



Study of history of Physical Education

Nadeem Ahmed, Masters in Physical Education

Abstract

A significant number of recent research have revealed that physical exercise in children and teenagers is one of the most obvious causes of obesity, diabetes and cardiovascular conditions. However, few research have indicated that physical training is lacking and sedentary behaviour is prevalent among the young. The alleged connection between physical activity and physical education is still a tabuistic topic for educators, parents and teachers. Palliative methods to introduce activities to schools via after-school programmes have been implemented

Key words: Physical, Education, history, society, programs etc.

Introduction

A significant number of recent research have revealed that physical exercise in children and teenagers is one of the most obvious causes of obesity, diabetes and cardiovascular conditions. However, few research have indicated that physical training is lacking and sedentary behaviour is prevalent among the young. The alleged connection between physical activity and physical education is still a tabuistic topic for educators, parents and teachers. Palliative methods to introduce activities to schools via after-school programmes have been implemented

Physical Education & Sports in Indian society

Physical education & sports is an essential component of the school system, but it has never been given the attention it deserves. Although it has been incorporated as part of the curriculum from the early stages of education, education officials, academics and students have never taken it seriously. Physical education is the only profession in which you speak and play. In the perspective of the general public, the idea of physical education is great round, play and play and no work. Abraham Lincoln stated "the sportsman is the nation's greatest ambassador," in one of his addresses. Therefore, the Physical Education Director/Teacher may also be our institution/finest university's ambassador.

The history of physical education

The history of physical education goes back to ancient Greece, with a second nature of competitiveness and intensity. During this period, physical education was essential since both



Greek troops and sportsmen needed training. Children would start physical education and training when they reached the age of seven, with the aim of finally getting them well qualified in boxing events, waggon races and more. To do this, people had to understand their bodies and their physical activities, thus physical training played a major part in the development of Greek civilization.

Physical education would reach the United States by the mid-19th century. The rationale was similar to what the Greeks used to teach troops and prepare them for ultimate war. Over time, though, physical education would become much more significant. Schools throughout the nation would start to treat health issues more seriously, both on the playground and in the school, and more emphasis would be paid to courses aimed at physical development.

Highschools would also follow suit and schools throughout the USA would finally provide a range of courses to assist improve physical skills, provide a real knowledge of the human body, and boost confidence among America's young people. Originally in the United States, physical education programmes saw females mostly engaged in gymnastics, while guys participated in reddening exercises. Over time, though, men and women would be taught on components like as body composition, flexibility, nutrition and endurance.

John F. Kennedy's Push for Fitness in America

Obesity is not only a problem that America faces today. After the Second World War, there was concern that the young people of the nation would acquire weight quickly and therefore become out of shape. One of America's greatest champions of fitness and education was John F. Kennedy, who made his voice known on the issue before he became US president 35.

During his tenure, one of the main objectives of Kennedy was to promote physical fitness across the nation. During his tenure as president, he also ordered the establishment of a white house health and fitness committee, which included an annual Congress on Youth Fitness, involving governors from each country. President Kennedy not only demonstrated that he personally took care of physical fitness across the United States by integrating the federal government into this movement, but that the American people should have a strong interest.

The Facts About Physical Education

Physical education has become a required component of the curriculum in schools in 43 states throughout the country. Studies have also indicated that districts have helped to improve the learning of children by integrating physical exercise into classrooms. In 2009, a research



carried out by the Ministry of Education and the Department of Health in New York showed a clear connection between physical fitness in schools and better academic results in public schools. This conclusion was further confirmed in a CDC study one year later, in 2010. Today 41 of the 50 countries in the country mandate their middle school pupils to get physical education.

Understanding the Importance of Physical Education

Physical education benefits both pupils' bodies and brains. By being more active, kids will also benefit from better injury avoidance, more confidence and better mental health. It is essential to educate kids on the advantages of playground and physical activity in schools and to teach them on topics relating to the human body and other health problems to give them a better knowledge of how their body functions.

Conclusion

Physical education and sports is a significant criterion and an essential component of every country's education at any time. Each nation should thus attempt to create a framework for an action plan to promote and improve physical education and sport. Paradoxically, sports see a dramatic growth in the world's media, including India, but the educational system severely neglects it. Physical education acts as well as resource allocation for the nation and in building an assessment system in education development and promotes growth of physical education in a country. We can now see a decrease in physical education compared to today's difficulties and struggles to enhance the condition of the structure and the infrastructure surrounding it so that the general discipline in physical education and sport is developed.

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