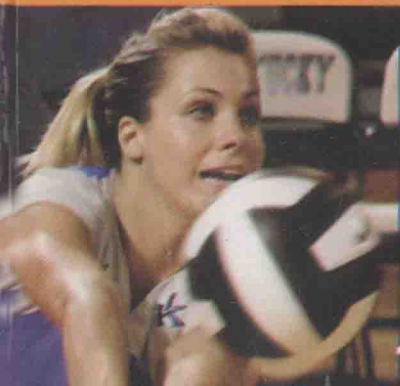


# PRINCIPLES OF PHYSICAL EDUCATION AND SPORTS



Dr. K.S. Amtare

# *Principles of Physical Education and Sports*

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## **CONTENTS**

<b>1. An Introduction to Physical Education</b>	<b>1-29</b>
– Meaning and Definitions of Physical Education	1
– Meaning of Physical Education	4
– Physical Education Enable Individuals to Maintain Their Bodily Conditions in the Best Working Order with Enhancement of Other Qualities of Efficiency	5
– Aims, Objectives and Scope of Physical Education	9
– How Physical Education Came into Existence	12
– Interpretation of Word 'Physical Education'	13
– Goals and Objectives of Physical Education	17
– Scope of Physical Education	18
– Modern Concept of Physical Education	21
– Importance and Need of Physical Education in School/College/Society	23
– Problems Exist while Organising Physical Education Programmes in Schools and Colleges	25
– Place of Physical Education in the General Education Process	28
<b>2. Planning, Policies and Standard Practices in Physical Education</b>	<b>30-49</b>
– The Role of Planning	30

- Policies and Standard Practices	31
- The Nature of Policies	33
- Standard Practices	33
- Policies And Planning	34
- Policies and Decision-Making	35
- Policies and Organizing	36
- Policies and Directing or Co-ordinating	37
- Standard Practices, Policies, and Controlling	37
- Formulating Policies	39
- The Administrative Handbook	39
- Sample Policies and Standard Practices	40
- Standard Practices	41
- Suggested Subjects for Policies and Standard Practices	43
- Formulation and Establishing Policies and Standard Practices	47
- Conclusion	48
<b>3. Psychological Principles of Physical Education</b>	<b>50-85</b>
- Learner-Centered Psychological Principles	51
- Cognitive and Metacognitive Factors	51
- Motivational and Affective Factors	54
- Developmental and Social Factors	56
- Individual Differences Factors	58
- Concept of Psychology	60
- Psychology in Sports	64

– Historical Background of Sports Psychology	66
– Various Psychological Factors that affect Performance of Players	67
– Motivation	70
– Types of Motivation	71
– Sports Psychology	74
– Definitions	77
– Importance of Sport Psychology	78
– Factors Affecting Performance	82
– Contemporary Sport and Exercise Psychology (2000-Present)	83
– How These Psychological Factors Affect the Training and Performance of the Players?	84
<b>4. Biological Principles of Physical Education</b>	<b>86-133</b>
– Growth	86
– Development	87
– Learning	88
– Maturation	88
– Kinds of Development	89
– Fundamental Principles of Growth and Development	90
– Factors that Affect Processes of Growth and Development	91
– Effect of Genetic Factors on Growth and Development	91
– Effect of Nutritional Factors on Growth and Development	92

- Effect of Physical Education Programme on Growth and Development	92
- Influence of Heredity and Environmental Factors on Processes of Growth and Development	93
- Age and Sex Differences in Concern with Physical Activities and Sports	95
- Some Kind of Differences in Males and Females	96
- Human Body Motion	98
- Mechanical Principles	101
- Biomechanics and Kinesiology	113
- Growth and Use of Biomechanics	114
- Reasons for Studying Biomechanics	116
- Major Areas of Study	117
- Nature and Nurture Defined	118
- Heredity Mechanisms	119
- Multiple Determiners	121
- The Continuity of Man	122
- Formulation of the Nature-Nurture Problem	123
- Experimental Behaviour Genetics	124
- Human Behavioural Genetics	125
- Sex, Race, National and Class Differences	127
- Sex Differences	128
- Racial and National Differences	129
<b>5. Physiological Principles of Physical Education</b>	<b>134-154</b>
- Introduction to Anatomy, Physical and Psychology of Exercise of Exercise	134

– Respiratory System	135
– Effect of Exercise on Respiratory System	138
– Muscular System	139
– Effects of Exercise on Muscular System	140
– Circulatory System	142
– Effects of Exercise on Circulatory System	142
– Digestive System	148
– Effects of Exercise on Digestive System	150
– Nervous System	151
– Bio-Physical Differences in Boys and Girls and Their Implications in Physical Education	151
<b>6. Sociological Principles of Physical Education</b>	<b>155-184</b>
– Meaning of Sociology	155
– Importance of Sociology in Sports	155
– Socialization of Individual and Groups through Games and Sports	161
– Role of Sociology in Sports	164
– Leadership and Value Education	165
– “Games and Sports as Cultural Heritage”	166
– Socialization Through Sports and Games at National and International Level	167
– Leadership Training in Physical Education	173
– Qualities of a Good Leader	175
– Physical Education and Social Inheritance of Man	175
– Social-Trait Development and Physical Education	179



- Character Development Through Physical Education 182

## **7. Training Methods 185-213**

- Definitions of Training 186
- Methods in Sports Training 187
- Methods of Strength Development 192
- Methods of Endurance Development 196
- Methods of Speed Development 202
- Circuit Training 204
- Periodization 205
- Training Methods for maintaining General Fitness level - Aerobic & Anaerobic, Sports, Yoga and Recreational Activities 208

## **8. Public Relations in Physical Education 214-235**

- What is Physical Relation? 214
- Appraisals 216
- Need for Public Relations 218
- Guidelines of Public Relations 219
- Planning and Organizing Public Relations Programme 222
- Role and Responsibility of Physical Educator 225
- Public Relation Media 228

# 1

## **An Introduction to Physical Education**

### **MEANING AND DEFINITIONS OF PHYSICAL EDUCATION**

Today's education not merely deals with mental enhancement of an individual, but also a source of physical activities that leads to all-round development of an individual. The best individual is one who is physically fit, mentally sound and sharp, emotionally balanced and socially well adjusted. It is therefore, 'physical education' said to be an integral part of 'Total Education'.

The primary aims of physical education have varied, based on the needs of the time and place. Most modern schools' goal is to provide students with knowledge, skills, capacities, values, and the enthusiasm to maintain a healthy lifestyle into adulthood. Activities included in the program are designed to promote physical fitness, to develop motor skills, to instill knowledge and understanding of rules, concepts, and strategies. Students learn to either work as part of a team, or as individuals, in a wide variety of competitive activities. In all states in the United States, physical education is offered to students from grades K through 12. Most states do require physical education from 6th through 9th grades and offer "elective" physical

education classes from 10th through 12th grades.

Physical Education trends have developed recently to incorporate more activities into P.E. Introducing students to lifetime activities like bowling, walking/hiking, or frisbee at an early age can help students develop good activity habits that will carry over into adulthood. Some teachers have even begun to incorporate stress-reduction techniques such as yoga and deep-breathing. Teaching non-traditional sports to students may also provide the necessary motivation for students to increase their activity, and can help students learn about different cultures. For example, while teaching a unit about Lacrosse, students can also learn a little bit about the Native American cultures of the Northeast and Eastern Canada, where Lacrosse originated. Teaching non-traditional (or non-native) sports provides a great opportunity to integrate academic concepts from other subjects as well, which is required of every P.E. teacher these days.

Generally physical education is misunderstood as merely physical activities or merely Mass physical training or just drill. It is important to overcome this misconception of physical education. The newly born discipline of physical education should be put into proper perspective and thoroughly studied for the welfare of the humanity at large. The importance of physical education and activity was recognized by Plato when he said "Lack of activity destroys the good conditions of every human being, while movement and methodical physical exercise save it and preserve it".

In establishing the position of physical education in the pattern of general Education it is important to present the brief role of physical Education in the past. Physical Education got its real existence in Greece- generally thought to be the first nation of the Europe to become

utilized. This was really the first nation to give serious thinking and direction to educate and physical Education. The tiny states earlier GREECE had belligerent attitudes. As far as history of physical Education in GREECE is considered, the earlier GREECE can be divided into Four periods (1) period (2) Spartan period (3) Early Athenian period. (4) Later or Golden period.

World famous epics, Iliad and Odyssey proved importance of physical Education in Homeric age. Physical Education was not organized well but popular in social and political life. Chariot races, wrestling, foot races, shooting, dancing were activities famous in Greek. In 800 B.C - 700 BC History of Physical Education in Sparta gave clear indication that physical activities were regular for an individual. All round development of any person is well defined by Spartans. Spartans were called city soldiers and here aim of education confined to "Man of Action". Therefore Spartans mainly aims of Military Excellence were mainly accessed through regular and well-planned physical Educational programmes. In Early Athenian period, democratic approach was present but military importance was never underestimated. In leisure time physical activities were enhance and in the period, aim of Education was to develop Body and mind harmoniously and proportionately. Physical activities were integral part of daily activities for every individual there. PALESTRA and DIDASCALEUM were the main institution of Education and physical education. Numerous Athletic celebrations were very famous. These celebrations traditionally known as 'Pan Hellenic games' were mainly dedicated to different Gods, such as Ancient 'Olympic' is for 'Zeus Pythian games' was dedicated to 'APOLLO' Isthmian Games' was dedicated to 'God of sea'. This shows the

value of physical activities in social lives of Early Athenian People. In 'later Athenian Period' where individualism became the order of the day, emphasis was mainly laid on individual's personality development through physical education programs. Later Athenian Period has great contribution in new concepts of physical education by introducing new and modified subjects for enhancement of individual's personality such as 'Medical Gymnastics' natural diet programs and other fitness subjects. New approaches of analyzing fitness components were introduced and well planning was made on it. Similarly history of 'Rome' also displays the importance of physical education for those people which were said to be conservative. It was mainly thought that the physical vigor is necessary for rise of empire. In early Rome physical activities were actually introduced to improve skills for wars, as war was their chief occupation. Noble families feel glad in participating dance activities. Dance activities were their integral event. Famous gladiatorial combats (264 B.C) another example showing the value given by Ancient society to this integral part of Education.

As human being took birth, body movements give first indications of beings fitness, therefore its nothing wrong in saying ' physical activity' plays an important part in human beings life all along. Since from primitive man to modern individual physical activities are necessary.

### **MEANING OF PHYSICAL EDUCATION**

The term physical Education consists of two separate words, 'Physical and Education'. The first word 'Physical' is said to be related with bodily functions. Physical is relating to body or all the bodily characteristics. The term Physical may include the body functions, like digestive function, circulatory function or muscular function of any body, and it may be physical strength, physical

endurance of any human being. In other words this word deals with fitness components and bodily effectiveness of any individual that can also be said as physical appearance.

The term 'Education' is described as a process in which and by which knowledge, character and behaviour of the individuals are understood and shaped. It is a systematic instruction for any particular task. Education is basically a preparation for life. Education is a training to learn and to apply that learning in real life. A combined meaning of these two words would be that systematic instructions and training which relate to physical activities or programme of activities, necessary for development of physical powers or cultivation of physical skill.

Education is not confined to any particular place. It is 'ever on' process. Education is a doing phenomenon also. Education can exist anywhere and anytime. Same applied for Physical Education as well, A well planned and prepared process in physical education leads to healthful living. This not only increases physical efficiency of an individual but also social adaptability. Physical education is that part of education that cannot be neglected at any cost. This process leads to many quality development programmes which ultimately assist individual to become well social being. This educational process results in being vigorous and strong, with all due importance to mental health and emotion. In other words physical education for all around development of an individual. This means physical education covers all the aspects of physical, mental and social well being.

**PHYSICAL EDUCATION ENABLE INDIVIDUALS TO MAINTAIN THEIR BODILY CONDITIONS IN THE BEST WORKING ORDER WITH ENHANCEMENT OF OTHER**

## **QUALITIES OF EFFICIENCY**

Following points are making the concept of physical Education clearer.

### **(i) PHYSICAL EDUCATION IS AN EDUCATIONAL PROCESS**

Physical education can no longer be treated as separate entity. Physical education cannot be separated from educational process. It is therefore said to be an integral part of total process of education. It is education of students through physical movements. Mind has no existence without body. Therefore physical education process is essential to fulfill the general aim of Education. Physical Education is that education which starts with physical development and advances towards perfect development of human being. Educational process has no existence with merely General Education, as just being intellectual is not the ultimate aim of this process, rather all round development is the real demand of educational process, and therefore one can not neglect physical Education from General Educational processes.

### **(ii) PHYSICAL EDUCATION DEALS WITH BIG MUSCULAR ACTIVITIES OR MOVEMENT EXPERIENCES**

An individual gets movement experiences by involving himself/herself in Muscular activities. Any activity or task we perform, muscular movements are needed. In physical Education special attention is given on these muscular movements. Even if any human being is in sleep one or the other muscle works (cardiac muscle). Physical education give us the experiences of muscular movements through different- different physical activities, the different activities lead human being to develop their physical standard. Though those

big muscular activities the total personality of individuals is developed. Any skill in the field of Sports and Games is mainly dependent on the muscular movement of performer. The sequential movement of performer depends on skill acquisition and other learning methods. Physical Education deals with these learning methods and assists performer to perform good muscular movements that lead to good health of individuals. To give more experience of muscular activities, physical education programme includes essential subjects like anatomy, physiology, kinesiology or Bio/Mechanics etc.

### **(iii) RESPONSES GAINED THROUGH MOVEMENT EXPERIENCES**

Just experiencing "Big Muscular Activities" is not an end in physical Education. The responses gained after this movement experiences is the essential part of learning process. These responses actually make our life more efficient and bring perfection in performance that ultimately leads us to Good skills and healthy life. Analyzation of any activity learned is must, the incorrect performance must be corrected and practiced again and again. The more the individuals get experience of movements more responses will be gained. Responses are actually the perfection gained by an individual. These responses teach to respond in a healthful way to increase demand placed on them through gained responses individual develop great endurance and be able to perform his duty according to his capacity with well adjusted and skilled manner. The quality of keeping fit is essential for leading a happy, vigorous and abundant life. These responses can be taken in two different aspects:-

- (a) Physical fitness/organic development/skills**
- (b) Mental skills moral or social development.**



(a) Physical fitness/organic development/skills improvements.

On the one hand the responses gained through movement experiences leads to physical power for the individual. Individual gets control over the motor mechanism of human body that means individual is well capable to analyze his/her own movements and he/she have the ability to cut down waste motions. Individual can now make judgments and interpret situations correctly. The responses lead to develop physical fitness components and individual gets more body control and efficiency in movements.

(b) Mental skills, moral or social development.

Apart from organic development or physical fitness, responses gained through movement experiences assists in development of mental skills of an individual. The movement experiences in physical education do not only lead to physical fitness of an individual, this experience also enhances the mental capability. Physical education make individual to experience social values through physical activities. Individual gets the qualities of well social being. Through the responses, individual not only learn physical skills or co-ordination but must acquire knowledge such as rules, techniques cooperation. All individuals must know about their body, importance of sanitation, factors in disease prevention, importance of exercise, need of balanced diet etc. The store of new knowledge will equip an individual to interpret new situations. As a result of participation in activities the individual will be able to draw conclusions himself. Therefore individual will be able to take wise decisions too. By learning the skills of adjustment through the experiences of body movements, the quality of social adaptability is developed. Situational learning's in Physical activities lead to increase this quality more.