



FUTURE OF SCIENTIFIC TRENDS AND CHALLENGES IN PHYSICAL EDUCATION AND SPORTS

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ABSTRACT A sport is a healthy way of life for human society. Sports essential element of human society without sports we can't make healthy generation. The aim of this paper is to identify to correct trends and challenges in physical education and sports and based on this these current challenges future trends and challenges would be discussed. Various factors which a dimensional diminishing the interested of students is physical education activities. Although and the physical education is being taught as a part of curriculum in all the schools but lack of adequate time and trained teachers good facilities are responsible for little interest in this field. The future challenges to make this field interesting involves an adequate curriculum, scientific funds allotment for holding various competitions and role of technology to create awareness about the importance of physically activities and sports in our daily life.

KEYWORDS : Trends, sports, physical education, excurses, curriculum, technology.

INTRODUCTION:-

In today's age of globalization sports are an essential element of human life you can't imagine a healthy life without them. The importance of physical education has never been emphasized more than it is today. It is widely recognize that physical education and sports in relevant and important in developing and active and healthy life style and the solution to rising obesity rates worldwide. Although in most countries physical education is part of school curriculum, lessons are not given, thus leading to reduce experience of physical activity for children and youth (Jaswinder Singh Barar-2020). The practice of physically active lifestyle is combination with healthy nutrition how your needs to be started in early childhood. Therefore insuring that all children's engage in regular physical activity is crucial and the schools are they only place where all children's can be reached. Quality physical education is the most effective and inclusive means of providing all children's whatever their ability, disability, sex, age, cultural race, religious or social background with the skills attitude values knowledge and the understanding for lifelong participation in physical activity and sports and is the only school subject whose primary focus is on the body physical activity physical development and health. The present study will identify to current trains issues and challenges in physical education and sports based on which future challenges will be addressed (Bindu Chahal-2018)

Current Trends in Physical Education and Sports:-

Physical educator have failed to ensure that the linkage between their efforts in the classroom and the health and cognitive to development of their students. The responsibility rests directly on the shoulders of physical educators to ensure that important of their subject matter is understood and embraced as a part of their schools rover all curriculums. Today, more than ever, the physical education curriculum needs to building of children and youth as the matriculate through the curriculum as has been noted lesson learn at early age carry into adult life. Furthermore the importance of physical activity as way of creating greater attentiveness in the classroom has not been recognized the opportunity for schools to provide brain breaks, which stimulate students and release reenergize their efforts, has largely been ignored in the overall curriculum (Dr. Dehinu. M. R-2018)

Therefore it is dire need to generate students' interest in sports and other physical activities by making these studies more interesting and creating awareness about the importance of such activities. The aim of physical education is to develop physical competence so that all children are able to move efficiently, effectively and safely and understand what they are doing. The outcome physical literacy along with numeracy and literacy is the essential basis for learners to access the whole range of competence and experience. An important component in developing the joint use of resource is establishment of a program of communication and tradition interaction. India specially where there is so much talent but due to lack of financial funds, many students like behind even being so talented. The co-proration from different agents will help need is produced to show case their talent at different world level competitions (Kelly. L E-2004)

Role of Technology in Physical Education and Sports:-

In 21st century technology playing is major role various fields. Children born in the early part of this millennium are known as the generation. This group of the individual has access to forms of technology unheard of just two decades ago they have never know life without wireless High-speed internet connections, cellular phones with data connections texting or video gaming consoles most of them are very familiar with technology interference using apps and social media on a regular basis. The implications of search diatomic changes in access to technology among children and youth should be self evident in all running areas application in health and physical education pedagogy and available and can be applied to enrich and enhance curricular offering in more school settings numerous technology application focus on promoting physical activity and fitness are available and easily accessible (Rosen.L.D-2010). Teachers will also be required to get knowledge of contemporary technology based instructional strategies, further more teachers will need to gain a greater awareness of teaching strategies that support anytime ,anywhere learning and leverage technology applications technology holds promise for the way that students learn and also for the way in which teachers teach. Physical and health educator are challenge to become more responsive to technology driving environment to provide in hands opportunities for learners will be on the walls of the traditional classroom setting. Now today the need of technology is very essential for every field, technology does can play whetted roll in generating the interest in physical education and sports activities (Stillwell.J.L-2006).

Research Methodology:-

The secondary sources are given more importance in the this paper in this paper, the secondary sources of information use the papers, articles of research journals, newspapers thesis and books of famous philosopher.

CONCLUSION:-

The current practice and present curriculum needs to be the modified to generate interest of students in physical education and sports activities. The future challenges will mainly be the appropriate curriculum to be made and followed and make available adequate funds from various organization in order to support the needy but intelligent so that they can only focus on their game without worrying about the funds the technology will also play an important role in expanding and creating the interest of in physical activities.

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