



FUTURE TRENDS AND CHALLENGES IN PHYSICAL EDUCATION & SPORT SCIENCES**Dr. Seema Chaudhary**

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ABSTRACT

The paper will focus on sports interface with the health agenda in future challenges in sports & exercise. The primary advance of sports is, to a great extent, the contribution increasing physical activity. Current scientific evidence suggests that to derive a health benefit from physical activity. It needs to be of at least moderate intensity for at least 30 minutes a day, five days a week. Many sports have the distinct advantage over other types of activity of being by their nature sufficiently physically demanding to meet the intensity required for health and in their normal practice to be of sufficient duration.



The paper will describe the trends of exercise in future and the 'menu of activities' that go to make up the total activity levels of the 30% of who currently meet the health guidelines. It demonstrates the important role sport and walking already make- but more than this it suggests an increasingly important role in the future. Outside of sport and walking the opportunities to promote other types of activities are limited. The trend for physical demanding jobs is decreasing; the cultural drivers are towards less activity derived through housework; and it is difficult to envisage public intervention policies aimed specifically at promoting gardening. But the now compelling case for the benefits from physical activity and the important contribution sport and walking can make, there is still a huge challenge to be faced if we are to make India an active sporting nation.

In this paper it will be suggested that sport India set a specific target to increase the contribution of walking is making towards achieving the broader target proposed within game plan of 70% of the population achieving physical activity levels sufficient for health. The suggested target for sport India is to increase the percentage of the population taking part in sport and walking on at least 3 occasions per week and of at least moderate intensity from 20% in 2000 to 45% in 2020. In order to achieve this target we will need not only to get those who are currently doing some sport and walking but not enough' to do more but also convert a large number of people who are currently sedentary into regular participants.

KEY WORDS : *health agenda , future challenges , health guidelines , physical activity.***INTRODUCTION**

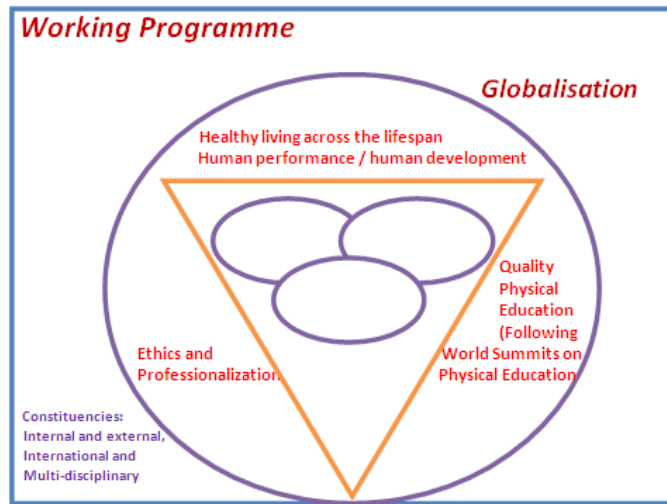
This paper is made to discuss 'physical activity levels sufficient to achieve health benefits'. This is defined as having carried out 30 minutes of at least moderate activity on at least 5 days A week. This level is the current recommendation from the department of health based on the best scientific evidence available. When reference is made to 'sport' it is based on the council of health department definition, which includes a wide range of informal, recreational, and fitness related activities in addition to formal organized and competitive sports. So the health benefits for learning environment should be composed of physical and virtual environment, as well as a social environment, facilitating both interaction and individual privacy in learning processes. Physical places are needed for learning, discussion and group work. Spaces for group work should be of different sizes, from auditoriums to small nooks. The cafeteria can be a flexible space used

for group work or as an all-day cafe. A physical learning environment is needed to obtain information and to study. The library, as the knowledge hub of the university, should be centrally located for information gathering, with many terminals, multimedia workstations and connections to foreign information network. What are the current levels of physical education trends in India?

Figure I shows physical activity levels for the population of men. The ‘high’ category are those achieving health guidelines, the ‘medium’ category are those taking part in moderate activity of sufficient duration at least one day a week but less than 5 days and the ‘low’ category are those who do not do one occasion of activity of sufficient intensity.

Our Mission

- **To promote** better scientific understanding of all facts of human movement
- **To educate** better quality of life and improved health for all people
- **To advocate** the benefits related to an active lifestyle and the ethical values inherent in sporting activity.



Future trends and challenges in physical education & sports sciences.

Where we are now- is sports participation increasing and becoming more diverse or decreasing and becoming narrower in its social profile ?

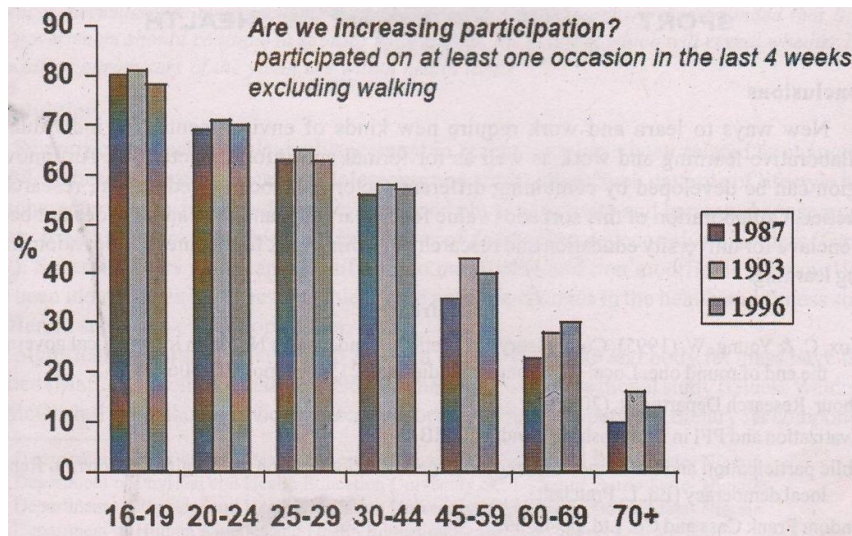
This evidence had been collected in the levels of participation in sport during the 2000. Figure I shows the levels of participation by adults in different age group and how this has changed between 2010 and 2012. Only those in the 60 to 69 years age group experienced a significant and consistent increase over the period. All other age group some decrease able it slight between 2012 and 2014. This decline in participation by 16 to 19 year olds was particularly disappointing given the significant public policy commitment over that period by the India council and its partners to drive up interest and commitment to sport by young people.

In addition to showing the lack of overall progress in driving up participation figure I also demonstrates the steep gradient in drop off in participation with age despite some gains in participation by the older age groups.

The 1980’ s and 1990’s saw significant increases in participation by women drive mainly by greater interest in including swimming rather than outdoor activities and ‘traditional team sports’. Thirty nine percent of India population take part in sport at this level of frequency while even smaller proportions of Pakistani (31%) and Bangladeshis (30%) do so. This trend show that the social learning environment provides students places to meet, to associate with each other and to experience things. The academic community is

a complex network of human relations, work plans, schedules and daily activities, for which the building constitutes a physical environment with its own material flows and internal requirements.

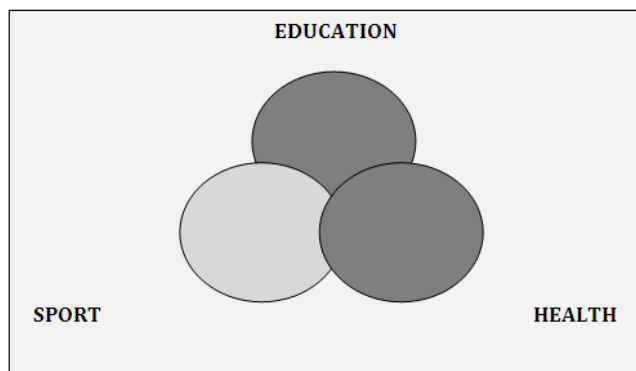
Figurel: Participation in sports, Games and physical Activities



Challenge for 21st century curriculum for balance and integration of:

- Personal development and education-degree level rigour, reasoning & critique
- Technical knowledge and observation skills required to analyze and improve learners’ movement and performances.
- Pedagogic knowledge and skills.
- Understanding the policy context of physical education, and the place of physical education in curriculum.
- Increase their leadership skills (personal and group dimensions).
- Increase their project management skills (methodology in 10 steps).
- Increase their negotiation skills.

PHYSICAL EDUCATION : THREE MAJOR AREAS:



CONCLUSIONS

New ways to learn and work require new kinds of environments, for individual and collaborative learning and work as well as for formal and informal activities. An innovative region can be developed by

combining different sectors of society: education, research and practice. Collaboration of this sort adds value for all partners, and the campus does not become an enclave for university education and research but a think tank for business, innovation and life long learning.

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