

Imporance of Physical Education in Human Health: A Review

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Abstract

In the Present World of Space age and automation era, all human beings appear to be living a more and more inactive life. They ride instead of walk, sit instead of stand and watches instead of participants. Such type of inactivity or sedentary life is detrimental to mental and physical health. Thus, there is great need for physical education as a part of balanced living.

Keywords: Physical education, Human health,

Introduction

The term “physical education” evolved from the more restrictive phrase, ‘physical training’, which has been in use in North America since the turn of the 20th century. Physical the education denotes that the subject is a bona fide field of study in the public school system. The subject matter of physical education is **human movement**. This content distinguishes physical education as a critical and essential component of school curricula. Physical education, as a school subject, is directed toward understanding human movement, including the human and environmental factors that affect and are affected by movement. The ways in which people use this ability is related to other aspects of their functioning as whole persons.

What is Physical Education

In nineteenth century, there was growing popularity of formal physical education programs all across Europe where calisthenics and gymnastics were all the rage. American schools looked to follow the European model by incorporating physical education into the curriculum for primary and secondary schools. And a brief history of physical education would not be complete with a consideration of institutes of higher education that gradually built up extremely successful sports programs.

Beginning of Physical Education

The brief history of physical education would start in just about 1820 when schools focused on gymnastics, hygiene training and care and development of the

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human body. By the year 1950, over 400 institutes had introduced majors in physical education. The Young Men's Christian Association launched its very first chapter in 1851 and focused on physical activities. Colleges were encouraged to focus on intramural sports particularly track, field and football. But physical education became a formal requirement following the civil war when many states opted to pass laws that required schools to incorporate a substantial physical education component into their curriculums. But it was not till 1970 that an amendment was made to the Federal Education Act that allowed women from high school and college to compete in athletic competitions. Sex-based discrimination was completely outlawed from government funded programs at this point. Education in the care and development of the human body, stressing athletics and including hygiene is called physical education. Physical education is an important part of educational activity in which the main concern is with bodily movements and which takes place in an educational establishment. Physical Education aims not only at physical development but is also concerned with education of the whole personality of a person's behavior, organic, aesthetic, neuromuscular, ethics and emotion etc.

Different people define physical education importance in different words

1. **Jackson R. Sharman** points out

that physical education is that part of education which takes place through activities, which involves the motor mechanism of human body which results in an individual's formulating behavior patterns.

2. **Charles A. Bucher** defines physical education, an integral part of total education process, is a field of endeavor which has as its aim the development of physically, mentally, emotionally and socially fit citizens through the medium of physical activities which have been selected with a view to realizing these outcomes.
3. **Barrow** defined Physical Education as an education of and through human movement where many of educational objectives are achieved by means of big muscle activities involving sports, games, gymnastic, dance and exercise.
4. **According to Webster's Dictionary** Physical education is a part of education which gives instructions in the development and care of the body rendering from simple callisthenic exercises to a course of study providing training in hygiene, gymnastics and the performance and management of athletics games.
5. **Central Advisory Board of physical Education and Recreation** defines Physical

education as an education through physical activities for the development of total personality of the child to its fullness and perfection in body, mind and spirit.

Why is physical education important?

- Health education improves the health status of individuals, families, communities, states, and the nation.
- Health education enhances the quality of life for all people.
- Health education reduces premature deaths.
- By focusing on prevention, health education reduces the costs (both financial and human) that individuals, employers, families, insurance companies, medical facilities, communities, the state and the nation would spend on medical treatment.

Importance and benefits of physical education

Physical fitness is one of the most important factors for the living with a healthy lifestyle. Physical education promotes the importance of regular fitness activity in the routine and also helps the students to maintain their fitness, develop their muscular strength, increase their stamina and thus stretch their physical abilities to an optimum level.

In the present world, the world of technology, most of us are living inactive life style. We ride instead of walk, sit instead of stand and watches instead of participants. Such type of inactivity or sedentary life is damaging to mental and physical health. Thus, physical education is most important as a part of balanced healthy living.

1. Physical education is essential during elementary & secondary education for the proper growth and development of student.
2. To maintain good health and fitness during adulthood physical education is very helpful.
3. During old Age, physical education is important to prevent and treat various ailments and disease.
4. To prevent and treat various ailments and disease in old age physical education is very beneficial.
5. It is important as it provides us the knowledge of our bodies from musculoskeletal, physiological and biochemical point of view.
6. Physical education aware we about our bodies from musculoskeletal, physiological and biochemical point of view.
7. It teaches us various physical activities that can be practiced now in later life such as motor skills for the games and sports of volleyball, tennis, swimming and

so on.

8. We thought Value of ethical behavior in all part of life by physical education.
9. Physical education teaches us the importance of physical fitness and how to become physically fit.
10. It is important for aesthetic reasons as by take part in physical fitness programs like gymnastics and dance, beauty and grace in cultivated in the movement.
11. It is also important for catharsis reasons with mean releasing of energy, emotion, tension or frustration and some people let off their extra steam by participating in various games and sports which are part of physical education.

Importance or Benefits of Physical Education in Human Health

The importance of physical education is no less than any other subjects in the regular curriculum. Read on to find out more...

Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity. ~ John Fitzgerald Kennedy

Physical fitness is one of the most important factors for the living with a healthy lifestyle. Physical education promotes the importance of regular fitness activity in the routine and also

helps the humans to maintain their fitness, develop their muscular strength, increase their stamina and thus stretch their physical abilities to an optimum level.

Physical education which is commonly a part of the human life cycle includes training in the development and care of the human body and maintaining physical fitness. Physical education is also about sharpening overall cognitive abilities and motor skills via athletics, exercise and various other physical activities like martial arts and dance. Here are some of the benefits that highlight the importance of physical education:

1. Physical education is needed because due to advanced technology the lifestyle of people becomes sedentary and they become passive entertainer.
2. Physical education is needed during elementary & secondary education for proper growth and development.
3. It is beneficial during adulthood to maintain good health and fitness.
4. During old Age, physical education is important to prevent and treat various ailments and disease.
5. It is important as it provides us the knowledge of our bodies from musculoskeletal, physiological and biochemical point of view.

6. It teaches us various physical activities that can be practised now in later life such as motor skills for the games and sports of volleyball, tennis, swimming and so on.
 7. It also teaches us the value of ethical behaviour in sporting situations.
 8. It teaches us the value of physical fitness and how to become physically fit.
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 10. It is important for aesthetic reasons as by participation in physical fitness programmes like gymnastics and dance, beauty and grace is cultivated in the movement.
 11. It is also important for catharsis reasons with mean releasing of energy, emotion, tension or frustration and some people let off their extra steam by participating in various games and sports which are part of physical education. This way physical education helps in checking juvenile delinquency
- time. the element of speed is involved in most of the athletic skills such as in sprint running, some skills of soccer, basketball etc.
2. Strength: Strength is the ability of a muscle to exert or release force by contraction enabling a person to overcome resistance or to act against resistance.
 3. Power: Power is the ability of muscle to release maximum force in the shortest period of time. It is equal to force multiplied by speed. It is the combination of strength and speed. Speed and force must be combined for effective performance in activities like baseball throw, jumps for height, football kick, boxing punch etc.
 4. Endurance :Endurance is the ability of the person to perform movement of moderate (Sub-maximum) contractions over prolonged period of time under conditions of fatigue or tiredness. It is the product of all psychic and physical energy of human body.
 5. Flexibility : Flexibility is the ability of a muscle to perform movements with large range of motion.
 6. Agility : Agility is the ability of a person to change positions in space or to change directions quickly and effectively e.g. football player quickly changes direction or giving dodge to

Health Fitness Components in physical education

1. Speed: Speed is the ability of a person to execute motor movements with high speed in the shortest period of time. It is equal to the distance covered per unit of

opponent, hurdle crossing over the barrier or hurdles, zig-zag running, etc.

7. **Balance:** Balance is the ability of a person to control human body or to maintain equilibrium under static and dynamic conditions e.g. hand stand, skating, skiing, catching a fly in baseball, etc. The balance bracelet has been known to help with equilibrium in intense situations.

Concept of Health Education: Health education is one important activity that is commonly undertaken to promote health. It is the communication of information that enables people to make decisions about to follow those health-related activities at all stages of life which are conducive for proper health.

It is concerned with communicating on those areas that are related to water supply, sanitation, community health, mental health, disease control, personal hygiene, disaster management cycle, reducing the risk of communicable disease and its transmission, proper nutrition, alcohol and drugs, accident and first aid etc.

The Aim of Health Education should be

- Aim of Physical Education – The ultimate goal or direction is referred to as an aim, it point out way. It is final end. Aim is achieved some certain objectives.
Aim of physical education, like

general education, is to develop human personality in its totality well planned activity programs. In some words, physical education aim at the all round development of the personality of an individual or wholesome development of human personality and it includes physical, mental, social, emotional and moral aspects to make an individual a good citizen who is able to make contribution in process of nation in one's own way. Thus physical education means at making an individual physical fit, mentally alert, emotionally balanced, socially well adjusted, morally true and spiritually uplifted.

1. Help students to assimilate the body if knowledge appropriate to health education.
2. Expose students to a variety of activities and experience related to health education.
3. Help individuals develop a sound understanding of their total development and enable them to attain positive self-images.
4. Provide opportunities for students make personal decisions related to their intellectual, physical and emotional development.
5. Allow students to experience social relations that will encourage desirable behaviour, leadership and co-operation with others.

Objectives of Physical Education

- Aim of Physical Education – The ultimate goal or direction is referred to as an aim, it points out the way. It is the final end. An aim is achieved through some certain objectives.

Aim of physical education, like general education, is to develop human personality in its totality through well-planned activity programs. In some words, physical education aims at the all-round development of the personality of an individual or wholesome development of human personality and it includes physical, mental, social, emotional and moral aspects to make an individual a good citizen who is able to make a contribution in the process of nation in one's own way. Thus physical education means making an individual physically fit, mentally alert, emotionally balanced, socially well-adjusted, morally true and spiritually uplifted.

- Objectives of Physical Education – Objectives are steps considered towards the attainment of the aim. They are the particular and precise means employed to realize an aim. The moment an aim is achieved it becomes an objective in the action that goes on continuing.

The three Objectives of physical education are:

Physical education is part of most of the school and college curricula. Some of the

important objectives of physical education include, the development of one's motor and social abilities, promoting the importance of physical fitness and encouraging the budding talents. Take a look at some of the main objectives of physical education

1. The objective of physical fitness – It refers to that state where an individual has developed great endurance, speed, strength etc. Physical fitness is essential to leading a happy, vigorous and abundant life.
2. The objective of social efficiency – It is concerned with one's proper adaptation to group living. Physical education activities provide ample opportunities to develop traits such as cooperation, respect to others, loyalty, sportsmanship, self-confidence etc. All these qualities help a person to make him a good citizen.
3. The objective of culture – It aims at developing an understanding and appreciation of one's own local environment as well as the environment which is world-wide in scope. By participation in various physical education activities such as dance, sports and games, a person fully understands the history, culture, tradition, religious practices etc and the aesthetic values associated with these activities.

For Students

- A positive attitude towards physical fitness and good health.
- A personal value system and satisfactory relationship with peers.
- Increased self-awareness and a positive self concept.
- Independence, interdependence, and a sense of responsibility.
- An understanding of human sexuality.
- An understanding of appropriate factual information and concepts.

For Patients and Public

- To increase public awareness that disease are significant public health problem
- To increase public awareness of symptoms and signs of disease.
- To improve the knowledge and attitudes of patients about detection, treatment and control of disease.
- To promote the family and community educational material essential for positive lifestyle habits.
- To create public awareness about the ill-effects of alcohol, quit smoking and drugs, etc.

For Health professionals

- To increase knowledge, attitude

and skills of all health professionals regarding sign, symptoms and management strategies for health hazards to improve disease control.

- To encourage health professionals to treat patients carefully.
- To develop resource and material for use of health professionals.
- To promote research all over the world to curb health hazards.
- To encourage continuing educational programmes on accurate information on diagnosis and treatment of diseases.

Health education can be obtained through traditional college programs or through virtually such as with an online nursing degrees. People must be educated about drug addiction, from the types of drugs that are commonly sold in our streets to how facilities like detox centers work to eliminate illicit substances from a drug addict's system.

Health educator and human health

- Assess individual and community needs
- Plan health education programs
- Develop health education programs
- Coordinate health education programs
- Implement health education programs

- Manage health education programs & personnel
- Evaluate health education programs
- Write grants
- Build coalitions
- Identify resources
- Make referrals
- Develop social marketing and mass media campaigns
- Organize/ mobilize communities for action
- Handle controversial health issues/content
- Advocate for health related issues
- Encourage healthy behavior
- Use a variety of education/ training methods
- Develop audio, visual, print and electronic materials
- Conduct research
- Write scholarly articles