



## Unit 1 : Changing Trends and Careers in Physical Education

### Content

- Meaning and Definition of Physical Education
- Aims and Objectives of Physical Education
- Career Options in Physical Education
- Competitions in Various Sports at National and International Level
- Khelo India Programme

### Learning Outcomes

At the end of this unit, you will be able to:

- recognize the concept of Physical Education
- identify the aims and objectives of Physical Education
- explore different career options in the field of Physical Education
- classify various sports competitions at National and International level
- understand Khelo India Programme

### DISCUSSION : READ THE NEWSPAPER CLIPPING GIVEN BELOW.

#### CBSE Makes Physical Education Compulsory in Schools

New Delhi: Central Board of Secondary Education (CBSE) has introduced a streamlined and well-designed Health and Physical Education Programme to mainstream health and physical education in schools especially for students of classes 9 to 12. This Programme will be introduced from next session and will be compulsory for all affiliated schools of the Board.

"CBSE has decided to main stream Health and Physical Education for classes IX to XII with the aim of holistic development of the child, leading to a well-balanced individual in all walks of life," said a statement from the board.

"The aim of main streaming Health and Physical Education is also to enable the students to attain an optimum state of health. Therefore, CBSE aims to provide a focussed curriculum for Health and Physical Education imbued with Life Skills in all its affiliated schools," the statement added.

Keeping this in view, CBSE has asked schools that while preparing timetable for session 2018-19, one period every day may be reserved for Health and Physical Education especially for class 9 to 12 from session 2018-19 onwards.

#### Discuss in your group

- What do you think CBSE's Health and Physical Education Programme includes?
- Why has CBSE decided to make Health and Physical Education Programme compulsory for schools?
- Do you think school students are in need of such a Programme? Why/Whynot?
- Why is the Programme aimed especially for class 9 to 12?
- If you were to design the Programme, what features would it include? Why?

**Present your ideas to the class.**



### 1.1.1 MEANING OF PHYSICAL EDUCATION

If a survey was to be conducted and individuals asked what they understood when they heard the term Physical Education, the response could possibly be that physical education is knowledge related to sports activity, sports education, sports coaching, health education, education about yoga or anything related to individual fitness.

But is this really Physical Education? Not totally. Physical Education is all of the above and something more. While the above-mentioned activities are associated with Physical Education, they are not all that Physical Education is about. In an essence Physical Education uses physical activity or movement to bring about positive changes in the physical, mental, and emotional make-up of an individual. It is a broad field of education which deals with the relationship between physical wellbeing and movement and other domains of education.

**Physical Education** is a combination of two separate words, *physical* and *education*. The first word is **physical** which means *related to body* or *related to any one or all of the bodily characteristics, that include physical strength, physical endurance, physical fitness, physical appearance and physical health*. And, the second word is **education** which means *preparation for life* or *systematic instruction and training*.

When we look at the combined meaning of these two words, we can understand that **physical education** is a *systematic training of an individual by using his/her own body to achieve the objectives of developing and maintaining the body, developing motor skills, physical abilities, making a habit of living a healthy lifestyle, developing the ability to control emotions for a fuller living*.

### 1.1.2 DEFINITION OF PHYSICAL EDUCATION

Physical Education is more than sports education. Let us see how some eminent scholars have defined Physical Education.

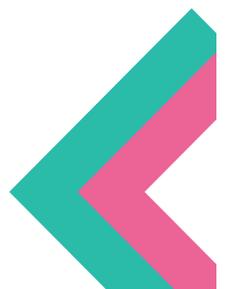
Physical Education is the sum of those experiences which come to the individual through movement.  
-Delbert Oberteuffer

Physical Education is an integral part of the total educational process. It is a field of endeavour that has as its aim the improvement of human performance through the medium of physical activities that have been selected with a view to realizing this outcome.  
- Charles A. Bucher

Physical Education is the sum of man's physical activities selected as to kind, and conducted as to outcomes.  
-Jesse Feiring Williams

Physical Education is that phase of the whole field of education that deals with the big muscle activities and their related responses.  
-Jay B. Nash

To sum up, Physical Education is a process of education which aims at the holistic development of an individual by using physical activity or body movement.



So, in a broader context, Physical Education may be defined as a teaching-learning process where physical activities are used as medium of instruction, and these physical activities are redesigned in such a manner as to improve physical fitness, motor skills, knowledge, sportsmanship, emotional stability and healthy behaviour.

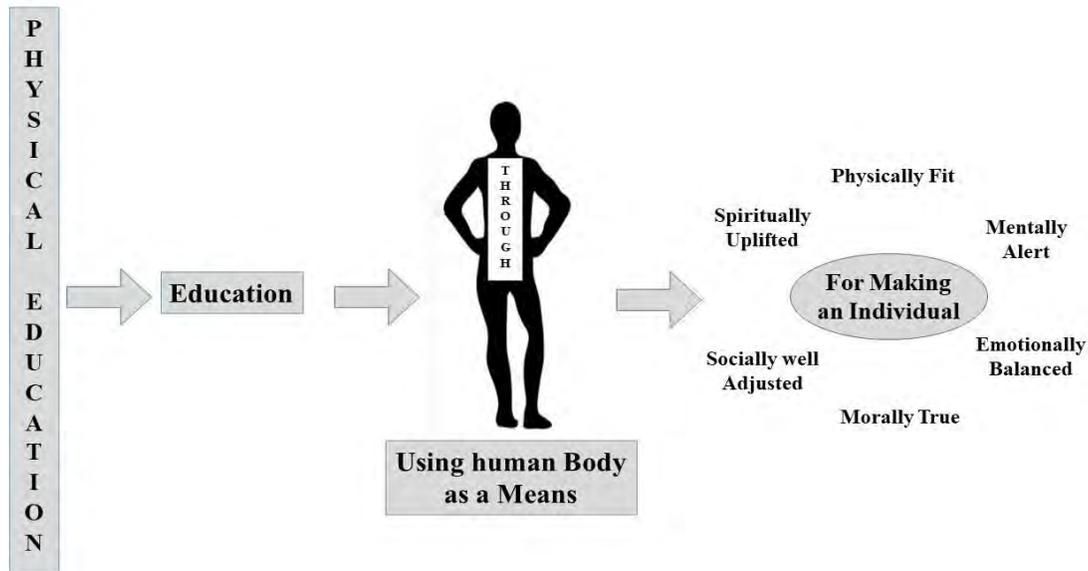


Figure: An illustration of Physical Education

### 1.1.3 CURRENT TRENDS IN PHYSICAL EDUCATION

The evolution of Physical Education as a discipline has covered a long journey. In the past it has been known by many other labels. Most of them are now considered too narrow and restricted to cover the entire scope of Physical Education.

Physical Education evolved from **gymnastics** (during 1800s) to **hygiene** to **physical culture** to **physical training** and now is known as **Physical Education**.

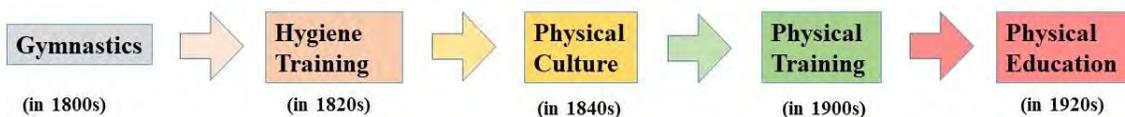


Figure: Evolution of Physical Education

As we know, the needs of the youth today are different from those of the youth of yester years. This holds true in the field of education more than in any other sphere. Changes in the society are reflected in the education system, and education system of yesterday will not meet the needs of today's students.

In the modern context, Physical Education lays a strong emphasis on achieving overall fitness and wellbeing rather than only physical fitness through body movement. In fact, Physical Education is now called movement education. It indicates how the body moves to develop efficient motoractivity.

Movement is basically governed by mechanical principles. A person must know the forces that act on the body in movement so that the movement is meaningful. Movement is affected by diverse factors such as physical fitness, emotional aspects pertaining to fear and anxiety and, even, atmospheric changes.



Movement is integral to all human beings. It includes both locomotor movement skills, such as running, jumping etc., which are necessary movements, and non-locomotor movements like twisting, turning etc. Movement is also a means of communication. In movement education, individuals have the freedom of self-exploration and are encouraged to find their own solutions to problems involving movements. They choose methods that are best suited to their abilities and perform movements that they desire. In movement education classes, students are given the freedom to follow their own methods of movement.

It is, therefore, essential the curriculum followed in the Physical Education Programme focuses on the overall fitness of a human being which is the need of today's youth and of the country as well, educating individuals to value their overall fitness by suggesting to them how can they improve and assess it.

### Do you know?

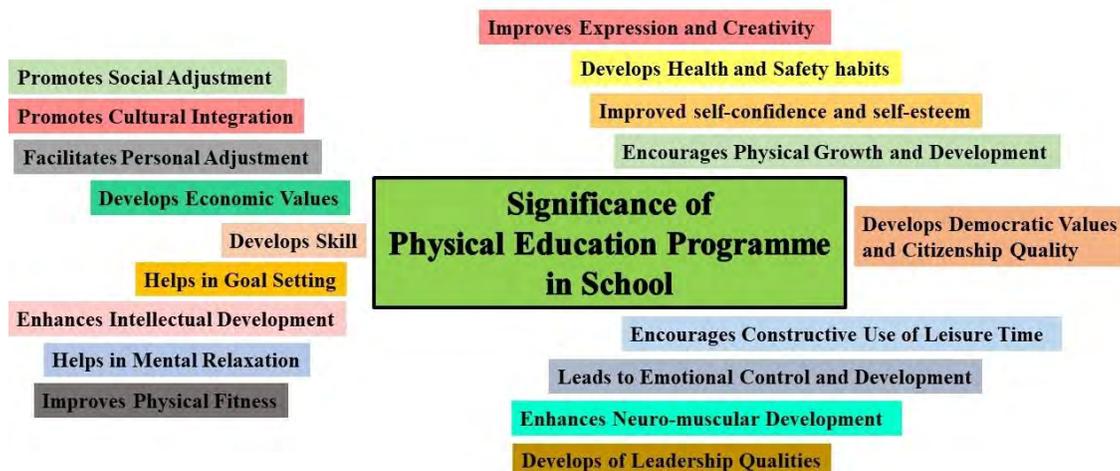
There are two types of movements **Locomotor and Non-locomotor**.

- Movement such as walking, running, hopping, leaping, skipping, galloping are examples of **locomotor movements**.
- Movements such as stretching, twisting, turning, pushing, pulling and swinging are **non-locomotor movements**.

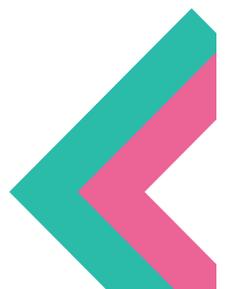
### 1.1.4 SIGNIFICANCE OF PHYSICAL EDUCATION PROGRAMME IN SCHOOLS

Total education of a child cannot be imagined without Physical Education being an integral part of the curriculum. A well-structured and well-implemented Physical Education Programme is the burning need of the current education system. Study the following diagram to learn what a quality Physical Education Programme can offer to students.

1. **Improves Physical Fitness:** Regular physical activity contributes immensely to students' overall physical fitness and wellbeing through development of muscular strength and improvement of cardiovascular health.



2. **Develops Skill:** Regular participation in the Physical Education Programme is essential to the development of motor skills and the enhancement of reflexes.





Improvement in hand-eye coordination and body movement, which helps in the development of a healthy body posture.

3. **Encourages Physical Growth and Development:** For proper growth and developments it is important all our organs and systems function optimally. Regular participation in physical activity leads to an improvement in the absorption of nutrients by the body, thereby improving digestive processes and increasing physiological processes.
4. **Enhances Intellectual Development:** On the sports field one has to take very quick and smart decisions, at times instantaneously. Participation in physical activity and sports helps us reach that level of intelligence where problem-solving becomes part of nature.
5. **Leads to Emotional Control and Development:** While participating in sports and games, different situations arise where participants learn the art of controlling their emotions and overcoming negative emotions like anger and frustration.
6. **Promotes Social Adjustment:** Physical activities such as games and sports provide ample opportunities for interaction between fellow participants and others which enable participants to learn social qualities and values like sportsmanship, cooperation, honesty, friendship, fellowship, courtesy, self-discipline, and respect for authority which promote social adjustment.
7. **Facilitates Personal Adjustment:** Physical Education provides a worthwhile experience for self-expression in varied situations, which facilitates personal adjustment in society. Students involved in sports show higher self-esteem and are more socially competent and less shy and withdrawn.
8. **Enhances Neuro-muscular Development:** Physical activities lead to neuro-muscular coordination, especially if various types of skills and exercises are carried out repeatedly over a long period of time. For carrying out a task accurately or learning a skill, a good neuromuscular control is indispensable.
9. **Promotes Cultural Integration:** Sports and physical activities play an important role in the cultures of all peoples. During such competitive activity, individuals from different cultures mingle with each other and come to know about the customs, traditions, and way of life of others, thereby promoting cultural development.
10. **Develops Leadership Qualities:** Self-concept, intelligence, loyalty, honesty, dedication, and resourcefulness are some of the qualities of a good leader. Opportunities for cultivation of these character traits are available on the sports field, and the playground is a good laboratory for developing these characteristics.
11. **Develops Health and Safety Habits:** While participating in any physical activity or sport sports persons have to wear protective gear as well as follow safety rules. This becomes a habit and inculcates healthy and safe habits amongst the students.
12. **Develops Democratic Values and Citizenship Quality:** Physical Education teaches the art of winning and losing gracefully, the spirit of being fair to others, observing of rules, maintaining a friendly attitude and respect for others, as well as patriotism which are essential to democratic living.



13. **Encourages Constructive Use of Leisure Time:** Students have a lot of energy and when they engage in any sort of physical activity that surplus energy is efficiently utilized. If they are not involved in physical activity, they may utilise that surplus energy in ways that are undesirable. Physical Education provides students an opportunity to use their free time constructively.
14. **Improves Expression and Creativity:** Human body is the main tool in Physical Education for showing expression and creativity. In Physical Education when an individual performs any skill, he/she brings his/her own unique element into it, which is based on his/her expressive ability and creativity.
15. **Develops Economic Values:** Physical Education is fast emerging as a profitable profession. It offers numerous opportunities for business and for self-employment, as well as employment in various agencies at various levels. The concept of sponsorship of players, teams and events by corporate houses, that is fast entering sports arena, has provided a new and meaningful dimension to it.
16. **Helps in Mental Relaxation:** Physical activity promotes secretion of feel-good chemicals called endorphins in the brain that improve the mood, reduce anxiety and enhance self-esteem, thereby making the player more relaxed. Physical activities such as yoga, aerobics, fitness Programmes, recreational activities, sports and games help in relieving and reducing mental stress and anxiety caused by modern lifestyle. These activities divert attention from stressful situations and provide an outlet for frustration. Thus, physical activity becomes an outlet for releasing tension and stress, and facilitates emotional stability and resilience.
17. **Improved Self-confidence and Self-esteem:** Physical Education provides a stronger sense of self-worth in every player and sportsperson. This makes the individual more confident, assertive, independent and self-controlled when performing any physical activity.
18. **Helps in Goal Setting:** Physical Education is a systematic process of education, where individuals are trained to achieve short-term, long-term and specific goals. Therefore, it prepares individuals to set personal, achievable goals in life and strive for achieving them.

**I. Tick the correct option.**

1. In 1800s Physical Education was known as
  - i. Physical Culture
  - ii. Physical Training
  - iii. Gymnastics
  - iv. Hygiene





2. In Jesse Feiring Williams's definition of Physical Education, "Physical Education is the sum of man's physical activities selected as to kind, and conducted as to outcomes," the phrase 'activities selected as to kind' refers to activities that are
  - i. based on desired outcomes
  - ii. based on physical activities
  - iii. based on expected outcomes
  - iv. based on planned outcomes
3. Physical Education uses the body as a means to exhibit our feelings which develop the quality of
  - i. expression
  - ii. creativity
  - iii. emotional stability
  - iv. intellectuality

**II. Answer the following questions briefly.**

1. Define Physical Education.
2. Write concept of Physical Education in your own words.
3. What is the evolution path of Physical Education?
4. How Physical Education develop neuro-muscular coordination?
5. How can Physical Education contribute in moral and character building?
6. What is the role of Physical Education to produce an effective citizen for the country?

**III. Answer the following questions in 150-200 words.**

1. List the importance of Physical Education in school.
2. What is the modern concept of Physical Education?
3. Jesse Feiring Williams defined Physical Education as "the sum of man's physical activities selected as to kind, and conducted as to outcomes". Elucidate this definition, and give examples how it would be interpreted in practice.



**Extension Activity Discuss with your group**

- What are the short-term effects of exercise?
- What changes take place in your body if you exercise regularly over an extended period of time?
- Are these changes obvious e.g., building of muscles, loss of body fat etc.?
- What about changes that are not so obvious – increased stamina, improved speed?
- What changes occur in heart rate and breathing?

**Design a poster to show the effect of exercise on the body.**

**You could use an outline of the body to show which parts of the body are affected, what those effects are and how to maximize benefits of exercise.**

**1.2.1 AIM AND OBJECTIVES OF PHYSICAL EDUCATION**

Physical Education is “education through movement”. It aims to maximize our physical ability, leading us to be healthy, knowledgeable, skilful, creative, productive and influential in all walks of life. Thus, the aim of Physical Education is the optimal and wholesome development of the individual for complete living, as well as optimum performance in sports competitions. According to National Plan of Physical Education and Recreation, “The aim of Physical Education must be to make every child physically, mentally and emotionally fit and also to develop in him such personal and social qualities as will help him to live happily with others and build him up as a good citizen.”

**Do you know?**

From April 2019, CBSE has made Health and Physical Education period compulsory for Classes 1<sup>st</sup> to 8<sup>th</sup> on an everyday basis.

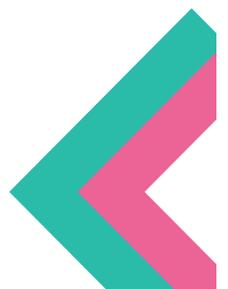
**Aim**

**Optimum and wholesome development of individual for complete living, *as well as optimum performance in sports competitions.***



**Objectives**

- Value Physical Education
- Develop Interest in the Discipline
- Achieve Optimum Physical Fitness & Health
- Awareness of Movement
- Organic Development
- Neuro-muscular Co-ordination
- Emotional Development
- Social Development
- Develop Motor Skills
- Enjoyment and Satisfaction
- Development of Evaluative Skills
- Interpretive Development
- Moral & Character Building
- Remedial Values
- Optimum Sports Performance
- Effective Citizenship





### Extension Activity

Take part in any form of physical activity for one week (the activity can be any sports, simple jogging/walking, recreational activity, adventure sports etc.). After a week fill the table given below.

Name of the Activity.	
What motivated you to choose this activity?	
How do you feel after participating in this activity?	
Would you like to continue participation in this activity?	
If your response to the above question is 'Yes' or 'No' give a plausible reason.	

### Objectives of Physical Education:

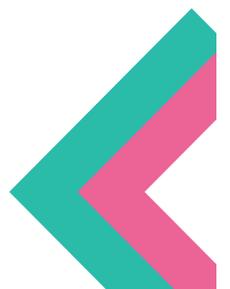
1. **Developed Healthy and Active Life Style:** The chief objective of Physical Education is to make individuals aware of and appreciate the value of Physical Education and its contribution to a healthy and active life style.
2. **Develop interest in the discipline:** The focus of a well-designed Physical Education plan should be to encourage a high level of interest and personal engagement in Physical Education showing initiative, enthusiasm and commitment towards the same.
3. **Achieve Optimum Physical Fitness and Health:** Physical Education Programmes should aim to develop an individual's physical fitness and to make her/him work to her/his optimal level of physical capacity. It also aims to develop healthy habits of sleep, exercise, food etc. for optimum health.
4. **Awareness of Movement:** The Physical Education Programme should make the individual realise that movement is a creative medium for communication, expression and aesthetic appreciation. Proficiency in fundamental movement skills through Physical Education supports the development of more specific skills such as dance.
5. **Development of Organ Systems:** The objective of Physical Education Programme is to develop all organ systems such as respiratory system, circulatory system, digestive system, nervous system, and muscular system. This leads to increased physical efficiency and capacity.
6. **Neuro-muscular Co-ordination:** The Physical Education Programme should be planned in such a manner that it helps in maintaining a better relationship between the nervous system and the muscular system. This helps in developing control and balance among different body parts.



**Do you know?**

According to **National Planning of Physical Education and Recreation**, the 'aim of Physical Education must be to make every child physically, mentally and emotionally fit and also to develop in him such personal and social qualities as will help him to live happily with others and build him up a good citizen'.

7. **Emotional Development:** Competitions are an indispensable part of sports and games and are marked by success and failure. Physical Education helps develop emotional stability and teaches acceptance of success and failure gracefully. These qualities are helpful throughout one's lifetime. Different situations occur on the sports field whereby individuals learn to control emotions such as anger, pleasure, jealousy, fear, loneliness etc. This makes them emotionally balanced.
8. **Social Development:** Physical Education leads to social development as it provides the individual ample opportunities for social contact and group living which help her/him to adjust in different situations and build relationships. Qualities like cooperation, obedience, fair play, sacrifice, loyalty, sportsmanship, self-confidence are developed. Development of these traits help the individual to become a good human being and also results in a healthy society.
9. **Develop Motor Skills:** The Physical Education Programme helps the individual develop the motor skills necessary for successful participation in different sports and a variety of other physical activities.
10. **Enjoyment and Satisfaction:** A Physical Education Programme provides enjoyment and satisfaction through physical activity.
11. **Development of Evaluative Skills:** A well-designed Physical Education Programme helps participants to show knowledge and understanding of a variety of physical activities and to evaluate their own and others' performances.
12. **Interpretive Development:** Physical Education helps develop interpretive ability amongst the individuals where they can critically reflect upon physical activity in both their local and intercultural context.
13. **Character Building:** A well-structured Physical Education Programme should be based on desirable life outcomes like building character traits such as morality, self-esteem, self-efficacy and resilience, including lowering levels of stress, experiencing positive growth, boosting academic achievement, being willing to set challenging life goals, and pro-social behaviour.
14. **Remedial Values:** Physical Education Programme teaches safety habits where one can learn about corrective exercises which will lead to safety habits amongst individuals.
15. **Optimum Sports Performance:** Physical Education brings an individual to optimum sports performance level.
16. **Effective Citizenship:** At last but not the least, the Physical Education Programme prepares an effective citizen who serves the country in better manner.





**I. Tick the correct option.**

1. Amongst the following which one is the key process in Physical Education?
  - i. Evaluating performance
  - ii. Checking competency
  - iii. Making efforts
  - iv. Developing skills
2. Amongst the following which one is NOT the aim of social development in Physical Education?
  - i. Obeying of rules and regulations
  - ii. Showing sportsmanship
  - iii. Cooperation with peers
  - iv. Playing for self

**II. Answer the following questions briefly.**

1. What is the aim of Physical Education?
2. Suggest one activity which helps to develop interest in Physical Education.
3. How does participation in sports lead to better emotional development?

**III. Answer the following questions in 150-200 words.**

1. What are the objectives of Physical Education?
2. How does Physical Education contribute to an individual's development?

**1.3.1 CAREER OPTIONS IN PHYSICAL EDUCATION**

Physical Education is a fast-growing discipline in India. To educate individuals in the field of Physical Education numerous courses are offered by different educational institutions.

The National Council of Teacher Education (NCTE) has recognised the courses which prepare teachers of Physical Education for school system in India. NCTE recognises only three courses for Physical Education Teachers.

1. **Diploma in Physical Education (D.P.Ed.):** This course prepares Physical Education Teachers for the elementary stage of school education i.e. for Classes I to VIII.
2. **Bachelor of Physical Education (B.P.Ed):** This course is designed for preparing teachers of Physical Education for teaching theory papers in Classes VI to X and conducting Physical Education and Sports Activities for Classes XI-XII.
3. **Master of Physical Education (M.P.Ed.):** It is meant for preparing Physical Education Teachers for Senior Secondary classes (i.e. XI-XII) as well as Assistant Professors/ Directors/ Sports Officers in Colleges/Universities and Teacher Educators in Colleges of Physical Education and University Departments of Physical Education.



In addition, research-oriented courses such as Master of Philosophy (M.Phil.), Doctorate of Philosophy (Ph.D.) and Post Doctorate Fellowship (P.D.F.) Programmes are also offered in Physical Education.

Apart from this, different educational institutions in India offer various courses in Physical Education (recognised by University Grands Commission, New Delhi or by the Institutions themselves). A few of these courses are listed below:

#### **Post Graduate Diploma Level Courses**

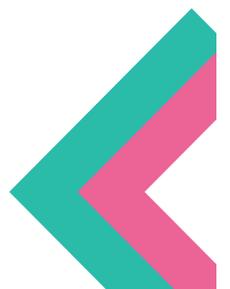
- Post Graduate Diploma in Adventure Sports Administration
- Post Graduate Diploma in Disability Sports
- Post Graduate Diploma in Fitness Management
- Post Graduate Diploma in Sports Coaching
- Post Graduate Diploma in Sports Journalism
- Post Graduate Diploma in Sports Management
- Post Graduate Diploma in Sports Nutrition
- Post Graduate Diploma in Yoga Education

#### **Bachelor Level Course**

- Bachelor of Arts (Programme) Sports & Performance
- Bachelor of Physical Education & Sports
- Bachelor of Physical Education (Four Year Course after 12<sup>th</sup>)
- Bachelor of Science Exercise Physiology
- Bachelor of Science in Physical Education
- Bachelor of Science in Physical Education, Health Education and Sports Sciences

#### **Master Level Courses**

- M.B.A. in Sports Management
- M.Tech. in Sports Technology
- Master of Arts in Physical Education
- Master of Arts in Sport and Exercise Psychology
- Master of Arts in Yoga
- Master of Journalism and Mass Communication (Specialization - Sports Journalism)
- Master of Physical Education and Sports





- Master of Science in Exercise Physiology and Nutrition
- Master of Science in Physical Education
- Master of Science in Sports Biomechanics and Kinesiology
- Master of Science in Sports Coaching
- Master of Science in Sports Psychology and Sociology
- Master of Science in Yoga

### 1.3.2 CAREER OPTIONS IN PHYSICAL EDUCATION

When an individual graduates with a professional degree in Physical Education, the most obvious career option for her/him is to work as a Physical Education Teacher (PET) at an elementary, middle, secondary or senior secondary level school. While it is true that students who study or graduate with any professional degree in Physical Education do choose this career option, it is not only career option they have.

Physical Education is emerging as a fast-growing discipline and this is reflected by the various courses offered by educational institutions situated in India. Courses from sports coaching to sports journalism have emerged as favoured career options due to growing demand in this field.

Thus, Physical Education Programmes prepare their students for careers in both, school and non-school, settings. Graduates of Physical Education have the option to work for schools, colleges, universities, sports clubs, fitness industry, health providers and many more.

#### Extension Activity

Visit any search engine on internet and fill the information in table.

Course	Name of Institution	Duration of Course	Eligibility Criteria for Admission	Career Options of the Course
D.P.Ed.				
B.P.Ed.				
M.P.Ed.				
MBA in Sports Management				



A few career options are listed below:

**Physical Education Teacher:** After competing D.P.Ed., B.P.Ed. or M.P.Ed., one can be appointed as PET in a school or college.

**Health Education Teacher:** There is one paper in the Programme of Physical Education which is completely devoted to health education. After completion of the course one can work as a Health Education teacher.

**Sports Coordinator:** Skills such as organizing and directing all aspects of assigned recreational sports Programmes, including coaching and teaching responsibilities, and planning team activities are taught in Physical Education courses, so one can effectively work as a sports coordinator.

**Do you know?**

In 1920, Harry Crowe Buck of Pennsylvania, United States, established YMCA College of Physical Education at Chennai, Tamil Nadu. This is the first Physical Education college in Asia.

**Professional Coach:** After a Diploma in Sports Coaching, one can be appointed as a professional coach of a team or for individuals/athletes requiring a personal coach/trainer.

**Outdoor and Adventure Sports Educators:** A person with a degree in any Physical Education course and interest in outdoor and adventure sports can educate others in the field.

**Sports Administrator:** Supervision and Administrative skills are also taught in Physical Education courses. This enables the individual to work as a sports administrator.

**Provider of Recreational Services:** One can run a recreational club where recreational services such as Dodge ball, Bean bags, Bob ball, etc. may be provided. One could set up an Amusement Park for provision of adventure sports such as river crossing, rappelling, etc.

**Event Manager of a Sports Club:** An individual who has graduated with MBA in Sports Management can offer his/her services as an event manager at any sports club.

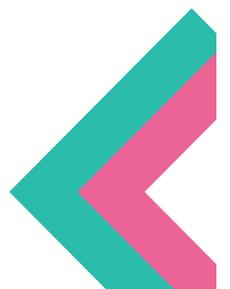
**Health and Fitness Club Manager:** One can be appointed as health and fitness club manager after having a professional degree in Physical Education as well as an interest in the field.

**Sports Clothing & Equipment Designer:** If one has zeal and interest in fashion designing then she/he can work as a sports clothing and equipment designer.

**Dietician and Nutritionist:** After graduating with any Physical Education degree, an individual can choose the profession of a dietician and nutritionist also.

**Sports Goods Marketing:** Sales and Marketing of sports goods is a fast-growing industry and one can choose this line after graduating in Physical Education.

**Yoga Trainer:** Yoga has become popular both nationally and internationally, so one





who is trained in yoga can provide her/his services to instruct groups/individuals through various levels and types of yoga.

**Fitness Trainer:** One can work as a fitness trainer after completing any course in Physical Education.

**Physical Therapist:** One can also work as a physical therapist after doing any physical education Programme.

**Sports Journalist:** Some institutes offer a sports journalism course, so those who have graduated in this course can work as sports journalists.

**Adapted Physical Education Teacher:** This dimension of physical education has gained much importance in today's society, because we have come to realise the right of each and every individual on this planet to live his/her life to the fullest. In this domain, a special curriculum is designed to train individuals for taking care of the physical education needs of persons with disability.

Thus, if you have a degree in Physical Education, you have to just think about your interest and choose a career option that suits your interest.

### Art Integration – ROLE PLAY

Working in groups, conduct an interview for any one of the above-mentioned jobs.

You will play the roles of

- Three/Four panellists who interview the candidate to determine how suitable the candidate is for a particular role.
- Two/three candidates.

As the interviewers you must try to assess the candidate's suitability and assess how the candidate (if selected) may react in difficult/problem situations. The situation will often involve some sort of controversy or conflict or dissatisfaction on the opposition's part, and require negotiating and reasoning as well as customer service skills from the interviewee. You will prepare a set of questions related to the candidate's

- educational qualifications
- previous work experience
- suitability to the position in hand.

As the candidate(s), you will prepare a portfolio related to your

- educational qualifications
- previous work experience
- suitability to the position in hand.

You must be prepared with methods of dealing with problem situations.

The other groups will watch and take notes/assess the group performing the Roleplay.



**I. Tick the correct options**

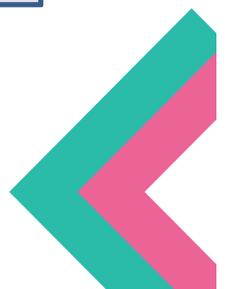
1. After completing D.P.Ed. you can teach Classes
  - i. I to VIII
  - ii. I to V
  - iii. VI to VIII
  - iv. I to X
2. Which course of Physical Education is not recognised by NCTE?
  - i. D.P.Ed.
  - ii. B.P.Ed.
  - iii. M.P.Ed.
  - iv. B.P.E.S
3. Which one is NOT a research-oriented course in Physical Education?
  - i. M.P.Ed.
  - ii. M.Phil.
  - iii. Ph.D. in Physical Education
  - iv. P.D.F. in Physical Education

**II. Answer the following questions briefly.**

1. What is the full form of NCTE?
2. Apart from a professional degree in Physical Education, what other key skills are required for opting for a career other than teaching?
3. What are the minimum eligibility criteria for getting admission in B.P.Ed.course?
4. If one is not a sportsperson, is he/she eligible for getting admission in M.P.Ed.? Why/ Why not?

**III. Answer the following questions in 150-200 words.**

1. How many different kinds of courses and career options in Physical Education are available in India?
2. After completion of any professional course in Physical Education, how many career options will you have?
3. Can a Physical Education graduate justify the job of sports administrator? Explain with suitable examples.





### 1.4.1 SPORTS COMPETITIONS AT NATIONAL AND INTERNATIONAL LEVEL

The dictionary defines **competition** as *a situation in which someone is trying to win something or be more successful than someone else or an activity done by a number of people or organizations, each of which is trying to do better than all*

### 1.4.2 SPORTS COMPETITIONS IN INDIA

*of the others.* It may be in the field of sports or in academics. Further, the competition may be between two or more individuals or between two or more teams from the same place or different places. Thus, a sports competition is an event where two or more individuals or teams compete with each-other and one winner is decided at the end of the competition.

There are several types of sports competitions which are as follows.

1. **Intramural Sports Competitions:** Intramural sports competitions are conducted between the players or teams of the same institution. e.g., Inter-Departmental Sports Competitions.
2. **Extramural Sports Competitions:** Extramural sports competitions are organized between the players or teams of two or more institutions. e.g., Inter-College or Inter-University Competitions.
3. **Inter-District Competitions (State):** Inter-District or State level competitions are those competitions where individuals or teams of more than two districts compete with each other.
4. **Inter-State Competitions (National):** Inter-State or National competitions are those where individuals or teams of two or more states compete with each other.
5. **International Competitions:** International competitions are those competitions where individuals or teams of two or more countries compete with each other. e.g., Olympics, World Cups, Commonwealth Games, Champions Trophy, Asian Games, etc.

### NEED AND IMPORTANCE OF SPORTS COMPETITIONS IN SCHOOL

Theodore Hesburgh, in *The Importance of School Sports and Education* writes that it is imperative for school going children to have access to sports and games. Not only does it empower youth and promote higher self-esteem, it also motivates students academically, enabling them to earn better grades. Numerous physical benefits of participation in sports and games include maintaining a healthy weight, preventing chronic diseases and learning the skills necessary to maintaining a healthy lifestyle after graduating.

- Participation in sports competitions offers opportunities to the students at the school level that will be favourable for their overall development.
- Sports competitions provide opportunities to the students to amplify their skills in different sports.
- Participation in sports competitions is enjoyable. At the same time, it develops



coordination with others, leadership skills and obedience of rules, values which ultimately pave the way for the individual becoming a productive citizen of the country.

- To release tension, overcome depression and aggression, participation in sports competitions is essential. It also provides a chance to students where they can have a feeling of achievement which is conducive for their mental and emotional health.
- Organization of sports competitions at school gives opportunities to the students to get an exposure to competitions.

### 1.4.3 SPORTS COMPETITIONS AT NATIONAL LEVEL

In India numerous national level sports competitions are organised by the national associations of the respective sports. Few of these are listed below-

**National Games:** National Games, initially known as Olympic Games, are multi-sports events where sportspersons representing different States of India/Union Territories participate and compete against each-other.



**CBSE Inter-School Sports & Games Competitions:** Every year, CBSE organizes sports competitions for all affiliated schools in different age groups at Cluster/ Zonal and National levels.



**National School Games:** The School Games Federation of India which was formed in December 1954, organises Sports and Games competitions for boys and girls at the national level. At present about 24 states are members of this organisation. Initially, this organization organized competitions in a limited number of games and sports, once a year. In 1959, at the Mumbai meet, a decision was taken to hold the competitions in two phases i.e. Summer Games and Winter Games.





**Inter Universities Competition:** Inter-University Competitions are organised under the aegis of Association of Indian Universities (AIU) every year in different sports which are approved by AIU. Here sports persons from the various Universities of India participate and compete against each other.

**Khelo India Youth Games:** Khelo India School Games (KISG) now known as Khelo India Youth Games (KIYG) is a national level multi-sports event held on annual basis under two categories i.e., Under-17 years for school going students and Under-21 years for college students.

**Khelo India University Games:** Taking forward the legacy of “Khelo India” initiative, national level Khelo India University Games is organised in collaboration with All India Universities (AIU).



#### 1.4.4 LEAGUE SPORTS IN INDIA

To promote sports culture in India, different sports competitions are organized on a league basis in the country. A sports league is a group of sports teams that compete against each other in a specific sport.

**Duleep Trophy:** It is first-class domestic cricket tournament played in the country named after Kumar Shri Duleepsinhji of Nawanagar. Initially this competition was played by teams representing geographical zones of India, but from 2016-17 it has been played by teams chosen by Board of Control for Cricket in India (BCCI).





**Ranji Trophy:** Ranji Trophy is also one of the first-class domestic cricket competitions played in the country between the teams representing regional and state cricket associations. The trophy is named after Ranjitsinhji, the first Indian cricketer to play international cricket.



**Z. R. Irani Cup:** To mark the completion of 25 years of Ranji Trophy, Z. R. Irani Cup (earlier known as Irani Trophy), a domestic first-class cricket tournament was conceived. The tournament is named after Z. R. Irani, who was associated with the BCCI since its inception in 1928, till his death in 1970.

**Indian Premier League:** It is a professional Twenty 20 cricket league played every year in India. There are eight teams representing eight different cities of India. The league was founded by the BCCI in 2008.



**Santosh Trophy:** Santosh Trophy is a knock-out football competition played by the regional state associations and government institutions under the All India Football Federation (AIFF). Santosh Trophy is considered one of the oldest football tournaments in India. The tournament was started in 1941 and is named after the president of the Indian Football Association (West Bengal's football association) at the time, Sir Manmatha Nath Roy Chowdhary of Santosh.



**I-League:** I-League, also known as Hero I-League, is the topmost professional men's Football league in India. The league is contested by 11 teams. The competition was founded in 2007 as the successor to the National Football League (NFL). The league was launched as India's first ever professional football league and aims to increase the player pool for India's national team.



**Indian Super League:** Indian Super League is the top division men's professional football league in India. It is one among the two co-existing top-tier football leagues in India along with I-League. The competition is contested by 10 teams. It is organized by All India Football Federation (AIFF).



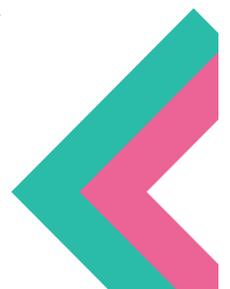
**Indian Women's League:** The Indian Women's League is a women's football league in India. The first season kicked off in Cuttack in October 2016. The league is run by the All India Football Federation.



**Hockey India League:** Hockey India League (HIL) is a professional field hockey league in India. The league is organized by Hockey India, the governing body for the sport in India. HIL consists of 6 teams.



**Pro Kabaddi League:** Pro Kabaddi League is a professional Kabaddi league in India. It was launched in 2014. The league's inception was influenced by the popularity of the Kabaddi tournament at the 2006 Asian Games. The format of the competition was influenced by Indian Premier League. The Pro Kabaddi League uses a franchise-based model and its first season was held in 2014 with eight teams.



**Premier Badminton League:** Premier Badminton League is a franchise league; Sportz & Live Private Limited (Sportzlive) has the rights to operate and execute the Premier Badminton League. It was named Indian Badminton League (IBL) when founded in 2013, then later renamed Premier Badminton League before the start of the second season in 2016. The inaugural edition of the Indian Badminton League was held from 14 August 2013 to 31 August 2013.



**Pro Volleyball League:** Pro Volleyball League (PVL) is a professional men's indoor volleyball league in India. The league is an initiative between the Volleyball Federation of India and Baseline Ventures. Sony Pictures Networks India is the official broadcaster of the league.

**Pro Wrestling League:** The Pro Wrestling League (PWL) is an Indian sport wrestling promotion league which was started in 2015. It was jointly initiated by Pro Sportify and Wrestling Federation of India. The Pro Wrestling League includes six franchises, which represent cities throughout India. The teams are formed via auction. The league adheres to United World Wrestling rules for all weight categories. So far, all the seasons of PWL hosted 6 teams, consisting of 9 players each.

**Do you know?**

In 1894 Baron Pierre de Coubertin founded the International Olympic Committee (IOC), and the first modern Olympic Games were held in 1896 at Athens under the aegis of IOC.

**1.4.5 SPORTS COMPETITION AT INTERNATIONAL LEVEL**

Given below is the list of major international sports competitions where teams of different countries compete with each other in both individual and team sports.

Name of the Sports	Name of the Competition	Organisers
Badminton	Badminton World Championships	This championship is organized every year by Badminton World Federation (BWF) where teams affiliated to BWF compete with each other.



<b>Basketball</b>	World Cup	The International Basketball Federation, also known as FIBA, from its French name <i>Fédération Internationale de Basket-ball</i> , is an association of national organizations which govern basketball worldwide. Under FIBA Basketball World Cup, national teams of the affiliated member countries of the International Basketball Federation take part and compete with each other.
<b>Boxing</b>	Boxing World Championships	Boxing World Championship is the amateur boxing competition held biannually, where National teams of the affiliated members of International Boxing Association (AIBA), the governing body of the sport, compete in the championship.
<b>Cricket</b>	ICC World Cup	International Cricket Council (ICC) World Cup is an international one-day cricket tournament where all Test-playing nations and some qualifiers compete with each other.
	T20 World Cup	This is one of the international cricket tournaments of a 20 overs game which is held every 2 years.
	Champions Trophy	ICC Champions Trophy is held every four years. It is a 50 overs international cricket tournament organized by ICC.
<b>Gymnastics</b>	Artistic Gymnastics World Championship (AGWC)	The AGWC is held annually in non-Olympic years. It is a world championship for artistic gymnastics. The championship is governed by Federation of International Gymnastics (FIG).
	World Rhythmic Gymnastics Championships (WRGC)	The WRGC is the world championships for the sport of rhythmic gymnastics. The competition is organized by Federation of International Gymnastics (FIG).
<b>Hockey</b>	World Cup	Hockey World Cup is an international field hockey tournament organized by the International Hockey Federation (FIH) for both Men and Women. It is organized every four years.



	Asia Cup	The Asia Cup is an international field hockey tournament for the members of Asian Hockey Federation (ASHF).
	Champions Trophy	The Hockey Champions Trophy (HCT) is an international field hockey tournament where top 8 teams including the host country's team take part. It is organized by the International Hockey Federation (FIH) on every year.
<b>Football</b>	FIFA World Cup	FIFA World Cup is a competition of the national teams of the Federation of International Football Association (FIFA) members. It is held at every four years.

#### 1.4.5 INTERNATIONAL MULTI-SPORT COMPETITIONS

Games	Description
<b>Summer Olympics</b>	Summer Olympics, also called Olympics, are held every four years, in a leap year. Olympics are a multi-sport competition where almost every country of the world participates.
<b>Winter Olympics</b>	Winter Olympics are also held at every four years, two years after the Summer Olympics. In Winter Olympics, most countries of the world compete with each other in winter sports like Alpine skiing, Cross-country skiing, Freestyle skiing, Ice hockey, Snowboarding, Speed skating etc.
<b>Commonwealth Games</b>	Commonwealth Games are held every four years where athletes from the Commonwealth of Nations take part in various sports competitions. The event was first held in 1930, and has taken place every four years since then. The Commonwealth Games were known as the British Empire Games from 1930 to 1950, the British Empire and
<b>Asian Games</b>	The Asian Games, also known as Asiad, is a multi-sport event. Here only Asian countries take part. The Games were regulated by the Asian Games Federation (AGF) from the first Games in New Delhi, India, until the 1978 Games. Since the 1982 Games, they have been organized by the Olympic Council of Asia (OCA), after the breakup of the Asian Games Federation.



Commonwealth Games from 1954 to 1966, and British Commonwealth Games from 1970 to 1974. It is the world's first multi-sport event which inducted equal number of women's and men's medal events. This was implemented recently in the 2018 Commonwealth Games.

**I. Tick the correct option.**

1. The football tournament played on knock-out basis is
  - i. Santosh Trophy
  - ii. Hero I-League
  - iii. Indian Super League
  - iv. Indian Women's League
2. Which one of the following is NOT a multi-sports competition?
  - i. Commonwealth Games
  - ii. Asian Games
  - iii. Olympics
  - iv. Champions Trophy
3. A competition played within the walls of an institution is known as
  - i. Intra-mural Competition
  - ii. Extra-mural Competition
  - iii. Inter-district Competition
  - iv. Inter-State Competition
4. The international governing body for Basketball is
  - i. BWF
  - ii. FIBA
  - iii. IBA
  - iv. IBF

**II. Answer the following questions briefly.**

1. What is a sports competition?
2. Define intra- and extra-mural sports competitions.
3. List some sports competitions at national and international level.

**III. Answer the following questions in 150-200 words.**

One of the objectives of Physical Education is to 'Value Physical Education'. How can one start valuing Physical Education? Give your suggestion.



**IV. Answer the following questions in 150-200 words.**

- One of the objectives of Physical Education is to 'Value Physical Education'. How can one start valuing Physical Education? Give your suggestion.

**Extension Activity**

Choose any two sports of your interest and complete the table below:

Name of the Sports	Local Level Competition	National Level Competition	Next Due date of International Level Competition	Top Two Players of the Sports	Your Favourite Player

**1.5.1 ABOUT KHELO INDIA PROGRAMME**

Sports and fitness are of immense importance in one's life. Participation in games and sports inculcates team spirit, develops strategic and analytical thinking, leadership skills, goal setting and risk taking. A fit and healthy individual makes for an equally healthy society and a strong nation.

**Extension Activity**

Visit a stadium or sports academy in your vicinity. Ask the coaches/trainers deputed there what they know about the Khelo India Programme.

Prepare a report.

Sports is an extremely important component for the overall development of our nation. India, in the last few years has made steady progress in the field of sports. This tremendous potential needs to be showcased at a global platform. To inspire young talent and to give them top-notch infrastructure and training, we need to inculcate a strong spirit of participation in sports that enables players to demonstrate their true potential. Only then can India realise its dream of becoming a super performer on the sports field.



The Khelo India Programme has been introduced to revive the sports culture in India at the grassroots level by building a strong framework for all sports played in our country and to establish India as a great sporting nation.

Participation in sports is an extremely important component for development of any nation. When we see India's performance in International sports events, it is found that India is making a steady progress and this is happening when only 5% of our total population participates in sports and games. If this percentage of participation is enhanced, then results could be different. Thus, to inspire young talent and to provide them with world-class infrastructure and training facilities, "KheloIndia - National Programme for Development of Sports" was launched by the Ministry of Youth Affairs and Sports, Govt. of India in the financial year 2017-2018.

#### **Do you know?**

The Khelo India Programme was approved in the Cabinet meeting of the Department of Sports, Ministry of Youth Affairs and Sports, Govt. of India, held on 20th September, 2017.

The budget allocation for the Khelo India Programme is Rs. 1,756 Crore for the period of 2017-18 to 2019-20.

The intention is to achieve the two main objectives which are mass participation and promotion of excellence in sports in the country.

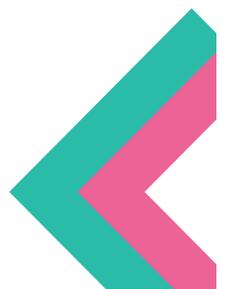
#### **1.5.2 VISION OF KHELO INDIA**

The vision of the Government of India behind launching the Khelo India Programme is to further sports culture in India, especially at the grassroots level as well as achieve sporting excellence in the country.

#### **1.5.3 MISSION**

The mission of the Khelo India Programme is "to encourage sports for all thus allowing the population across gender and all age groups to harness the power of sports through its cross-cutting influence, namely, holistic development of children and youth, community development, social integration, gender equality, healthy lifestyle, national pride and economic opportunities related to sports development."

In short, the aim of Khelo India Programme is to provide a platform to each and every citizen of India, despite their individual differences of age and gender, to participate in sports and channelize their sporting skills which ultimately leads to an all-round development of every child and youth. This will lead to community development, social integration and gender equality. It will inculcate a healthy lifestyle, bring laurels to country and provide economic opportunities.





#### 1.5.4 AIM AND OBJECTIVES OF THE PROGRAMME

The Khelo India Programme aims at developing a sporting culture in the country, identifying talent from the grassroots, and grooming them for international success.

The intention of Khelo India Programme is to build a strong framework for each and every sport played in the country and to make India into a strong sporting nation arena. To achieve this Khelo India Programme has outlined twelve verticals namely

- Play Field Development
- Community Coaching Development,
- State Level Khelo India Centres
- Annual Sports Competitions
- Talent Search and Development
- Utilization and Creation/Upgradation of Sports Infrastructure
- Support to National/Regional/State Sports Academies
- Physical fitness of school children
- Sports for Women
- Promotion of sports amongst people with disabilities
- Sports for peace and development
- Promotion of rural and indigenous/tribalgames.



1. **Play Field Development:** One-time funding of up to 50 Lakhs will be provided to States/UTs for developing, managing, equipping and maintaining playing field and sports infrastructure development and open spaces for public use by the Ministry of Youth Affairs and Sports, Government of India.

**Implementing Agency:** Financial assistance will be provided by the Department of Sports.

2. **Community Coaching Development:** In this vertical, community coaches will be provided and coaching infrastructure developed across the country, based on a cascading model. A short-term Programme will be evolved for 'community coaching development'. From among the pool of existing Physical Education Teachers (PETs), about 2000 will be identified and will be trained as master trainers each year. They will in turn train other PETs/Volunteers as community coaches and develop teams at community level. Further, a system will be evolved for induction and utilization of community coaches.





**Do you know?**

- NPF AI has been registered as a Society under Societies Registration Act, 1860 in February, 2009.
- Development of playgrounds in all gram panchayats can be taken up in convergence with the scheme of Mahatma Gandhi National Rural Employment Guarantee Scheme (MGNREGS) and any other scheme(s) of the State Government/Central Government.

**Implementing Agency:** Laxmibai National Institute of Physical Education (LNPE) and institutes of Sports Authority of India (SAI), are assigned for developing content and other protocols as well as conduct trainings for Master Trainers.

3. **State Level Khelo India Centres:** To utilize all available resources of sports such as unemployed trained coaches, other support staff, equipment, playing fields etc. a Memorandum of Understanding (MoU) will be signed between Sports Authority of India (SAI) and States/UTs and support will be provided to States/UTs to run centres where, as per SAI, day boarding schemes and training will be provided. Further, online sports coaching and education will be provided through *Khel Pathshalas*.

**Implementing Agency:** SAI will be the implementing agency.

4. **Annual Sports Competitions:** KheloIndia will be the basic platform to showcase sporting skills and accordingly become a platform for talent spotting and providing development pathways for gifted and talented children to achieve excellence. The Central Government will organize National level competitions, i.e., Khelo India National School Games and Khelo India National University Games.

**Do you know?**

In the First Khelo India Youth Games 2018, Haryana with 102 medals (38 golds, 26 silvers and 38 bronzes) was on top of the medal tally, followed by Maharashtra (111 medals including 36 golds) and Delhi (94 medals including 25 golds).

On February 27, 2019, PM Narendra Modi launched the Khelo India App at the Youth Indian Parliament in Vigyan Bhawan, New Delhi to promote sports and fitness.

**Implementing Agency:** Technically, conducting of the competitions will be done by the participating National Sports

Federations in collaboration with the SGFI or the AIU/University Sports Board or their sports body, as the case may be. Providing financial assistance and overall monitoring of all aspects relating to the conduct of competitions will be the responsibility of the Department of Sports.



**Do you know?**

Ministry of Youth Affairs & Sports (MYAS) will simultaneously make efforts to supplement the project 'State Level Khelo India Centres' from Corporate Social Responsibility (CSR) funding through Central Public Sector Enterprises (CPSEs) and Corporate Houses to ensure sustainable funding of recurring costs of these centres.

5. **Talent Identification and Development:** Under this scheme players from 16 priority sports are selected at various levels of participation. For selection of talented players, a High-Powered Committee is constituted by SAI. All selected players under this scheme are given the chance to join SAI, National Sports Academies or other top academies in the country along with annual financial assistance of Rs. 5 Lakhs for 8 years based on their performance.

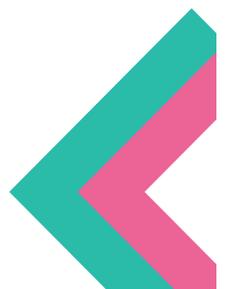


**Implementing Agency:** Department of Sports through SAI and State Governments will provide financial assistance as well as overall guidance, supervision and monitoring.

6. **Utilisation and Creation/Upgradation of Sports Infrastructure:** Majority of the schools, colleges and even Universities in the country lack proper playgrounds as well as sporting infrastructure. Efforts will be made to utilize the existing available sports infrastructure all over the country especially those under the control of Central Government/State Governments.

**This includes the following two agencies**

- i. **University Centre of Excellence Programme:** Under this component, grants-in-aid will be provided for infrastructure, equipment, gym equipment, recovery equipment, coach deployment, training for coaches, team development, training camps for teams, opening of extension centres and University Sports Centres, league development, sports science back-up, etc. to identified Universities. Ministry of Human Resource Development shall ensure that Ministry of Youth Affairs & Sports is included in the University Grants Commission (UGC) Steering Committee for Sports in Universities.
- ii. **Creation of Appropriate Sports Infrastructure:** Under this component, grants-in-aid will be provided to States/UTs, SAI etc. to develop critical sports infrastructure and other infrastructure where there are gaps.



**Implementing Agency:** The Department of Sports will provide funding while execution of the projects will be through MYAS/SAI.

7. **Support to National/ Regional/State Sports Academies:** Throughout the nation, sports academies both public and private are identified for need-based support. Financial aid is also provided to the identified academies for their operation and maintenance.

**Implementing agency:** The project will be implemented through SAI/States/UTs/Private entities, including eminent sportspersons.

8. **Physical Fitness:** Under Khelo India the component of physical fitness of school going children is given due emphasis. National Level Physical Fitness parameters will be developed for each region. An assessment kit which is easy to administer will be provided to each school to evaluate physical fitness of all students. After assessing the level of fitness across school-going children, a component of enhancing fitness levels of children will also be undertaken. A grading system for schools will be developed to encourage competition among schools to promote fitness.



**Implementing agency:** The Programme will be implemented through the Lakshmibai National Institute of Physical Education (LNIPE) and Master Trainers trained under the Scheme in association with States/UTs/Schools. Other Institutions of Physical Education will be empanelled throughout the country for effective implementation of the Programme.

9. **Sports for Women:** All the components of the Khelo India Scheme are gender neutral and afford equal opportunities to women for participating in sporting activities and development of sports. In addition, this vertical is specially devoted to holding annual national competitions for women. Emphasis will be laid on such sports disciplines where there is less participation of women so that a greater number of women participate in such sports disciplines.

**Implementing Agency:** Competitions will be conducted by the participating National Sports Federations through the SAI/States/UTs.



- 10. Sports for Peace and Development:** Under this vertical the Government of India provides a special package to J&K for enhancing sports facilities in the State. To ensure optimal utilization of the infrastructure, soft support in terms of coaches, equipment, consumables, technical support, competition etc. will be provided. Efforts will be made to organise village level competitions in respect of sports disciplines popular in the State of J&K for positive engagement of youth. Similar efforts will also be made in case of other extremism and terrorism affected and disturbed areas.

**Implementing agency:** The module will be implemented in association with the State Governments through the SAI.



- 11. Promotion of Sports Among Persons with Disabilities :** Financial assistance will be provided to States/UTs and SAI for creation of specialist sports infrastructure for persons with special needs. Funds provided under this head will also be used for classification of players, equipment, training and preparation of teams for Paralympic Games and disciplines and competitions.



**Implementing agency:** This component will be implemented through the SAI/Paralympic Committee of India (PCI)/States/UTs and other agencies involved in development of Sports among persons with special needs, in association with the beneficiary organisations.

12. **Promotion of Rural and Indigenous/Tribal Games:** In order to showcase and encourage children and youth to take up rural and indigenous/tribal games, annual competitions are organized under the Khelo India Scheme. Thus, we can say that 'Khelo India Programme' is not just about winning medals at the world sporting arena. It is a mass movement initiated by the Indian government to provide every possible support and facility to youth of the country for participation in sports. Under this Programme governments strive to focus on each and every aspect that will contribute to making sports more popular among the youth of the country. The end result of this initiative will be to make India one of the top sporting nations in the world.



### Do you know?

Ministry of Youth Affairs and Sports recognized archery, athletics, badminton, basketball, boxing, football, gymnastics, hockey, judo, kabaddi, kho-kho, shooting, swimming, volleyball, weightlifting, and wrestling as 16 Priority Sports disciplines.



**I. Tick the correct option.**

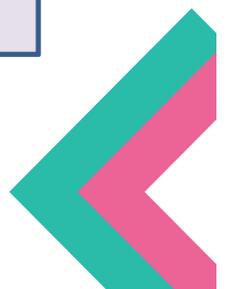
1. How many verticals are there in Khelo India Programme?
  - i. Ten
  - ii. Eleven
  - iii. Twelve
  - iv. Thirteen
2. The Ministry of Youth Affairs and Sports, Govt. of India launched the Khelo India Programme in
  - i. 2013-2014
  - ii. 2014-2015
  - iii. 2016-2017
  - iv. 2017-2018
3. The maximum duration of 'Long Term Athlete Development Programme' is
  - i. 4 Years
  - ii. 6 Years
  - iii. 8 Years
  - iv. 12 Years
4. The scheme of 'Sports for Peace & Development' is exclusively for the state/UT
  - i. Jammu & Kashmir
  - ii. Delhi and NCR
  - iii. Uttar Pradesh
  - iv. Punjab

**II. Answer the following questions briefly.**

1. What is Khelo India Programme?
2. What is the philosophy of Khelo India Programme?
3. What is the vision and mission of Khelo India Programme?
4. What is the plan of government under the vertical of 'Promotion of Sports Among Persons with Disabilities'?

**III. Answer the following questions in 150-200 words.**

1. What is the need of sports competition in school? Discuss in detail.
2. Will the increase in professional sports leagues bring any transformation in Indian sporting culture? Justify your answer.
3. Do you think 'Sports for Peace and Development' will work for restoration of peace in Jammu and Kashmir? Support your answer with evidence.

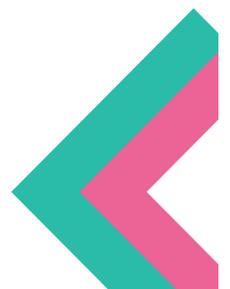


**Weblinks**

Topic	Weblinks	QR Code
Indian Today News“CBSE makes Sports period compulsory everyday for Class 1-8 from April 2019”	<a href="https://www.indiatoday.in/education-today/news/story/cbse-sports-period-class-1-8-physical-education-divd-1480665-2019-03-18">https://www.indiatoday.in/education-today/news/story/cbse-sports-period-class-1-8-physical-education-divd-1480665-2019-03-18</a>	
Josh Jagran News “Compulsory Sports Period for CBSE Students from April 2019”	<a href="https://www.jagranjosh.com/articles/cbse-students-to-have-a-compulsory-sports-period-from-april-2019-1552894646-1">https://www.jagranjosh.com/articles/cbse-students-to-have-a-compulsory-sports-period-from-april-2019-1552894646-1</a>	
NDTV News “Compulsory Sports Period Every Day for CBSE Students”	<a href="https://www.ndtv.com/education/cbse-students-to-have-compulsory-sports-period-from-class-1-2008915">https://www.ndtv.com/education/cbse-students-to-have-compulsory-sports-period-from-class-1-2008915</a>	
Defining our Field	<a href="http://samples.jbpub.com/9781284034080/Chapter1.pdf">http://samples.jbpub.com/9781284034080/Chapter1.pdf</a>	
Evaluation of Physical Education	<a href="https://www.inspiresport.com/the-evolution-of-p-e-in-schools/">https://www.inspiresport.com/the-evolution-of-p-e-in-schools/</a>	
The Importance of Physical Education	<a href="http://www.veanea.org/home/1000.htm">http://www.veanea.org/home/1000.htm</a>	
14 Essential Aim and Objectives of Physical Education	<a href="http://www.preservearticles.com/education/aims-and-objectives-of-physical-education/5158">http://www.preservearticles.com/education/aims-and-objectives-of-physical-education/5158</a>	
Aim and Objectives of Physical Education	<a href="https://www.importantindia.com/27346/aims-and-objectives-of-physical-education-pe-10-aims-and-10-objectives/">https://www.importantindia.com/27346/aims-and-objectives-of-physical-education-pe-10-aims-and-10-objectives/</a>	
National Council for Teacher Education (NCTE)	<a href="http://ncte-india.org/ncte_new/">http://ncte-india.org/ncte_new/</a>	
NCTE PE Courses	<a href="http://ncte-india.org/ncte_new/?page_id=910">http://ncte-india.org/ncte_new/?page_id=910</a>	
D.P.Ed.	<a href="http://www.ncte-india.org/ncte_new/regulation2014/english/appendix6.pdf">http://www.ncte-india.org/ncte_new/regulation2014/english/appendix6.pdf</a>	



B.P.Ed.	<a href="http://www.ncte-india.org/ncte_new/regulation2014/english/appendix7.pdf">http://www.ncte-india.org/ncte_new/regulation2014/english/appendix7.pdf</a>	
M.P.Ed.	<a href="http://www.ncte-india.org/ncte_new/regulation2014/english/appendix8.pdf">http://www.ncte-india.org/ncte_new/regulation2014/english/appendix8.pdf</a>	
Career in Physical Education	<a href="https://www.examsplanner.in/career-in-physical-education/">https://www.examsplanner.in/career-in-physical-education/</a>	
Physical Education Courses in India with Career Option	<a href="https://targetstudy.com/courses/physical-education-courses.htm">https://targetstudy.com/courses/physical-education-courses.htm</a>	
Sports Competition in India	<a href="https://en.wikipedia.org/wiki/Category:Sports_competitions_in_India">https://en.wikipedia.org/wiki/Category:Sports_competitions_in_India</a>	
National Games	<a href="https://en.wikipedia.org/wiki/National_Games_of_India">https://en.wikipedia.org/wiki/National_Games_of_India</a>	
CBSE Inter-School Sports	<a href="http://cbsegames.in/">http://cbsegames.in/</a>	
National School Games	<a href="https://www.sgfibharat.com/index.php?option=com_content&amp;view=article&amp;id=467&amp;Itemid=120">https://www.sgfibharat.com/index.php?option=com_content&amp;view=article&amp;id=467&amp;Itemid=120</a>	
Inter University Competitions	<a href="http://www.aiu.ac.in/Events/events.asp">http://www.aiu.ac.in/Events/events.asp</a>	
Khelo India Youth Games	<a href="https://en.wikipedia.org/wiki/Khelo_IndiaYouthGames">https://en.wikipedia.org/wiki/Khelo_IndiaYouthGames</a>	





Khelo India University Games	<a href="http://www.aiu.ac.in/sports/Khelo%20India%20University%20Games%202018-19.pdf">http://www.aiu.ac.in/sports/Khelo%20India%20University%20Games%202018-19.pdf</a>	
Duleep Trophy	<a href="https://en.wikipedia.org/wiki/Duleep_Trophy">https://en.wikipedia.org/wiki/Duleep_Trophy</a>	
Ranji Trophy	<a href="https://en.wikipedia.org/wiki/Ranji_Trophy">https://en.wikipedia.org/wiki/Ranji_Trophy</a>	
Z.R. Irani Cup	<a href="https://en.wikipedia.org/wiki/Irani_Cup">https://en.wikipedia.org/wiki/Irani_Cup</a>	
Indian Premier League	<a href="https://www.iplt20.com/">https://www.iplt20.com/</a>	
Santosh Trophy	<a href="https://en.wikipedia.org/wiki/Santosh_Trophy">https://en.wikipedia.org/wiki/Santosh_Trophy</a>	
I-League	<a href="https://i-league.org/">https://i-league.org/</a>	
Indian Super League	<a href="https://www.indiansuperleague.com/">https://www.indiansuperleague.com/</a>	
Indian Women's League	<a href="https://en.wikipedia.org/wiki/Indian_Women's_League">https://en.wikipedia.org/wiki/Indian_Women's_League</a>	
Hockey India League	<a href="http://league.hockeyindia.org/">http://league.hockeyindia.org/</a>	
Pro Kabaddi League	<a href="https://www.prokabaddi.com/">https://www.prokabaddi.com/</a>	



Premier Badminton League	<a href="http://www.pbl-india.com/">http://www.pbl-india.com/</a>	
Pro Volleyball League	<a href="https://provolleyball.in/">https://provolleyball.in/</a>	
Pro Wrestling League	<a href="http://www.prowrestlingleague.com/">http://www.prowrestlingleague.com/</a>	
Summer Olympics	<a href="https://en.wikipedia.org/wiki/Summer_Olympic_Games">https://en.wikipedia.org/wiki/Summer Olympic Games</a>	
Winter Olympics	<a href="https://en.wikipedia.org/wiki/Winter_Olympic_Games">https://en.wikipedia.org/wiki/Winter Olympic Games</a>	
Commonwealth Games	<a href="https://en.wikipedia.org/wiki/Commonwealth_Games">https://en.wikipedia.org/wiki/Commonwealth Games</a>	
Asian Games	<a href="https://en.wikipedia.org/wiki/Asian_Games">https://en.wikipedia.org/wiki/Asian Games</a>	
Khelo India Programme	<a href="https://yas.nic.in/sports/khelo-india-national-Programme-development-sports-o">https://yas.nic.in/sports/khelo-india-national-Programme-development-sports-o</a>	

