

Development of Physical Education and Sport in India

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Abstract:

This paper discusses the importance of education and research in the field of physical education and sports with a particular focus on NIILM University in Kaithal, Haryana. It also considers related areas that contribute to a better understanding of the subject. Physical education, often described as “education through movement” plays a key role in overall development in both Mental and Physical domain. It has become an integral part of modern education, where the focus is shifting from just physical strength to the overall learning experience. In India, sports have come a long way and are gaining increasing recognition and respect in society. Encouraging progress, especially in athletics, reflects the combined efforts of the government and the public. With continued dedication there's strong hope that India will achieve even greater success in sports and make its mark globally.

Keywords: Physical Education, Muscle Building, Mental and Physical Domain.

Introduction:

Everyone has the basic right to take part in physical education and sports because they help in the full growth of a person's body and mind. People should be free to build their physical, mental and moral abilities through these activities not just in schools but also in everyday life. International Charter of Physical Education and Sports, (UNESCO 1978) says that Physical education plays a key role in a country's growth by supporting education and providing necessary resources. It helps in building systems for evaluation and development in the education sector. Physical education and sports are essential parts of any country's education system and serve as important measures of progress. Therefore, every country should create a clear action plan to support and improve physical education and sports. Ironically, while sports receive a lot of attention in the media around the world including in India, It is often ignored in schools and colleges. Compared to earlier times, Physical Education has declined in the education system. To improve this, we must face and overcome challenges related to planning, resources and infrastructure so that the entire field of physical education and sports can grow stronger.

As stated in “*The New Encyclopedia Britannica*”, sports and games are recreational or competitive activities that require physical strength or skill. In the past, pastimes like fishing, shooting and hunting were seen as different from games, which involve organized contests with teams or individuals following specific rules. Need for Physical Education/Sports: sports are often seen as a break from the stress of daily life. If you ask people in Kaithal why they take part in sports, most will say it's because they find it fun or enjoyable. Physical education is now an important part of modern schooling. Almost every school has a playground and a few sports teams. After classes, students in both schools and colleges actively take part in different games and sports.

Students usually show strong interest in physical activities of all kinds. Studying physical education and sports isn't just about focusing on performance, techniques, or records. It also involves understanding the common beliefs and attitudes people have about physical activity. Even though sports are important, they are often treated more as a form of escape from daily life rather than as a serious part of education.

State of Physical Education in India:

India became independent in 1947, and after that, the Government took several steps to improve the poor condition of physical education. One important step was setting up a committee called the ‘**Tara Chand Committee**’ in 1948. This committee gave many suggestions to improve physical education in the country. In the same year, another committee was formed by Dr. S. Radhakrishnan to look into school education. To guide the government on matters related to physical education, a board called the Central Advisory Board of Physical Education and Recreation was created in 1950. Later, in 1965, the Kothari Commission on Education said that physical education should be made compulsory in schools and colleges. To train athletes in different games and sports, the Government also started some special schemes. Many other important committees and boards were also formed to promote physical education and sports. These include:

- All India Council of Sports (1954)
- National Institute of Physical Education renamed as Laxmibai National College of Physical Education, Gwalior (1957)
- National Institute of Sports, Patiala (1961)
- All India Sports Congress (1962)
- National Sports Policy (1980)
- Ministry of Sports and Youth Affairs (1982)
- National Sports Policy (1984)
- National Sports (Development) Bill (2011)

Physical Education and Sports Courses Presented in India:

Over the years, India has developed various teacher education programs in physical education. It is interesting to know that the earliest professional courses in this field were the Certificate in Physical Education and the Diploma in Physical Education (now called Bachelor's degree), both of which were one-year courses. The Master's degree in Physical Education started in 1963–64 as a step forward in making physical education a proper academic subject and a respected profession like medicine, engineering, law, and others. Since then, the course has been offered under different names. For example, a one-year course called Master of Education (Physical Education) was offered by the Punjab Government College of Physical Education, Patiala under Punjabi University, Patiala. Later, many other institutes also started this course and named it M.P.Ed. Another version called Master of Physical Education of two-year duration was offered by Laxmibai National College of Physical Education (now known as Laxmibai National University of Physical Education), Gwalior. A course named Master of Arts (Physical Education) was started at Panjab University, Chandigarh.

To make things clearer and uniform, and to avoid confusion in hiring and qualifications, the National Council for Teacher Education (NCTE) created a standard structure for postgraduate physical education courses. They fixed rules about the course content, name, duration, and told all institutions to follow these rules or else lose their recognition.

Finally, the course is now known as Master of Physical Education (M.P.Ed.) and has a duration of two years from 2002 onwards. The M.P.Ed. course is usually based on yearly exams, but many universities and colleges have changed to the semester system as per the general rules of the University Grants Commission for postgraduate courses.

Importance of Physical Education:

In daily life, we are facing a lot of troubles and these kinds of problems can be coped with the help of physical activities. Sharma, et.al give importance of physical education as follows: Physical activities help in developing various kinds of intellectual qualities inherent in a child. Thus with the help of physical education, it is possible to develop children intellectually. Players learn to work in groups, with utmost co-operation and co-ordination. By participating in physical activities, qualities of group efforts, loyalty to the team and strong ties can be developed in participants. These qualities help in building a good moral character of the individuals.

- Various kinds of physical activities help in developing the organic system and functioning of the body. They also improve the abilities of human being to resist fatigue, to remain active and perform efficiently.

- It brings universal brotherhood and integration among players and their respective nations.
- By participating in various kinds of physical activities, participants become emotionally mature.
- Human body is a composition of muscular and nervous systems, and to keep the body in proper condition, it is necessary to keep these systems fit and in good working conditions. These systems will function properly if there is a kind of coordination between them.
- Participants become good decision makers and mentally developed only by taking part in various sports.
- Physical education brings leadership qualities among players.

Quality Physical Education:

- Gives students the knowledge and skills to participate in a lifetime of physical activity.
- Teaches movement skills and how to assess physical activity.
Uses materials that are appropriate for the age and skill level of the students.
- Uses activities that keep students active for most of class time (more than 50% of class time).
- Meets the needs of all students.
- Is an enjoyable experience for all students.

Benefits of Physical Activities:

- **Improves Fitness:** Activities like skipping, running, and jumping help the body become stronger and fitter.
- **Makes You More Active:** It helps people avoid being lazy and keeps the body moving.
- **Helps You Socialize:** It teaches students how to talk, share, and play with others, which helps them in real life.
- **Builds Teamwork:** Playing or exercising with others builds team spirit and a feeling of unity.
- **Improves Health:** Regular exercise helps the heart, lungs, and other body parts stay healthy and fight sickness
- **Fun and Enjoyable:** Physical activities are exciting and not boring, especially when they are different each time.
- **Makes You Feel Good:** It not only keeps you fit but also makes you feel better overall.
- **Teaches Goal Setting:** Students learn to set goals and try hard to reach them, which helps in life.

- **Fewer Injuries:** People who exercise often are less likely to get hurt and recover faster if they do.
- **Builds Confidence:** Meeting and playing with others helps students feel better about themselves.
- **Relaxes the Mind:** After long hours of study, exercise helps the brain to rest and feel fresh.
- **Opens Career Paths:** Jobs like sports coaches, gym trainers, or athletes often begin with physical education.
- **Increases Strength:** Exercises help build stamina and energy. Games like football or jumping rope are good for this.
- **Helps Find Talent:** Teachers can see who is good at sports and help them grow their talent.
- **Breaks Classroom Boredom:** PE gives students a break from regular classroom work.
- **Keeps Things Interesting:** PE is different each time, so students don't get bored easily.
- **Teaches Team Spirit:** Working with others and following rules helps build strong teams.
- **Teaches Warm-Ups:** Many warm-ups move like squats and jogging come from physical education.

Physical Education in Post Globalization Period:

Even though many countries tried to improve Physical Education and Sports with help from other nations, its role in education is still a concern. Physical Education and Sports have become a serious issue, especially in schools, even though sports are popular and get a lot of media attention. Because of this, governments are now more focused on competitive sports that get media coverage, both in public and private sectors. One example is the confusion caused when there is no clear division between the Ministry of Youth Affairs and Sports and the Ministry of Education. To address this, the Physical Education World Summit was held in Berlin. This event was based on a report that showed the growing problems in Physical Education and Sports in many countries. A global study covering about 120 countries found the following key problems:

- Less time is given to Physical Education in school schedules.
- Less money is spent, and there are not enough materials, staff, or funds.
- Physical Education is not considered important.
- Many teachers are not well-trained.
- The rules for Physical Education are often not followed properly.

Conclusion:

Education and research in Physical Education and Sports in India is growing quickly. But when we compare it to international standards, the results are not very good. Some sports institutes

are doing well and are offering education and research opportunities in this field. Sports have become more important in Indian society over time. Both government and private groups have worked to promote sports, but more efforts are still needed. People are showing more interest in sports because of rewards like cash prizes and job reservations under the sports quota. There is a need to update the curriculum, provide better research facilities for sports scientists, and make sure policies are made and followed properly. All problems at every level must be fixed. In short, there is still a lot of work to be done in the area of education and research in Physical Education and Sports in India.

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