

RECENT TRENDS AND CHALLENGES IN PHYSICAL EDUCATION AND SPORTS SCIENCES

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ABSTRACT

The purpose of this article is to identify the current trends and challenges in physical education and sports and on this basis Current challenges, trends and future challenges will be discussed. Many factors lower interest rates students in physical education activities. Although physical education is taught as part of the school curriculum in all but lack of time, trained teachers and good facilities is the reason for lack of interest in this field. In Future The challenges of making this field interesting include an appropriate curriculum and sufficient funding to organize a variety of activities. Competitions and the role of technology in raising awareness of the importance of physical activity and sports in our daily lives. These issues are discussed in this study and The Importance of physical education & Sports activities are defined in today's world and Efforts are being made to improve the situation so that there will be more talents can be identified.

Keyword: Physical Education, Sports, Curriculum, Technology

INTRODUCTION

The importance of physical education never ends Confirmed over today. It is widely recognized that Physical education and sports are relevant and important in Building an active, healthy and solutions lifestyle Increased rates of obesity around the world. Although in most countries, Physical education is part of the curriculum and lessons Not given, this leads to a decrease in experience Physical activity of children and adolescents. Practice a physically active lifestyle combined with good health However, feeding should begin in infancy. So make sure all children participate regularly Physical activity is very important and school is the only place where all children can access it. physical quality Education is the most effective and comprehensive method offered to all children, regardless of ability/disability, gender, age, culture, race/ethnicity, religious or social origin, With skills, attitudes, values, knowledge and Understanding participation in physical activity throughout life Sports is the only subject that is mainly focused It revolves around the body, physical activity, physical development and health. This study will identify current trends, PE and Sports posts and challenges on a forward-looking basis The challenge will be met.

Current trends in Physical Education and Sport in schools

Trends in physical education have evolved recently Incorporating more diverse activities beyond the usual activitie sports. Introduce students to activities such as bowling, Walking, hiking, or playing Frisbee as a kid can help Students develop good performance habits that translate into

Mature. Some teachers are even starting to integrate Stress reduction techniques such as yoga, deep breathing, and tai chi. Tai Chi, an ancient form of martial arts that focuses on slowness Meditation is a relaxing activity for many people Benefits for students. Studies have shown that tai chi Improve muscle strength and endurance, cardiovascular stamina, and provides many other physical benefits. This too Provide psychological benefits such as general improvement mental health, focus, awareness and positive mood. He It can be taught to any student with little or no equipment making it ideal for mixed age and ability groups. Thai kung fu easily suitable for holistic mind-body learning loneliness. It is also possible to teach students non-traditional sports provide the necessary motivation for students to increase their activities, and can help students discover those cultures. For example, while teaching a lacrosse lesson For example, in the southwestern United States, students. You can also learn about Native American cultures Northeastern United States and eastern Canada, where Lacrosse was born. Non-traditional (or unoriginal) education Sports provide a great opportunity to combine studies as well as concepts from other disciplines (social studies example above), may now be required for many Physical Education Teacher.

The four aspects of sport are physical, mental and social and passionate. Another trend is health integration and nutrition in the physical education programme. Child the WIC Feeding and Relicensing Act of 2004 requires this all school districts have federally funded school lunches Program for the development of health care policies that address nutrition for Physical activity. While teaching students about sports and Motor skills, teacher E.P Now combines short skills Health and nutrition lessons in school curricula. It's over Common in elementary school, where students He does not have a specific type of health. Recently simpler the schools have specific health courses for students as well Fitness share. With the recent outbreak of the disease Diseases such as swine flu, make it the school district It requires students to learn good hygiene practices as well as other health topics. Today, many countries Requires certified PE teachers to teach Health courses. Many colleges and universities offer both Certificate of physical and health education push this Towards health education starting from the intermediate level. Levels including lessons on bullying, self-esteem, and stress and anger management.

The future of Physical Education

Physical education should be individual. one size no Not suitable for everyone. It is very difficult, but with creativity Tools like Best Fitness, Fitness for Life, and Fitness gram, Physical educators are becoming more and more like personal trainer of the trainers. We must focus on activity and nutrition It leads to good health and happiness. If we can't do that Everything, at least we have to. So while we stress that playing age-appropriate games is important you should aim to develop lifelong skills and attitudes. He is It's important to be active and eat healthy at any age, but it becomes so Matters of life and death as we get older. We can't do sports bank and later use; we need to stay active and eat Good to maintain benefits. We should also point out Join and stop the trend towards becoming a nation audience, with a number of highly skilled athletes playing and People watching. All students must be provided Opportunities for cooperation and competition on the physical level activities. Both are important life skills and both can be fun. Our students should graduate with an understanding of basic principles of fitness and nutrition. They must Informing consumers of activity, nutrition, health and Willing to take responsibility for their own health through prevention.

THE ROLE OF TECHNOLOGY

Children born at the beginning of this millennium are known as "iGeneration" (Rosin, 2010, 2011). These groups Individuals have access to new forms of technology two decades ago. They do not know life without it Wireless broadband internet connection, mobile phone using data connections, text messages, or video game consoles. Most of them are very familiar with the technology interface, frequent use of applications and social media. The consequences of such drastic changes in access Technology in children and teens should be intuitive in all areas of learning. Health and fitness apps Educational

education is available and can be applied to Enriching and improving the curricula in most schools session. Many technology applications focus on Encouraging physical activity and fitness to be available and Easy entry. However, the application of type Technology will require new students and teachers skills and practice. Students will be transferred to demonstrate proficiency in basic motor skills as well the ability to use technology. Moreover, like that Technology will allow people to learn self-orientation center position; Students will ask Get better time management skills to enable them the right time for the task. Teachers will also be required Gain knowledge about contemporary technology Teaching strategies. In addition, teachers should Better understanding of teaching strategies anytime, anywhere, learn and benefit from technology to request. Technology is about how Students learn and the way teachers teach. Health and fitness educators face a challenge Sensitive to an environment that depends on the technology you provide Increase learners' opportunities to go beyond fences Traditional classroom setting. So, technology can play Instrumental role in creating excitement in physical education and sports activities.

CONCLUSION

It must be current practice and current programme It has been modified to interest physics students Educational and sports activities. Future challenges will be mostly convenient program to do and Follow up and provide adequate funds available from Organization to support the poor but smart Kids so they can just focus on their game without Worry about costs. Technology will also play a role an important role in expanding and generating interest in Physical activity. The Importance of physical education & Sports activities are defined in today's world and Efforts are being made to improve the situation so that there will be more talents can be identified.

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