

Role Of Physical Education Teacher In School/College

Brijesh Kumar

Assistant professor

Deptt. Of Physical Education

Dr Shyama prasad Mukherjee Govt. Degree College

Bhadohi

(Received-15March2025/Revised-26March2025/Accepted10April2025/Published28April2025)

Abstract

Physical Education including games and sports plays a tremendous role in development of our youth. It enables an individual to live a healthy life in an ever-changing world. Physical Education makes the children psychologically, physically, physiologically, mentally active. It helps in the development of character building, reduction of rowdiness, and serves on the basis of group unity and solidarity. It introduces team work, self-discipline, sportsmanship, leadership and socialisation among the youth. Regular physical activity provides numerous health and cognitive functioning. The surgeon general recommends daily participation in physical activity for taking maximum health benefits because inactivity has been found to be significantly related to coronary artery disease, obesity, hypertension and diabetes mellitus. It also helps the people to improve their physical fitness

Introduction

1. Physical Education including games and sports plays a tremendous role in development of our youth. It enables an individual to live a healthy life in an ever-changing world. Physical Education makes the children psychologically, physically and physiologically active. It helps in the development of character building, reduction of rowdiness, and serves on the basis of group unity and solidarity. It introduces team work, self-discipline, sportsmanship, leadership and socialisation among the youth. Regular physical activity provides numerous health and cognitive functioning. The surgeon general recommends daily participation in physical activity for taking maximum health benefits because inactivity has been found to be significantly related to coronary artery disease, obesity, hypertension and diabetes mellitus. It also helps the people to improve their physical fitness. Five basic components of fitness are important for good health: cardio-respiratory endurance, muscular strength, muscular endurance, flexibility in joints and body composition. It is clear from the literature that the development of an acceptable level of physical fitness helps to attain healthy personality and physiologically characteristics. Hence a better healthful living is universally accepted as a goal of a physical education programme. As quoted by Swami Vivekananda, a great saint of India: "You will be nearer to heaven through physical activities."

2. The Role and Responsibilities of the Physical Education Teacher in the School/College The NASPE (2003) recommends that children obtain a minimum of 60 minutes of physical activity in a day. It is not possible in most school to provide the 60 minutes of daily physical activity for every student though the physical education program alone: this has led to development of the idea of having comprehensive school physical activity programs. Some students attend physical education one day a week: others attend two or three days and a few have daily physical education. The physical education teacher is to provide maximum physical activity time within the class period, teach skills and activities that transfer into physical activities outside of physical education class, motivate children to be physically active, and take the role of physical activity director for the school. If students are to receive the amount of the physical activity they need each day, other opportunities to be physically active within the school day must be provided. Conceptual model of how physical activity in childhood and adolescence is beneficial to health. Physical activity has both immediate and long-term health benefits: (a) Physical activity tends to track; early physical activity is associated with physical activity in subsequent life stages. (b) Physical activity reduces morbidity risk in childhood and adolescence. (c) Physical activity may be important in treating and slowing some diseases in children and adolescents. (d) Early physical activity influences future morbidity (e.g., physical activity in childhood and adolescence may reduce fracture risk later in life).

Provide Maximum Physical Activity

The physical education teacher has unique responsibilities in the school physical active program to ensure that students are physically active within the physical education class. The physical education teacher also has the responsibility to help direct and guide opportunities for physical activity within the school outside the physical education class. Physical education class is just one avenue during a school day that provide the opportunity for physical activity. During the allotted class time it is recommended that children be moderately or vigorously active for at least half of the class period. Several factors can contribute to making this happen: Effectively organise space, equipment and students. Provide adequate equipment that allows all children to be active at the same time (e.g., one ball per child) Plan practice opportunities that are structured for maximum participation (e.g., individual partner and small group activities, no elimination activities, activities that require no wait time) With maximum and quality activity time, children become more skilled knowledgeable and physically fit. Teach skills and activities Physical education teacher have the responsibility to teach skills that students will need to participate in physical activity outside of the physical education class and skills they will need for lifetime of physical activity. Skills learned in physical education class

transfer to skills used in a child's play. From the kindergarten-age child playing tag, to the second grade child jumping rope, to the older child playing a game of kickball, the skilled child is more likely to participate in physical activity. If a child is confident in his or her skill, there is typically no hesitation to play however, the low skilled child especially in the upper grades, is less inclined to take part in group activities for fear of failure and peer ridicule. Students need skills to be participants in physical activity.

Motivate Children To Be Active

Another role of the physical education teacher is to encourage and motivate children to be active. There are many ways to do this, including promoting community activities, assigning physical activity homework or home fun, showing an interest in the out-of class physically activity in which children participate and leading by example.

Promoting Community

There are typically numerous activities in communities that promote physical activity such as organised recreational sports dance classes gymnastics programs and martial arts. A bulletin board in the gym, the school website and regular announcements are simple ways to promote these opportunities. Brochures, websites or newspapers announcements are available from most physical activity venues. Play a leadership role in the development of the school physical activity program. The increase in the number of overweight children and the decrease in physical activity time in school make a national problem. Curtailing this national epidemic can be addressed at a local level, and physical education teacher must be the: "go-to" person to promote change in the schools. The physical education teacher is the physical activity expert in the building and should take on the role of physical activity director for the school. The responsibilities should include the following- Being an active member of the school wellness committee. Helping in the evaluation and planning process for the school actively learning about and promoting opportunities for physical activity in the community. Serving as a resource person for classroom teachers Informing classroom teachers about the need for and benefits of adding small bouts of physical activity to the school day. Providing resources and training to the classroom teachers Aiding teachers in understanding and implementing appropriate practices for physical activity. Providing opportunities for the teachers to engage in physical activity before or after school. Organising school/college wide physical activity experiences Planning school wide activities such play day, sports day fun runs, a walking program and morning exercise breaks Encouraging fund-raisers that promote physical activity

Conclusion

Most physical education programs are holistic. The program allows students to interact together to a common goal and that is to win and excel physically. It brings out the competitive spirit of students. The purpose of physical education is to instill in students at an early age the value of self-preservation and choosing a lifestyle that is good for both the mind and body.

Example

Jump Rope for heart, Walk for Diabetes, St Jude's Walk) Planning before and after school clubs for activities such as jump rope, walking dance, gymnastics and intramural sports and circuit training and sports training .

References

1. Ajmer Singh, et al. Olympic Abhiyan.
2. Judith Rink, Tina Hall and Lori Williams.