

Meaning of Physical Education

- **Physical** – Bodily apparatuses
- **Education** –Receiving and giving systematic instruction
- **Education for physical** (narrower concept)
- **Education through physical** (broader concept)

Physical education is the education under which the physical fitness of the student is given priority equivalent to his academic performance. The aim of this is to improve the motor skills, knowledge and conduct of the students for physical activities and keep them physically active and healthy. Physical education means providing education related to the body. This education is generally imparted through exercise, yoga, cleanliness, gymnastics, co-curricular activities etc. The purpose of providing physical education is not only to keep the students physically healthy but also to make them mentally fit for any challenge. Because it works to bring changes not only in the body but also in the mind and behavior of the students. It works to balance the mental activities of the students. That is why it has been given an important place under child psychology. In other words, Physical education is the means of education that affects the students in all forms of mental, social, intellectual, economic and also develops the muscles of the students.

It develops the personality of students in a systematic manner and plays an important role in mental and intellectual maturity. The inclusion of physical education in the field of education is a revolutionary change. It also plays an important role in building the character and personality of the students.

Definition of Physical Education

According to Delbert Eufer – “Physical education is the collective effect of those experiences which a person acquires through physical activities.”

According to J.F. Williams – “Physical education is the physical activities which are selected in terms of their effect”.

According to Rosaland – “Physical education is the sum total of the changes that take place in a particular person due to the inner experiences of the individual.

According to J.B. Nesh – “It is that part of the whole field of education which is concerned with the macro-muscular processes and their related responses.”

According to Herbert Spencer – “Full expression requires physical, moral and mental actions.”

Objectives

Aims of Physical Education

- Motor Skills Development
- Safety
- Social Competence
- Organic development and
- Leisure Time Activities
- Emotional Competence/Stability
- Self- Realisation, Creativity, Aesthetic Appreciation, Cognitive Development
- Environmental Awareness

Objectives of Physical Education

- The main objective of this education is to make all round development of the students. Its main goal is to develop the mental and intellectual development of the students.
- It is a means to prepare the students as a supporting element of society by which he can adjust with the society in future.
- Through this education, the art and quality of being healthy are explained to the students, because a healthy mind is formed in a healthy body.
- This education develops the emotional development of the students. It serves to bring control in their emotional aspects.
- This education is provided to develop the muscles of the students. With the help of which he remains active continuously.

Need and Importance of Physical Education

The need and importance of physical education for every section of people in modern society can be understood from the points given below.

- Optimum development of child's physical growth
- Intellectual development
- Emotional development
- Social development
- Personal development
- Character building
- Physical fitness
- Development as a disciplined citizen of the country
- Neuromuscular development
- Cultural development

- Developing leadership qualities
- Healthy and safe environment

Development of national integration

- Better international understanding

Through physical education, students learn to use their time wisely. It also works to enhance their character and personality.

- It develops the skills inherent in them and works to bring them proficiency. It solves all the problems related to the body. It is the art of emotionally balancing students.
- Through this education discipline and moral values are developed in the students. It is vital for providing mental and intellectual efficiency to the students.

Physical education leads the individual and students towards the direction of development. It is education that plays an important role in the all-round development of the individual. It keeps the students active and fit.

Importance of Yoga in Physical Education

Physical education philosophy is empirical practice which is established in all fields of human understanding on the basis of the latest discoveries in research. The nature of yoga as a tool of physical education involves clearing up numerous issues about the freedom of this practice from the meaning of the religion of Ancient India, and is expressed of elements of esotericism and mysticism.

The primary goal of yoga, as a practice of physical education, is to lead to the harmonious growth of children and adolescents. Throughout this respect, it is fitting to remember Pierre de Coubertin 's brilliant thinking from his speech at the 1994 Paris Congress: "... there are no two sections to an individual, body and soul; there are three, body, mind and heart. Character is not created by the subconscious but by the body in the first place "(Coubertin, 1985)

Yoga implementation in physical education is looked at as a process where no instructions are used. There's no pressure on the operations. Participation by students is of their own volition. In a definite time, no goals will be met. This is why Shri Yogendra describes yoga as an undefined form for physical exercise

Patanjali Classical Yoga comprises the following integrated elements:

- Yama (in-controlled)
- Niyama (refrain)
- Asana (The movements of yoga)
- Pranayama (Breathing control)
- Pratyahara (meaning withdrawal)
- Dharana (center)
- Dhyana (treatment)
- Samadhi (supervicer state)

Yoga is then commonly taken as a physical education system with a spiritual component, though the truth is the reverse: Yoga is a spiritual system with a physical component. Asanas practice is only just a tiny part of the full Physical Culture & Education program recognized as Hatha Yoga.

Function of yoga in education from various perspectives, including the form of education provided to children worldwide, as well as the specific types of tension that children experience in the classroom setting. This also called the challenges, issues, disputes, disturbances and dissipation of their resources. We began utilizing these yoga values and methods, first as an exercise to improve the cognitive capacity of the children and, secondly, to encourage teachers to teach their topics in a completely different manner. Our conviction was, and still is, that we are teaching our children without understanding or caring about the development of their own personality. They are cramming their brains and minds with knowledge without having any help network in the school atmosphere so they can begin to imbibe education. They ought to look about what research suggests about the development of an infant, what psychoanalysis suggests about child psychology and how the hormones and glands change and affect the reasoning, mental function and imaginative production of the child.

The theory of yoga is a massive synthesis of the ancient scriptures. Yoga relates to the introduction of abstract terms. Philosophically, meditation is a means of uniting with the ultimate spirit, or God. There are also various ways of attaining unity with the ultimate consciousness, including Raja meditation, Bhakti yoga, Jyana yoga, and Karma yoga, respectively. There are several various yoga sub-systems, including Hata Yoga, Laya Yoga, Nada Yoga, Kriya Yoga, etc. Different yoga elements and their activities vary across all the above yoga types. Modern modern yoga systems were established between the years 1906 and 2000 on the basis of these traditional types of yoga, including Ashtanga Vinyasa Yoga, Bihar Yoga College, Bikram Yoga, Integral Yoga (Satchidananda), Isha Yoga, Iyengar Yoga, Satyananda Yoga, Sivananda Yoga, and Vinyāsa Yoga. Yoga practice can be categorized into three specific categories: postural exercises, exercises to regulate the body, and meditation. Postural practice is called yogasana and training of breath awareness is known as pranayama. Although meditation lowers the basal metabolic rate by relaxing physiological mechanisms, yogasana and pranayama have specific energy costs.

