

## Significance of Research in Health and Fitness Program

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### Abstract

Physical Education is very important. Since it results in improvement of both the mind and the body, it is imperative that we participate in these programs. It is not true to say that self-improvement can be brought about only by those things that are beyond our reach. However, it is those things that we can do, pursue, and get involved in, that bring about improvement and progress. Physical Education comprises of three basic ingredients – teacher, student and curriculum. It should be divided into three steps – (a) School level (b) College level and (c) University level. Physical Education is Education (learning in school) made complete. Since time immemorial, it has been said 'A healthy body indicates a healthy mind'. The truth of this statement is slowly realized. Education without activity is incomplete. In all kinds of activities, the involvement of the mind cannot be separated. In the same way, actions are reflection of the mind. Therefore, studies inside the classroom, playing in the playground etc., develops our mind, makes our body healthy – generally makes us a brighter and better student. It helps us to become natural. That is why Physical Education and Education is closely related, walking hand-in-hand to prepare us to face the world.

Re-search is a careful, systematic and objective investigation conducted to obtain valid facts, draw a conclusion and establish principles of an identifiable problem, in some field of knowledge. Research in physical education has very broad application. Thus problem solving in this field may be related to historical accounts, philosophical conception, and survey of practice, administrative procedure, and scientific studies pertaining to all phases of the human organism affected by exercise. Research is a systematic and chronological effort for finding out a more appropriate solution to a common social problem. The word Re-search means to search again and again and is composed of two words: Re-Search; where 'Re' means 'again' and 'again' and 'search' means to find out something.

1. Research is an attitude of mind
2. Systematically intellectual activity
3. Systematic solution of problem
4. Systematic method of discovering new facts or verifying old facts
5. Based on sound scientific basis
6. A careful attitude of inquiry
7. Search for truth

### SIGNIFICANCE OF RESEARCH IN PHYSICAL EDUCATION AND SPORTS

1. To achieve the aims and objectives of physical Education.
2. To brighten his image of physical education and sports.
3. To improve the literature of physical education and sports.
4. To improve the new society's equipment and facilities.
5. To create new techniques, skills, styles, tactics, strategies, and systems of play.
6. To improve the sports medicine for carrying and saving the sportsman from injuries, fatigue, stress etc.

7. To improve the sports education to make our practical and theoretical contents more effective.
8. To know individual potentialities.
9. To make profession scientific.

The main aim of Physical Education is to enrich physical strength, sharpen memory, and bring them to full, perfect maturity. To put learning in the classroom to full use, Physical Education plays an important role.

All the learning that involves physical activity and movement makes a permanent impact on the mind. When we act on what we hear and learn, learning becomes simulative and spontaneous.

Physical Education helps develop a correct figure, healthy body, sharp memory and good conduct. It trains us to become good citizens, good leaders also to control ourselves. This helps us to lead a meaningful and fruitful because without control our life would be meaningless.

Physical Education involves physical exercise, healthy competition, true sportsmanship qualities and correct code of conduct and behavior. To a large extent, activities are vastly more important than theory in the classroom. It is through the various activities in Physical Education that there can be physical as well as mental growth and improvement. Anyway, sports and activities are by nature enjoyable and worthwhile too.

Physical Education is, perhaps, most important for a 'body, mind, and spirit', growth and well-being. It also teaches the whole body to reach perfection. In short, it can be said that Physical Education helps in five ways of growth of a student – physical, mental, emotional, spiritual and social.

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Physical Education is very important. Since it results in improvement of both the mind and the body, it is imperative that we participate in these program. It is not true to say that self-improvement can be brought about only by those things that are beyond our reach. However, it is those that we can do, pursue, and get involved in, that bring about improvement and progress. Physical Education comprises of three basic ingredients – teacher, student and curriculum. It should be divided into three steps – (a) School level (b) College level and (c) University level. While making Physical Education Program, the following are important-

- 1- Collective participation – Whatever we do, should involved collective participation and wholehearted involvement of everyone.
- 2- To do our best – However big or small, easy or hard, we must give our best. This should not be on the expense of others, but towards everybody's happiness.
- 3- Beneficial for everybody life – When we select the program, it is important that it should be beneficial for our everyday life.
- 4- Involve society – What we learn at school, should be made useful outside the school as well. There must be a time to play with friends as well as a time to play

with strangers. Whatever it is, it should involve participation of the society at large.

- 5- Time limit – Physical Education program should be arranged in such a way that it should not be too tedious and boring. No single activity should be repeated so often that it creates boredom.

The aim of the present article is to suggest marketing oriented curriculum in physical education. It's time of globalization and this is the high time for marketing physical education. In the changing scenario our curriculum must be job oriented. Today physical education curriculum for Bachelor's and Master's degree are not fulfilling the demands of the society and it is not giving full job satisfaction to physical education teachers. Therefore, it is required that we have to think again about our curriculum design. This article it is an attempt to show that we can change our curriculum which is not only job oriented but it will be helpful for our society as well.

The following areas must be included in the Bachelor and Masters degree curriculum:

**1. Fitness Area:**

In our curriculum it must be included how we can give physical fitness program to different sections of the society. At the same time, we have to prepare specific fitness for different sports events.

**2. Rehabilitation Program for Disabled People:**

It is a demand of society that our curriculum must be practical oriented regarding the rehabilitation program for disabled people. It should be practical oriented with theoretical aspects.

**3. Prevention from Diseases: (Health Related Fitness Program)**

In our curriculum, it should be incorporated that how we can prevent people from various diseases like blood pressure, Diabetes etc. Therefore, special program must be included in our curriculum.

**4. Therapeutic Aspect:**

In sports medicine our students are getting knowledge regarding injuries occurred during sports. But the practical aspects of therapy regarding injuries are not incorporated in our curriculum. Therefore, we fail in that area.

**5. Coping with Psychological Problems:**

Nowadays people are facing psychological problems. How physical activities and sports can help them to cope with the psychological problems.

**6. Equipment Manufacturing:**

Every year we are spending much amount on consumable equipments, if we can train our people in the area of equipment manufacturing, it will be highly beneficial for our students.

**7. Gym, Health Centre Establishment and Maintenance:**

Today, health centres are in high demand therefore establishment of health centres, their maintenance and their practical aspects must be included in the curriculum.

**8. Recreational Program:**

Nowadays there are so many resorts and five star hotels which run recreational program on different occasions. Designing and running this program will be the new area from where our students will get job opportunities. Therefore it must be incorporated in our curriculum.

## 9. Conducting of Tournaments:

Tournament conduction by professional group can be a new area for the students. A group of specialized people can organize sports events for different organizations. How to conduct tournaments in the professional way must be a part of organization and administration.

These are the new avenues where physical education personnel can utilize their expertise, therefore, it is required that these topics including theory and practical must be included in physical education curriculum.

## CONCLUSION:

Thus it is concluded that the research is considered as an Endeavour to arrive at answers to intellectual and practical problems through the application of scientific methods to the knowable universe. It is the movement from known to unknown.

1. For the progress of the field of physical education and sports
2. Invention of new methods, techniques and procedures
3. Development of scholarly knowledge
4. Professional betterment and all round progress.

## Keywords:

Research, Health and Fitness , scientific methods, physical education, Rehabilitation Program, Psychological Problems, participation, organization and administration,

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