



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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Dr. J. P. Sharma



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