

Future Trends and Challenges in Physical Education and Sports

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Abstract – The aim of this paper is to identify the current trends and challenges in physical education and Sports, future trends and challenges would be discussed. A issue very much relevant to the present education system where we are still struggling to implement physical education as a subject compare to the other countries. The future challenges to make this field interesting involves an adequate curriculum, sufficient funds, allotment for holding various competitions and role of technology to create awareness about the importance of physical education activities and sports in our daily life. All these issue have been discussed in the present study.

Key words: Physical Education Sports Curriculum, Technology.

INTRODUCTION

The importance of physical Education has never been emphasized more than it is today. Physical Education (PE) and Sports develops pupils physical competence and confidence, and their ability to use these to perform in a range of activities. It promotes physical skillfulness, physical development and a knowledge of the body in action. It provides opportunities for pupils to be creative, competitive and to face up to different challenges as individuals and in groups and teams promotes positive, attitudes, learn to think in different way. The present study will identify the current trends, issues and challenges in PE and sports based on which future challenges will be addressed.

CURRENT TRENDS ISSUES AND CHALLENGES IN COLLEGE AND SPORTS

All said and done, in the Indian context PE enjoys low priority in the collegiate system of education PE is moved out of the curricular activity due to various educational social and political factors. The world summit on physical education (199) under the patronage of UNESCO deliberated this aspect and has stressed the need for a proper physical education curriculum with adequate time allotment, financial, material declaration states as follows, “the world summit on physical education reinforces the importance of PE a lifelong process and every student has a right to possess the highest level of health, play, recreation and enjoy leisure”. In India at the collegiate level, PE is yes to justify its existence even though the profession of PE has grown to a great event. The urgent need is to address the professional agenda at all levels of education and prepare ourselves to deliver

the quality PE programs. The following aspects will help to provide quality program” in colleges.

- a) Upgrade teacher training program
- b) Organize regular teacher education program
- c) Evolve curricula in tune with the aspirations of the 21st Century\
- d) Find out the ways and means to attract students to the play ground.

DEVELOPING 21ST CENTURY SKILLS AND COMPETENCIES IN PE AND SPORTS

The aim of PE is to stimulate and maintain pupil interest and enjoyment in PE and to promote health and fitness for current and future life styles. The outcome, physical literacy, along with numeracy and literacy is the essential basis for learners to access the whole range of competences and experiences, “Linkages to community based organization, agencies and institutions are an essential component of the 21st century health and physical education curriculum. Schools and colleges of team work with community agencies in all sectors of society private and commercial non-Governmental and government organizations to plan and develop programs on co operative basis. As the joint use of resources implies a sharing of human fiscal and physical resources, it requires that the leaders of co operating organizations develop close relationships and partnerships, among people agencies and institution. In India specially, where there is so much talent but due to lack of financial funds many students lacks behind even

being so talented. The co operation from different agencies will help needy students to showcase their talent. Thus adequate training through well defined curriculum as well as funding from different agencies is necessary to promote the PE and sports activities.

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USE OF TECHNOLOGY:

Technology is everywhere our students are digital natives. They are growing up in a world where they have been interacting with technology 21st century learners.

The National Association for Sport and Physical Education (NASPE) believes that technology can be an effective tool for supplementing instruction when used appropriately. Teachers now face a generation of students who have never known life without a computer, video game console, cellular phone or internet access and that is changing the scope of education dramatically.

Technology tools can provide objective data on activity levels and creative methods for individuals to engage in physical activity. Technology such as projection systems, smart boards and wireless transmission (wifi & Bluetooth) allow for the display and transfer of information for beyond the traditional chalkboard. Teachers can enhance physical education instruction by using those tools, provided that set-up. Thus implementing technology appropriately into PE can enhance teaching & quality PE program. Technology can aid in content presentation and can help student becoming physically educated individuals who have the knowledge, skills and confidence to enjoy a lifetime of physical education.

CONCLUSION

The current practices and present curriculum needs to be modified to generate interest of students in PE and Sports activities. The future challenges will meaning be the appropriate curriculum to be made and followed and to make available adequate funds from various organizations in order to support the needy but intelligent children so that they can only focus on their game without worrying about the funds. The technology will also play an important role in expanding and creating the interred in physical activities.

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