



PHYSICAL EDUCATION AND CAREER PROSPECTS

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ABSTRACT

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 valour and recreational competence and the Indian system of exercise include a variety of physical activities such as dands, suryanamaskar, yogicasanasetc. ,which formed the integral part of physical education such as kho-kho and kabaddi 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 in today's job market.



Physical education degree/diploma is beneficial for any profession where you deal with the education, development and need of people, and for occupations which require presentation, interpersonal management and leadership skills. In this paper, physical education graduates and post graduates obtain skills which furnish them for employment in a broad range of career opportunities, including other sections of education, national and regional sports and recreation organisations, local government, the health and fitness industry and sports coaching.

KEY WORDS : *physical education, career opportunities , management and leadership.*

INTRODUCTION

Physical education is one of the growing fields of educational study as well as the professional . The physical education contains the knowledge and study of body and psychomotor activities during any types of physical activities . it has been one of the constituent part of the Indian education system .now, sports are not just a hobby for any person through sports and physical education. One can built his/her career also .

AIMS AND OBJECTIVES

The aims and objectives of physical education depend to a great extent on the political ,economic and social changes that take place in a society .

- The development of organic fitness .
- The development of neuromuscular skills.
- The development of character and personality.
- To prepare highly qualified leaders in the field of physical education and sports

CURRENT SCENARIO OF PHYSICAL EDUCATION IN INDIA

The physical education has a major role to play in school system. Without physical education program , we can never hope for a child's whole some development . now-a-days, professionals in the field

of physical education and sports have good opening in this areas. In the C.B.S.C. curriculum physical education is compulsory subject from class 1 to 12 standard. Most of government, semi-government, public and private institutes recruit physical education teachers for handsome pay. For this the candidates should have skills like information of another academic discipline of interest of individual, awareness of the holistic nature of health and movement, coaching motivation and teaching skills, interpretive and interpersonal skills critical reflection.

Physical Education Courses

Many colleges, universities and other institutes are now offering various physical education courses such as:

- B.P.E. – three years under graduate professional degree.
- M.P.ED -Two years post graduate programme
- B.P.ED – one year graduate programme
- D.P.ED - Two years diploma course

There are several academics and institutes under sports authority of India (SAI) that impact training to young students to transform them into talented sports person. Some prominent sports institutes in India are Lakshmbai national institutes of physical education, Gwalior, Lakshmbai college of physical education, Thiruvananthapuram, Indira Gandhi institute of physical education and sports sciences, Osmania university which produced cricketers like J.S. Jaisimha and Mohammed Azharudin as well as renowned sports broad caster. Tata Football Acedemy , Jamshedpur , national cricket academy , Banglore, Gujrat University , Ahmadabad.

In this vigorous and spirited field, what matters is not merely the number of years of experience in the field , but also the capability of the sports person to deliver excellent performance consistently.

CAREER IN PHYSICAL EDUCATION

Don't think that a career in sports field is only that of sweating it out on the play field. These are many lucrative and well paying technical as well as other jobs of sports.

- Sports science experts as coaches: coaching is wide area of engagement of the experts in the field of physical education and sports. Sports proficient in particular game or sporting event can undergo coach training in (SAI). Person with the degree or master degree in physical education are considered to be more suitable for professional. Coaches are great demand in government, semi- government and private institute like SAI sports school, various state sponsored association and organisation clubs, gymnasiums, fitness centres etc. now days most of the general academic schools also employ coaches for imparting training in specific games or sporting events.
- Teaching in college : physical education occupies a dignified position in the higher education sector, apart from teaching in colleges physical education has been include as an elective subject in the degree course (B.A. ,B.Sc.) level professional with masters who have qualified NET , SLET or having M.Phil.orPh.D. degree may get as assistant prof. or lecturer in colleges.

JOB OPPORTUNITIES

The prospects in sports and games have become very high because of choices available. To choose a job related to sports. One should be a sports person with minimum experience in regular sporting activities. The professional colleges in India and the department of physical education in different universities from the road map for such aspirants. The area in which a person can specialize are :

- Sports medicine
- Sports physiotherapy

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- Sports nutrition
 - Sports psychology
 - Sports journalism etc.

CONCLUSION

Now a days sports have many open up career opportunities for young talents in India. After acquiring training in various sports academics , one can optional for building a career as a sports person and play at state level first and then explore authorities national and international levels. Apart from serving as a player, experienced sports person can also work as a coach, team manager, fitness instructor, umpire or referee, sports commentator, sports photographer, sports equipment supplier or manufacturer and consultant.

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