

A Textbook of Physical Education Class 11

Chapter 1

CHANGING TRENDS AND CAREER IN PHYSICAL EDUCATION



As per the guidelines of NEP 2020

On Board!
BOOKS



“My single achievement is that, with my sincere and honest approach, I inculcated the spirit of oneness and togetherness among players.”

— BISHAN SINGH BEDI

Includes
COMPETENCY-BASED
QUESTIONS (CBQs)

Assertion-Reason
Type Questions

Data-Based/Picture-Based/
Case-Based Questions

MCQs

Revised
and
Updated

A Textbook of

Physical Education

Based on the latest CBSE syllabus

XI

SCAN QR CODE
for CBSE updates and
more study material
onboardbooks.in



CONCEPT, AIMS AND OBJECTIVES OF PHYSICAL EDUCATION

Concept and Definition of Physical Education

“Physical education is a programme of physical activities that develops health in youth through various organic systems of the body; develops their skills in physical activities with an implication for enjoyment, emotional development, recreation and the optimum development of the human organism.”

– Irwin

“Physical education is education through physical activities for the development of the total personality of the child to its fullness and perfection in body, mind and spirit.”

– Central Advisory Board of Physical Education and Recreation

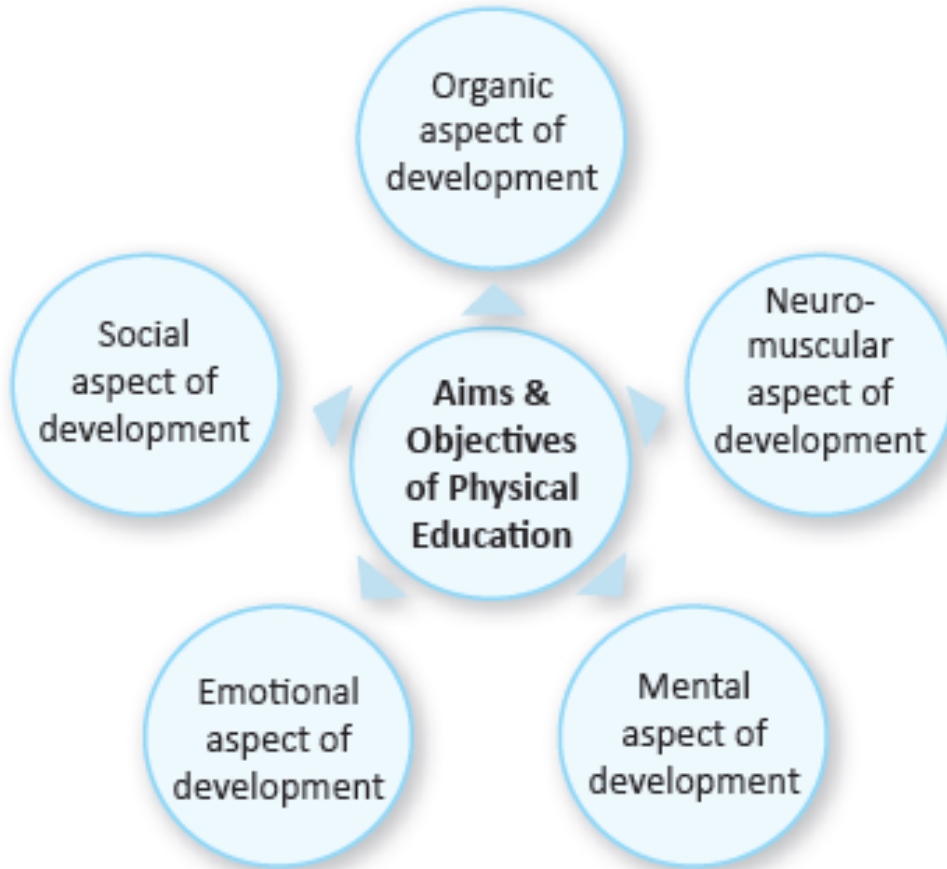
“Physical education is a process through which an individual claims optimal physical, mental and social skills and fitness through physical activity.”

– Lumpkin

Figure 1.1 Physical education leads to all-round development of the students.



AIMS AND OBJECTIVES OF PHYSICAL EDUCATION



“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 which will help him to live happily with others and build him up as a good citizen.”

CHANGING TRENDS IN SPORTS – PLAYING SURFACE, WEARABLE GEARS AND SPORTS EQUIPMENT, TECHNOLOGICAL ADVANCEMENTS

Playing Surfaces

Sports surfaces have evolved along with the advancement of techniques, skills, and technological advancements. Refer to Table 1.1

Table 1.1 Different types of playing surfaces for outdoor and indoor sports.

Outdoor Sports	Indoor Sports
<p>1. Athletic Jogging Track</p> <p>a. Clay and Cinder: Combination of fine ash, carbon and rock; softer surface, comfortable to run and jog. It is difficult to maintain an even surface during rain, wind, etc.</p> <p>b. Synthetic: Comprises rubber particles bound with latex or polyurethane, having asphalt or concrete as base, synthetic rubber is used for layering of track; in modern sports, it is ideal for running performance.</p>	<p>1. Courts</p> <p>Made up of synthetic or wooden surface, popular for sports like badminton, basketball, handball, etc. Courts are of two types:</p> <p>a. Wooden courts</p> <p>b. Synthetic courts</p>
<p>2. Turf</p> <p>a. Grass and Clay: Soft surface, easier to run, low-impact, reduces the risk of injuries, tough to maintain and requires high amount of care.</p> <p>b. Synthetic Sports Flooring</p> <p>i. Polygrass: Used as an alternative to grass, games like Football have officially approved polygrass for competitions. Used for multi-utility sports at institutions and residential areas, durable and need low maintenance.</p> <p>ii. Astroturf: Synthetic sports flooring, suitable for sports like hockey. Even surface, less friction, the ball moves faster.</p> <p>c. MUGA (Multi Utility Games Area): Used for Kindergarten playgrounds, recreational areas, fitness and outdoor gym floorings.</p>	<p>2. Multi Utility Games Arena</p> <p>As discussed in outdoor sports, multi-utility games arena (MUGA) surfaces are popular at indoor sports facilities. Made of synthetic rubber, have greater shock absorbency, safe for wide range of activities.</p> <p>These surfaces are easy to maintain. They are durable and safe.</p>

CHANGING TRENDS IN SPORTS – PLAYING SURFACE, WEARABLE GEARS AND SPORTS EQUIPMENT, TECHNOLOGICAL ADVANCEMENTS

Wearable Gears

Sports gears are mostly worn to ensure basic safety related to the game/sport. Batting/kipping gloves, pads, helmets/ head gears used in various sports, shin/abdominal guards, caps used in various joints knee caps, etc. There are various gears used in sports to collect data related to training, research, performance assessment, etc.

Sports Equipment

The sports equipment are the reflection of the technological advancements and research done in that sports. Improved aerodynamic cycling helmets, flame-resistant F-1 racing outfits, steel, aluminium or aluminium alloy javelins, etc.

Technological Advancements

Technology not only helps in introducing new equipment, gears, playing surface and introducing advance techniques of skills but it also makes any sport more spectacular on the field and off the field. Improved hockey sticks, cricket bats, rackets, improved balls in cricket, basketball, football, helmets, and guards used in various sports. 'LED lights used in cricket stumps, Infra-red technology (Hot Spot), video technology (VAR–Video Assistant Referee, 3-D laser technology' have given an alternate system to the officials for giving a perfect judgement.

CAREER OPTIONS IN PHYSICAL EDUCATION

- Teaching;
- Coaching;
- Personal Trainer
- Professional Sportsperson;
- Sports Officiating and Umpiring



Figure 1.6 Physical education teachers emphasise on learning motor skills and playing games.

- Sports Administration;
- Sports Medicine;
- Sports Marketing,
- Sports Journalism;
- Sports Broadcasting;
- Sports Photography;
- Publication and Authorship of Books; etc.



Figure 1.9 Sports physiotherapists help an athlete recover from sporting injuries.

KHELO-INDIA PROGRAMME

Objectives of Khelo-India Programme

- 1. Play Field Development**
- 2. Community Coaching Development**
- 3. State Level Khelo-India Centres**
- 4. Annual Sports Competition**
- 5. Talent Search and Development**
- 6. Utilisation and Creation/Upgradation of Sports Infrastructure**
- 7. Support to National/Regional/State Sports Academics**
- 8. Physical Fitness of School Children**

9. Sports for Women

10. Promotion of Sports amongst People with Disabilities

11. Sports for Peace and Development

12. Promotion of Rural and Indigenous/Tribal Games



Fit-India Programme

Fit-India Movement was launched by the Prime Minister of India on 29 August 2019 (National Sports Day) with the goal of making fitness a part of our everyday life. The movement's goal is to change people's habits and encourage them to adopt a more physically active lifestyle.

Objectives of Fit-India Programme

Fit-India plans to pursue numerous projects and holds events in order to attain the following objectives:

- To promote fitness as easy, fun and free.
- To spread awareness on fitness and various physical activities that promote fitness through focused campaigns.
- To encourage indigenous sports.
- To make fitness reach every school, college/ university, panchayat/village, etc.
- To create a platform for citizens of India to share information, drive awareness and encourage sharing of personal fitness stories.



SUMMARY

1. The primary goal of physical education is to increase the student's productivity by keeping her/him physically fit by including physical activity programmes as part of the curriculum.
2. As sound bodies create sound minds, physical education classes produce healthier students with sharper intellects.
3. Physical education activities serve as a good outlet for students' surplus energy, reduce their anxiety and may bring them closer to their peers.
4. One of the most important positive outcomes of physical education is the growth of social skills, although it may not be immediately visible.
5. The mind of the student is stimulated by both the process of physical exertion and the absorption of knowledge which give extensive insight into the subject as a whole.
6. Physical education is recognised as an indispensable part of the school curriculum because of its many faceted benefits.
7. Technology not only helps in introducing new equipment, gears, playing surfaces and introducing advance techniques of skills but it also makes any sport more spectacular on the field and off the field.

SUMMARY

8. Sachin Tendulkar, MS Dhoni, Virat Kohli, Saina Nehwal and Mary Kom are some examples of contemporary famous personalities whose success stories we are familiar with.
9. Khelo-India is a national programme for the development of sports. It is an initiative of the Government of India to strengthen the sports ecosystem by encouraging mass participation and promotion of excellence.
10. The Fit-India Programme aims to put the country on a fitness and wellness path by offering a once-in-a-lifetime opportunity to contribute to a healthier India.