

Introduction and Definition of Physical Education

Evolution of human life started with the movement. Human beings have been very active and creative by nature and physical activity has been part of their life all along since evolution. For primitive man, search for food and shelter was the first activity. This first physical activity was necessitated by his instinct for survival. Physical activity was also the first mode of communication, it was also a means of expression. As human beings evolved culturally, emotionally, and socially, physical activity also evolved. As the society become more and more complex leading towards the modern age, physical activity came to be recognised as an organised and supervised form of education, and was termed as physical education.

In the modern context physical education has been recognised as an integral part of general education. From ancient time to modern age different educationists give their own views in different ways. But in early days the concept of physical education was misunderstood by the people. They think that physical education is to stand for physical activity or drill only. Here we quoted few definitions to understand the exact meaning of physical education:

Physical education is made up of two words. One is physical means “body characteristic” and education means “systematic training or learning for longer period through the involvement of big muscle group”. A combined meaning of these two words would be that systematic instructions or training which related to physical activities or programme of activities, necessary for development and maintainance of human body, development of physical powers or cultivation of physical skill.

“Physical education is the sum of those experiences which come to the individual through movement.” – by Delbert Obertuffer

“Physical education is the process by which changes in the individual are brought through his movement experiences.” - by Volter

“Physical education is that field of education which deals with big muscle activities and their related responses”. – Jay.B.Nash

“Physical education is the education through physical activities for the development of the total personality of the child in its fulfillment and perfrction in body, mind and sprit.” - J.P.Thomas

“Physical education is an integral part of the total education process and as its aim, the development of physically, mentally, emotionally and socially fit citizens through the medium of physical activities which have been selected with a view to realising these outcomes”. – Charles A. Bucher

“Physical education is a way of education through motor activities and related experiences and its subject matter is primarily ways of behaving.” – William H. Kilpatrick

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