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**J Gerard Arockiaraj**  
Director of Health and  
Physical Education, Spring  
Mount Public School, Tamil  
Nadu, India

## Contemporary issues and upcoming challenges in physical education and sports technology in South India

**J Gerard Arockiaraj**

### Abstract

In the fast growing world the physical education emphasizes to have a healthy life style of a child. Everyone likes to take part in physical activity but it is not continued properly as the prime importance is given to academics. To impart the curriculum systematically, include dance and movement activities which are the necessity in this era. The difficulties faced by the physical educationist and necessity to overcome the problems is presented. More over the role of technology has made a revolution in the latest years. The PE teachers ought to be ready to adopt and keep posted to utilise the modern equipments, methods and systems. Sufficient funds shall be allotted to all the activities, sports and games. As an outcome a child shall learn to have a healthy lifestyle and the physical education shall grow along with other areas and shall produce fruitful results to the individual and to the society. This study was carried out in south India

**Keywords:** Curriculum, Dance, update, Issues, Technology

### Introduction

The Physical education (PE) is an integral part of school curriculum. It's not a detach area from others. As an outcome of research, schemes, advanced technology, critical issues, awareness of health, it has become essential to develop the quality of PE programmes. Today it has been renowned that PE is relevant and necessary to develop a healthy lifestyle. Some misconceptions are there in the mind among school authorities, parents and students that PE activities requires lot of time allotment, may affect academics and chance of injuries are more. In case of severe injury and due to the insufficient availability of proper facility, trained people, doctors and physiotherapists the rehabilitation process it may keep them away from the academics and sports for many days. There are many potential children at the international standard but the traditional inclination has kept them away from involving. PE and sport is vital for the overall development of the child. It helps to achieve mind body unity, learn to be calm during victory and accept the defeat graciously in a sportive behaviour. PE is a scientific as well as technical subject. Yet, the PE and sports programmes are neglected and funds are allotted for the private associations. Thus it makes a variation from competitive sports. Competitive sports are good for economy, but at the same time it is more necessary to have good health and the entire development of the child shall be the primary focus. Normally in south India there are two types of schools. In the first type we have the state board or government as well as the government aided schools. The other one is private schools like matriculation, CBSE, ICSE and related schools. In this paper the current issues in PE and the problem faced by the physical educationists at the school level in south India have been discussed.

### Current issues

PE curriculum is concentrated towards the overall well being of the child, because the lesson or habit which is learned at the early stage will have an impact of continuing till the adult age, which actually the PE emphasizes a person to engage in any one of the activity throughout their life to be fit and stay healthy. Nowadays PE has introduced variety of activities. The responsibility lies on the shoulder of physical educators are more. As far as in south India is concerned in most of the schools

**Correspondence**  
**J Gerard Arockiaraj**  
Director of Health and  
Physical Education, spring  
mount public school, Tamil  
Nadu, India

PE classes are allotted twice a week for each class of 35 to 45 minutes. Out of which one class is utilised to learn the basic exercises, basic drill and the other class is utilised to play a team game on their own. Most of the PE classes are forcibly borrowed by other subject teachers especially the grade 9 and 10 students visit the ground only during the sports day as a spectator. Due to negligence of the school head, threaten by the subject teachers to reduce the practical marks and an emotional blackmail to the parents, the parents force their children to avoid in taking part in PE activities by stating health and some other reasons. Also the girl's students from grade 7 to 12 hesitate and avoid taking part in the activities as they enter in to the adolescent period and expect to involve only the lady supervisors. Physical educators shall prepare themselves to work along with the childhood teachers in order to develop and deliver movement programmes. At the kinder garden level the focus should be on the fundamental motor skills, which through variety of activities and repetition method it shall be achieved. In the state board schools PE classes are twice a week, fitness tests are conducted which is monitored by the Regional Inspector of PE. Due to insufficient number of PE teachers recruited two or three classes are merged as a result, proper training and care is neglected. The infrastructure facilities are available only for outdoor games where the equipments are needed less like kabaddi, volleyball, football, kho kho etc. Whereas in private schools some schools have the indoor facility like swimming pool, gymnasium, tennis, badminton, squash and others. The parents are fond of developing the child in PE activities but have short term goal that is to achieve the target within few years. After achieving, when they reach the high school level they go back to the traditional concept of giving importance only to academics. In many CBSE school PE has been followed as one of the optional main subject at the higher secondary level where the separate curriculum is systematically followed. Nowadays students prefer the schools which offer a variety of extracurricular activities, where they get a chance to specialize in one event. It is one of the latest anticipation from the parents. Traditional games are established in order to make the child to understand their culture as well as others; which actually gives them enjoyment and experience the things which they have read only in books. It provides a psychological benefit to improve the concentration, awareness and a positive mood. P.E class are not delivered properly due to lack of qualified and trained persons, teaching equipments, proper ground facilities, time and the size of the class. In many schools, the PE teachers are asked to perform other duties like transport, mess supervising, office work which leads to a fatigue and they fail to execute the primary job/goal. The below qualified and untrained PE teachers are asked to carry out the task where the techniques are complicated, need for preparation, precaution safety measures are teacher is not much aware of it. Some agree to perform these complicated duties with high risk in order to retain their job even though they are under paid in the private schools due to economic and status pressure over them. At the same time many school authorities have understood the necessity of nutrition, hence PE has been converted to Health and Physical Education. But the PE teachers are not aware updated with the latest trends and modification in nutrition. Some schools provide the meal programme in their school with the consultation of nutritionist and ensures that every child get a

variety, healthy and tasty food without any compromise thus, motivating the child to have a healthy eating style, where many children fail at home due to improper care of the parents and socio economic reasons. With the outbreak of many diseases like swine flu, Bird flu, viral fevers and spread of unknown diseases the health agencies of the government and school authorities have taken the initiative to teach the students regarding the importance of practicing good and personal hygiene along with other health topics. The MR (Mumps and rubella vaccine has been made almost compulsory in all the schools in Tamil Nadu. The activities are not chosen according to the ability of the group. The sequence of the activity, the probability of dangers or risks involved should be kept in mind and the safety measures to be followed without any deviation. The age, maturity, size, experience of the activity and the mood of the students are to be considered primarily while the activity is opted. Supervising during physical activity is an imperative task. Supervision is the most common factor which leads to injury. The duty is based on the understanding between the teacher, students and the activity. The younger group needs more attention than the elder group. When there is a chance of injury is more, additional supervisor is not employed. When an injury has occurred the first aid is given by the office staff or by any other teacher who is not trained at all.

#### **UP coming challenges**

Right from the primary level the curriculum has to be framed with the philosophy and trained with the qualified and trained PE teachers. The sex, racial, caste discrimination should be avoided completely. While working always aim to move to the future. PE is not a luxury it's a necessity. There should be professional and administration development. With the help of physician association implement the good habits, recreation activities and involve the parents in it. Dance shall be made as the part of PE. Dance helps to balance functional and expressive purposes of movement. The dance is being limited to fitness. It means to understand the cultural and ethnical differences. But the PE Teachers have no adequate training to teach the dance. Involve variety of dance. Dance shall coordinate with development and progression in other physical activities. The PE teachers shall update themselves respectively. In the elementary school level emphasis on rhythm and expression, at the high school level develop individual capabilities, talents. Young children learn through interaction with their environments. Teachers to be good facilitator, the young learn and develop in an integrated fashion. Ensure PE is continued without any break and continued till the end of life. The training institutes who train the PE teachers should teach how to update the latest trends, various methods to teach. Educate the professional with the latest knowledge and make them ensure to adopt the new equipments. Attempts shall be made in order to coordinate different individuals and organisations those who are interested in PE, so that a united effort can be made to achieve in a fully-fledged status. Experts from different allied subjects should attend common seminars, workshops etc. So that holistic curriculum shall be designed for PE. Short term orientation courses, Refreshers courses, Workshops, Seminars, Conferences shall be conducted frequently with the enough funds allotted or sponsored to fetch the expert people to update the PE teachers with the latest version. The curriculum should be related to the individual and social needs.

### Role of technology

The one and the most reasonably priced mode of technology is simple video recorder. In this the students are in such a position to view their mistakes and rectify, like the glide in the shot put, landing with both the legs, extension of arm, swinging of arms. It is more effective than explaining theoretically or manually. The other mode of technology is the pedometer and heart rate monitors. Pedometer is the most common technology used in the field of PE. It tracks the person where the person is going on. How many steps they have made but it's not absolutely possible to know how far the person is. The average steps they make shall be studied. The heart rate monitors are used to fix the heart rate goals and to study how the exercise affects the body. Today it's a wireless world where everyone are familiar with high speed internet, data connection, tabs, lap top, cell phones, i phones, video games and various apps. These shall be used as one of the tool effectively for the development among children, youths and sportspersons. The downloaded videos helps to know the various movements, world record events, hard fought matches, inspirational talks, research analysis and many required data's shall be shown by using the video projectors. The research trends, healthy habits with the specified and modern explanation and appropriate figures are available to enhance the curriculum offerings in the education system. The growth in the tremendous technological application has emphasized on promoting physical activity, fitness, which is the primary goal in everyone, life. The instructional strategy, different offensive and defensive methods, Habits of various sports persons, Tactics, Health tips all over the world can be known in seconds. Technology has made the students to learn in their way, which is directly a student oriented one. The technology has driven the world in to a challenged and enhanced variety of opportunities for the learners and teachers and researcher. Hence, it is more essential for the health and physical education teachers to update become more responsible in utilising these technologies in an effective manner.

### Conclusion

The utmost priority should be given to the curriculum framed and keep changing or modify to the aspects of future and need of the individual and society. Teachers need to have a lot of extending tasks to keep skills new enough to promote practice. Integrated learning is an effective method for the kindergarten children. Movement activities shall be used in other subjects too. The thematic approaches where movement is incorporated shall be a very flourishing device. Dance, music skills shall be imparted as part of the PE which apparently helps to stimulate and learn at the primary level. The PE teachers ought to be ready to adopt and keep posted to utilise the modern equipments, methods and systems. Sufficient funds shall be allotted to all the activities, sports and games. The school authorities shall tie up with the various organisations to avail the sponsorship and to promote the physical activities. In various ways and methods the PE teachers should be keeping posted. In this decade the role of technology is vital and shall incorporate to learn effectively and efficiently. As an outcome a child shall learn to have a healthy lifestyle and the physical education shall grow along with other areas and shall produce fruitful results to the individual and to the society.

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