



**Promotion of Physical Education Programme through the Enthusiasm of
Physical Education Faculty in Senior Secondary School of Delhi**

Anil Kumar

Physical Education Teacher, Navyug School, Pandara Park, New Delhi, India

Received: 01 October, 2016; **Accepted:** 12 October, 2016; **Published:** 21 October, 2016

Abstract: In new millennium physical education has to be given a new status in our whole education system. No nation can develop to its possible potential unless the citizen of the nation is healthy enough to carry out their designated work. The sole aim of physical education is the harmonious development of the child the word “harmonious development” means a child is fit in all respect i.e. physically, mentally sound socially adjusted and emotionally balance. Sixty physical education teachers of various senior secondary public schools were taken a subject from of, Ashok Vihar, Barakhamba Road, Maya Puri, Mathura Road, R.K.Puram, Dhaura Kuan, Pitampura, Kalkaji Alaknanda, Saket, Mayur Vihar, Dwarka, Vasant kunj, and Visant Vihar all the subjects voluntarily agreed to co-oprate in this responding procedure. Their experience ranged from 1 year to 40 years and their age ranged from 24 years to 59 years. It has been concluded that most of the physical education teacher submit the detailed budget proposal to their principal. The present study concluded that most of the physical education teachers encouraged their students to take physical education as a career.

Keywords: *Faculty, Schools approach, State and Teacher.*

Introduction:

Physical education is the most integral part of the general education through physical activities. It includes large muscles activities to develop and control the different parts of the body through movements. Performing different types of movement teacher to coordinate different parts of the body to meet the requirement of the movement and also help an individual to develop coordination between body parts and mind hence develop the sense of working in the group which in turn teaches a child to behave the society. Physical activities are also associated with the joy of success and fear of failure which teaches an individual to

control the emotional stage and also teaches a child how to react in a given situation.¹

Today physical education is considered as an International discipline and its importance as fundamental Human Right has already been recognized by the United Nation, the world body. The International Charter of Physical Education, adopted on 21 November, 1978 by the United Nation Educational Scientific and Cultural Organization (UNESCO), clearly reflects the great importance attached by the international body of physical education and sports as an integral part of general education².

The Central Advisory Board of Physical Education and Recreation (1950) for the first time in the history of the country, the Union Education Ministry on the recommendation of Central Advisory Board of Physical Education and Recreation (CABPER), framed a syllabus including free hand exercise, story plays, minor games, singing games and rhythmic for lower classes and developmental exercise, gymnastics, major games, combative, rhythmic, lezium, drills and marching and yogic exercise for higher classes.³

The All India Council of Sports was for the first time constituted by the Union Ministry for education in 1954. Its duties include:-

To aid/assist the government on all matters concerning sports and games, including financial assistance to sports organizations and to suggest step for the development of play grounds, stadia, swimming pools, indoor gymnasium etc.⁴

There is a perceptible shift in public perception of physical education, which has been receiving more attention from academicians, administration, scientists, recreation leaders and teachers in general. It is a field which once considered the exclusive preserve of the competitive, the muscleman, the sturdy and strong, the leisured and non-academic class. It has now become a favorite of those whose primary role in life is to analyze, contemplate and inspire young and old to grow, improve and develop.

Physical education has a social obligation for preparing the youth for work and socially useful activities. The aim of education and physical education is same. The value and contributions of Physical Education are known to all. The only responsibility of successful programme of physical education depends upon the personal and the facilities.

Inspite of recommendations by government and Authorities/Agencies who were shoulder responsibility for time and again to frame policies and programme for upliftment of physical education and sports seems to be not serious in implementing, rather acted as, the literature available, which research scholar gleaned, stated that physical education has been made compulsory in the school. But the fact speaks, something different as far as practice and practicability of the policy so framed by various commissions and committees are concerned.

As a result, the research scholar made a serious attempt for upgrading, the profession as a whole and has, thus, selected a survey on the Promotion of Physical Education Programme through the enthusiasm of Physical Education Programme of Physical Education Faculty in Senior Secondary School of Delhi.”

Methodology:

The selection of subjects, tools and technique used for collection of data and statistical technique employed for the purpose of the study has been discussed.

Selection of the subject: Sixty physical education teachers of various senior secondary public schools were taken a subject from of, Ashok Vihar, Barakhamba Road, Maya Puri, Mathura Road, R.K.Puram, Dhaura Kuan, Pitampura, Kalkaji Alaknanda, Saket, Mayur Vihar, Dwarka, Vasant kunj, and Visant Vihar all the subjects voluntarily agreed to co-oprate in this _responding procedure. Their experience ranged from 1 year to 40 years and their age ranged from 24 years to 59 years.

Tools and Techniques: The research scholar used questionnaire to yield the response. The questionnaire was framed with the help of expert guidance of the supervisor and panel of experts. The questionnaire contains 30 questions. It was of objective nature and a response yielded was in the form of YES/NO.

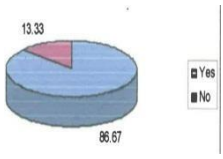
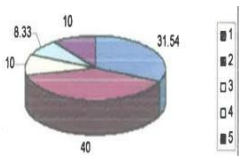
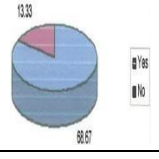
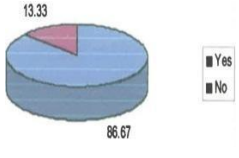
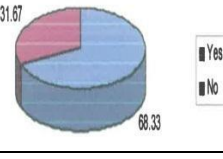
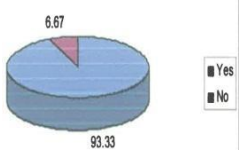
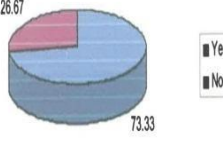
Collection of Data: The test (the questionnaire) was administered to the physical education teachers of the Senior Secondary Public School. Research scholar visited the physical education teachers of various above-mentioned schools personally and their sincere co-operation was solicited. Necessary instruction was given to the subjects before the administration of the (test) or the questionnaire.

Statistical Procedure: The response elicited in the questionnaire was subjected to statistical analysis. The responses were analyzed in term of percentage, which were then exhibited in the form of pie and bar diagrams.

Analysis of Data, Discussion & Findings:

The research scholar conducted the survey in the schools of Delhi and obtained data from the physical education teachers after the administration of the questionnaire. The scholar has presented the result obtained its analysis using appropriate statistical procedure.

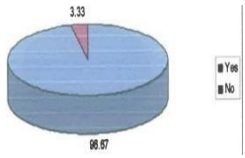
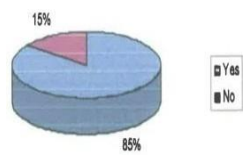
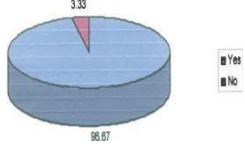
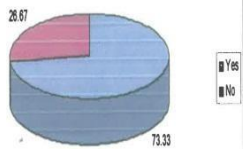
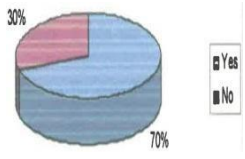
The data obtained were converted in percentile with regard to various questions in the questionnaire. The result pertaining to the study was presented in the table 1.

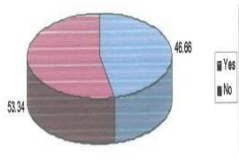
| S.no. | Question | Response Yes/no | | Percentage Yes/no | Diagram representing Percentage |
|-------|--|---|---|--|---|
| 1 | Is the physical education (theory & practical) being done as a compulsory programme | 52/08 | | 86.66%/13.33% |  |
| 2 | How many number of period are allotted to you per week per class of the theory & practical | Periods | Teachers | PERCENTAGE |  |
| | | 14 7 11 42,34 5,8,9 10,16 17,18, 20,24, 26,29, 30,35, 44,48 | 24 6 5 3,3 (6) 1,1,1, 1,1,1, 1,1,1, 1,1,1, 1,1,1, 1,1,1, 1 (19) | 40% 10% 8.33% 5%,5% 10% 1.66%31.54 % 1.66 | |
| 3 | Have you ever organized any intramural activities? | 52/08 | | 86.67%/13.33% |  |
| 4 | Have you ever organized any sports tournaments or athletics meet? | 52/08 | | 86.67%/13.33% |  |
| 5 | Do you have sufficient play ground in your school premises? | 41/19 | | 68.33%/31.67% |  |
| 6 | Have you ever attached any seminar/workshop on physical education and sports? | 56/04 | | 93.33%/6.67% |  |
| 7 | Are you aware of the recent development of physical | 44/16 | | 73.33%/26.67% |  |

| | | | | | |
|----|--|----------|---------------|-----------|--|
| | education and sports? | | | | |
| 8 | Had you done any refresher course in physical education after the appointment over here? | 31/29 | 51.67%/48.33% | | |
| 9 | Had your school took part in zonal level tournament for the last 3 year? | 60/00 | 100%/00.00% | | |
| 10 | Are you students aware about the general fitness programme? | 56/04 | 93.33%/6.67% | | |
| 11 | Do they about strength, speed, co-ordinative abilities, endurance etc. | 54/06 | 90%/10% | | |
| | How many of | Students | Teachers | Teachers% | |
| 12 | students of your school are adopting their physical fitness programme (%) | 100 | 5 | 8.33 | |
| | | 90 | 2 | 3.33 | |
| | | 80 | 8 | 13.33 | |
| | | 70 | 6 | 10 | |
| | | 55 | 2 | 3.33 | |
| | | 50 | 5 | 8.33 | |
| | | 45 | 2 | 3.33 | |
| | | 40 | 5 | 8.33 | |
| | | 30 | 3 | 5 | |
| | | 25 | 3 | 5 | |
| | | 20 | 3 | 5 | |
| | | 10 | 3 | 5 | |
| | | 9 | 1 | 1.67 | |
| | | 5 | 1 | 1.67 | |
| | | 0 | 11 | 18.33 | |

| | | | | |
|----|---|-------|---------------|--|
| 13 | Have you made aware your students knowledgeable about biomechanical aspects of the sports movements? | 36/24 | 60%/40% | <p>A 3D pie chart with a blue slice representing 60% (Yes) and a red slice representing 40% (No). A legend to the right shows a blue square for 'Yes' and a red square for 'No'.</p> |
| 14 | Does you leave your impact of the knowledge of physical education and sports on the other subjects teachers | 55/5 | 91.66%/8.34% | <p>A 3D pie chart with a large blue slice representing 91.66% (Yes) and a small red slice representing 8.34% (No). A legend to the right shows a blue square for 'Yes' and a red square for 'No'.</p> |
| 15 | Are you imparting your knowledge in society other that the school premises? | 54/6 | 90%/10% | <p>A 3D pie chart with a blue slice representing 90% (Yes) and a red slice representing 10% (No). A legend to the right shows a blue square for 'Yes' and a red square for 'No'.</p> |
| 16 | Have you seen any improvement in the personality of the students after going through programme? | 60/00 | 100%/0% | <p>A 3D pie chart that is entirely blue, representing 100% (Yes). A legend to the right shows a blue square for 'Yes' and a red square for 'No'.</p> |
| 17 | Do you have sufficient books of physical education in the library | 43/17 | 71.67%/28.33% | <p>A 3D pie chart with a blue slice representing 71.67% (Yes) and a red slice representing 28.33% (No). A legend to the right shows a blue square for 'Yes' and a red square for 'No'.</p> |
| 18 | Have you ever recommended the purchase the books of physical education in your school | 53/7 | 88.34%/11.66% | <p>A 3D pie chart with a large blue slice representing 88.34% (Yes) and a small red slice representing 11.66% (No). A legend to the right shows a blue square for 'Yes' and a red square for 'No'.</p> |

| | | | | |
|----|--|--|---|--|
| 19 | Do you think that a degree in physical is must for pursuing a physical education teaching career? | 59/01 | 98.33%/1.67% | <p>A 3D pie chart showing the distribution of responses for question 19. The 'Yes' category (blue) represents 98.33% of the total, and the 'No' category (red) represents 1.67%.</p> |
| 20 | Do you think that the policy of CBSE allotting 60 marks for practical and 40 marks in physical Education. Is appropriate | 45/15 | 75%/25% | <p>A 3D pie chart showing the distribution of responses for question 20. The 'Yes' category (blue) represents 75% of the total, and the 'No' category (red) represents 25%.</p> |
| 21 | Do you think that the policy of CBSE should be modified by giving weight age 70 marks to theory and 30 marks to practical like other discipline subject? | 21/39 | 35%/65% | <p>A 3D pie chart showing the distribution of responses for question 21. The 'Yes' category (blue) represents 35% of the total, and the 'No' category (red) represents 65%.</p> |
| 22 | Do you think that physical education should be included in UPSC examination? | 58/2 | 96.67%/3.33% | <p>A 3D pie chart showing the distribution of responses for question 22. The 'Yes' category (blue) represents 96.67% of the total, and the 'No' category (red) represents 3.33%.</p> |
| 23 | Are you aware of syllabus of theory and practical in physical education with respect to CBSE in the following classes 6 th , 7 th , 8 th , 9 th , 10 th , 11 th , 12 th | 45/15 45/15 45/15 54/15 55/5 60/0 58/2 | 75%/25% 75%/25% 75%/25% 90%/10% 91.66%/8.33% 100%/0% 96.67%/3.33% | <p>A grouped bar chart showing awareness percentages for theory (Series 1, blue) and practical (Series 2, red) across classes 1 to 7. The Y-axis represents 'Theoretical Percentage' from 0 to 120. The X-axis represents classes 1 through 7. Data points are: Class 1 (75% theory, 25% practical), Class 2 (75% theory, 25% practical), Class 3 (75% theory, 25% practical), Class 4 (90% theory, 10% practical), Class 5 (91.66% theory, 8.33% practical), Class 6 (100% theory, 0% practical), Class 7 (96.67% theory, 3.33% practical).</p> |

| | | | | |
|----|---|-------|---------------|---|
| 24 | Do you think that a teacher of physical education should attend the orientation course atleast once in a year? | 58/2 | 96.67%/3.33% |  <p>A 3D pie chart showing the distribution of responses for question 24. The chart is divided into two segments: a large blue segment representing 'Yes' at 96.67% and a small red segment representing 'No' at 3.33%. A legend to the right of the chart shows a blue square for 'Yes' and a red square for 'No'.</p> |
| 25 | Do you submit a detailed budget proposal to principal of your school for physical education every year? | 51/9 | 85%/15% |  <p>A 3D pie chart showing the distribution of responses for question 25. The chart is divided into two segments: a large blue segment representing 'Yes' at 85% and a smaller red segment representing 'No' at 15%. A legend to the right of the chart shows a blue square for 'Yes' and a red square for 'No'.</p> |
| 26 | Have you every motivated yours students to pursue physical education as a career | 58/2 | 96.67%/3.33% |  <p>A 3D pie chart showing the distribution of responses for question 26. The chart is divided into two segments: a large blue segment representing 'Yes' at 96.67% and a small red segment representing 'No' at 3.33%. A legend to the right of the chart shows a blue square for 'Yes' and a red square for 'No'.</p> |
| 27 | Did your principal asked you to submit a budget with regard to physical education and sports | 44/16 | 73.33%/26.67% |  <p>A 3D pie chart showing the distribution of responses for question 27. The chart is divided into two segments: a large blue segment representing 'Yes' at 73.33% and a smaller red segment representing 'No' at 26.67%. A legend to the right of the chart shows a blue square for 'Yes' and a red square for 'No'.</p> |
| 28 | Do you have any criteria for allotting the physical education as a subject to the students of XIth & XIIth classes? | 42/18 | 70%/30% |  <p>A 3D pie chart showing the distribution of responses for question 28. The chart is divided into two segments: a large blue segment representing 'Yes' at 70% and a smaller red segment representing 'No' at 30%. A legend to the right of the chart shows a blue square for 'Yes' and a red square for 'No'.</p> |

| | | | | |
|----|--|-------|---------------|---|
| 29 | Do you know about the various scheme of sports authority of India such as talent identification for the promotion of sports and games? If yes than specify | 28/32 | 46.66%/53.34% |  |
|----|--|-------|---------------|---|

Conclusions:

Recognizing the limitation conclusions were drawn: of the present study, the following:

- The teaching of both the theory and the practical were going on regularly in the schools.
- Most of the teachers are having good experience of organizing intramural activities, sports tournament and athletic meet.
- It has been concluded that most of the teachers have attended the seminar / workshop and physical education and sports.
- The study concluded that most of the most the teachers are aware of the recent development of physical education and sports.
- It has been concluded that almost all the schools are participating in the zonal level tournament for the last three years.
- Further it was concluded that maximum number of physical education teachers leave their impact of the knowledge of physical education and sports on the other subject teachers as well as on general people in society.
- Further, it was concluded that maximum number of the respondents were satisfied with the previous policy of Central Board of Secondary Education for awarding marks for physical education i.e.,60 for practical and 40 for theory.
- It has been concluded that most of the physical education teacher submit the detailed budget proposal to their principal.
- The study concluded that most of the physical education teachers encouraged their students to take physical education as a career.

References

1. Bhatt, B.D. Sharma, S.R., Teaching of Physical Education and Health Education, Delhi: Kanishka Publishing House, 1993.
2. Bucher,C.A., Foundation of Physical Education and Sports: St. Louis Times Mirror /

Mosby College Publishing,1987.

3. Bucher,C.A., Wuest, D.A., *Foundation of Physical Education and Sports* (10 Ed.), St. Louis Times Mirror / Mosby College Publishing,1987.
4. But, Louis James, *Physical Educaton in the Public Elementary Schools in Texas; A Study Report*. Dissertation Abstract International.46, November 1985.