

Aim, Objectives and Importance of Physical Education

Physical education is to influence the experiences of persons to the extent that each individual within the limits of his capacity may be helped to adjust successfully in society, to increase and improve his wants, and to develop the ability to satisfy his wants. By- J.R. Sherman

Aim

Aim of the physical education is “wholesome development of personality”.

Objectives of Physical Education

Physical education, using movements as its medium of learning and expression, is an integral part of the education process. It offer variety of movement experiences in such a way that each child is free to work within the limits and towards the limits of his own unique endowment. The following objectives are discuss below:

Physical development

Physical development deals with the program of activities that builds physical power in an individual through the development of the various organic systems of the body. The main focus of physical education is to develop child physical competence and basic movement perfection with safety, and by utilizing these ability one can perform a wide range of activities resultant to improve healthy lifestyle and well being.

Mental development

Physical activity has a positive effect on mental health and emotional well-being for both adults and children. Regular participating in physical activity has to reduce the symptoms of depression, anxiety, anger, tension, and stress and to improve positive mood state. Mental development deals with the accumulation of body knowledge and the ability to think and to interpret the knowledge.

Social development

Social development deals with helping an individual in making personal adjustments, group adjustment, and adjustments as a member of society. The positive impact of physical activity on an individual is sharing, working together, and celebrating together. These all are treated as essential component of physical activity or sports, which helps to strengthen a child’s relationships with his or her peers. Therefore, the social aspect of physical activities help to develop a child’s sense of brotherhood, and other positive values.

Motor development

Motor development depends on the interaction of experience (e.g., practice) with an individual's physical, mental, and social status. Motor development deals with making physical movement useful and with as little expenditure of energy as possible and being proficient, graceful, and aesthetic in the movement. The aim of physical education programs is to teach basic fundamental motor skills (running, hopping, jumping, leaping, throwing, catching, kicking, and dribbling) and their application in games and sports meaningfully.

Different author express their views in different ways about the objectives of PE, here few points are mentioned:

Remedial values

Attitude towards leisure

Interpretive development

Development of useful skills

Moral & character development

Neuro-muscular development
Personality development
Educative experience
Effective citizenship

Importance of Physical Education

Human bodies are designed for regular physical activity. The sedentary nature of much of modern life probably plays a significant role in the epidemic incidence of depression today. Many studies show that depressed patients who stick to a regimen of aerobic exercise improve as much as those treated with medication. - Andrew Weil

Swami Vivekananda said that "what India need today is not the Bhagwat Gita but the football ground".

"In order for man to succeed in life, God provided him with two means, education and physical activity. Not separately, one for the soul and the other for the body, but for the two together. With these means, man can attain perfection." — Plato

Buddha was asked to man, "what have you gained from meditation?" He replied "Nothing !" However, Buddha said, let me tell you what I lost: Anger, Anxiety, Depression, Insecurity, Fear of old age and death". From above statements, we can summarize that PE is important aspect of our daily life. Some of the few points are mention below:

1. Optimum development
2. Physical growth & development
3. Intellectual development
4. Emotional development
5. Social development
6. Cultural development
7. Character development
8. Neuro-mascular development
9. Moral development
10. Physical fitness
11. Positive health
12. Personal adjustment
13. Leadership qualities
14. Democratic values
15. Constructive use of leisure time
16. Citizenship qualities
17. Economic values
18. Mental relaxation
19. National integration
20. International understanding
21. Natural talent search & potential
22. Teaching & learning of motor skills for achievement of higher standard performance
23. Help to plane activity programme
24. Help to understand the nature & activities of human organism in different set of situations
25. Help to understand what is true & what is false practice in PE