



**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



UNIT-V

Foundation of Physical Education

Idealism

- Idealism in education is a **belief that knowledge comes from within**. Originally conceived by Plato, idealism states that the only true reality is the reality within the mind. For teachers, this implies the need to develop children to their true potential and guide their minds so that they are living up to their purpose.

Pragmatism

- In methodology, pragmatism was a **broad philosophical attitude toward the formation of concepts, hypotheses, and theories and their justification**. For pragmatists, the individual's interpretations of reality are motivated and justified by considerations of their efficacy and utility in serving his interests and needs.

Naturalism

- naturalism, in philosophy, a **theory that relates scientific method to philosophy by affirming that all beings and events in the universe (whatever their inherent character may be) are natural.** Consequently, all knowledge of the universe falls within the pale of scientific investigation.

Realism

- Realism philosophy is **the view that an object or thing really exists and has certain attributes, independently of what people think about it.** In other words, realism is the view that an object or thing has mind-independent reality.

Humanism

- Humanism is a progressive philosophy of life that, without theism or other supernatural beliefs, affirms our ability and responsibility to lead ethical lives of personal fulfillment that aspire to the greater good.

Mean by existentialism

- Existentialism is a form of philosophical inquiry that explores the issue of human existence. Existentialist philosophers explore questions related to the meaning, purpose, and value of human existence.

Indian interest in existentialism

- The high point of the interests of Indian philosophers in existentialism can be dated to the 50s and 60s of the twentieth century, although the first contact probably occurred several decades earlier, through the gradual knowledge of some works of Søren Kierkegaard, especially when translated into English. This acquaintance had its counterpart in some existentialist philosophers and their interests in Eastern philosophies. Excelling among them was Karl Jaspers and his reflections on Buddhist philosopher, the representative of Tibetan Buddhism – Nagarjuna, who lived probably in the second century AD, and also the Chinese Taoist thinker Lao-tse. Nagarjuna, the founder of important madhyamika philosophical school of Buddhism developed a remarkable dialectical method based on pushing the antithesis ad absurdum. He proclaimed that everything and every phenomenon exist only through its contrast and on the basis of which he claimed that everything is relative, unreal and empty.

What are the six stages of Indian philosophy?

- These are known as Vaishesika, Nyaya, Samkhya, Yoga, Purva Mimansa and Vedanta or Uttara Mimansa. These six systems of philosophy are said to have been founded by sages Konada, Gotama, Kapila, Patanjali, Jaimini and Vyasa, respectively. These philosophies still guide scholarly discourse in the country.
- **Indian philosophy** consists of philosophical traditions of the Indian subcontinent. A traditional Hindu classification divides āstika and nāstika schools of philosophy, depending on one of three alternate criteria: whether it believes the Vedas as a valid source of knowledge; whether the school believes in the premises of Brahman and Atman; and whether the school believes in afterlife and Devas.

Fitness and wellness movement in the contemporary perspectives:

- Physical fitness is the general capacity to adapt and respond favorably to physical effort. Wellness is the search for enhanced quality of life, personal growth, and potential through positive lifestyle behaviors and attitudes. It is an active process of becoming aware of and making choices toward a more successful existence. Physical fitness and wellness are closely related and often interdependent. To live long and successful happy life, fitness and wellness is must. In recent times maintaining the physical fitness and wellness is the biggest challenge. Movement and physical activity are basic functions for which human organism was created. Advances in modern science and technology provide all amenities and conveniences that make our life easier and comfortable which almost eliminated the need of physical activity in most of every ones' daily life.

- At the same time handling such amenities creates lots of pressure and stress; affect our mental health, alertness and personal relationship. The progress of medical science led to elimination of most of common health problem.
- But the changing lifestyle increases the chronic health problems such as hypertension, diabetes, strokes etc. fitness and wellness movement was taken place gradually at the end of the 20th century. People need to understand that good health is mostly self-controlled. Positive lifestyle could prevent leading causes of health and wellness problem. The fitness and wellness could be enhanced through participation in quality fitness and wellness program focused on enhancing the overall quality of life.

Roles for maintenances and promotion of physical fitness and wellness:

- **Physical fitness:** Different people have different statement regarding physical fitness. For most of the people a good physique refers to physical fitness, for medical representative, the proper functioning of physiological components is physical fitness.

Ultimately a well agreed definition regarding physical fitness is –physical fitness is the ability to function effectively and efficiently, to enjoy leisure, to be healthy, to resist disease and to cope with emergency situation Maintenance to maintain the physical fitness and wellness which level is vary from a common man to an international athlete, sports play a significant role.

- Contemporary life has reduced the opportunity for the people to expend energy. Obesity, high blood pressure, heart disease become major health problem. Moderate physical activity should be performed at least 6 days a week and one hour per day to decrease the risk of hypo kinetic disorder.

- The **WHO** has estimated that „one in four patients visiting a health services has at least one mental, neurological or behavioral disorder, but most of these disorders neither diagnosed nor treated“. A number of research studies state that regular practice of any sports play a therapeutic role to cure these psychological disorders

Yoga workshops:

- Yoga that is related to our mind and body. Performing yogic activities regularly one can live the best level of physical fitness and wellness. It makes our life full with peace and happiness

Intramurals sports competitions:

- These competitions in schools and communities are very important for physical, mental, emotional, moral and ethical values of the people. It provides maximum recreation to the students.

Health Run:

- The purpose of the health run that is organized by the health club or health department to increase the level of physical fitness of the general people.

Sports Day:

- In contemporary lifestyles overload is given to students which ultimately laid down the harmonious development of the children in schools. In this series Sports day is the only way that help pupil to get out from the desk and the all-round development of children could be done. Children become more enthusiastic to take part in various sports activities.

Promotion

- To promote the physical fitness and wellness, the role of sports cannot be overestimated. Various steps in schools and communities can take actively in order to promote physical fitness and wellness.
- They are as follows –

Health and wellness club:

- Health and wellness club in schools and community is an important dimension for development and maintenance of health skills and physique through active engagement with sports.

Physical Education classes:

- Play is an instinct of a child. Expert recommended that elementary aged children should receive daily moderate physical activity at least for 60 minutes per day.

SAI

- The Sports Authority of India (SAI) was set up in 1984 to carry forward the legacy of the sixth Asian Games held in New Delhi in 1982 under the Department of Sports. SAI has been entrusted with the twin objectives of promoting sports and achieving sporting excellence at the national and international level.

NSNIS

- The National Institute of Sports was inaugurated on 7th May 1961 to herald an era of systematic and scientific sports coaching in country. In the year 1973, the Institute was dedicated to the memory of Netaji Subhas Chandra Bose. After merger of SAI & SNIPES in 1987, the Institute became the Academic Wing of Sports Authority of India. It is considered a Premier Sports Institute in Asia. The Institute is located at Moti Bagh Palace, Patiala (Punjab). The total area of the Institute is 268 Acres.

LNIPE

- The Lakshmibai National Institute of Physical Education, formerly Lakshmibai National University of Physical Education, is a higher education institute deemed-to-be-university, located in Gwalior, Madhya Pradesh, India

LNCPE

- Lakshmibai National College of Physical Education is part of the academic wing of the Sports Authority of India, and is situated at Kariavattom, Thiruvananthapuram, Kerala, India.

Physical Education and Sports universities in India"

- [Delhi Sports University](#)
- [Lakshmibai National Institute of Physical Education](#)
- [National Sports University](#)
- [Punjab Sports University](#)
- [Swarnim Gujarat Sports University](#)
- [Tamil Nadu Physical Education and Sports University](#)

The Fit India Movement

Is a nationwide initiative in India that aims to make fitness a regular part of people's lives. The movement was launched by Prime Minister Narendra Modi on August 29, 2019 at Indira Gandhi Stadium in New Delhi.

The movement's objectives include:

- Promoting fitness as a fun, easy, and free activity
 - Raising awareness about fitness and physical activities
 - Encouraging indigenous sports
 - Making fitness accessible to schools, colleges, universities, and villages
 - Creating a platform for citizens to share information and fitness stories
 - Preventing lifestyle diseases like diabetes and hypertension
- The Ministry of Youth Affairs and Sports (MYAS) is the nodal ministry for implementing the Fit India Movement.

Khelo India:

National Programme for Development of Sports, branded as Khelo India (transl. Play India), aims at improving India's sports culture at the grass-root level through organized talent identification, structured sporting competitions and infrastructure development.^[1] It is a Government of India programme launched in 2017-18 under the tenure Prime Minister Narendra Modi and Sports Ministers Vijay Goel and Rajyavardhan Singh Rathore. There has also been an emphasis on including traditional Indian games in Khelo India events in order to revive their popularity.

NATIONAL SPORTS FEDERATIONS

All India Chess Federation

All India Football Federation

All India Sports Council of the Deaf

All India Tennis Association

Amateur Baseball Federation of India

Cycling Federation of India

Equestrian Federation of India

Fencing Association of India

Federation of Motor Sports Clubs of India

Handball Federation of India

Hockey India

Indian Body Builders Federation

Indian Kayaking & Canoeing Association

Indian pencaksilat Federation

Indian Rugby Football Union

Judo Federation of India

Karate Association of India

Kho-Kho Federation of India

Kudo International Federation India

Mallakhamb Federation of India



THANKING
YOU