



**Topic : ATHELITS CARE AND REHILIBITATION**

**Author : Dr. Sanjeev Yadav**

**Assistant Professor, Bipin Behari College, Jhansi(UP)**

## **INTRODUCTION :**

The purpose is to present the concern regarding the health status and health attitude of the physical education personals. It is observed from time to time that once the devastation from normal health takes place , may be due to any reason injury or some medical problem, it takes longer or even difficult to recover throughout their course which is otherwise not so untreatable. What so ever talented or intelligent they might have joined the institute, they leave the institution with their ankle, knee and back weak than before.

Why it Happens?

Who is Responsible?

What is the Remedy?

Different factors responsible for incomplete treatment, knowledge and attitude towards the personal health and awareness about the self and the professional responsibilities need a evaluated so that the fitness norms presented on paper do not remain confined to the library but look on the face and figures of the physically educated individual .

## **PROFESSIONAL RESPONSIBILITIES**

The first and the foremost job of the physical education profession is to provide the optimum fitness to the nation. The fit nation is the compilation of the fit society and the fit society is the cluster of fit individuals. This way each individual in this profession is supposed to present himself and herself as the model of the optimum fitness if they are taught to except the professional responsibility.

The reason may not only at the part of athlete but the other factors such as their activity schedules ,attendance rules, need to gather the participation certificate at any cost of health because they help in getting jobs , social economical factor and inter- professional non acceptance also play very substantial role in this regard.

We all know that "IF HEALTH IS LOST EVERY THING IS LOST" and if the leading institution of physical education out put such physically unfit youth than what to expect about healthy society and national health.

It is great need to review and relate the definition of physical education and health education in totality with their inter- relationships with other disciplines.

1. Athlete is the unique patient.
2. Approach towards Athletes care and rehabilitation.
3. Inter –disciplinary professional acceptance
4. Athletes care and rehabilitation
5. Multi –disciplinary approach
  - a. Level of sickness
  - b. Modes and modalities

Without broad-minded acceptance no injury can heal in its totality with full functional recovery.

## **6. FITNESS CRITERIA**

Thanks to the department of statistics of LNIPE, Gwalior who took the lead to create an environment of Inter-disciplinary application in the field of Physical Education.

No profession can grow alone in the era of inter- disciplinary and specially in the case of human dynamics where man ,mind and machine work together to enhance the performance .The dilemma is that the machine is non-living and minds are unlimited –what is ultimately affected is the man that is human body .

It is the professional championship, inter-disciplinary approach and multi-disciplinary applications can give the proper answers to these problems.

My humble request and suggestion to this multi-dimensional faculty and the budding research scholar in physical education is to take up such topic ,which may evaluate the overall fitness status of the institutes population, class group and the individual.

- What is the overall fitness of the institutes population
- Trends of the fitness of the individual classes throughout their four(4) year course.
- Recovery ratio of the injured athletes.
- Fitness status of the outgoing alumni.

The concept is to generate the awareness and competitiveness among the different institutes and physical education departments of the university to maintain the standard of optimum fitness of their physical education population and prove themselves worthy leaders in the profession .

U G C has the norms to recognize or de-recognize the institutes and college if they fail to prove in terms of infrastructure and facilities and strength of staff versus students. For physical education institutes there should be minimum fitness criteria of their outgoing professionals for the maintenance of recognition.