

“Physical education should help to develop skills and attitudes which will be conducive to the wise use of leisure time and provide opportunities for notional control, living according to acceptable social standards and self-expression.”

—**Sharman**

“Physical education is that phase of education that deals with big muscle activities and their related responses.”

—**J.B. Nash**

“Physical education is a programme of physical activities that develops health in youth through various organic systems of the body; develop skills in physical activities in which implication for enjoyment, emotional development, recreation and the optimum development of the human organism.”

—**Irwin**

“Physical education is an integral part of the total education process and has 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 realizing their outcomes.”

—**Charles A. Bucher**

“Physical education is a process through which an individual claims optimal, physical, mental and social skills and fitness through physical activity.”

—**Lumpkin**

“Physical education is an education of and through human movement where many of the educational objectives are achieved by means of big muscle activities involving sports, games, gymnastics, dance and exercise.”

—**Barrow**

Physical Education is education. It is the education through physical activities for the development of the total personality of the child to its fullness and perfection in body, mind and spirit.

**Central Advisory Board of Physical Education  
and Recreation**

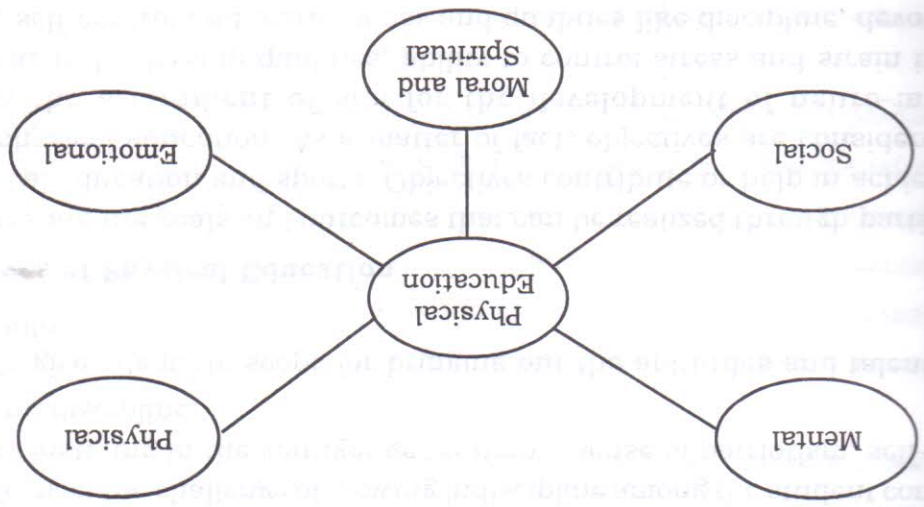
In general, it can be said that physical education is an integral part of education and it is essential for human being. It not only enables to have total physical growth and development to lead a happy and prosperous life but also helps us in mental, social and emotional development of an individual.

**Aims of Physical Education**

The main aim of physical education is perfection in body, mind and spirit of the child. It is directly related with the aim of education and physical education in its approach.

The aim of education is achieved through the mental growth of the child whereas in physical education it is achieved through body and mind.

All-round development of personality includes physical, mental, social, emotional, moral and spiritual aspects to make an individual a good citizen.



**Aims of Physical Education**

Thus the aims of physical education are:

1. To develop euro-muscular co-ordination or skill.
2. To develop right attitude towards play and physical activities in general.
3. To develop desirable social attitudes and conduct.
4. To develop the organic systems of the body.
5. Preparation for leisure time.
6. Attainment of knowledge of proper health procedure as related to physical exercise.
7. To develop correct health habits.
8. Development of understanding and appreciation of the techniques and strategies of sports.



9. Development of psychomotor skills.
10. Elimination of worries and anxieties through developing appropriate interests and habits of engaging in exercise and sports.
11. To promote the spirit of certain qualities like sportsmanship, team spirit, leadership, patience, self-restraint co-operation, sociability and those other qualities of character and citizenship.
12. To serve as an outlet for surplus energy, which if pent up, make the child tense, nervous and irritable.
13. To meet the challenge of growing indiscipline among the student community by instilling in the younger generation a sense of patriotism, self-reliance and discipline.
14. To give adequate scope for bringing out the aptitudes and talents of the child.

### **Objectives of Physical Education**

Objectives are the goals and outcomes that can be realized through participation in physical education and sports. Objectives contribute or help in achieving the aim of physical education. As a matter of fact, objectives are considered steps towards the attainment of aim for the development of neuro-muscular coordination, leadership qualities, ability to control stress and strain in day to day life, self-control and fearlessness and qualities like discipline, devotion and dedication.

**Charles A. Bucher** listed the objectives under four headings: (i) Physical development objective, (ii) Motor and movement development objective, (iii) Cognitive and mental development objective, (iv) Social development objective, (v) Effective development objective.

As per **COAPEA**: The Committee on Objectives of the American Physical Education Association (1934) listed five objectives: (i) Physical fitness, (ii) Mental health and efficiency, (iii) Social-moral character, (iv) Emotional expression and control, (v) Appreciation.

**Nash** (1948) listed four developmental objectives: (i) Organic development, (ii) Neuro-muscular development, (iii) Interpretive development, (iv) Emotional development.

**Clarke** mentions physical fitness, social efficiency and culture as three objectives of physical education.

Whereas **J.F. Williams** mentions: "Physical education should aim to provide skilled leadership, adequate facilities and ample time for the individual and the groups to participate in activities that are physically wholesome, mentally stimulating and socially sound".

Ministry of Education and National Planning of Physical Education and Recreation defines "the aim of physical education must be to make every child physically, mentally and emotionally fit and also to develop in him such personal and social qualities as will help him to live happily with others and build him up a good citizen".

The main objectives of physical education are:

**Physical**

- (a) Ensures growth and development of an individual,
- (b) Improves function of the systems of the body,
- (c) Improves strength and endurance.

**Psychological**

- (a) Improves interest and develops positive attitude,
- (b) Improves the ability to control stress and strain.

**Social**

- (a) Develops leadership qualities,
- (b) Improves work in groups and society.

**Moral**

- (a) Develops self-control and fearlessness,
- (b) Develops sportsmanship,
- (c) Improves personality.

**Educational**

- (a) Helps to understand health problems and their prevention,
- (b) Knowledge of various subjects such as science, sociology, psychology, management, etc.

**Emotional**

Helps to control our emotions such as hate, fear, loneliness, anger, jealousy and lust.



