

# Meaning and Concepts of Physical education.

Instruction in the development and care of the body ranging from simple callisthenic exercises to a course of study providing training in hygiene, gymnastics, and the performance and management of athletic games.

## **The Importance (Linguistic and Otherwise) of *Physical Education***

Physical education has existed since ancient times, but it wasn't until several hundred years ago that the term itself (abbreviated as *phys ed* or *PE*) came into being. Its earliest known use comes, oddly enough, from a 1748 book titled *Critical Reflections on Poetry, Painting, and Music*: "Cannot some years prove more favorable than others to the *physical education* of children. . . ?" A few decades after these words were published, gymnasiums opened across Europe, especially in Germany, where gymnastics associations fostered physical health as well as civic involvement and cultural enrichment. Thanks in part to immigration, these clubs, and European enthusiasm for athletics in general, spread to the U.S. During the 19th century, American educators adopted European methods of teaching physical training, and both the word *physical education* and the phenomenon it represents became well established in this country.

Physical Education 1 In modern times, Physical Education is one of the most exciting and dynamic subjects. This subject has changed dramatically during the last 50 years. It has expanded in different areas from school to non-school setting and from school-aged children to people of all ages. Earlier, physical education was generally understood as physical activities either in school time table or some free hand exercises, games, sports, racing, swimming, etc. If we look at the Indian history of physical education after Independence, a number of schemes were launched by the Government of India for schools, where every student must participate in physical activities. We can witness the growing interest in games and sports exemplified by the fitness boom and the wellness movement. Sports events receive worldwide coverage. In schools, students like sports and other forms of physical activities, which help to achieve and maintain their health and well-being. Meaning and Definition Physical Education is an education which brings improvement in human performance with the help of physical activities. Physical activities range from simple walking to jogging, running, sprinting, hopping, jumping, climbing, throwing, pushing, pulling, kicking, etc. Education without physical activities is like body without soul. There is no controversy in giving due place to physical education and different forms of exercises in the total set-up of education. All teachings in human education begin with physical education. Physical education is also considered as movement education as the life

begins from movement only. In general life is characterised by movement. The movement starts from the birth of a child, till the end of life. Do You Know? • Sharir Madhyam Khalu Dharma Sadhnam means physique is the prime source of performing all duties. • Swami Vivekananda and other philosophers like Socrates, Aristotle, and Plato were of the opinion that physical training was necessary for the youth. Rationalised 2023-24 2 Health and Physical Education – XI.

Mental, intellectual, emotional and social development of a growing child is dependent and closely related to physical development. A physically fit individual possesses a wellbalanced personality which is, mentally sharp, emotionally stable and socially well-adjusted. Physical education teaches how to acquire ability to develop strength, speed, endurance and coordination abilities. It also emphasises on achieving social qualities, such as, empathy, cooperation, friendliness, team spirit, and respect for rules, which are essential for healthy social relations with others. In this era of technological advancement, physical education and sports are considered essential for health, fitness, wellness, vigour and strength. The concept of physical education is not new. The fact is that it has its roots in the ancient period. At various stages in history, different people have associated different meanings to the word 'Physical Education'. Physical Education in simple words is understood as learning with the help of movements of body and realising the benefits at mental level. It simply means education through the use of physique and physical movements and deriving the advantage for social gain. Some of the definitions given by well known authors are given here to understand and for the ready reference of the students.