

# Development of Sports and Sports 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 games and games. Initially these were done only for pastime, leisure and entertainment, but now they have become a way to name, fame and monetary gain and lucrative profession. Modern games are full of competitive spirit, and are played to win. Sports have become the order of the day around the world. Countries with sporting excellence are given special attention and respect by fellow nations. As a result, all nations are seriously involved to excel in the field of sport, so that they can add more feathers to their crown. Currently, sport is not just a display of muscle power, but a game of the brain. Along with a healthy body, knowledge of a rich mind is also essential. India is the second most populous country in the world. But it is lagging behind in the field of sports, and the gold medal in the Olympic Games is still a 'rare for Indian sportspersons'. After independence, a large number of physical education and sports institutes have been established in the country, some of them offer research programs in the respective field. Therefore, to enhance sports performance, new methods and techniques have to be identified by sports persons and sports scientists. Keeping in view all the above considerations, 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.

**Keywords:** Indian sportspersons, Sports, Education, Games etc.

## Introduction

This age-old proverb clearly tells us what is the importance of sports and games since ages. In fact, the origins of the game can be traced back to the beginning of any civilization. World history is full of examples and anecdotes referring to the game in various contexts. Each civilization, Greek, Roman, Indian and Chinese, developed their own indigenous games and made them an integral part of the culture. Sports were often used as media for the dissemination of cultural morals and ethics during ancient times. Sports and games are as old as the history of mankind because physical activity is the very basis of human existence, and entertainment is a basic need of mankind. Whether organized formally or not, sports and games have played a significant role in human history since pre-historic times as being physically fit was necessary for survival. Therefore, physical activities are being used by all societies for self-protection, promotion of health and well-being, and for recreation.

The concept of organized physical activities programmer as physical education began with the modern concept of education. Presently it has become a commodity which is used as play and display. It can also be recognized that sports and games provide an opportunity for vitality, goal attainment, teamwork, personality development, a sense of identity and ego-satisfaction, which are often not available in daily life.

Although sports are a part and parcel of physical education, there is a difference between the approaches of the two. Physical education is concerned with the masses rather than a class, but sport is concerned with maximizing performance, breaking records and winning. Currently, sports have become the order of the day. Electronic and print media are promoting sports and a large number of TV channels are available to serve this purpose, and a large amount of sports literature is published in the form of dedicated sports magazines, web resources, scholarly journals and newspapers is at national and international level. Now, sports are played for prizes, prizes, fame and monetary gains as well as pastime and entertainment. It is now a billion dollar industry. The newly emerged sub-discipline of physical education within the realm of sports science, is contributing greatly in supporting the research activities in the relevant field. Information technology is playing a vital 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 inter-related aspects of its field, because physical education is a 'movement through education' within the framework of total education. Which is both mental and physical. Now it has become an inseparable part of education and emphasis is placed on educational experience only on building muscle. The development of teacher education in physical education is also a very important area which needs to be discussed as teacher training institutes grow, departments of physical education start being established. It had its formal beginning in the West more than a hundred years ago, and the concept reached India via Britain. In fact the entire system of physical education experienced change along with the education bearing continental influences. In England, when teacher training programs in general education were formalized and standardized in terms of basic entry qualifications for prospective teachers to take up teaching assignments at various levels, duration of training courses, theoretical course content, 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 developmental stage of teacher education in physical education can be divided into the stages given below.

The Drill Master Days Physical activity, including some athletic sports, was a part of the general education system in a limited way and was commonly observed by ex-service men of the Defense Services as physical training instructors 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 fit because they lacked educational qualifications and were already too old to be discharged from active service. However, he met the need of the hour brilliantly.

### **Course in Physical Education and Sports in Indian Language**

In the context of the development of teacher education programs in physical education in the country over the decades, it is interesting to note that both vocational courses and diplomas (now

bachelor's degrees) in physical education are one of the oldest vocational courses. period of one year. The 53 degree of Master in Physical Education came a step forward in 1963-64 towards the development of physical education as an academic discipline as well as a profession along with other professions such as medicine, engineering, technology, law, etc. It is known by various names, such as, Punjab Government's College of Physical Education, Patiala by Punjabi University, Patiala (later introduced by many other institutions, and called it MPED); Two years Master of Physical Education offered by Lakshmibai National College of Physical Education (now Lakshmibai National University of Physical Education), Gwalior or Master of Arts (Physical Education) at Panjab University, Chandigarh etc. was brought into existence, so as to bring about uniformity And to remove the misconception from the minds of the people and to facilitate the administration, appointments can be made in educational institutions without any hassle. The National Council for Teacher Education has standardized the Master's degree in Physical Education in terms of its curriculum structure, nomenclature, duration, etc. and has directed all concerned institutions not to line up or face humiliation. Finally, the course is known as Master of Physical Education (MPED) of two years duration with effect from 2002.

The MPED course is conducted on an annual examination basis, but many university departments of physical education and, even some colleges, have changed the semester system in accordance with the UGC's general policy on structuring postgraduate courses. Not much has been changed regarding 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 1956, which sets standards for undergraduate teacher training courses ie Certificate in Physical Education and Diploma/Degree in Physical Education. The beginning of the Master's degree in Physical Education was later developed as already explained. Brief information about various recognized professional courses in physical education, sports (coaching), yoga and sports science available in India is given below:

### **Sports education model**

By convention, much of physical education has been sport-related, and the more recent early primary physical education skill theme model strongly suggests that sport is the ultimate goal of

physical education. The sports education model aims at helping the students to become skilled sports participants and good sports persons to teach them to become players in the full sense of that term.

To do this, as many institutional aspects of sport as possible must be included in the physical education program. 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**

There are 12 sub-disciplines in the discipline of Physical Education, Exercise Science and Sports. The cross-disciplinary nature of physical education, exercise science and sport is evident from the names of the sub-disciplines. Theories, theories, scientific methods, and methods of investigation from many other academic disciplines were used by researchers and scholars in the development of these specific fields of study. Knowledge and research methods from the hard sciences of biology, chemistry, physics, anatomy, physiology, and mathematics strongly influenced the development of the subdisciplines of exercise physiology and sport biomechanics. Physiology, sociology, history and philosophy, often called the 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, especially physical therapy, applied a significant influence on the development of sports medicine and adapted physical activity. Educational research significantly influenced the development of sports education. Among the sub-disciplines of sports management, the influence of management, law, communication and marketing is evident.

### **Currently needed for study**

It has been felt that for a long time there was not much attention paid to research in physical education and sports in India. The basic objective of research in this area 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 has witnessed that Indian sportspersons can so far win only one gold medal in the individual sports category in the Olympic Games. Therefore, the major responsibility of giving satisfactory results in sports at national and international level

rests on the shoulders of sports persons and sports scientists of the country. Therefore, timely, relevant and current information is needed by sports persons and sports scientists to find new avenues for better performance. The present work attempts to study the information-seeking behavior of players and sports scientists, their information-seeking strategies, information channels and funds, etc. Lack of information technology etc. Use and serve to motivate need-based users prickly. Libraries to develop collections. This may be possible if users are properly informed of behavioral information and can be provided with the library sources and services they need.

### **Literature review**

Jackson (2013) mentioned about the information explosion and the information needs of the Post Industrial Society in the United States. He explained the emergence of information science and its implications in library and information services, as well as educational and training programmers in the profession. A study in Khulthou (2014) found that information seeking begins with an initiation phase. During this phase the information seeker first becomes aware of the need to gather information. The task during this phase was to identify the initial need for information. Ashraf and Singh (2015) discuss the importance of intelligence, social information and health care information for government officials to make decisions. He explained that a public policy is based on information, which is available at the time of decision making. They concluded that it is the responsibility of the government and citizens to decide the right use of information and the right balance between access, privacy and ownership.

Kuruppu (2016) in his study also touched upon the extent of information systems and services discussed in his study, especially in research on the information needs and behavior of workers in organizations. They also discussed the impact of emerging information technology on information users and their information seeking behaviour.

They talked about the various models designed to inform the behavior of researchers, along with evidence from related studies, justifying the great impact of information technology on users' behavioral information. Ochola (1999) in his study conducted at the University of Zululand in South Africa found that journals, dissertations and theses, conference literature, textbooks and research reports are overall high. The Faculties of Education and Commerce rated the conference

literature (92% and 88%) second to magazines (93% for education and 100% for commerce). It is strange that academics make use of the library but less use of catalogs and staff to obtain information. Academics seek information from others for career growth, occupational need and occupation, personal ego and prestige and to justify existence, etc. Academics use other libraries on a larger scale than their own university library and this access may be possible through intermediate loans, but it is interesting and worth further investigation to determine the suitability of the services. . Hjerland (2000) attempted to illustrate a general theory of information seeking behavior. He defines essential characteristics in human information, including describing its cultural and social determinants.

### **Information Discovery and Application of Information Technology Studies in Sports Science**

Seema Kaushik (2000) 12 Detailed Computer Applications in Physical Education and Sports Because modern civilization has become so complex and sophisticated that one has to survive. In fact, computers have innumerable applications and new ones are being developed daily due to rapid changes in information technology. In physical education and sports, computers are used in every aspect, be it personal, employee work, class organization and conduct, 84 health services, assignments, budgeting, financial aid, accounting, publications, advancement of knowledge, management of grants It is used everywhere, conference, library, or a gymnasium. She concluded that the only limit to our creativity is to imagine a use for computers. Sharma (2005) indicated that physical education has always been a neglected area for research. But with the emergence of sports sciences like sports medicine, sports psychology, sports sociology, exercise physiology, kinesiology and biomechanics, the face of the subject is slowly changing and it is ushering in a new era, where the spirit of competition in sports has changed. gave a push. To innovate new technologies and methods to improve sports performance all over the world. Bhagirathi (2005) pointed out that information communication technology is also playing an important role in physical education and exercises for sports. He felt that ICT is helpful in the professional development, research, management and exchange of resources of teachers in physical education and sports.

### **Information discovery and research in physical education and sports science**

Clarke and Clarke (1970) presented various research methods adequately so that they can be applied by scientists. The book is divided into five parts (I) Preliminary Ideas in Research, (II) Non-Laboratory Studies, (III) Statistical Applications, (IV) Laboratory Research, and (V) Research Reports. These five parts are further divided into eighteen chapters. The authors express their full intention to provide all the information to the physical education and sports community, so that they can add more golden chapters to their research. Butcher (1979), in his very informative work, provided insight into very basic and important aspects of physical education. He talked about the nature of the subject, its meaning and philosophy and its future. He also touched on the historical foundations of the subject. The end of sex discrimination and physical education for disabled and exceptional persons are also important issues of his work. Physical education is concerned with health education, recreation, leisure services, camping and outdoor education. The duties and services performed by physical teachers are also mentioned. In the last, the challenges that are being faced by professionals are discussed. Das (1982) in his book attempted to draw a picture of India's sports, games and physical activities from the medieval period to the present day. He described the role of Hindus, Mughals and Mohammedans, Rajputs and Marathas and Peshwa rulers in the development of physical education, sports and recreation in India. He also discussed the later British period (1900–1946), during which the British and Americans gave the right to physical education. In the last, an account of the International Charter of Physical Education and the National Sports Policy of India is given. Singh and Gangopadhyay (1991) dealt with various aspects of physical education and sports in their work. Nineteen articles by eminent scholars are available in this book. These articles mainly deal with the recent trends and practices in Indian Physical Education. Some of the authors discuss research trends in the topic. Most of the scholars extended their deep understanding to the upliftment of physical education and sports. This work discusses the role of the physical education teacher and the status of the subject in educational institutions. No doubt talking about modern trends, this well-knitted work contains information about the historical background and development of physical education and sports in India, from the 'Stone Age' to the 'twentieth century' Till then.



## Conclusion

The committee on physical education was appointed by the university grant. C. D. Commission headed by. Deshmukh in December, 1965 to examine the facilities of physical education and standards of sports and games in Indian universities and colleges and recommend measures to be taken to improve the standard and level or performance in this important field or activity of the students. It cannot be said that the contribution of physical education for a program to general education in India has been fully appreciated. Nor can there be facilities for physical education provided in our universities and colleges is in any way considered adequate. University or college is considered only a useful ancillary activity. The committee submitted its report in February 1967.

Education and research in physical education and sports in India is growing at a rapid pace. Sports institutes with great potential are providing education in this area and research is also being done in such centres. But when we think less about our standards of education and research internationally, the results are not satisfactory. We have to restructure our curriculum, provide excellent research facilities to sports scientists, formulation and proper implementation of policies are important topics for reflection. All deficiencies should be eliminated at every level. In short we can conclude that a lot has to be done in the field of education and research in physical education and sports in India.

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