



**BHARATHIDASAN UNIVERSITY, TIRUCHIRAPPALLI- 620 024  
(ACCREDITED WITH A+ GRADE BY NAAC IN THE THIRD  
CYCLE)**

**DEPARTMENT OF PHYSICAL EDUCATION AND YOGA  
BACHELOR OF PHYSICAL EDUCATION (B.P.ED)**

**CC-1 HISTORY PRINCIPLES AND FOUNDATION OF  
PHYSICAL EDUCATION  
(21BPE11)**

**SEMESTER-I**

**CREDIT-4**



**CC-1 HISTORY PRINCIPLES AND FOUNDATION  
OF PHYSICAL EDUCATION**

**(21BPE11)**

**UNIT -1  
INTRODUCTION**

## **Physical Education Meaning:-**


Process of learning through physical activities designed to improve physical fitness.

## **Physical Education Defines:-**

Bucher defines physical education as ‘an integral part of total education process which has its aim the development of physically, mentally and emotionally fit citizen through the physical activities.

# Importance of Physical Education:-

- Physical education develops the alertness of mind.
- Physical education provides knowledge about health and its hazards and communicable and non - communicable diseases.
- physical activities are required to maintain good health and fitness.
- Through physical education human body can be developed in good proportion. The physical beauty also improves.
- A good sports man is a good citizen he knows how to adjust with others.

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- Physical education helps in developing and maintaining of good relations among humans beings. It develops social traits, like cooperation, sympathy, loyalty, fraternity, courtesy and other traits of leadership.
  - physical activities we can overcome stress, tension and sensitiveness.
  - Physical education helps in creating discipline through games and sports.

- Physical education provides a numbers of opportunities to enhance the power of tolerance.
- Physical education enhances all the essential traits required for development of the personality.
- Physical education leads to happiness efficiency and character building.
- Physical education helps the people to become fit to develop their spiritual and more forces. It increases the scope of human abilities and enriches the life of the individual and that of the society as a whole.

## **Misconception about Physical Education:-**

Physical education is a vast subject and people do not know the importance of this subject. Some people are confused by this term and do not know what it teaches. It is mostly misunderstood as 'Physical Training Drills' (PT. exercises).

This is wrong (this phrase is used by the forces to produce tough persons). Others consider physical education as playing activity like football, hockey, races and other competitive activities whereas this is also not true.

**(i) Rest Period**

**(ii) Wastage of Money**

**(iii) Leads to Indiscipline**

**(iv) No Job Career or Profession**

**(v) Poor Social Status**

**(vi) Participation in Games only**

**(vii) Wastage of Time**

### **(i) Rest Period:**

People think that this is a rest period as it does not have any academic value. This opinion is also wrong as this subject is very demanding in coming time and has academic value. It has its curriculum which involves theory as well as practical in it. Thus, it is not a rest or free period. Its approach improves the health status at individual and community levels.

### **(ii) Wastage of Money:**

Games and sports require special type of equipment, playfield etc. which are costly. These days many facilities are provided by the government in the form of scholarships, awards and stipends to the sports persons. The government has set up various institutions which provide free education, equipment etc.



### **(iii) Leads to Indiscipline:**

This opinion is totally wrong. A good sportsman always behaves in a disciplined manner and follows rules and regulations on the sports field and in real life.

### **(iv) No Job Career or Profession:**

Today special attention is given to sportspersons for selection in various competitive examinations. There are many jobs for sportspersons in various departments. In many professions sportsmen are accepted happily.

## **(v) Poor Social Status:**

Participation in physical activities is generally considered to be for those who have poor social status and are not given any recognition by society.

Where as, this trend is now changing. Today there are many sports awards like Arjuna award, major dhyan chand Khel Ratna award, dronacharya award given to sportsmen, that add to their social status.

## **(vi) Participation in Games only:**

Many people think that it is participation in games and sports. Where as, physical education enables a person to maintain health, fitness, social traits and knowledge through physical activity.

## **(vii) Wastage of Time:**

Many parents, students and teachers think that participation in physical activities is just a wastage of time. However, this opinion is totally wrong. It develops body and mind, as both are inter related aspects of same unit. In a sound body, sound mind exists; hence if physical condition of body is good, the mental condition of the individual will also improve.

# **Scope of Physical education covers following:-**

## **Physical education as a discipline:-**

Scientific study of human body in action. theoretically and practically.

## **Physical education as a subject matter:-**

Physical education combined with science, arts, sports psychology.

## **Physical education as a field of activity:-**

Multi - dimensional activity which includes games, recreation, fitness programme, yoga, adventure sports etc...

## **Physical education as a service:-**

Professional service provide by the teachers of physical education are preparing teachers for competition fitness management...

## **Aim and objectives of physical education:-**

### **AIM:-**

- The main aim of physical education is all round development of the personality of an individual which directly correspond with the aim of education.
- Main body to educate on self.

### **objectives of physical education:-**

- Physical development,
- Mental development,
- Emotional development,
- Social development,
- Health development,
- Moral and spiritual development.

## Physical Education as an Arts:-

- People who doing things beautiful may be called artists.
- Art implies that action are performed with such principles of taste and imagination and with such aesthetic qualities that they express beauty, grace and poise.

**Ex:** A perfect dive a perfect gymnastic exercise, a beautiful painting, colourful rainbow or melodies song excites an emotional response in us.

## **Physical Education as a Science:-**

- The principles laws, theories on which it is founded are determined and verified.
- Physical education draws its principles from various source. Anatomy, physiology, psychology, bio – mechanics etc...
- Which contribute much to the understanding of ‘man’ and his ‘movements’ these science have paved the way for building up a scientific basics of physical education.

## Relationship With General Education and Physical Education:-

- Physical education has long been recognised as an integral part of general education.
- Man is an indivisible integration of body mind, soul and education must attempt to strengthen this integration.
- The whole man should have an education.
- The man is a psycho – physical organism and body should not be conceived as two separate entities.
- A sound mind in a sound body is a start full description of happy state in this world.

The first lesson of education that a child learns is through body movement.

## **According swami Vivekananda**

- The end result of all education training should be man making.
- Modern education has recognised its responsibility of “man making” by undertaking the development of all the as part of personality.





THANKING  
YOU