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Importance of Sports, Physical Education, NSS Activities in the Life of Any Student in an Educational System

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ABSTRACT

Physical Education and Sports play a fundamental role in the early development of children and are considered to be an important component of quality education. Sports contribute a great deal in holistic development of children and boost academic performances as well. Children also learn the importance of key values such as honesty, team work, trust and leadership through participation in sports and physical education. A great increase has been occurred during recent years in the number of children and adolescents participating in organized sports and cultural activities.

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INTRODUCTION

Sports has gained massive popularity all over the world and it has become a way of life. Sports serve a vital social and cultural function in the society and helps in all round development of human personality. It provides ample scope and healthy means for recreation and relaxation of human mind and society. A healthy body is always recognized as important as healthy mind. It provides opportunity for social interaction, fostering peace and understanding among different people, race, religion etc. sports also provides platform for the people and nation to complete with each other for achieving heights of excellence in human endeavor from ancient time, yoga, sports and games martial arts etc. have been the characteristics of our nation's history.

It is universally acknowledged that the overall development of a child is critically dependent on sticking the right balance between academic and extra-curricular activities like sports and games that allow for competitive and team building skills among them although the present education system in India aspires to develop and enhance all facts of a child's personality it leaves a lot to be desired due to the quality of the overall approach where marks and grade and associates of the family and peer pressure almost always takes precedence. It is thus important that the best education system should not only focus on the academic and curriculum but also should give equal weightage to extracurricular activities like, Physical Education & Sports.

Sports Nutrition:

Sports nutrition is the study and practice of nutrition and diet as it relates to athletic performance. It is concerned with the type and quantity of fluid and food taken by an athlete, and deals with nutrients such as vitamins, minerals, supplements and organic substances such as carbohydrates, proteins and fats. Although an important part of many sports training regimens, it is most commonly considered in strength sports (such as weight lifting and bodybuilding) and endurance sports (for example cycling, running, swimming) [7].

Protein intake is a part of the nutrient requirements for the regular athlete and is an important component of exercise training, because it can also aid in performance and recovery. Dietary protein intake for well-trained athletes should occur before, during and after physical activity as it is advantageous in gaining muscle mass and strength. However, if too much protein and amino acid supplements are consumed (especially by the Average Joe exerciser), it can be more harmful than beneficial; health risks include: "dehydration, gout, calcium loss, liver, and renal damage [and] gastrointestinal side effects include diarrhea, bloating, and water loss"

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(Lawrence). A bountiful protein diet must be paired with a healthy, well-rounded meal plan and regular resistance exercise. Yet, characteristics such as the type of exercise, intensity, duration, the carbohydrate values of diet, the individual's sex and age and also the amount of background training and training environment. [7]

Fundamental Role:

Sports play a fundamental role in the early development of children and are considered to be an important component of quality education. Children involved in any type of sports can develop their motor skills which serve as building blocks for more complicated movements. Children have a natural need to measure their maturing strength, skill, speed and endurance against each other. Free play, exercise and games provide a natural way for children to gain an appropriate level of fitness, skills learned while playing. Sports contribute a great deal in holistic development of children and they known to boost academic performances as well. For example Miss. Divya Guruswamy, a national swimmer who studied in Deksha PU College, Bangalore is topper in studies she scored 100 in Physics, Chemistry and Maths. - 91 in comp. science and 87 in English and other language respectively, in the last + 2 Board exam during May 2014. Another example Miss. Anagha Gowri Sridhar who is a Bharathanatyam dancer could able to secure 568 out of 600 in Arts stream she has travelled all over the world showcasing her talent. She has performed Bharathanatyam dance in various places like Africa, France, London, Singapore, Dubai and various places in the country during this particular academic year. A great increase has been occurred during recent years in the number of children and adolescents participating in organized sports. Competitive sports contribute to the physical, emotional and intellectual development of children and adolescents. Experience in Sports can build self - confidence and encourage social behavior, Sports teach discipline, commitment, passion and concentration.

Key Values:

Children also learn the importance of key values such as honesty, team work, trust and leadership through participation in sports and physical education. Sports help in building self confidence and other admirable characteristics in a child, sports also motivate children and teach them lesson about life as well as importance of social stability and education. Children are often besieged by many psychological and physical challenges at a young age and having health, confidence, self-esteem and other social issues can be detrimental to a child's development in life. Participation in sports can help in preventing these issues.

Issues and Challenges in Physical Education and Sport:

- How are the roles of physical education, exercise science, and sport professionals in the consumer education movement relative to physical activity?
- What are some strategies that professionals could use to promote daily physical education throughout the country?
- What are some strategies that could be used to promote lifespan involvement in physical activity and sport?
- Gambling
- Drug Abuse
- Increasing Salaries
- Violence
- Burnout of young athletes
- Professionalization of collegiate athletics
- Racism
- Academic qualifications of athletes
- Emphasis on winning in youth sports
- Accountability of teachers
- Development of values, character, and ethical decision-making skills has long been touted as one of our primary purposes.
- Values developed include:
 - Cooperation
 - Self-discipline
 - Fair play
 - Emotional control
 - Teamwork
 - Self-esteem and self-confidence
- Ethical and moral abuses associated with sport at all levels has received increased attention.
- Use of physical education practices that humiliate, embarrass, and belittle students have been tolerated.
- How do these practices enhance individual development?
- How do these practices contribute to lifespan involvement?

- Careful planning by professionals is needed in order to structure programs to promote the development of values and ethics.
- Promoting an active lifestyle can be enhanced by the development of affective behavior in our program participants:
 - Confidence in their abilities as movers
 - Sense of self-worth
 - Appreciation of the value of health and the contribution of physical activity to well-being
 - Provide more individualized programs if it will empower participants to take responsibility for their lives.
 - Youth sports programs involve over 25 million boys and girls and 3 million adult volunteers.
 - Purpose of youth sports:
 - Promote the healthy physical, psychological, and social development of participants.
 - Criticism of youth sports
 - Overemphasis on winning and competition.
 - Losing sight of the developmental focus of youth sports.
 - Need for physical education and sport professionals to assume a greater role in the conduct of youth sports.
 - Offers parents and coaches guidance in structuring a sport experience...
 - Opportunity to participate regardless of ability.
 - Participation at a level that is commensurate with each child's developmental level.
 - Qualified adult leadership.
 - Shared leadership and decision-making.
 - Right to play as a child and not as an adult.
 - Proper preparation.
 - Equal opportunity to strive for success.
 - Treatment with dignity.
 - Have fun through sport.
 - "Youth sports programs are neither inherently good nor bad"... Their value depends on the quality of adult leadership and the supporting environment."
 - Volunteers should focus on promoting continued sport involvement of children rather than on winning.
 - Volunteers should be aware of the reasons children participate in youth sport and try to incorporate them into every practice:

Physical Skills:

Children should be exposed to a wide variety of sporting activities to ensure that they identify the game which best meet their needs, interest, body build and physical capacities. This tends to increase their success and enjoyment of sports and reduce the number of dropouts. Indian education system has lagged in developing physical skills of children due to virtual absence of trainers, training facilitates instructions and initiatives. This also partly explains why India hasn't produce any significant number of athletes and other sportsmen and sports women in a global stage. While the situation is changing, a lot of institutions still have to be taken at pre-school level in India to actively involve and engage children in sports and extra curricular activities and enhance their talents in this field.

Gross muscular motor movements are the means of self expression and communication in a nutshell they are now the means of education. It is probably the Greeks who used gross muscular activities as means for individual development when they said "*Mathematics for the mind, Music for the soul and Gymnastics for the body*".

The significance of gross muscular movement in the modern times has been redefine with an education perspective. Sports based programs also help in improving learning of children and encourage them to succeed in academically. To achieve broader goals in education, sports program should be structured in such a manner that they focus on the development of the individual and not only technical sports skills.

Conclusion:

In this, paper, we have given a brief review of the role of physical education & sports in the field of academics. Finally, to sum up the three important things that a child learns from sports:

Goal setting:

Sports give kids a safe place to set goals and experience the thrill of achieving them.

Overcoming Adversity:

Sports are a lab for life. The participant learns how to overcome adversity in a safe environment.

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