



Physiological Aspects of Physical Education: Development and Wellness

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Abstract

The importance of physical education, sports and yoga has increased in recent decades, especially during the COVID-19 pandemic, when the result of physical literacy has been understood by every person. Motor learning is a key issue in business, and it is only possible by participating in regular training. In schools and colleges, physical education classes emphasized a structured physical education program depending on the framed curriculum. Physical education can be the basis for many challenging pursuits later in life. This article discussed various modern career opportunities in fitness, sports and yoga. Physical education students can choose any subject according to their interest and expertise. Physical education is one of the developing fields of education and profession. Physical education includes knowing and studying all body functions and psychomotor functions during play and movement. Exercise is the study of physical movement, safety, and health and well-being. Physical education covers a wide range of activities, including sports, dance and strength training. This above article concludes the present era of physical education and sports.

Keywords: Physical education, sports, yoga, motor learning, exercise, well being

Introduction

One can learn more about a person in a game lesson than in a year of discussion", - Plato's inability to move often makes students disillusioned with physical activity, and repeated frustrated attempts lead to avoidance instead of commitment. The responsibility of experts. exercise. is the "education" of the body and relevant information about the possibilities of movement plans for the development of movement skills. lifestyle education to offer, high- quality physical education should be a basic requirement of all schools and a fundamental part of a comprehensive school. in the health of a physically active life. Over time, there has been interest in what the term means and how to use it in learning situations. This concept was challenged by other scientific debates about ability and trainability that paralleled the conceptualization of physical literacy. Researchers have sought to clarify the extent to which physical skills are recognized, understood, socially constructed, nurtured and embodied in and through physical education practice. Together with educational perspectives and the multifaceted development of the individual, movement is considered one of the main components of a healthy life. In addition to interventions related to weight loss, systemic inflammation and prevention of chronic non-communicable diseases, the potential benefits of exercise in reducing infectious diseases, including viral pathologies, are well documented. Regular exercise has been shown to help prevent and manage non- communicable diseases such as heart disease, stroke, diabetes and several cancers.

Review of Literature

Dr. Shashikant Pardesh et al. to (2019) stated in their study "A Correlational Study of Attitudes and Physical Fitness Knowledge of Primary Physical Education Teachers in Pune City" that the purpose of this study was to find out if there is a relationship between attitudes and health-related fitness knowledge. among primary school teachers. Teaching strength training in elementary school is an important step in the prevention of lifestyle diseases that become more difficult to prevent with age.

Wei-Yang Huang et al. to (2019) In his research, "Studies on Student Physical Education Motivation and Attitude in Taiwan", student physical education plays an important role in the movement and cultivates the concept of independent health care. What kind of learning attitude do Taiwanese students encounter in physical education? Which motivation affects the student's attitude towards physical education? What is its meaning? All of the above is the purpose of this study. The research method uses a survey research method and descriptive statistical analysis, independent sample t-test, one-factor analysis of variance, LSD post-hoc comparison method and typical correlation analysis in the survey data. Research findings: 1. The motivational factors of Taiwanese male and female college students to study physical education are mainly based on "physical health".

Mazlan Abdul Razak et al. al.(2018) "Readiness of physical education teachers to improve the teaching and learning process" says in their study that the purpose of this study is to find out if there are

significant differences in the readiness of health-based physical fitness and educational levels. management content of physical education subject among teachers in Kuala Muda Yan district based on gender. The sample size is 200 secondary school teachers who teach physical education. There were 200 male teachers and 50 female teachers. The method then uses a static group comparison using the "Prudential Fitnessgram" battery of tests. Descriptive analysis shows that readiness for health-based physical fitness and content control is satisfactory and elevated at all



levels.

Aim of the study:

The main aim of the above given analysis is that to analyse the career and health aspects in world of sports.

Methodology:

The above study was done to know and analyse the impact of trends on sports. For that the research was done and data were taken and chose from the various resources. Also the offline search procedure was done and came to know the various positive impacts. An analysis of the paper was done through online resources also: Google, and Google Advance Search.

Physical exercise can be helpful for the fitness and also for mental health like for both depression and anxiety symptoms. Exercise can have short- and long-term benefits for mood, sleep, and physical health. According to WHO guidelines, during the COVID-19 pandemic, people realized that physical activity plays an important role in strengthening immunity and optimizing our health and vitality. Thus, the importance of physical activity is a major concern today. The concept of suitable people and suitable nationalities is a concept all over the world. The benefits of physical activity and exercise have been proven throughout life. We live in an age where we love sports and understand the importance of sports. Sports (games) at school and university level should not be treated as just a hobby. In physical education, you can build your career to see different career opportunities in it. Most of the governments, public bodies, public and private institutions are turning to fitness trainers to earn

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better salary and benefits. The candidate must have special skills, such as mobility, health and fitness, knowledge of a certain individual course of study, awareness of the general state of health and movement environment, motivation for training and teaching, translation and analytical thinking, management and organizational skills, communication skills, critical thinking. Physical education is one of the dynamic fields that offers many opportunities for a versatile career. There are several professions to choose from in the field of physical education, such as teacher, coach, sports administrator, etc. In general education, teaching is defined as a well thought out, planned and systematic organization of learning. Learning is the process of acquiring certain knowledge, skills and habits". "Physical education is defined as the process by which a person acquires optimal physical, mental and social skills and fitness through physical activity."

Physical fitness program should be taken. To do this, programs must guide current research, thinking and philosophy. One of the unique characteristics of physical education is that it receives information from many other disciplines. The information and curriculum in this book are deeply rooted in research on exercise physiology, psychology, motor control, and pedagogy and instruction.

Figure-1, Different Dimensions of Career in PE & Sports Physiological and Health aspect of P.E:

Obesity and related diseases are increasing worldwide. Obesity is associated with a number of serious health effects, including an increased risk of heart disease, type 2 diabetes, certain cancers, and death. As obesity increases, so does the prevalence of other diseases, such as type 2 diabetes and heart disease; Overweight people are twice as likely and severely obese people are ten times more likely to develop heart disease than those who are overweight. Regular physical activity is associated with increased health benefits by reducing the progression of obesity, type 2 diabetes, and cardiovascular disease. Several randomized clinical trials have shown that lifestyle interventions that include moderate exercise and a healthy diet improve cardiovascular health in vulnerable individuals. Exercise improves

health and has been widely reported to prevent and reverse chronic diseases. Regular exercise (eg, swimming) has been reported to improve lung function in the general population. Exercise habits, both acutely and chronically, dramatically alter the immune system. Research shows that the modification of the immune response associated with exercise depends on factors such as the frequency, intensity, duration and type of exercise.

Conclusion

This article discussed the importance of exercise for health and the quality of exercise, which is a core area of physical education and sports. Physical education is one of the developing fields of education and profession. Physical education includes knowing and studying all body functions and psychomotor functions during play and movement. Exercise is the study of physical movement, safety, and health and well-being. Physical education covers a wide range of activities, including sports, dance and strength training.

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