



Strategic action plan for implementing physical education at college level

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ABSTRACT

High-quality physical education programs are an integral part of any coordinated physical education program for colleges (CPEPC). Currently, there is no specific physical education curriculum or period implemented for PUC to graduation grades. Providing daily physical education, or its equivalent, for the entire year or semester is ideal for the college students. This strategic action plan reveals that colleges need to be where youth learn the benefits of physical activities and participate in a quality physical education program. Introducing physical education at college level will provide strength and awareness about physical education, physical fitness, sports and health which in turn will lead to better knowledge of sports, physical activity, health (physical and mental) and physique among students to maintain quality of life. It helps and guides the students to choose professional carrier in physical education and sports. This kind of strategic action plan would help to improve the standard of physical education at college level.

INTRODUCTION:

High-quality physical education programs are an integral part of any coordinated physical education program for colleges (CPEPC). In childhood and adolescence, regular participation in physical activity helps prevent many chronic diseases and maintain an overall healthy lifestyle. Unfortunately, many colleges are decreasing the availability of physical education programs and daily recesses are on. From 2000 to 2011, the percentage of students who attended daily physical education classes declined. The majority of college students take participation in physical education and sports during leisure hours and competition periods from PUC to graduation grades. Currently, there is no specific physical education curriculum or period implemented for PUC to graduation grades. Providing daily physical education, or its equivalent, for the entire year or semester is ideal for the college students. To remedy this situation, we need to know that everyone can do something about promoting and implementing physical education into a CPEPC and why this is important. With standards based achievement now mandatory for all colleges, research shows that increased physical activity leads to higher test scores in math, reading and writing, increased concentration in class, and a decrease in disruptive behavior. This research reveals that colleges need to be where youth learn the benefits of and participate in a quality physical education program. Achieving this can be as simple as mandating daily recess periods and extracurricular activities, such as after college competitive sports and physical activities and these should be included in college policy.

OBJECTIVES:

- To provide effective, enjoyable instructional programs of physical education, preferably daily, for all students in colleges from PUC to graduation grades based on a written curriculum consistent with national and international standards for physical education.
- To Develop and enforce policies that support physical education.
- To involve families and communities in the promotion of physical education and physical activity.

CO-ORDINATED PHYSICAL EDUCATION PROGRAM (CPEPC) FOR COLLEGES:

Actions for Colleges:

- Provide effective, enjoyable instructional programs of physical education, preferably daily, for all students in colleges from PUC to graduation grades based on a written curriculum consistent with national and international standards for physical education.
- Offer programs that meet the needs of special populations.
- Ensure that physical education is taught by a qualified teacher with a minimum master degree and doctorate in physical education.
- Provide teachers with in-service training in physical activity promotion and coaches with appropriate coaching competencies.
- Provide theoretical instruction in physical education for a minimum of 180 minutes per week and 120 minutes per week for practical instruction.
- Make sure indoor and outdoor facilities are adequate, clean, and safe and open to students during non-college hours and vacations.
- Have technology incorporated on a regular and continuing basis.

Actions for State and National Organizations and Colleges and Universities:

- Promote physical education for the all round development (physical, mental, emotional, and social) of the student.
- Promote physical activity as a measure to prevent chronic disease.
- Collaborate with local agencies to share best practices and effective solutions.
- Develop and disseminate assessment systems that individuals can use to determine their health and fitness status.
- Allow third-party reimbursement for health care providers who regularly assess and counsel students and their families about physical activity.
- Provide incentives through health insurance and employee wellness programs to students and staff who engage actively in this programme.
- Develop guidelines that recommend the frequency, duration,

tion and quality of offerings in physical education and hold colleges accountable for meeting those guidelines.

- Adopt and enforce certification requirements that are consistent with national standards for those who teach physical education and provide staff development.
- Ensure quality of college buildings and facilities used for students' and college staff's physical activities and provide funds for construction of safe facilities for physical activity.
- Refine and enhance the quality of pre-service and in-service education that addresses physical education as a component.
- Fund or conduct research that can inform and support college physical education.
- Include in the health care reform agenda incentives for participation in physical activity.

Actions for Families and Communities:

- Advocate for physical education classes and after colleges programs that are attractive to all students by encouraging college administrators and board members to support activities that promote lifelong physical education, physical fitness, and not just competitive sports.
- Make sure the physical education program includes adequate student participation in practices and contests with no discrimination based on ability, gender or race.
- Volunteer to help college student's sports teams and recreation programs. Teach students safety rules and make sure that they have the clothing and equipment needed to

participate safely in physical activity.

- Ensure that physical facilities meet or exceed safety standards.
- Work with colleges, businesses, and community groups to ensure that low-income young people have transportation and appropriate equipment for physical activity programs.
- Communicate with colleges, teachers and coaches about appropriate physical education including competitive sports teams.

CONCLUSIONS:

To conclude, introducing physical education at college level will provide strength and awareness about physical education, physical fitness, sports and health, which in turn will lead to better knowledge, health (physical and mental), sports awareness and physique among students to maintain quality of life. It helps and guides the students to choose professional carrier in physical education. This kind of strategic plan will help to improve the standard of physical education at college level.

RECOMMENDATIONS:

Before implementing these strategic plans, a survey should be made with a standard and quality orientation of physical education in all the govt. and private colleges by the experts of physical education. Give knowledge about professional carrier opportunities in physical education to the college students along with the survey.

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