

Essence of Sports Education Courses in Strengthening Sports Ecosystem

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A sport integrates the mind, body and spirit, purges one's negativity and thereby provides strength. Over the last few decades, the Indian sports ecosystem has seen great metamorphosis. From, one Saturday evening fun event to the dynamic and professional multimillion dollar industry, today sports involve multiple stake holders. Mushrooming of the hi-tech gyms, specialized sports academies, sports colleges, universities, and indeed the high profile league matches have been reiterating that the graph of Indian sports industry shall only ascend in the years to come.

As a career, Sports is a sacred occupation that provides pure entertainment. It helps in societal development is a remedy to several social evils and is a sanctified activity for the wellbeing of human being. Hon. PM of our country lounded fit India Movement

The international Charter of Physical Education and Sports, UNESCO 1978 says, "Every human being has a fundamental right of access to physical education and sport, which are essential for the full development of his personality. The freedom to develop physical, intellectual and moral powers through physical education and sport must be guaranteed both within the educational system and in other aspects of social life."

It is a sad and stark reality that scientific research and development related to sports has not been able to keep pace with international standards in the arena of psychology, physiology, biomechanics and other related allied areas. Some of the reasons behind the same may be lack of effective planning, absence of trained and professional architects, lack of adequate funds and financial assistance, contradictory policies, lack of motivation in girls or the female fraternity and socio cultural constraints. But some of the steps that can be taken to solve the crisis may be – a) integrating sports and physical education to the curriculum right from the primary, secondary and intermediate level courses so that a strong foundation and approach is built,

b) Developing policy to promote participation of maximum number of students in sports events and competitions in the university level,

c) Developing an all-round focus on skill, agility, flexibility, poise, coordination, strength, endurance etc.

d) Persuading the so called fourth pillar of democracy- the media to use its pen and voice to change general mindset towards sports and games,

e) Review and modification of obsolete curriculum, teaching and learning methodology, theory and practicum assessment rubrics in physical education and sports related courses.

Sports Medicine, Exercise Physiology, Sports Management, Sports Event Management, Sports Tourism, Sports Law, Sports Journalism, Sports Nutrition, Sports Physiotherapy, Sports Massage etc. are areas which can throw career options in future. To meet such requirements Sports universities at state and central level are being established.

Some of the eminent sports education institutions and departments across India trying to meet the above mentioned points are- Lakshmibai National College of Physical Education, Kerala, Tamil Nadu Physical education and Sports University, Tamil Nadu, Swarnim Gujarat Sports University, Gujarat, Institute of Sports Science and Technology, Maharashtra, Lakshmibai National Institute of Physical Education, Madhya Pradesh, Netaji Subash National Institute of Sports, Punjab, Symbiosis School of Sports Sciences, Amity School of Physical Education and Sports Sciences, Uttar Pradesh, National Academy of Sports Management, Maharashtra , Centre of Sports Science, Tamil Nadu etc.

Today sportspersons rely on the expertise, guidance and advice from a wide network of support personnel in order to maximize their potential and achieve their goals. Science, Nutrition, Medicine, Psychology, Rehabilitation, Strength and conditioning are key factors in the preparation of the modern day sportsperson. In order to ensure that outstanding sportspersons represent the state in National Games/Championships and further go on to win medals at International Events, Institutional Capacity Building is being worked upon.

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