



## Potential Trends and Opportunities in Physical Education and Sports

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### Abstract

*The perception of people regarding careers in physical education and sports the rationales' concerned the apparent shortage of physical education and sports professionals. Physical education as a profession and as a curricular area is undergoing a slow and continual metamorphosis. The leaders of our profession and leaders in other academic areas are calling us to become more of a profession and more of an academic discipline. The nature of today's physical education is one of an orientation toward science and toward a more scientific comprehension of the profession of physical education. Although physical education is a continuing area of professional opportunity, new areas of opportunity include: adult fitness, leisure services, athletic training, exercise science, sports writing, and broadcasting etc. The scope of physical education has broadened to include an emphasis on intellectual understandings as supplementary and complementary facets of physical skill development. This paper highlights the careers in physical education and sports. By becoming thoroughly acquainted with the nature and scope of physical education, the physical educator can better formulate and develop his own intellectual concept of his profession. So conclusively we can say that this concept will be a significant part of his personal relationship with and contribution to the whole of education and physical educations.*

**Keywords:** Physical Education and Sports (PES).

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### Introduction

Physical education would start in just about 1820 when schools focused on gymnastics, hygiene training and care and development of the 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. What is new about the present nature and scope of physical education? What changes in emphasis have taken place in recent years? What new considerations is the space age forcing upon us? What are the new directions and thrusts in the profession? What do students, a medical expert, a coach, and leading physical educators throughout the nation feel are new developments in physical education that are important to consider in the age of transition? Physical education as a profession and as a curricular area is undergoing a slow and continual metamorphosis. The leaders of our profession and leaders in other academic areas as well are calling for us to become more of a profession and more of an academic discipline. The nature of today's physical education is one of an orientation toward

science and toward a more scientific comprehension of the profession of physical education. The scope of physical education has broadened to include an emphasis on intellectual understandings as supplementary and complementary facets of physical skill development. Movement education, the major goal of which is efficient physical movement, which will remain with a person throughout life and have value in all the physical activities in which he or she engage. Games, as she points out, are not learned for the sake of the games themselves, but instead, in order to develop basic movement skills. The new approach provides for understanding concerning the various parameters of movement, including how and where a person moves and for what purpose he or she moves. The perceptual motor development, which is applicable to children with learning disabilities. With specialized programs utilizing motor experiences and professionally prepared teachers, some learning difficulties may be alleviated. The third thrust is the multidisciplinary approach, which focuses primarily on the affective domain, utilizing such areas as art, music, science, and physical education to provide opportunities for self-expression on the part of the student and developing such concepts as balance, direction, and force.

One of the significant developments in recent years is that of meeting the needs of each student, whether he is gifted, normal, handicapped, or disadvantages in some way or another. As a result, adapted physical education programs are taking on a new

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dimension of importance in our schools. The prevalence of students, who are physically handicapped, mentally retarded, culturally disadvantages, and emotionally disturbed has resulted in more attention being given to programs that are designed to meet the needs of these boys and girls. Today, we actually think of physical education more in terms of health and physical education. As we move forward in the realm of physical education we should look at the history of physical education as well as look at what we currently know, so a well-developed education covering health, fitness, and athletics can be implemented. Personal physical activity and enjoyment of spectator sports has created new areas of opportunity for career options. Although physical education is a continuing area of professional opportunity, new areas of opportunity include: adult fitness, leisure services, athletic training, exercise science, sports writing, and broadcasting. For that reason, the Physical Education department offers three majors: Exercise Science, Teacher Education, and Sports Management. Students interested in the business of sports may pursue the Sports Management major, discussed in a different handout.

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

Agency Recreation Leader • Athletic Trainer • Camp Director • Cardiac Rehabilitation • Coach • Community Center Director • Corporate Fitness Instructor • Corporate Trainer • Correction Facilities Instructor • Dance Instructor • Dance Therapist • Early Childhood Motor Skills Instructor • Entrepreneur • Equipment Manager • Exercise Physiologist • Fitness Instructor • Health and Physical Education Teacher • Hospital Wellness Instructor • Intramural Director • Kinesiotherapist • Occupational Therapist • Outdoor Education Instructor • Park Ranger • Personal Trainer • Physical Therapist • Professional Athlete • Protective Service Worker • Recreation Therapist • Recreation Facility Manager • Referee/Umpire/Game Official • Resort Manager • Salesperson • Sporting Good Salesperson • Sports Agent • Sports Clothing Designer • Sports Instructors • Sports Lawyer • Sports Medicine Physician • Sports Nutritionist • Sports Promoter • Sports Psychologist • Sports Reporter • Weight-Control Counselor • Youth Sports Coach •

Playing sports at the school or college level need no longer be a mere hobby but can actually open professional avenues. If you are very particular about your hobby and want to pursue it as a career, then you can think of a career in Physical Education. Academics in this field say there are opportunities galore in the field, since health is a cause for increasing concern among the teeming millions of India. Realizing the importance of sports and a physical education as a viable career, many universities have introduced Physical Education courses in the past few years. Physical Education is an integral part of the total education process. India has a great tradition in physical education as a means of ensuring

physical development, martial values and recreational competence and the Indian system of exercises include a variety of physical activities such as Dance, Haithaks, Namaskar, Yogicasanas, etc., which formed the integral part of physical education such as Kho – Kho and Kabbadi now promoted as National Games. Physical Education equips students with essential knowledge and skills needed to function effectively in this information age. The focus is on helping individuals develop human, technical and conceptual expertise required to take advantage of the various professional opportunities available.

### **Scope as Physical Educator**

- Learn skills in a variety of sports, games, dance, swimming, and outdoor pursuits for your own enjoyment and to share with others in many ways.
- Develop leadership, organization, and communication skills which will serve you in any interaction with others, in your career or in recreation.
- Come to understand the science of the body and how the body works, especially the musculoskeletal system, the nervous system, the respiratory system – and the cardiovascular system – and you will learn how to apply this knowledge to improve sports or dance skills, to repair injury, or to make appropriate exercise and nutrition decisions.
- Understand and apply principles of healthy living, physically, mentally, emotionally, spiritually, socially, and environmentally, and learn how to share this knowledge in many settings.
- Appreciate the breadth and depth of the physical education field, its history and future trends, and discover your place in the field.

### **Physical Education Career Information**

Physical education teachers are usually employed to teach children from the kindergarten level through high school. Physical education teachers are responsible for promoting physical activity and well-being through a variety of physical activities and sports. There is usually an hour- long period set aside each day for physical education classes and students may also learn about CPR, first aid and overall health during these periods.

Physical education teachers may also serve as coaches for schools' sports teams or serve as health teachers in addition to their physical education duties. They must be physically fit, as most of their typical days are spent on one's feet, and an overall knowledge of sporting and physical activity equipment is necessary. Physical education teachers must develop lesson plans and prepare props and equipment just as any other teacher would. They must assure that their lesson plans are appropriate and effective for all students.

### **Education Requirements for Physical Education**

Typically, physical education teachers must

complete a bachelor's degree program at a 4-year college or university. The degree is usually health-related and courses may cover kinesiology, exercise physiology, health and wellness, sports psychology and physical activity instruction in areas like volleyball, aerobics, golf, basketball and related activities. In addition to these core courses, general teaching and physical education-specific teaching courses are offered. During matriculation at a college or university, many physical education teachers participate in an internship or student teaching experience to work with students. Those training to be physical education teachers may work as assistant coaches for a local grade school or community sports team. For physical education teachers who wish to work as coaches, additional training may be required in the sport or activity they choose to coach. Additional training can often be obtained through the university or through a separate community college program. Physical educators interested in advanced instructional careers may be required to pursue a master's or doctoral degree in health, physical education or a related field.

### Conclusion

Conclusively we can say that Physical education has been one of the constituent parts of the education system in India. In fact, India has an ancient tradition of physical education and sports (such as Kho-Kho and Kabaddi), to ensure physical development of a person. Physical education mainly focuses on the development of physical and mental fitness, development of neuromuscular skills, and development of character and personality. To study physical education, one should also be energetic, enthusiastic, physically fit, patient, determined, and have a sporting spirit. Talking

about building a career in physical education, one has many options in this field, like becoming a sportsperson, trainer/instructor/coach, sports journalist, sports goods manufacturer/marketing executive, commentator etc. new areas of opportunity include: adult fitness, leisure services, athletic training, exercise science, sports writing, and broadcasting.

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