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**A STUDY ON ANALYSIS OF DEVELOPMENT OF HEALTH, SPORTS AND  
PHYSICAL EDUCATION IN INDIA**

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**Abstract**

*This research paper is presented by the researcher from the perspective of understanding new concepts and trends in the field of physical education. In the current scenario, young people consume more and more junk food, which results in weight gain and poor health. The fitness of today's youth is declining. A closer look at the physical education of many schools, colleges, colleges and universities reveals that the modern technology figures of the students are distracting and they are not paying much attention to their own physical health. In the present situation, it is imperative to make physical education compulsory for the youth in many schools, colleges and colleges, to give them exercise instructions on a daily basis and to get exercise from the youth for good health. In a developing and democratic country like India, the number of youth is increasing in the current situation but behind the signs of this growing youth, the attitude of the youth towards their exercise is declining.*

**Key words:** physical education, analysis, health, sports, need of physical education etc.

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**Introduction:**

The field of physical education has a very important place in the present situation. Young people should take an active part in exercising because they should be aware that their life should be fitness. Students should focus on competitive play. At the same time, health care should be given more emphasis on recruiting lifelong fitness skills. Leading individuals in the field of physical education should make the important decision to engage all students regardless of their athletic ability. In the current globalization, the youth of India should use digital tools like Fitness Gram to take full advantage of their personal physical fitness. Swimming, cycling, yoga, running, etc. are some of the new trends in the field of physical education. Therefore, the youth of India should take care of their health by taking advantage of the new banking sector. Planned education for the physical, intellectual, emotional and social development of children through enjoyable, dynamic and capacity building activities. Movement is the foundation of physical education and the body is the main means of acquiring physical education. Even so, the goal of physical education is not limited to the body; besides the body, the rites performed on the mind, emotions, thoughts, etc. are also included in it. Physical education is the integrated knowledge of the experience gained by a person through various physical movements. Obertufer

has done. Physical education is part of a larger holistic discipline that deals with vital muscle movements and related functions. Physical education is the process by which the whole process of development and development of a child reaches its final stage through perfect experience gained through vital muscle movements, 'suggests Brownell. Physical education means the holistic development of a child's personality through the full and proper development of body, mind and soul through physical activity, said the Central Board of Physical Education and Recreation of India. The Government of India started Rani Laxmibai National Institute of Physical Education in 1957 at Gwalior (Madhya Pradesh) for the development of physical education. Undergraduate and postgraduate courses in physical education are taught there. The National Sports Authority was established in 1961 at Patiala in Punjab. Here specific sports guides are created.

**Review of Physical Education:**

Controlling emotions and controlling them is beneficial for mental health. Victory from various competitions in physical education makes a person experience feelings of happiness or sorrow. Although initially expressed in a more forceful manner, players gradually gained the ability to control them. A person who controls his emotions is able to live a happy life by making appropriate adjustments in society. The

physical education curriculum for upper primary level 6th to 8th class includes developmental exercises, outdoor activities, big games, rhythmic movements, yoga, exercises, and dialectical exercises. In addition to local sports, foreign sports like cricket, football, volleyball, basketball, as well as beam work, vaulting horse, Zambia, lathi, archery and judo are included for 7th and 8th standard. It also includes health education. 1/10 of the total time is given for physical education and health education. Accordingly, each class has to plan four hours for each week. The height of boys and girls in 9th and 10th standard at secondary level is increasing rapidly. They also tend to be socially oriented, to be leaders, to be the center of attention for cooperation. They tend to do something bold.

Physical education courses include penalties, sittings, pullups, outdoor competitions, badminton, basketball, cricket, football, handball, hockey, kabaddi, khokho, volleyball, table-tennis, swimming, gymnastics, wrestling, yoga, wrestling or judo. Types are included. 1/10 of the total time is given for physical education and health education. Accordingly, each class needs to plan four hours per week. Health and physical education examinations are internal and are to be taken by the respective schools. The schools have to inform the divisional boards about the grade obtained by the students of class 10th in this subject. Physical education at higher secondary level is planned for two hours a week. This subject of 50 marks is compulsory for class 11th; but it is not mandatory for class 12. At the college level, however, only Shivaji University conducts a compulsory examination of 10 marks for the first year. If a student fails in a subject, he / she is given 10 marks as grace marks and he / she is passed. With this exception, the subject matter is only for departmental, inter-departmental, university competitions. Considering the national level of physical education, its Vedic period and mythological period (2000 to 600 BC), medieval and historical period (600 BC to 1750 BC), British Company government and top English the period (1750 to 1947) and the post-independence period will be divided. Also includes sun salutation, yoga, pranayama for mental preparation. Matters included physical education. Also pranayama, sun salutation, forest vihar etc. to maintain physical health. Physical exercise was an integral part of the students' physical well-being. Along with horse racing, shooting, archery, wrestling, hunting, music and dance also developed during

this period. After 1200, during the Muslim rule, soldiers were trained in horse racing, shooting, fencing, wrestling, swimming, hunting, as well as fighting with animals such as oxen, rams, and elephants, to keep them ready for battle. It is found that Chhatrapati Shivaji Maharaj made arrangements to teach war and strength training to the Marathi youth. Samarth Ramdas established Hanuman temples in villages. They were later transformed into arenas, where they were trained in various martial arts such as penalties, meetings, sun salutation, weight lifting, wrestling, sticks, poles as well as fighting with shields, Zambia, spears. This akhada-exercise system was also maintained during the Peshwa period. During that time, there was an emphasis on exercises that would make the body tighter and leaner through wrestling and Mallakhamba. At the college level, departmental and inter-departmental competitions are held and the team is selected for the inter-university competition. He first participates in departmental competitions and then in All India University competitions.

The persons appointed as the Director of Physical Education have completed the Post Graduate Course in Physical Education in the college. In some colleges, physical education can be chosen as an elective subject for all three years. There the above qualified persons are appointed as Physical Education Lecturers. Considering the number of students in the secondary school, the government of Maharashtra has issued an order to appoint a qualified sports teacher for every 250 to 400 students. Shivaji University has made physical education examination of 10 marks compulsory for first year degree examination. With few exceptions, this subject is neglected at the academic level. B.P.Ed. Subjects for this degree examination are Sports-Psychology, Physical Education Organizing, Planning and Management, Physiology and Kinetics, Sports Rules and Guidelines, Physical Education Guidance. M.P.Ed. In addition to the above subjects, other subjects like sports-medicine, research in physical education, yoga and yogic activities are assigned for this post-graduate examination.

#### **History of Olympic Games:**

The history of the Olympic Games is 3000 years old. The International Olympic Games first began in Athens in 1896. Players from 14 countries including Greece, Germany, France, England and India participated in the tournament. On April 6, 1896, the American

athlete James Connolly won his first Olympic medal. The modern Olympic Games began in 1896, and ended 1503 years later, at the end of the ancient Olympics. Held every four years - with a few exceptions (during World War I and during World War II) - the game brings together people from across the border and around the world.

#### **Problems of the Study:**

In the present age, due to the advancement of science, students have made their life comfortable. Indian youth are facing various ailments due to comfortable lifestyle. Indian students spend most of their time in school, so the students in the school should move as much as possible and focus on physical education. Physical education teachers are taking exercises from the youth in the school but some students are using wrong methods without exercising in a scientific way. In the present scenario, parents should take the responsibility of providing health education to the students by meeting their physical education needs in the colleges which are the largest colleges. In the present modern age, Indian yoga has forgotten to exercise in the habit of using the latest technology. Students should be made aware of the importance of exercise by inculcating the habit of daily physical education in schools, colleges and colleges. In the current scenario, due to the increasing use of mobiles, Indian students are giving less time to exercise.

#### **Objectives of the Study:**

The main objective is to study the holistic development of physical education of the youth in India. At the same time, the researcher has given other objectives to develop the personality and skills of the youth as follows.

1. To Study the physical functioning of youth.
2. To Study the development of physical activity skills.
3. To Study the personality development of youth.
4. To suggest the remedies.

#### **Significance of the Study:**

Physical education is very important in school life and is the key to a healthy life. Physical development is important along with intellectual development in childhood so everyone should always encourage their children to play in school life. It is very important for parents and teachers to make efforts for the development of exercise in children later in life. The purpose of physical education is not only physical development but also emotional thinking culture so everyone should consider the

subject of physical education for the holistic development of personality development of their children. In the present situation, everyone from young to old has become fond of using modern technology like mobile phones, computers, TVs etc. It also affects the physical life. The importance of physical education for children should not be limited to school but parents should persuade them to go with them and play various games with them. Children should be encouraged to participate in various competitions and they should be guided from time to time depending on their interest in the sport.

#### **Scope of the Study:**

Personal qualities are developed through physical education. Confidence, virtue, patience, honesty, punctuality, kindness, justice, readiness and loyalty. Also cooperation, brotherhood, respect, empathy, philanthropy, team spirit, loyalty, sportsmanship, leadership, obedience, service spirit, honesty, discipline etc. It is through this that one learns the lessons of social quality development. The function of the body depends on the development of the senses and the health of the body. The development of the senses takes place through active labor and is due to the movements that take place from childhood. The main purpose of physical education is to teach movements that nourish the senses and increase their efficiency. Improving physical activity skills is another important goal of physical education. All the natural movements of young children gradually become clearer with effort and practice. Basic activities like walking, running, jumping, throwing, hitting, and balancing the body need to be easy and skillful. Properly guided at an early age, children can improve the correlation between their muscles and the nervous system so that the above basic actions can be mastered.

#### **Period of the Study:**

The researcher has chosen the period from 1, January, 2022 to 30, May2012 to write the research paper.

#### **Limitation of the Study:**

In the present modern age, Indian yoga has forgotten to exercise in the habit of using the latest technology. Students should be made aware of the importance of exercise by inculcating the habit of daily physical education in schools, colleges and colleges. In the current scenario, due to the increasing use of mobiles, Indian students are giving less time to exercise.

#### **Research Methodology:**

Researchers have used descriptive analysis methods to write this research paper. To write

this research paper, the researcher has used the secondary resources like research journal, research paper, articles newspaper, internet, reference books, government report, magazines, serial books etc.

**Data analysis and Interpretation:**

To develop the personality of a person through physical, intellectual, emotional and social development, this is an important goal of

physical education. Personality building is an important goal of physical education. Personality is a characteristic of a person's body, body posture, special behavior, aptitude, accomplishment and artistic qualities. Many of these components are developed through physical education.

**Chart No. 1  
Physical Education Activity**



**Chart No. 2  
Sports and Physical Education**



**Table No. 1: Physical Education Time**

Particular	Percentage
Management Time	33%
Warm Up	26%

Academic Learning Time	26%
Other Activity	15%
<b>Total</b>	<b>100</b>

Source: Estimated

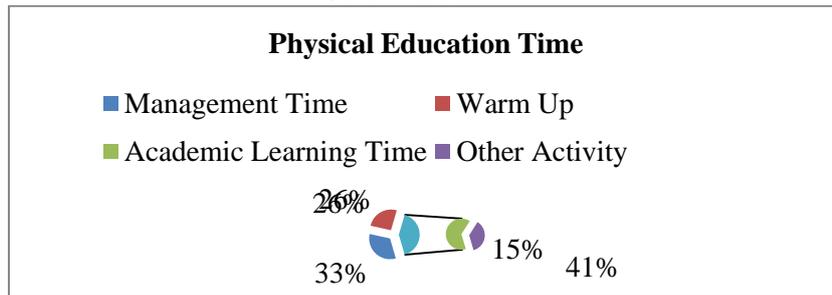


Table 1 categorizes management time according to warm academic learning and respectful activity. In it, 30 per cent of Indian youth spend less time on exercise, 26 per cent on education and 15 per cent on other work.

**Table No. 2: Need of Physical Education in India**

Response	Percentage
Yes	87%
No	23%
<b>Total</b>	<b>100</b>

Source: Estimated

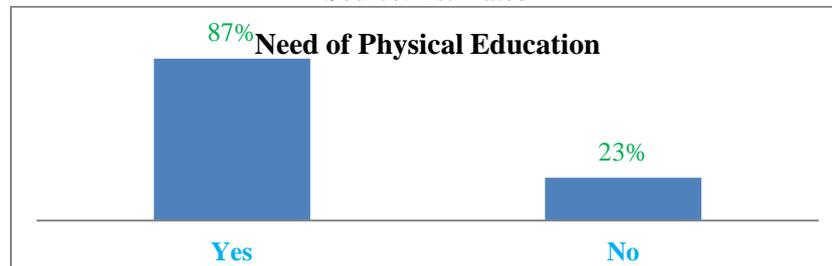


Table 2 shows the need for physical education among the youth in India, of which 27 per cent need physical education and 20 per cent do not need physical education as 20 per cent of them are fit.

**Table No. 3**

**Classification Based on Habits (2017-2022)**

Types of Games	Percentage
Cricket	19%
Football	11%
Hockey	7%
Tennis	5%
Kabaddi	9%
Running	31%
Wrestling	18%
<b>Total</b>	<b>100</b>

Source: Estimated

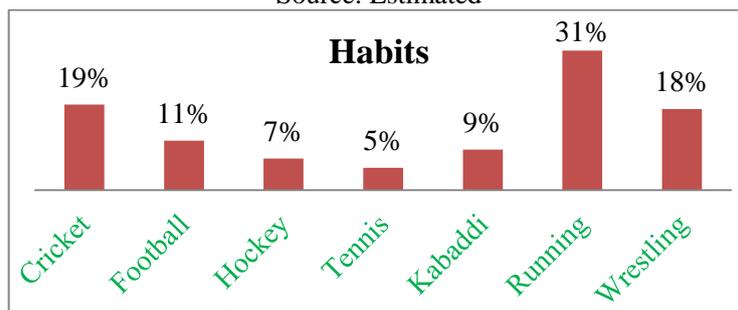


Table number 3 categorizes the youth according to their habits. In this, cricket, football, hockey, tennis, kabaddi, running, wrestling, etc., Indian youth are accustomed to playing sports. Of these,

31 % are youngsters in running and 19 % are young cricketers and 18 per cent are young wrestlers.

**Table No. 4: Classification Based Success in various sports**

Gender	National (2017 to 2019) %	International (2020-2022) %
Male	64 %	60%
Female	36%	40%
<b>Total</b>	<b>100</b>	<b>100</b>

Source: Estimated

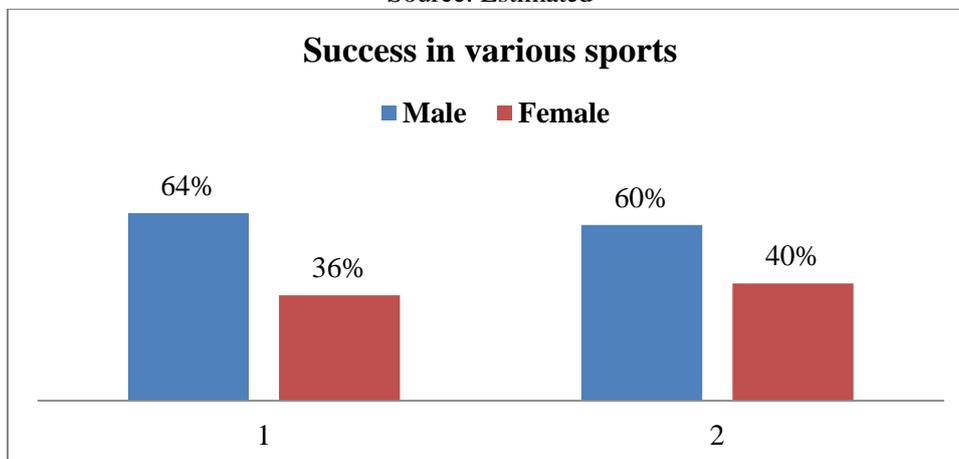


Table 4 categorizes men and women according to their success in various sports, with men achieving 64% success between 2017 and 2019 and men achieving 60% success between 2020 and 2022. From 2017 to 2019, women have achieved 36 % success, while from 2020 to 2022; women have achieved 40 % success. The table above shows that men and women have achieved great success in individual and team sports from 2017 to 2022.

#### **Conclusion:**

Entertainment is the activity that brings happiness, contentment and health to a person. That is why entertainment is an integral part of physical education. At the elementary level, in the curriculum of class I to V, special emphasis is laid on the activities of informal imitation movements, action songs, dramas, recreational games, gymnastics etc. The course covers running, throwing, jumping and simple gymnastics in order to acquire proper control over the body and various organs considering the age of the students in the first year. Apart from domestic sports, foreign sports like cricket, football, volleyball and basketball have been introduced for the purpose of introducing these sports. The aim of health education is to inculcate health habits and practices in children by giving them a general idea of health values

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and to improve their health. For physical education and health, 1/10 of the total time is given. Teachers with a diploma in education and proficiency in sports are eligible to teach this subject. Many gymnasiums in Maharashtra have already done the work of promoting physical education. Among these, Shrihanuman Vyayam Prasarak Mandal of Amravati, Shri Ambabai Talim Sanstha and Bhanu Talim Sanstha of Mirza, Maharashtra Mandal of Pune, Samarth Vyayam Mandal of Dadar, Marathwada Sanskritik Mandal of Aurangabad etc. have done a great deal.

Physical health includes personal hygiene, exercise, diet, health habits, rest, recreation, etc. All of these things are included in physical education. Physical education is also instilled in the human mind. Mental health is achieved through the practice of yoga in physical education. The mental health of an individual is concerned with society. That is why the goal is to achieve physical, mental and social well-being through physical education. Physical education also promotes decision making. There are many instances of immediate decision making in various sports of physical fitness. For example, in Kabaddi, one has to make quick and appropriate decisions regarding when to fight,

when to climb or when to defend. This can increase the ability to make decisions.

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