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RESEARCH ARTICLE

CHANGING TRENDS OF PHYSICAL EDUCATION IN JAMMU AND KASHMIR STATE

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ABSTRACT

Today is an age of growth, change, and complexity and the institution of society have been challenged to meet the needs created by these mutation agents. The processes of education especially must respond to the necessity for students to learn more in less time so they may be better prepared to cope with society's expectations. Along with the explosion of population and material culture, there has occurred an accompanying surfeit of information and meanings. This is especially true in physical education with its body of knowledge. Concerning human movement in its biological setting and its psychological and sociologic context as well.

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INTRODUCTION

During the last few years physical education in Jammu and Kashmir has taken giant's strides. With the opening of masters Degree in Government College of physical education Ganderbal and university of Kashmir Physical education department with more emphasis on post graduate studies a new phase has begun which is indicative of a sort of "awakening" within the profession. It is now seems certain that our educationist, planners and policy makers as well as political masters are convened of the efficacy of this discipline.

Fundamental Human Right

Today physical education is considered as an international discipline and its importance as Fundamental Human Right has already been recognised by the united Nations the world body. The International charter of physical education and sports adopted on 21th November 1978 by the United Nations Educational Scientist and cultural organization (UNESCO) clearly reflects the great importance attached by the international body of physical education and sports as an integral part of general education. The charter further stresses that promotion of physical education and sports from pre-school age to old age should be treated as one of the fundamental human rights by the national government.

Modern concept of Physical education

Modern physical education does not confine its interest to man's organic development nor does it emphasis social or intellectual values to the exclusion of all else. It seems man as an entity and recognizes its responsibility for and his total development in this age of sedentary living, a physical education programme must include such a activities which should foster judgment in discriminating thinking, in the selection of social values in the manifestation of the highest possible quality of personality. like the biological sciences, physical education helps the students to understand himself as an organism. Like the humanities, it provides a wide range for the expression of creative imagination and seeks to conduct its affair at the highest ethical and moral level. Physical education therefore is more readily classified, academically as a "life" science (or art) than as anything else. Further, physical education serves as a medium for man's total education, intellectual, emotional serves as a medium for man's total education, development, using experience centered in movement. Through it the teacher has an opportunity to nurture health, happiness, character and the democratic spirit and thus enrich the lives of children. In other words, physical education, when well taught can contribute more to the goals of general education than can any other school subject. Popular sports in Jammu and Kashmir include cricket and football along with sports like golf, winter sports, water sports and adventure sports. Ladakh Marathon recognised by Association of International Marathons and Distance Races is also held in the state and is the highest marathon in the world.

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indoor sports complexes and 43 government maintained playing fields. It must also be kept in mind that sports is a crucial aspect of Jammu and Kashmir against the background of the conflict and tension in the state with government initiatives in the sports sector being launched specifically trying to draw the youth away from the conflict. Jammu and Kashmir has also produced some international and national level players including Aamir Aziz, Chain Singh, Iqra Rasool, Mehrajuddin Wadoo, Tajamal Islam, Dhananjay Singh Charak, Meenal Gupta, Vansh Mahajan and Palak Kaur.

Infrastructure In all there are 19 stadiums, 23 training halls and 42 playing fields in the state. A district wise look at the available sports infrastructure within Jammu and Kashmir:

- Srinagar District has three stadiums, one indoor complex, five training halls, eight playing fields and two golf courses - Kashmir Golf Club and Royal Spring Golf Course.^[13]
- Baramulla District has three stadiums, one indoor complex, six training halls and nine playing fields.
- Jammu has three stadiums, one indoor complex, six training halls, three playing fields, one swimming pool and one astro turf.
- Kathua has one stadium, four training halls and three playing fields.
- Badgam has one stadium and two playing fields.
- Poonch has one stadium and two training halls.
- Anantnag and Pulwama have one stadium and four playing fields each.
- Udhampur and Ganderbal have one stadium and one playing field each.
- Doda, Rajouri, and Bandipur have one stadium each.

Besides, Soplian, Kulgam, Samba, Reasi and Kupwara have several playing fields.

Synthetic Turf Football Stadium, TRC Polo Ground also helped to change the sports trend in Jammu and Kashmir. This is Jammu and Kashmir's first football stadium. It has imported synthetic football turf. The synthetic turf for the stadium has been imported from Italy. The stadium has a capacity for 15000 spectators. The field is of international standard size. It has changed all the overall view regarding the sports trends in Jammu and Kashmir.

Sher-i-Kashmir Stadium also helped to change the sports trend in Jammu and Kashmir. Sher-i-Kashmir Stadium has changes all the trend in the Kashmir and also this stadium is a cricket stadium located in Srinagar. It is home to the JKCA and Jammu and Kashmir cricket team which represents the Indian state of Jammu and Kashmir in the Ranji Trophy and other domestic tournaments in the country. National Cricket Academy is currently constructing an indoor complex at the stadium.

Besides all this the following sports associations also helped a lot to change the outlook trend of sports in the state Jammu and Kashmir

- All J&K Chess Association
- All Jammu & Kashmir Sports Association of the Deaf
- Amateur Gymnastics Association

- Amateur Roller Skating Association of J&K
- Archery Association of J&K
- Hockey Jammu & Kashmir
- J&K Amateur Fencing Association
- J&K Amateur Kabaddi Association
- J&K Billiard & Snooker
- J&K Carrom Association
- J&K Cycle Polo Association
- J&K Horse Polo Association
- J&K Indian Style Wrestling Association
- J&K Kayaking & Canoeing
- J&K Kho-Kho Association
- J&K Korfball Association
- J&K Kurfball Association
- J&K Lawn Tennis Association
- J&K Power lifting Association
- J&K Softball Association
- J&K Squash Rackets Association
- J&K Taekwondo Association
- J&K Tenni Koit Association
- J&K Tennis-ball Cricket
- J&K Thang-Ta Association
- J&K Veteran Athletics Association
- J&K Water Skiing Association
- J&K Yoga Association
- J&K Amateur Athletic Association
- J&K Amateur Boxing Association
- J&K Badminton Association
- J&K Ball Badminton Association
- J&K Baseball Association
- J&K Basketball Association
- J&K Billiards & Snooker Association
- J&K Body Building Association
- J&K Cycle Polo Association
- J&K Cycling Association
- J&K Football Association
- J&K Handball Association
- J&K Judo Association
- J&K Net Ball Association
- J&K Olympic Association
- J&K Swimming Association
- J&K Table Tennis Association
- J&K Weightlifting Association
- J&K Yoga Association
- J&K Rifle Association
- J&K Rugby Association
- Karate-Do Association of J&K

Physical Education and sports

If the proper study of the mankind is man, the proper study of physical education is sports. Physical education has a special responsibility to educate and thus has used and studied sport. In order to accomplish the objectives of the education. So, many times it is said that "play in nature hand. On the back of the child pushing him to educate himself and so forth. Games are popular pastime for the young and the old, for boys and the girls and for the men and the women. They offer an opportunity for all to obtain exercise, fun and relaxation, they are the one of the main components of any physical education

programme, and therefore the physical education must be familiar with many of them. Sports is also one of the factor solidifying national integration and developing national character which are the most urgent needs of the present day in Indian society.

Physical Education and Human Movements

Movement is a word that has created new dimensions in physical education in recent years. It not only implies motor performance but also motor learning. The child learns to move while he moves to learn. Thus in short, for a physical education movement is for a primary concern because he is educating the physical while using the physical to educate. Today physical education is based on scientific facts and principles. Modern physical education aims to develop youth in to good citizen who have the capacity to enjoy a happy and vigorous life. To accomplish the task. It is necessary to know all about the individuals. How his physical body functions, how he learns, why he acts like this and his relation to the group, society and world of which he is a part. Today physical education is also considered as the 'study of Human Movements' Human movements is a complex and a composite phenomenon. To understand different human movement, one has to understand the structure the structure of the body system and their interrelationship as each plays its role in its functions. In short human movement is a synthesis of the complex interaction of the skeletal, muscular and nervous system. Further human movement is also mechanical, because it is also depend on the universal law of force, gravity and motion.

Various Misconceptions Prevailing in the Modern Indian Education system about Physical Education

Today in our country physical Education is a well established profession and we have the facility for various professional training course from certificate level to D.Litt. level. Now physical education teachers are no more drill masters or skill masters but are treated at par with other professional's personnel. But it is pity that even today more emphasis is put on the adjective physical then on the noun education. Thus the physical education is treated as the education of the physical state only. No doubt physical education has gained international status, but however various misconceptions are still prevailing about physical education in our Indian education system, some of them are:

1. Physical education is a rest period between academic periods.
2. Physical educations periods are designed to give other teachers a free periods.
3. Physical education periods are free education periods.
4. Physical education classes are "entertainment" classes and no real learning takes place.
5. Physical education teachers are below average in intelligence.
6. There is no knowledge factor related to physical education and hence it contributes nothing to general education.

7. The goal of education cannot be found in a physical education class.
8. No class preparation is needed on the part of the physical education teacher.

Suggestions and concluding Remarks

Following are the some suggestions to promote and improve the standard of physical education and sports in our country:

1. There is a need to set-up a National council of Physical education by the Ministry of Human recourses, government of India to frame policies and programmes at national level as well as advice state government and universities on matter related to physical education.
2. Physical education and sports programmes should be considered as a separate item for the planning Commission agenda and should not be treated as an appendix to or an insignificant part of education, as is done at present.
3. There is an urgent need to gear-up the district level sports bodies, so that they will work more efficiently and help in searching and developing new sports talents in their areas. Similarly tribal and rural areas should be exposed to search sports talent.
4. Physical education is based on which is built the pyramid of sports activity, unless physical education is broad based and becomes a way of life for the Indian society, achievements in sports at international level will remain a distant dream only.
5. There is a great need for assimilation of sports and physical education in the dialy life of the citizen of our country. For this programme like "Run For Health" and "sports For All" should be popularized so as to develop sports and health consciousness in a common man.
6. As a part of the public awareness campaign to develop love for physical education and sports central and state Governments should run their independent sports periodical.
7. The reservation seats for sportsmen and sportswomen in private and public sector should be further increased.
8. Last but not least, we should seriously notice that gradually competitive sports are replacing physical education programme in our schools. Hence, there is a real need to emphasize and popularize the educative, recreative, demonstrative and socio-cultural values of physical education.

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