



ISSN: 2230-7850

IMPACT FACTOR : 5.1651 (UIF)

VOLUME - 10 | ISSUE - 7 | AUGUST- 2020

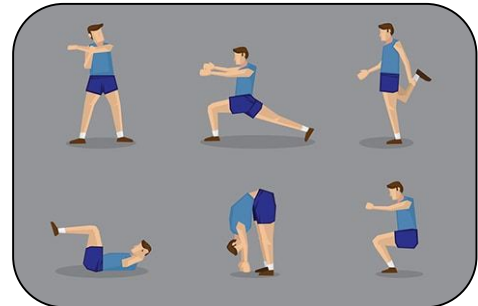
PHYSICAL EDUCATION AND FITNESS

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ABSTRACT

Yoga is also a sport in Physical Education. Nowadays, Yoga has become very popular throughout the world. The present age can be said the age of stress, tension and anxiety. So, most of the persons have not been living a happy and fruitful life. Yoga, an Indian word that means joining or uniting the mind with body and soul, is a natural and healthy way to keep fit. It helps us to relax our body by calming our minds and gives strength to the whole being. Practising it brings many physical benefits like increased blood circulation, better sleep patterns, prevents numerous health conditions etc. Holistic benefits include happiness, peace of mind and a happy life. One can practice it in all three stages of life, namely kids, teens and adults. However, while choosing a type of yoga based on age, one needs to know a few things to avoid any problems. Aim of the present article is the role of some yoga elements in physical education and sports. Yoga is one of the Indian philosophical systems that emphasize the importance of the work with the body to develop healthy behaviors and thoughts. Among all its techniques the physical postures, called asanas in Sanskrit, are the ones that got. It is necessary to remember that sports and gymnastics belong to the scope of Physical Education. Once there was a time when people said "it is not the winning itself but the competing nobly that really matters", when the place where competitions took place was sacred and the respect between competitors was essential. In our modern society the term Physical Education has been understood in different ways. Some say it is the "education of the body", which is educating the body to achieve some skills and abilities as it is done, for example, in sports. Others think it is the "education to the body", which is working out only to improve one's looks.



KEYWORDS : Yoga, Physical Education, Sports, Exercise, Yoga Practice.

INTRODUCTION

Yoga is a way of a better living. It ensures great or efficiency in work, and a better control over mind and emotions. Through yoga one can achieve both physical and mental harmony. Health is the greatest blessing of all. Health is not just the absence of disease. To enable the individuals to lead a life of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Physical Education may provide the right direction and needed actions to improve the health of members of any community, society, nation and the world as a whole. An educational system encompassing the mental, emotional, social and physical dimensions of health becomes imperative to bring about all around development in children. The word 'yoga' means "to join or Yoke together". It brings the body and mind together to become a

harmonious experience. Man is a physical, mental and spiritual being; yoga helps promote a balanced development of all the three. Yoga is a method of learning that aims at balancing "Mind, Body and Spirit". Yoga is a practice with historical origins in ancient Indian philosophy. Yoga is distinctly different from other kinds of exercise as it generates motion without causing strain and imbalances in the body. Other forms of physical exercises, like aerobics, assure only physical wellbeing. They have little to do with the development of the spiritual or astral body. Yogic exercises recharge the body with cosmic energy and facilitates. They have little to do with the development of the spiritual or astral body. Yogic exercises recharge the body with cosmic energy and facilitates.

OBJECTIVES

1. To enable the students to develop a scientific point of view of health with reference to traditional and modern concept of health.
2. To enable the students to identify health problems and understand their own role on health and to medical agencies in meeting those problems.
3. To enable the student to take interest in current events related to health.
4. To enable the students to arrive at suitable conclusions, based on scientific knowledge, and take action as an individual, member of the family and community protecting, maintaining and promoting individual and community health.
5. To enable the students to set an example of desirable / health behaviour.
6. To enable the students to understand the causes of the pollution of air, water soil and food as well as their ways and means of prevention.
7. To enable the students to gain sufficient knowledge of First-Aid.
8. To provide desirable knowledge about marriage sex and family planning to the students.
9. To help students to understand the importance of physical training sports, games, yogic exercises as well as their relationship with health education programme.
10. To emphasize students on the bad effects of smoking and taking alcohol etc.

BENEFITS OF YOGA

1. It develops the physical stability.
2. It keeps a person young.
3. It Strengthens the hamstring, calf, and back muscles.
4. It relieves the stiffness of joint, particularly at knee, hip and ankle.
5. it removes excess fat in the abdominal region
6. It gives more flexibility to the vertebral column
7. It is extremely beneficial to the spinal column.
8. It will enlarge the thoracic cavity.
9. It strengthens the back and abdomen muscles.
10. It helps to make the maximum range of movements in all directions in the hip joint.
11. It develops the balancing power in the body.
12. It loosens the spinal column.
13. It reduces the excess fat in the sideways.
14. It strengthens the ankles and tones the muscles of the legs.
15. It promotes the spinal bone growth.

YOGA IN PHYSICAL EDUCATION

Physical education philosophy is empirical practice which is established in all fields of human understanding on the basis of the latest discoveries in research. The nature of yoga as a tool of physical education involves clearing up numerous issues about the freedom of this practice from the meaning of the religion of Ancient India, and is expressed of elements of esotericism and mysticism.

The primary goal of yoga, as a practice of physical education, is to lead to the harmonious growth of children and adolescents. Throughout this respect, it is fitting to remember Pierre de Coubertin 's brilliant

thinking from his speech at the 1994 Paris Congress: "... there are no two sections to an individual, body and soul; there are three, body, mind and heart. Character is not created by the subconscious but by the body in the first place "

BENEFITS FOR PHYSICAL EDUCATION

Yoga is then commonly taken as a physical education system with a spiritual component, though the truth is the reverse: Yoga is a spiritual system with a physical component. Asanas practice is only just a tiny part of the full Physical Culture & Education program recognized as Hatha Yoga. Function of yoga in education from various perspectives, including the form of education provided to children worldwide, as well as the specific types of tension that children experience in the classroom setting. This also called the challenges, issues, disputes, disturbances and dissipation of their resources. We began utilizing these yoga values and methods, first as an exercise to improve the cognitive capacity of the children and, secondly, to encourage teachers to teach their topics in a completely different manner. Our conviction was, and still is, that we are teaching our children without understanding or caring about the development of their own personality. They are cramming their brains and minds with knowledge without having any help network in the school atmosphere so they can begin to imbibe education. They ought to look about what research suggests about the development of an infant, what psychoanalysis suggests about child psychology and how the hormones and glands change and affect the reasoning, mental function and imaginative production of the child.

FITNESS AND YOGA IN SPORTS

i. Improved Strength

Routine and regular practice of the different yoga asanas has helped me develop power and raise lean muscle mass. Most specifically about many underutilized muscle classes in my preferred sporting activities of swimming, riding and running. Such improvements have improved core body flexibility and dramatically impeded overuse injury by improving the muscles that are protective yet otherwise underdeveloped across the most utilized muscles, providing a more integrated and usable total strength.

ii. Balance

I have also been very agile as a swimmer. Yet, traditionally, my performance is bad. Yet my agility and posture have vastly strengthened due to a daily yoga practice. What does it matter? Good posture and agility ensures greater influence of how I shift my body, which in effect contributes to improved technique and form — the brass ring any competitor spends a lifetime mastering, whether it's a swimming motion, a golf drive, a running pass and a jump shot or a wrestling shift.

iii. Flexibility

Yoga also increases strength of the joints and muscles, and is important for the general physiological soundness of the body. In a single gesture or sequence of motions, increased joint and muscle pliancy transforms into a wider range of motion, or an improvement in output latitude. For instance, a swimmer with supple shoulder and hip joints is capable of catching and pulling more water than a more narrow range of motion swimmer. The effect is greater forward motion per stroke, as well as improved muscle activity. In addition, because of the change in total force that can be applied for each step, this improved range of motion allows a greater capacity to adapt a single muscle group to power. And although there is some debate over the advisability of "over" stretching (especially for runners), I remain a massive supporter, realizing that the harder I try to preserve my stability (something that declines with age), the less probable I would experience an overuse injury.

iv. Free Your Mind

An significant advantage of yoga practice is the opportunity to build a tension free mind. Regular exercise is used as a method for improving breath management, helping to enhance attention and concentrating, allowing for quick thought and effective decision taking. A useful weapon in every sports

environment. In any sport, mental practice will teach you how to gain control of your emotional states, so that excitement and anxiety do not impede your performance.

METHODOLOGY

It is generally believed that the methodology of teaching learning is the concern of teachers only. Learners have little or nothing to do with it. But this is not true. The teaching learning methods are concerns of learners as well. Knowing and understanding that how different subjects are taught are important for the learners of all subjects, but it has more relevance for the learners of physical education. When we talk about you as learners of physical education, we mean that you have actually participated in the subject area, rather than merely studied it. It needs a suitable learning environment and a positive will for participation. As you now know, physical education does not mean organisation of a few sports and games activities, involving only a selected number of students, and that too occasionally. The following points are significant for the appreciation of this subject and the need for adopting appropriate teaching – learning methodology:

- Physical education is necessary to ensure participation of all children in free play, informal and formal games and sports activities. All students must be involved in health and physical education activities. Those who choose to excel in games and sports need to be provided adequate opportunity.
- Involvement of all learners means that even those students need to be involved, who are at the risk of marginalisation, for instance, who are differently abled. Such involvement will empower them to overcome the sense of helplessness, inferiority and stigma. Differences between students must be viewed as resource for supporting learning rather than as a problem. Inclusion in education is one of the components of inclusion in society.

CONCLUSION

Overall , studies evaluating the performance of yoga and exercise tend to indicate that, for both healthy and sick populations, yoga may be as effective or better than exercise in enhancing a variety of health-related outcome measures, including HRV, improving subjective fatigue pain measures, and sleeping in healthy and sick populations. Future clinical studies, however, are required to further examine the differences between exercise and yoga, particularly how the two modalities that differ. Through their impact on success in athletics. Researcher figure out that yoga is as important in sports as others believe it benefits us in a life of sports people in various ways and at different stages. Yoga provides a larger range of students unique learning opportunities than conventional athletics or exercise lessons, which allows it a desirable complement to every training programe. Additionally, adding yoga to a school's curriculum will help provide a quality physical education program as important as modifying traditional physical education yoga in sports as others think it helps us in a life of sports men in different ways and at different levels. Yoga can play a vital role in the development of mind regulation and focus that benefits a game player. It provides incentives for children and adults to achieve progress through physical exercise, which will help create a solid base in existence. Nonetheless, training experts, instructors, coaches and students will clearly learn and examine the actual difficulties of yoga education in the classroom and in real life.

Yoga offers new learning possibilities to a wider group of students than traditional sports or fitness curriculum, making it a valuable addition to any educational program. Additionally, adding yoga to a school's curriculum will help provide a quality physical education program as modification of traditional physical education yoga in sports as important as other think it helps us in different ways and different levels in a sports men life. Yoga can play a key role in cultivating mind control and concentration which helps a sportsperson to perform at their game. It offers children and adults an opportunity to experience success in physical activity, which can help build a foundation of strong of life. However, curriculum specialists, teachers, trainers and students should know and analyze seriously the real challenges of yoga education in classroom settings and real life as well.

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