



Introduction to Physical Education



INTRODUCTION

The basis of Physical Education is difficult and very broad. With changing time, its meaning also kept changing. The following definitions clear its meaning to a great extent:

- According to **H.C. Buck**, *Physical Education is the part of general education programme which is considered with growth, development and education of children through the medium of big muscle activities. It is the education of whole child by means of physical activities. Physical activities are tools and are so selected and conducted as to influence every child's life physically, mentally, emotionally and morally.*
- According to **C.L. Brownell**, *Physical Education is the accumulation of whole some experience through participation in large muscle activities that promote optimum growth and development.*
- According to **J.B. Nash**, *Physical Education is that phase of the whole field of education that deals with big muscle activities and their related responses.*
- According to **Cassidy**, *Physical education is the sum of changes in the individual caused by experience which can bring in motor activity.*

■ Post-Independence Development of Physical Education

After 15 August 1947, the development of physical education moved in a new direction. Many organisations were set up for the development of physical education as per the following details:

1. **The Central Advisory Board of Physical Education and Recreation:** This was set up in March, 1950 under the presidentship of Dr. Tara Chand along with 10 other members. Its first meeting was held on 19 March 1950. In 1958, a meeting of the principals of all the colleges of the country was held in Madras (now Chennai), during which emphasis was put on imparting physical education.
2. **All India Council of Sports:** The central government prepared a policy to boost games and sports in India. In 1954, the Union Minister Maulana Abul Kalam Azad called a meeting of the heads of different sports associations. Retired Admiral General K.M. Kariappa was appointed as its first president.
3. **Netaji Subhash National Institute of Sports:** In 1958, a committee was set up, headed by the Maharaja of Patiala to make an inquiry about India's poor performance and downward slide in the Olympic games. The Government of India established Netaji Subhash National Institute of Sports in March, 1961. It was inaugurated by Dr. Seemali.

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Table of Contents Laxmi Publications Xi Manual

1. Understanding the eBook Laxmi Publications Xi Manual
 - The Rise of Digital Reading Laxmi Publications Xi Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Laxmi Publications Xi Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Laxmi Publications Xi Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Laxmi Publications Xi Manual

- Personalized Recommendations
- Laxmi Publications Xi Manual User Reviews and Ratings
- Laxmi Publications Xi Manual and Bestseller Lists
- 5. Accessing Laxmi Publications Xi Manual Free and Paid eBooks
 - Laxmi Publications Xi Manual Public Domain eBooks
 - Laxmi Publications Xi Manual eBook Subscription Services
 - Laxmi Publications Xi Manual Budget-Friendly Options
- 6. Navigating Laxmi Publications Xi Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - Laxmi Publications Xi Manual Compatibility with Devices
 - Laxmi Publications Xi Manual Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Laxmi Publications Xi Manual
 - Highlighting and Note-Taking Laxmi Publications Xi Manual
 - Interactive Elements Laxmi Publications Xi Manual
- 8. Staying Engaged with Laxmi Publications Xi Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Laxmi Publications Xi Manual
- 9. Balancing eBooks and Physical Books Laxmi Publications Xi Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Laxmi Publications Xi Manual
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Laxmi Publications Xi Manual
 - Setting Reading Goals Laxmi Publications Xi Manual
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Laxmi Publications Xi Manual

- Fact-Checking eBook Content of Laxmi Publications Xi Manual
- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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