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## **Sports facilities in physical education institutions-a critical study**

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### **Abstract**

Physical education programmes are related to the educational objectives. The needs of the physical are inextricably related to the activities of the mental. Movement does not take place without something happening to personality and social behavior. Physical education through meaningful physical activities and it is an integral part of the general education. Physical Education programme holds an important place in modern education system. All round development of various aspects of personality physical mental, emotional and cultural is not possible without it. In most of the school Physical Education is given a prime importance. It is very much essential to plan a definite programme of Physical Education in the beginning of the session and then execute it effectively in an organized way in the school. This will create an interest in physical activities amongst the students as well as the teachers. Students will know their responsibilities and duties in organization of physical activities.

Facilities are essential for the growth of physical education and sports programs in the schools and physical education institutions, facilities like playground, 400m track, swimming pools, gymnasium halls, horse riding etc. In recent times every institution wants to excel in the competition, so that the institutions increase the facilities. These facilities are essential for the development of the physical education institutes and organization. Large amount of funds are given for enhancing the facilities to the physical education institutions by the governing body. These funds improve the standards of the institutes.

**Keywords:** Physical education, facilities, institution

### **Introduction**

The term "physical education" evolved from the more restrictive phrase, 'physical training', which has been in use in North America since the turn of the 20th century. Physical education denotes that the subject is a bona fide field of study in the public school system. The subject matter of physical education is human movement. This content distinguishes physical education as a critical and essential component of school curricula. Physical education, as a school subject, is directed toward understanding human movement, including the human and environmental factors that affect and are affected by movement. The ways in which people use this ability is related to other aspects of their functioning as whole persons. Physical education is a vast subject and people do not know the importance of this subject. Some people are confused by this term and do not know what it teaches. It is mostly misunderstood as 'Physical Training Drills' (PT. exercises). This is wrong (this phrase is used by the forces to produce tough persons). Others consider physical education as playing activity like football, hockey, races and other competitive activities whereas this is also not true. Some say it is for physical culture to make body shape. Few consider physical education is meant only for recreation, fun and enjoyment. In fact, these wrong opinions have led to many misconceptions about the subject.

### **Aims of the Physical Education Programme**

Physical Education also includes sport education. Physical Education is also the process through which sport, outdoor adventure activities, dance, gymnastics, aquatics and games are used by Physical Educators to help students learn motor skills and to learn about and achieve physical fitness where this is possible. Physical Education activities also assist the school to develop personal and social skill in students.

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The Aims are as follows:

- Enhance neuromuscular coordination
- Enhance mental health/ mental efficiency
- Improved physical fitness
- Helps in weight reduction & good health promotion
- Self-discipline & Improved self-confidence
- Develops skill for sports and recreation
- Helps in stress reduction
- Development of lifetime skills and activities
- Development of correct health habits
- Expand options for wise use of leisure time.

### Facilities in Physical Education

In India physical education has been included in the 11th and 12th junior college curriculum for conducting games and sports for the students of junior college level. Physical education in college requires facilities in the form of playground, equipments, libraries laboratories halls, swimming pool Athletics, yoga, sports and games and Health Related physical fitness and motor fitness etc., are accepted as the essential and standard facilities, recent trends revealed that to enrich the programme, college physical education demands for enough space and allied facilities. It has also been experienced that such Facilities and recent curriculum implement are largely responsible for the success of the programme.

### Guidelines for Facilities

1. Boards of Education, through their school budget process, fund:
  - a) The purchase and maintenance of appropriate and sufficient physical education supplies and equipment; and
  - b) Equitable physical education facilities and maintenance of these facilities for each school.
2. Physical education teachers, physical education program administrator, and school administrators should jointly:
  - a) Develop standards for appropriate supplies and equipment; and procedures for purchasing.
  - b) Provide input to plans for new physical education facilities.
3. School and community facilities and programs are designed and implemented to support and complement one another in serving children's needs.
4. There is a dedicated facility for the physical education instructional program.
5. Adequate space, ranging from 110 sq. ft. to 150 sq. ft. per child, for learning movement activities in which children can move freely and safely. The student/teacher ratio should be 25: 1 per class. Intact classes should not interfere with one another.
6. Adequate space, ranging from 400 to 600 sq. ft. with a height of 12'-15', is available for safe and proper storage of physical education equipment.
7. Physical activity space is designed to facilitate instruction free of distractions and "pass through traffic patterns".
8. Restrooms and drinking fountains should be located close to the instructional facilities; if drinking fountains are in the instructional area they should be recessed.
9. Office space, ranging from 120 to 240 sq. ft. in size, for the physical education teacher is provided to allow

students convenient access to their teacher for consultation and/or assistance.

10. A learning environment with adequate acoustics ("sound baffles") permits children to safely participate in all phases of instruction.
11. Indoor facilities, with proper flooring and lighting, are clean and sanitized on a daily basis. Floor surface should be either hardwood with cushion, or a roll out synthetic product. The minimum amount of light should be 30-foot candles.
12. All-weather outdoor surfaces are properly marked with circles, lines, courts, etc. to permit participation in a wide variety of activities and are appropriate for students with varied ability levels.
13. Outdoor areas are available for teaching and:
  - a) Are free from safety hazards (such as glass, debris, water),
  - b) Located away from occupied classrooms,
  - c) Have clearly defined physical boundaries,
  - d) Are far away from parking lots or streets [i.e., no closer than 100 yards], or are Separated by barriers that prevent vehicles from entering the area.
  - e) Are close enough to school building to permit access to equipment, and
  - f) Provide shelter in case of inclement weather.
14. Natural play areas are available to facilitate and encourage creative and exploratory play.

### Importance of sports facilities

Sometimes, cultural differences can cause some problems in community relations and in workplaces. Participating in group activities can help to increase cohesion in both the community and the workplace. Sports tourism also brings more cultural diversity to many types of different events. Sports facilities can hold large tournaments that can bring people from neighbouring towns and villages. This increase of people can help bring more revenue into the town or village a few times a year. Local businesses can also see an increase in revenue during these large events. The benefits of sports facilities not only help the body, but they also create a less stressed mind. Another benefit to the mind is overall happiness; People who exercise regularly are more than twice as likely to consider themselves happy

### The importance of facility management in youth sports

Many young athletes, parents, and coaches do not stop to think about all that goes into executing a tournament for the youth. One of those steps is an athletic facility management plan. If one is involved with an athletic facility for youth sports, having a management plan in place is of utmost importance. Management plans have a vast array of benefits, including optimum financial and social returns, generating support from the community and volunteers, providing needed and relevant services, having a sense of ownership, and above all decreasing legal risk. Athletics are no stranger to tort law. Many athletic facilities, coaches, owners, volunteers and athletes have had their day in court due to the lack of an effective facilities management plan.

### Creating the plan

In every sports or recreation facilities, it is the facility manager who is responsible for creating the facility's plan. The administrator should seek the input and approval of

staff, volunteers, and in some cases athletes and their parents. This makes it more of a team and community project, and can bring up topics and concerns the facilities manager may not have considered otherwise. The manager can also seek input from various clubs and sporting associations, local government, a legal team, or a medical team. Once in place, the management plan will need to be reviewed regularly and amended as necessary. The process may initially be one of trial and error.

### **Indoor facilities**

Facilities located indoors should be inspected daily for unsafe playing conditions, such as ceiling leaks, wood splinters, warped boards on the playing floor, lights that are burnt out, etc. If a certain repair or replacement is needed, the person doing the inspections should submit a written report to notify the administrator or manager, as well as the engineering team, as to what is needed.

### **Outdoor facilities**

Outdoor facilities need to be checked on a regular basis, as should be outlined in the facilities management plan. Staff and coaches should check for holes, any low spots, large rocks, the integrity of fences and benches, and the presence of floods or standing water. As per the plan, there should be a system in place for such problems to be reported and quickly resolved.

### **Proper equipment**

Facilities staff and coaches should also be responsible for making sure the proper equipment is available and in good working condition. Allowing players to use equipment that is not up to par for safety can lead to injuries and accidents for which the facility and its staff will be responsible. The facilities management plan should dictate how and when equipment is checked and the procedures for getting equipment repaired and taken out of play. This plan should also include sanitizing where necessary. Sports facilities should have a facility management plan in place that reduces the risk for all involved in youth sports, from parents to custodians, coaches to spectators. When a solid plan is in place and everyone knows their role in reducing the risk, the chance of adverse outcomes decreases significantly.

### **Conclusion**

In view of the above, the sports facilities seem to play a vital role in the overall performance of the sportsperson. The physical fitness and physical performance is necessary for developing the health as well as the confidence in today's cut throat competition at all the levels. Moreover, nobody can take good health, physical fitness and excellent sports performance for granted. The way to ensure the successful sports life demands regular participation in exercise together with proper diet, adequate relaxation and good health practices. When the good health and fitness is achieved, the person's physical and mental wellbeing is ensured. Hence this study was carried out to determine the role of current sports facilities in the performance of collegiate level players in various tournaments.

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