

## DEVELOPMENT OF SPORTS AND GAMES INFRASTRUCTURE IN PHYSICAL EDUCATION AND SPORTS

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### ABSTRACT

The origin of sports is as old as the history of mankind. Man's intense struggle for livelihood was balanced in the form of sports and games. At the initial stage these were done only for pastime, relaxation and entertainment but now they have become a way for name, fame and monetary gain and lucrative profession. Modern sports are full of competitive spirit, and are played to win. Sports have become the order of the day across the globe. Countries with sporting excellence are given special attention and respect by fellow countries. As a result, all nations are seriously involved in achieving excellence in the field of sports, so that they can add more feathers to their crown. At present, sport is not just a display of muscle power, but a game of the mind. Along with a healthy body, the knowledge of a prosperous mind is also necessary. India is the second most populous country in the world. But it has been lagging behind in the field of sports, and gold medal in Olympic Games is still a 'rara avi' for Indian sportspersons. After independence, a large number of Institutes of Physical Education and Sports have been established in the country, some of them offer research programs in the respective fields. Therefore, to enhance sports performance, new methods and techniques have to be identified by sports persons and sports scientists. Keeping all the above considerations in mind, the latest information should be provided to sports persons and sports scientists in a timely, effective and efficient manner. Libraries and information centers can play an important role in this context, while developing their need based collections, they should also provide IT based information services to sports persons and sports scientists.

**Keyword:** Physical Education, Sports, Games, Infrastructure

### INTRODUCTION

This age-old proverb clearly tells us that what is the importance of games and sports since ages. In fact, the origin of sports can be traced to the beginning of any civilization. World history is full of examples and anecdotes referring to the game of various contexts. Every civilisation, Greek, Roman, Indian and Chinese etc developed their own indigenous games and made them an integral part of the culture. During ancient times, sports were often used as a media for the dissemination of cultural ethics and morality. Games and sports are as old as the history of mankind because the very basis of human existence is physical activity, and recreation is a basic need of mankind. Whether formally organized or not, games and sports have played an important role in human history since pre-historic times because being physically fit was essential for survival. Therefore, physical activities are being used by all societies to protect themselves, promote health and well-being, and for recreation.

The programmer's concept of organized physical activities as physical education began with the modern concept of education. At present it has become a commodity which is used for play and display. It can also be assumed that sports and sports provide an opportunity for vivacity, goal attainment,

teamwork, personality development, identity and a sense of ego, which are often not available in daily life.

Though, sports are a part and parcel of physical education, there is a difference between the approach of both. Physical education is concerned with the masses rather than a single class, but sport is concerned with the maximization of performance, breaking records and winning. At present, sports have become the order of the day. Electronic and print is promoting media games and a large number of TV channels are available to fulfill this objective, and a large amount of sports literature will be published in the form of dedicated sports magazines, web resources, scholars magazines and newspapers. At national and international level. Now, sports are played for pastime and entertainment along with prizes, awards, fame and monetary gain. It is now a billion dollar industry. The newly emerged sub-discipline of physical education within the scope of sports science is contributing a lot in supporting the research activities in the respective field. Information technology is playing an important role in every nook and corner especially in research activities related to sports. Many physical education and sports institutes, and sports clubs have been established in the country, and their number is increasing day by day.

When we talk about education and research in physical education and sports, we have to pay attention to some other differences related aspects of its region, because physical education is 'movement through education' within the total education structure. Which is both mental and physical? Now it has become an integral part of education and emphasis is placed on educational experience rather than just building muscles. The development of teacher education in physical education is also a very important area that needs to be discussed as teacher training institutes proliferate and departments of physical education begin to be established. Its formal beginnings took place in Western countries more than a hundred years ago, and the concept reached India via Britain. In fact the entire system of physical education experienced a change along with education bearing continental influences. In England, when the Teacher Training Program in General Education was formalized and for future teachers was standardized in the context of basic entry qualification to take teaching work at various levels, the duration of the training course, theoretical course material, Teaching, practice, lessons, etc. The development of England in the field of education in India also influenced.

#### **Development of Teacher Education In Physical Education**

The Drill Master Days was a part of the general education system in a limited way, including some athletic sports, and it was usually seen by men's pre-service services as physical training trainers in schools. They were known as drill masters. He trained students as scouts for school functions. They had no formal teacher training, nor were they suited for it because they lacked educational qualifications and were older than before when they were discharged from active service. However, he met the need of the hour in a splendid manner.

#### **Course in Physical Education And Sports In Indian Languages**

In the context of the development of teacher education programs in physical education for decades in the country, it is interesting to note that it is one of the oldest business courses in professional courses in physical education and diploma (now bachelor's degree). Period of one year. The master's 53 degree in Physical Education came a step ahead towards the development of physical education as a profession with other businesses like medical, engineering, technology, law, etc. at 53 degrees 1963-64. It is known by various names, e.g. Punjabi University, Patiala by the Government of Punjab College of Physical Education, Patiala (later many other institutions introduced it as MP Ed), and it is called Master of Arts (Physical Education) was brought into existence in the Master or Punjab University of Physical Education of two years proposed by Laxmibai National College of Physical Education (now Laxmibai National University of Physical Education), Gwalior, so that uniformity can be brought in existence. So that misconceptions can also be removed from the minds of people and appointments can be made in

educational institutions without any hassle to facilitate the administration. Basic Qualifications, National Council of Teacher Education has standardized the postgraduate degree in physical education in terms of its course structure, nomenclature, duration, etc. and directed all concerned institutions to face or face insults. Lastly, the course is known as Master of Physical Education (MPED) of two years duration with effect from 2002.

The MPED course is run on the basis of annual examination, but many university departments of physical education and, even some colleges, have changed the semester system according to the general policy of the University Grants Commission on the structure of postgraduate courses. Not much change has been brought about the Certificate of Physical Education and Bachelor of Physical Education courses except the duration of CPED. The course has been extended by two years. Most of the things in the Teacher Education Program are envisaged in the national plan of physical education in 1956, which sets the standard for Graduate Teacher Training Course, ie Certificate in Physical Education and Diploma/Degree in Physical Education. The introduction of the Master's degree in Physical Education was later heralded as a development.

### **Sports Education Model**

By tradition, much of physical education has been sport-related, and until recently the early elementary physical education skills theme model strongly suggests that sport is the ultimate goal of physical education. The purpose of the sports education model is to help students become skilled sports participants and good sports persons by teaching them to become sportsmen in the full sense of that term. To do this, as many institutional aspects of sport should be incorporated into the physical education program as possible. In the game education model, the units are changed. Students belong to teams that practice together and play together. A formal competition of some sort is held.

### **Subjects of Physical Education, Examination Science, and Sports**

The discipline of physical education, exercise science and sports consists of 12 sub-disciplines. The cross-disciplinary nature of physical education, exercise science and sport is evident from the names of the sub-disciplines. Theories, scientific methods, and methods of inquiry from many other academic disciplines were used by researchers and scholars in the development of these specific areas of study. Knowledge and research methods from the hard sciences of biology, chemistry, physics, anatomy, physiology and mathematics strongly influenced the development of the sub-disciplines of exercise physiology and sport biomechanics. Physiology, sociology, history and philosophy, often called social sciences, formed the foundation for the development of sport and exercise psychology, motor development, motor learning, sport sociology, sport history and sport philosophy. Rehabilitation science, particularly physical medicine, exerted a significant influence on the development of sports medicine and adapted physical activity. Educational research significantly influenced the development of sports education. In the sub-disciplines of sports management, the influence of management, law, communications and marketing is evident.

### **Currently Required For Study**

It is felt that for a long time not much attention was paid to research in physical education and sports in India. The basic objective of research in this field has always been to identify new techniques and methods to enhance the physical and mental strength of sports persons for better performance in sports. Time is witness that Indian sportspersons can win only one gold medal in the individual sports category so far in the Olympic Games. Therefore, the major responsibility of giving satisfactory results in

sports at the national and international level rests on the shoulders of the sports persons and sports scientists of the country. Therefore, there is a need for timely, relevant and current information by sports persons and sports scientists to find new avenues for better performance. Efforts are to study the demand for information about the current work. Players and sports scientists, their information demand strategies, information strategies and money information technology etc. Libraries for developing collections. This can be possible if the information about the behavior of the users is known properly and they can be provided with their required library sources and services.

## **CONCLUSION**

Education and research in physical education and sports in India is growing at a rapid pace. Sports institutes with huge potential are providing education in this field and research is also being done in such centres. But when we think less of our own standards of education and research at the international level, the results are not satisfactory. We have to restructure our curriculum, prepare excellent research facilities to be provided to sports scientists and proper implementation of policies are important topics for contemplation. All the deficiencies at every level should be removed. In short, we can conclude that there is a lot to be done in the field of education and research in physical education and sports in India.

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