

## Module 1

# INTRODUCTION TO PHYSICAL EDUCATION AND HEALTH

## INTRODUCTION

Physical education is considered as education of the body which enables an individual to grow and develop fully. Physical activities are the educational tools that promote optimum growth and development. Physical education is not only doing physical activities but also related with health education, recreation, anatomy, physiology, psychology and sociology. The aim of physical education is to target the total personality. In physical education, the final aim is to make every human being physically, mentally and emotionally fit and also to provide each kind of opportunity to them, so that they can develop such personal and social which will help them to live happily with others and shape themselves as true citizens of the country.

Physical education is “education through movement”. It aims to maximize our physical ability, leading us to be healthy, knowledgeable, and skilful, creative, productive and influential in all walks of life. Thus the aim of physical education is the optimal and whole some 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 to be 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.

## MEANING

Education is the process of facilitating learning, or the acquisition of knowledge, skills, values, morals, beliefs and habits.

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

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

**Motor abilities:** walking, running, jumping etc.

**Physical abilities:** flexibility, speed, balance, strength etc.

**Emotions:** sadness, anger, fear, joy etc.

**Habit of healthy life style:** proper nutrition, proper sleep, avoid use of nicotine and alcohol.

## DEFINITIONS

“Physical education is an integral part of the total education process and has its aim the development of physically, mentally, emotionally and socially fit citizen through the medium of physical activities which have been selected with a view to realizing these outcomes”

**(Charles A Bucher)**

“Physical education is the part of general education programme. Which is considered with growth, development and education of children through the medium of big muscles activities. Physical activities are tools. They are so selected conducted as to influence every child’s life physically, mentally, emotionally and morally”

**(H.C Buck)**

**Growth:** growth refers to the increase in mass and size of the body. (size of an organ or even an individual cells)

**Development:** development is the process where a particular organism, not only grows physically but acquires mental and physiological growth. Life long process.

“Physical education is the sum of those experiences which come to the individual through movement”

**Delbert Oberteuffer**

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

**J. P Thomas**

“Physical education is the social process of change in the behaviour of human organism, originating primarily from the stimulus of big muscle play and related activities”

**C.C Cowell**

“Physical education is the sum of man’s physical activities selected as to kind and conducted as to outcomes”

**J.F William**

“Physical education is that field of education which deals with big muscles activities and their related responses”

**J.B Nash**

According to **AAHPER** “Physical education is the way of education through physical activities which are selected and carried on with regard to values in human growth, development and behaviour.”

**AAHPER:** American association for health, physical education, and recreation

## IMPORTANCE OF PHYSICAL EDUCATION

1. **Knowledge of health and diseases;** Physical education is a good source of knowledge about health, hazards communicable diseases and non-communicable diseases. The programmes of physical education are very important to resolve such problems.

2. **Helps in developing human relationship;** physical education helps in developing and maintaining good relations among human beings. It develops social traits, which are essential for good citizen. Such qualities like cooperation, sympathy, sportsmanship, loyalty, and other qualities.
3. **Proper utilization of leisure time;** Through physical activity, including recreational activities, leisure time can be utilized properly. Stress and tension can be avoided by participating in recreational activities.
4. **Alertness of mind;** Physical education is helpful in developing the alertness and concentration are essential in various programmes of physical education such as fencing, wrestling, kabaddi, cricket etc.
5. **Physical growth and development;** physical activity is necessary as it is conducive to the development of the organic system and functioning of the human body. It enhances his ability to resist fatigue, improves his performance and make him more active and healthier.
6. **Emotional development;** Physical education provides opportunities to control emotions. The give and take of games and sports offer scope for both emotional release and the controlling of the emotions.
7. **Development of physical fitness;** physical education through exercise and knowledge about one's body and its requirements contribute immensely to physical fitness. Regular exercise improves our physical efficiency, sense of well-being and appearance.
8. **Neuro-muscular development;** Through physical activities an individual learns to coordinate the muscular and nervous systems. Neuromuscular coordination develops well only if various types of skills and exercise are done repeatedly for a long period of time.
9. **Economic values;** Nowadays physical education is fast emerging as lucrative profession. It offers numerous business opportunities, and opportunities for self-employment as well as employment in various agencies at various levels.
10. **Mental relaxation;** physical activities such as yoga, aerobics, fitness, programmes, recreational activities, sports and games help in relieving and reducing mental tensions caused by modern life style by diverting the attention and also by providing an outlet to frustration.

## **OBJECTIVES OF PHYSICAL EDUCATION**

### **1. Physical development objectives**

The objectives of physical development deals with the program of activities that builds physical power in an individual through the development of the various organic systems of the body. Through physical training the efficiency of organic systems like respiratory systems, circulatory systems, digestive system and neuro muscular system improves. These organic developments lead to the development of physical fitness components. The physical fitness includes strength, speed, flexibility, agility and endurance. Physical fitness enables a person to perform various physical activities. Generally physical fitness and good health are considered same but it is wrong. A healthy person may be unfit because he may be lacking in any component of physical fitness. Regular vigorous exercise also increases the efficiency and capacity of an individual to lead a fruitful life.

## 2. Social development objectives

Participation of physical education activities, opportunities for the development of desirable social traits needed for adjustment to the social life in general.

Physical education helps to develop;

- Social adjustment
- Cooperation
- Respecting rules and regulations
- Getting away from caste, colour, rationalism etc.
- Improving group consciousness
- Achieving social togetherness
- Holding national spirit and international brotherhood.
- Thinking

## 3. Emotional development objectives

It is the ability to recognize, express and manage feeling or emotions at different stages of life. It includes the management of both positive and negative emotions at different situations.

Physical education aims at emotional stability which helps in facing any type of situation. Physical education teaches to accept success and failure gracefully, which are also helpful throughout the life time.

*Emotions:* fear, anger, sadness, anxiety, happiness etc.

## 4. Mental development objectives

Through participation in physical education activity the individual develops his mental capacities. Mental development is also known as cognitive development. It is basically the construction of mind and activity such as memory, problem solving, decision making, thinking, learning, application of knowledge, attention as well as overall intelligence. Mental development controlled and influenced by brain. (e.g.; frontal lobe controls problem solving, judgement, attention. speaking and Temporal lobe controls memory, understanding language). Physical activity has a positive correlation with cognitive development and brain function.

Mental development can be increased by participating in physical education activities by learning different skills, techniques, rules and regulations and with their interpretation.

Participation of physical activity helps to develop:

- Improving decision making capacity
- Problem solving
- Improving application of knowledge
- Improving judgement capacity
- Attention
- Creativity

- Critical thinking

## 5. Neuro-muscular development

Concern with better co-ordination between nervous system and muscular system. Also known as coordination development.

Regular exercise helps to improve the communication between brain and muscles. Brain and body are two separate things but interdependent. The development of neuro-muscular skills develops the ability of various activities like running, jumping, throwing, catching etc. The development of neuromuscular coordination leads to efficient and graceful movements with little expenditure of energy.

*Neuromuscular coordination* can be defined as the ability of the central nervous system CNS (Brain and spinal cord) to control the muscles in the execution of multi-limb functional movements.

## CONCEPTS OF PHYSICAL EDUCATION

In the modern age, physical education being considered as an essential part of education. Education with major emphasis on fitness, movement and health is termed as physical education. Physical education is the total development of the individual in terms of physical, mental, emotional and social development. Physical education is the training of body maintenance, hygiene, skills and character. Core objective of physical education is physical fitness as medium in games and sports physical education aims at development of healthier nation through medium of exercise and movement education. Physical education means development of physical fitness which helps an individual to live healthier and better life, health disorder like obesity, diabetes, depression etc. Are controlled and checked through the medium of exercise and recreation.

Primitive man moved in order to satisfy a felt needed for a necessity. He had to satisfy his hunger and so he had to search for food. This he did by hunting wild animals in the forest or fishing along the rivers and streams. Some time he had to engage in war in order to ensure protection from his enemies. He had to erect shelter to protect himself from adverse elements or a hostile environment.

The physical activities of primitive man were not organized. His motives for physical activities were mainly to search for food and to protect himself from enemies. However, his gregarious nature and his innate drives for mating and propagation give him the desire to dance and play. All this physical activities of primitive men were very much unorganized.

Physical education had its golden age in ancient Greece. The two city states which gave physical activities much importance were Sparta and Athens. However, these states were exact opposites in their objectives of physical education. In Sparta, the main objectives of physical education were to contribute to a strong and powerful army. The individual existed for the state so that he didn't enjoy individual freedom. Only the strong and vigorous babies were allowed to live in the military state. Any new born infant when found weak or defective was left to die on Mount Taygetus. A conditioning program subjected all boys after six years of age a rigid training in the public barracks, and entered the Agoge which was a system of

public compulsory training. The physical activities consisted of wrestling, jumping, running, throwing discus and the javelin, horse riding, hunting and marching among others

Vigorous physical activities were provided to the six years old boys in the palestra, which was a building for exercise and an open space for jumping and wrestling. The proprietor of the palestra, who was also responsible for directing the activities was called paidotribe . At the age of 14 to 16 the Greek youth coming from the palestra entered the gymnasium which was the physical, social and intellectual center of Greece. The main areas of concern were special sports and exercise under an expert instructor called the gymnast. The gymnasiarch was the chief official and overall in charge of the entire gymnastics program. Greece laid the foundation for the present Olympic games which were first held 776BC.

In Roma army life was considered very important and considered health as important only military life. In order to be in top physical shape for the army. A Roman soldier had to engage in various physical activities following a rigid schedule of training. Activities such as marching, jumping running, throwing the discus and javelin, swimming among others were included. He had to be ready at a moment's notice to serve the state from 17 to 60 years of age.

In the precolonial Indian there was a positive acceptance of physical education. There were Gurukul systems of education where a student has to leave his home and was made to live with his guru. Students were taught along with other subjects, the art of using various weapons and wrestling. The ancient people in India practicing dancing for recreation. Some of the favorite pastime of the people were throwing balls, dice tumbling, chariot races, marbles riding elephants, ploughing contest, horse riding, swordsmanship, boxing and dancing.

A great contribution of physical education is yoga. which is composed of exercise in posture and regulated breathing. Although this is a religious activity in India, it is being accepted today as important activity to discipline the mind and body because it involves 84 different postures. Yoga was originated in Vedic period.

Harry crew buck was an American college sports coach and physical education instructor. He founded the YMCA college of physical education at Madras 1920, which played a key role in promoting sports and in establishing the Olympic movement in India.

The role that physical education plays, today is entirely different from the role in the past. The only aim of old concept of physical education was to develop vigorous and physically fit body and it was introduced for preparing war. Physical education has been neglected in past by the teachers and parents. They used to believe that when a child or student participates in games and sports, his/her education receives a great set back. This wrong opinion negatively affected on physical education development.

Modern physical education programs involve overall development of the child which includes physical development, motor development, mental development etc.by exposing the child to a well-planned program of physical activities and games and sports. In the modern concept physical education has been misinterpreted as physical training. The literally translation of the word



physical is bodily and training is learning. But physical education is much more than physical training.

As per the recommended of Kothari commission 1964s physical education not only aims at physical fitness but also has educational value. It contributes to physical efficiency, mental alertness and the development of certain qualities like preservative team spirit, leadership and obedience to rules.

According to old concept physical education was considered as allied field only meant for physical fitness and it was a part of our society but not a part of school curriculum. But with the time of importance of physical education is shaping the personality of a child is strong felt and the subject was introduced at almost all levels of formal education and it is considered as core subject.

As per old concept, physical education was merely a small field used to remain fit but with time physical education had evolved into a full-fledged subject. Various academic and professional courses like BPE, BPEd, MPed, P.G Diploma, MPhil and Ph.D. in physical education has been offered by numerous institutions throughout the country and world. This provides various carrier options to individuals to fulfil their professional and financial needs. Physical education is an academic and research discipline which is adding knowledge related to physical fitness, health, human behavior (psychology), functioning of human body and other allied subjects and improving overall understanding about human nature, capacities and capabilities.

Physical education in its modern concept is broader and more meaningful. There is no doubt that it is conducive to build up organic health, but it is helpful in developing mental and emotional health and social abilities that are considered to be describe by the society.

Hence we can conclude that the concept of physical education as a module for the development of physical fitness have been changed. It is not merely the part of educational process, it is the complete process of education in itself that provides a well-planned and structured curriculum for harmonious development of a child.

## **HEALTH EDUCATION**

### **INTRODUCTION**

Any system of physical education without the support of health education cannot possible accomplish the best rules. The mutual coordination of physical and health education is a matter of fundamental importance in any system. Health education is the process of imparting information about health in such a way that the recipient is motivated to use that information for the protection or advancement of his own, his family's or his community's health. It is the channel for reaching the people and alerting them to the doctor's services and to all other community health resources. A 'health educated' person is well aware of his own responsibility and of the steps he himself must take to receive the full benefits of prevention at all levels.

Health education is a social science that draws from the biological, environmental, psychological, physical and medical sciences to promote health and prevent diseases, disability and premature death through education.

Health education is the basis of preventive medicine. It provides the knowledge about various diseases and also the methods by which they can be prevented. Health education aims at building a healthy individual, health environment and a healthy society. Health education enhances the quality of life for all people and improve health status and the education.

Health education programmes are basically of preventive and promote nature. As better than cure such programmes are very important in transmitting the knowledge, making the people aware of various dreaded diseases, occurrence of which easily avoided.

## **MEANING**

Health education is a profession of educating people about health. Areas within this profession encompass environmental health, physical health, social health, emotional health, intellectual health and spiritual health.

## **DEFINITION**

“Health education is any combination of learning experiences and designed to help individuals and communities improve their health by increasing their knowledge or influencing their attitudes.”

## **WHO**

## **AIMS OF HEALTH EDUCATION**

- Health promotion and disease prevention
- Utilization of available health services
- Early diagnosis and management

## **OBJECTIVES OF HEALTH EDUCATION**

### **1. Informing people**

The first objective of health education is to inform people or disseminate scientific knowledge about prevention of diseases and promotion of health. Exposure to knowledge will melt away the barriers of ignorance, prejudices and misconceptions, people may have about health and diseases.

### **2. Motivating people**

The second objective is more important than the first. Simply telling people about health is not enough. They must be motivated to change their habits and ways of living, since many present day problems of community health require alteration of human behaviour or changes in the health practices.

### **3. Guiding into action**

A person who has obtained health information might be motivated to change his behaviour and lifestyle. However, he might need professional help and guidance so as to bring about these changes and sustain these altered life styles. So the objective guiding into action is concerned with development of skills and action.

## **IMPORTANCE OF HEALTH EDUCATION**



1. Health education provides information to the students and the teachers about the function of the body the rules of health hygiene and precautionary measures for keeping of diseases.
2. Health education helps in discovering physical defects of children and discovering various types of abnormalities of children
3. Health education develops health habits like need of fresh air, hygienic feeding and various class room habits.
4. Health education provided knowledge regarding good health habits
5. Health education develops better human relations between school, home community
6. Health education provides knowledge regarding prevention and control of various diseases
7. Health education providing first aid training essential for everyone emergency may come to any one and anytime.

## **HEALTH**

Health is the ability of individual or communities to adapt and self-mange when facing, physical, mental or social challenges. It is general condition of person's mind and body.

## **MEANING**

The meaning of health changes overtime. It is derived from the old English word "hoelth" meaning being safe or sound body and whole of body. The meaning of health can vary among cultures. What is considered a disease in one culture may be considered normal in another.

"The state of being free from illness or injury"

(Oxford dictionary)

## **DEFINITIONS**

"Health is a state of complete physical, mental and social well-being and not merely an absence of disease or infirmity".

(WHO).

"Health is considered as that condition, mental and physical, in which the individual is functionally well adjusted internally as concerns his body parts and extremely as concern his environments"

**Vollmer and Esslinger**

"Health aims at making growth more perfect, life more vigorous, decay less rapid and death more remote."

**Siddalingaiya**

"It is the quality of life that enables an individual to live most and serve best."

**J.F Williams**

## **CONCEPTS OF HEALTH**

Health is one of the most fundamental conditions of life. Feeling healthy is core to our everyday lives. People see healthy as an essential to well-being, but how people define your own

health varies according to their social experiences, particularly in relation to their age, personal knowledge and social illness experiences. People put a high value on health because while money and power provide the means for people to attain material things that may benefit their lives, no one can actually buy health. In other words, health itself cannot be bought and sold in the marketplace, although health service can be bought and sold.

Health is a common term in most culture. In fact, all communities have their concepts of health as part of their culture. An understanding of health is the basis of all health care. It is not perceived the same way by all members of a community including various professional groups giving rise to confusion about the concept of health. Health has evolved over the centuries as a concept from an individual concern to a worldwide social goal and encompasses the whole quality of life.

Life style and living conditions are two important factors in health as a broad concept. Life style includes health behaviors and habits such as diet, exercise, substance use and sexual behavior. Individuals often have an influence over their own life style choices. Living conditions refers to the settings where people live and work as well as how the surrounding environment and society impact an individual's life. Living conditions can be difficult but not impossible to change, and this is important to try to improve. Lifestyle and living conditions are inter connected. For example, living in a safe neighborhood, where there is place for children to play outside increases the likelihood that the children will get enough physical activity.

### **1. Biomedical concept**

Traditionally health has been considered as an absence of diseases and if someone was free from diseases, then that person was considered healthy. This concept is known as biomedical concept, and it is based on "germ theory of the disease" which dominated medical thought at the turn of the 20<sup>th</sup> century. The medical profession viewed the human body as a machine and disease is an outcome of the breakdown of the machine and one of the doctor's task was to repair the machine. This concept has minimized the role of the environment, social, psychological and cultural determinants of the health.

### **2. Ecological concept**

Health is achieved through the interaction between people and their environment, both individual and environmental factors are influencing health and well-being.

Deficiencies in the biomedical concept give rise to other concepts. The ecologist put forward the concept of ecological concept. Ecologist viewed health as a dynamic equilibrium between man and his environment, and the disease as a mal adjustment of the human organism to environment.

According to Dubos "health implies the relative absence of pain and discomfort and continues adaptation and adjustment to the environment to ensure optimal function". The ecological concept raises two issues via. imperfect man and imperfect environment.

### **3. Psychological concept**

Health is not only a biomedical phenomenon, but it is influenced by social, psychological, cultural, economic and political factors of the people concerned. These factors must be taken in to consideration in defining and measuring health.

#### **4.Holistic concept**

Holistic concept is a synthesis of all the above concepts

Biomedical + ecological + psychosocial

It recognizes the strength of social, economic, political and environmental influence on health. It was a multidimensional approach of health. The holistic approach implies that all sectors of the society have an effect on health, in particular agriculture, animal husbandry, food, industry, education, work and other sectors.

#### **FACTORS AFFECTING HEALTH**

Health is multifactorial. There are numerous factors which influence the health of people in society. The factors lie both with the individual and in the society in which he lives. Some of the most known factors and conditions which health of an individuals are:

##### **1.Biological factors**

A. Pathogenic micro- organisms. (viruses, fungus, bacteria)

E.g.: Corona viruses, mycobacterium tuberculae

B. Biological hereditary (genetic factors)

Diabetes mellitus, Haemophilia (a disorder in which blood doesn't clot normally)

C. Other factors-age, sex, growth and development

e.g. Osteoporosis and Hyperthyroidism

##### **2.Environmental factors**

Air pollution, water pollution, soil pollution, radiation. Noise pollution

##### **3. Social factors**

Income, education, political and economy in the society, cultural system and health care services

##### **4 Personal factors**

A. good habits and bad habits (use of alcohol, smoking, drugs]

B. eating habits (high blood pressure, cholesterol)

C. Personal beliefs

D. Culture

#### **DIMENSIONS OF HEALTH**

## **1. Physical dimensions**

It is the perfect functioning of the body.

Physical dimension purely refers to the perfect functioning of the body externally as well as internally.

**Externally:** Having good physique, good appearance, good texture, good posture, healthy skin, well-structured and strong body parts and limbs, bright eyes etc.

**Internally:** all systems of the human body that is digestive, circulatory, nervous and excretory system and sensory organs are functioning optimally. The pulse rate, blood pressure and body weight being in normal limits according to the age and sex.

Physical health means proper functioning of the system and physical wellbeing of the body.

## **2. Mental dimension**

Mental health is a vital component of total health. It is basic for dealing effectively with reality, with oneself and with others. Only a mentally healthy person is able to meet her life problems in a such a way as to provide her with a feeling of personal satisfaction and to contribute satisfactorily to the welfare of the society.

Mental health refers to the cognitive aspects of health. Mental dimension of health means responding on the behalf of life experiences according to flexibility and sense of purpose. It refers to the person's ability to use their brain and think. Mental health is related to functioning of brain. Physical activity helps to improve mental health and good mental health leads to increase self-esteem.

***A Person who is mentally healthy is one who:***

- Is free from unsolved internal conflicts and is able to arrive decisions.
- Is confident about her own abilities but recognize her faults
- Has high self esteem
- Assumes responsibilities according to her capacity and finds satisfaction
- Is able to handle any situation without getting too upset or tense
- Adapt to situations and people
- Deals with others with considerations
- Is well adjusted and gets along with others.
- Is not in the condemning or pitying herself all the time,

***Cognition includes:*** memory, learning, language use, problem solving, decision making, judging.

Mental health disease; Alzheimers, dementia etc.

## **4. Social dimension**

Social health denotes the ability of an individual to adjust with society.

Social dimension of health means our ability to make and maintain meaningful relationship with others,

Characteristics of socially healthy individuals are:

- They are friendly people
- Unselfishness
- Forgiveness
- Sense of fairness
- Co-operation

### **5.Emotional dimension**

Emotional health means emotional fitness and emotional control. Emotional health is about the person's mood or general emotional state. It is our ability to recognize and express feelings adequately. It relates to your self-esteem as well as your ability to control your emotions to maintain a realistic perspective on situation. Emotional health refers to the person's mood often connected to their hormone.

A person can be called emotionally healthy if his emotions are always positive and has full control over his emotions. On the other hand, a person has no control over his emotions or is overpowered with negative emotions can be called emotionally imbalance or emotional ill.

### **6.Spiritual dimensions**

Spiritual health relates to our sense of overall purpose in life. It belongs to integrity, principles and ethics. A person who has purpose to his life is said to be healthier than those who don't see a purpose of life. As having a purpose in life can help you to apply yourself to achieving goals. Having a purpose to life can also help people to maintain a proper perspective on life and overcome adversity. Spiritual health will very easily affect emotional and mental health.

***Integrity:*** quality of being honest and having strong moral principles.

***Ethics:*** person knows what is right and wrong about human behaviour.

## **HEALTH CONCEPTS OF PHYSICAL EDUCATION**

Health is a measure of our body's efficiency and overall well-being. Health is defined as a state of complete physical, mental and social well-being. When people are healthy, they are more efficient at work, this increase productivity and bring economic prosperity. Good health can be maintained by eating the right kind of food, living in a healthy environment and undertaking physical activities throughout life. Health education is an activity aimed at the improvement of health related knowledge, attitudes, and behavior. It is used in schools to help students make intelligent decisions about health related issues. There are many ways to teach health in schools. Usually instructors create and facilitate learning experiences that develop the student's decision making skills. Health literacy is defined as "the ability to access, comprehend, evaluate and communicate information as a way to promote, maintain and communicate information as a way to promote, maintain and improve health in a variety of settings across the life courses" (public health agency of Canada,2014). physical well-being is only one aspect of a person's overall health.

Physical education is an educational process that uses physical activity as a means to help people acquire skills, fitness, knowledge and attitude that contribute to their optimal development and well-being. “physically literate individuals consistently develop the motivation and ability to understand, communicate, apply, and analyze different a variety of movements confidently, completely, creatively and strategically across a wide range of health related physical activities. These skills enable individuals to make healthy active choices throughout their life span that are both beneficial to and respectful of themselves, others, and their environment”(Mandigo et.al,2009 p.28).

An individual’s physical and mental well-being is the concern of two similar areas of education. Health education and physical education, both deal with habits of exercise, sleep, rest and recreation. Physical activity is an integral part of physical education. WHO defines physical activity as any bodily movement produced by skeletal muscles that requires energy expenditure. Health behavior plays a major part in a person's overall well-being. Physical activity may indirectly influence health behaviors such as over eating, smoking, substance abuse, stress management, risk taking and others.

The contributions of physical activity to good health and quality of life has been known for centuries. The ancient philosopher Plato noted “lack of activity destroy the good condition of every human being while movement and methodical physical exercise save it and preserve it”. The current world health organization guidelines show that Plato’s notion has not lost its importance, by encouraging every one. Regardless age or physical activity, ensuring proper physical development and maintenance of physical and mental health throughout life span.

Health is a dynamic process. Those who participate in regular physical activities, improve their health and the state of well-being. Participate of all children in free play, informal and formal games, yoga and sports activities is essential for their physical and psycho-social development. Regular physical activity is proven to help prevent and manage non-communicable diseases such as heart diseases, stroke, diabetes and several cancers. It also helps prevent hypertension, maintain healthy body weight and can improve mental health, quality of life and well-being. However, relatively a lack of physical activity has become a public health concern. This is largely due to the reduced required to be active in daily life. Machines and technology now complete the tasks that once required physical effort.

Health and physical education is an opportunity for students to learn about the importance of being active and healthy. Health and physical education aims to develop the knowledge, understanding and skills to enable students to: access, evaluate and synthesis information to take positive action to protect, enhance and advocate for their own and others health well-being, safety and physical activity participation across their life span.

Students get a lot of benefits from physical education classes. Physical education classes can help students to become more aware of the importance of healthy lifestyle. The students can also retain a higher level of knowledge as result of the overall health. This knowledge can help them to make wise decisions concerning their safety, health and well-being. Physical fitness can be key component of a healthy lifestyle. When the regular fitness activities are included in the lifestyle of a student, it is possible for them to maintain fit. Regular physical activity can help to improve the absorption of nutrients in the body. It also helps to cardiovascular health and muscular strength. The heart plays an important role in pumping blood to the entire body. When students remain inactive throughout the day, they can be at a risk of various cardiovascular issues.



Nutrition is one of the element of physical education. One of the key benefits of physical education is that it helps students to understand proper nutrition. With the physical education and health, students understand the importance of eating well and the key nutrition guidelines. Physical education helps to develop social health of a children. Physical education allows students to participate social interactions. Through these activities students can learn how to cooperate with others and these activities also gives them that sense that they are part of them. To be part of a team makes people feel that they are included. Students can develop healthy relationships through the activities in physical education. Physical activity helps children and adults have a better sleep at night, and rest is good for our brain. Physical activity decreases the risk of depression and helps create energy, which allows people to accomplish more throughout the day.

It is clear that physical education plays a key role in the development of a student life. There are various factors that should be considered in the development of sports activities. One of these is the age of a student. It is important for a physical educator to help learners make the right choice of physical activities either now or in the future. Therefore, there are some good reasons for why physical education should be incorporated in the school's curriculum.

### **Model questions**

#### **Very short answer type questions**

- 1.What is the meaning of health education?
- 2.Define physical education.
- 3.What are the objectives of physical education?
- 4.What are the dimensions of health education?
- 5.What are the importance of health education?
- 6.Define health

#### **Short answer type questions**

- 1.Write a short note on factors affecting health
- 2.Write a short note on physical health
- 3.What are the concepts of health?

#### **Long answer type questions**

- 1.Elaborate objectives of physical education
- 2.What is the need and importance of physical education?
- 3.Elaborate dimensions of health.

