jumping, dancing, skipping, turning, dodging, bending etc. These are the fundamental skills needed through out our lives. They make us active and fast. If these skills are properly developed, we can get maximum benefit by applying minimum energy. We become able to do important assignments in life. Therefore, it is useful to take part in long jump, high jump, races etc.

At times, physically fit and mentally alert persons also get emotional instead of over looking the minor problem lightly in life. They get themselves entangled in every minor problem by exaggerating it. They give undue importance to their joys, sorrows, likings and disliking. In this way, they make a sheer wastage of their precious time and energy and remain unsuccessful to get good results. A play ground guides us to sublimate our emotions. A player who loses even shakes hands with his opponent and congratulates him on his victory. A winner of a gold medal while standing on the victory stand has nice feelings for the players standing on number 2 and 3. A play ground provides same environment to every body so as to encourage us to go ahead while testing our own strength with others. Physical education teaches us to control our emotions.

3. Social Development : A person learns to live in harmony with the people around him through physical education. When a person plays with the players coming from different places, it helps to create a good environment for social development. Every player gets familiar with the nature, customs, dress and culture of others. Very often good points of others are adopted. In this way, we benefit from others. Standard of living is also raised. Interuniversity, interstate and international sports competitions are arranged to give a boost to social development. At the time of starting new Olympics, Baron de cubertin had exactly the same objective in mind that the games may create harmony and good spirit among the people.

To Encourage Social Harmony

Games develop qualities of good leadership. The scope of physical education is very vast. Many times a player gets a chance to act as a captain, secretary, referee or an umpire.

This practice is given in every small or big team. A captain seeks toss and then the game starts. In the play ground and even otherwise, the captain has to behave respectfully according to the qualities of a good leader. In this way, the leaders become skilled. They enable themselves to bear the heavy burdens of life and fulfill the duties of their life pleasantly.



Fig. 2

It is a common saying that an idle mind is a devil's workshop. If the leisure time is not utilized properly, human mind falls into bad habits. The best use of leisure time elevates a man. The major inventions in the world are the outcome of the deeds done in a leisure time. If there is no suitable arrangement for passing the leisure time of children, they will adopt bad habits but if proper arrangement of playgrounds and sports material is made by a school, college, panchayat or a municipal committee, then the same children will happily get ready to do every constructive activity.

4. Moral Development : If all the people learn to lead a comfortable life in their surroundings by following good

principles, then it is understood that they are quite mature. It is an important part of physical education to obey the orders of the referee while playing even if you dislike his decision, speaking truth, punctuality, discipline, obeying the elders, loving the younger, co-operation with the neighbors and truthful living. The training of these qualities is given in the play ground.

Physical education is very useful for the all round development of man, citizenship, emotional development and national integration.

EXERCISE

1. What is the aim of physical education ?
 2. What are the main objectives of physical education ?
 3. Which objectives of physical education do you learn in the play ground of hockey ?
 4. How can the best use of leisure time be made? Write briefly.
 5. Sports produce good leaders, How ?
 6. Write any one objective of Physical Education ?
 7. What is Physical Culture ?
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