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## CAREER OPTION IN PHYSICAL EDUCATION AND SPORTS

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### ABSTRACT

**P**hysical Education had been noticed as a secondary career option in the past. Growing awareness of the Physical fitness in daily life proved it as a demanding career in these days. At present time people are giving much importance to the physical fitness and health. Physical Education offers various practical training fields, for instance, sport journalisam ,training, sporting activities programs, gym operation etc. It has become a significant part of education system.

**KEYWORDS:** physical education and sports , Physical fitness, health.

### INTRODUCTION:

To opt for an appropriate career is very complex thing in life. We are not able to take decision while choosing our career. We get confused while deciding the profession which suits



us. As well, the expectations of the employers differ from time to time. As in past, expectations of an employer were different from the present and it will differ in future. We can notice that the demands of the 21st century are challenging at all the fields/careers.

The needs of the world are changing according to the time. As time changes, the needs are also changed. So it has become very difficult to have a particular career plans which will remain long last in future. Therefore, it is very important to find out what do you like to do most ? which field will give you a feeling of satisfaction? You also have to choose those

career option where your skills will be used. When you become fully aware that you should make your career in physical education or sport, but again he may be confused. You will be unable to decide whether to choose traditional career or coach or to follow other non-traditional careers. Today everyone wants to create his/her own identity in this world. They are eager to choose and decide their career. Definitely, it will impact on their life, as work is an inevitable part of one's identity and it creates one's identity and place in society. Recently, Physical Education has various career opportunities which have expanded

over past years. Physical Education offers worth considering career options from teacher, to researcher, to administrator, and more options are made available for the enthusiast who want to make a challenging career. Therefore, Physical Education is a challenging and new career option which gives you a feeling of satisfaction and comfortability.

The Physical Education had widened its scope including intellectual comprehension as a supplementary and complementary facets of Physical skill development. The sport industry offers you a chance to shape your career in the field you would love to work. This digest will examine the factors leading to an interest in the scope of career opportunities for Physical Education. It will also look at future trends which will differ from the traditional teaching position. Therefore, you can opt for many career

opportunities in health, physical education and sports.

### **Career Options in Physical Education and Sports**

#### **Teaching Career in Physical Education**

##### **School Career**

- Elementary School
- Middle School
- Secondary School

##### **Post-Secondary School Career**

- Junior College
- Community College
- College/University

##### **Specialized Post – Secondary Careers**

- Pedagogy Professor
- Adapted Phy. Edu. professor
- Bio mechanics professor
- Motor learning professor
- Motor Development professor
- Sports Philosophy professor
- Sports Medicine
- Physical Activities professor
- Sports Management professor
- Exercises Physiologist professor
- Sports History professor

##### **Specialized School Careers**

- Adapted Physical Educator
- Dance Educator

##### **Non – Teaching Career in Physical Education Fitness and Health Careers**

- Personal Fitness Trainer
- Health/Fitness Club Manager/Instructor
- Fitness Trainer / Aerobics Instructor
- Athletic Clubs/Center Director/Instructor
- Stress Management Consultant
- Strength Trainer
- Weight Management Consultant
- Corporate Fitness Center Manager / Instructor
- Sport dietitian
- Sports medicine clinic director
- Physical therapist
- Occupational therapist

##### **Therapy – Related Careers**

- Recreational Therapist
- Movement Therapist
- Physical Therapist
- Dance Therapist
- Massage Therapist

##### **Other Related Careers**

- Professional Dancer
- Military Physical Education Specialist

- Manufacturing Sports Equipment
- Sports Photographer
- Sport official
- Sport event manager
- Sport journalist
- Sport facility operations manager

#### Qualities of Physical Educator/Essential for making career in sports

Through their Physical Education degree, graduates develop a valuable set of skills that are transferable to a range of careers, including:

- Knowledge of human movement, health and physical activity
- Knowledge of another academic discipline of interest to individuals
- Coaching, motivation and teaching skills
- Interpretative, Analytical and critical thinking
- Leadership, organizational and communication skills
- Interpersonal skills
- Skills in a variety of sports, games, dance and outdoor pursuits
- Awareness and apply principles of healthy living, physically, mentally, emotionally, spiritually, socially, and environmentally

There are many Indian Universities that offer this course to the students. A few well known universities in India that offer this degree encompass:

- Annamalai University, Chennai (Tamil Nadu)
- Allahabad University, Allahabad (Uttar Pradesh)
- Andhra University, Vishakhapatnam (Andhra Pradesh)
- Banaras Hindu University, Varanasi (Uttar Pradesh)
- Jamia Millia Islamia University, New Delhi
- Kurukshetra University, Kurukshetra (Haryana)
- Manipur University, Imphal (Manipur)
- North Eastern Hill University, Shillong (Meghalaya)
- Panjab University, Chandigarh
- University of Calcutta, Calcutta (West Bengal)
- University of Hyderabad, Hyderabad (Andhra Pradesh)
- University of Mumbai, Mumbai (Maharashtra)
- University of Mysore, Mysore (Karnataka)
- University of Pune, Pune (Maharashtra)
- University of Rajasthan, Jaipur (Rajasthan)
- Utkal University, Bhubaneshwar (Orissa)
- Visva Bharati University, Santiniketan (West Bengal)
- College of Physical Education, Pune (Maharashtra)
- Indira Gandhi Institute of Physical Education & Sports Sciences, New Delhi
- Lakshmibai National College of Physical Education, Thiruvananthapuram (Kerala)
- Lakshmibai National University of Physical Education, Gwalior (Madhya Pradesh)

The degree that is being provided by these institutions is recognized worldwide and accepted everywhere. Also we can do many courses on line. Various Certificate courses are offered by and many organizations in private sector.

Institutions offering Physical Education and sports related Course

#### CONCLUSION:

Through this paper researcher has made an effort to focus on the different career opportunities offered

in the field of Physical Education. The latitude of physical education and sports has become wider and has been linking with other streams of knowledge. It is the field which offers many career opportunities to the people of different ages, and traditions. It is a dynamic field which has an impact of social trend and other factors. The physical education and sports involves teaching field and International of physical education. It also provide many more career opportunities like fitness, Recreation, Massage therapy and all those field which are relevant to Physical Education and Sports.

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