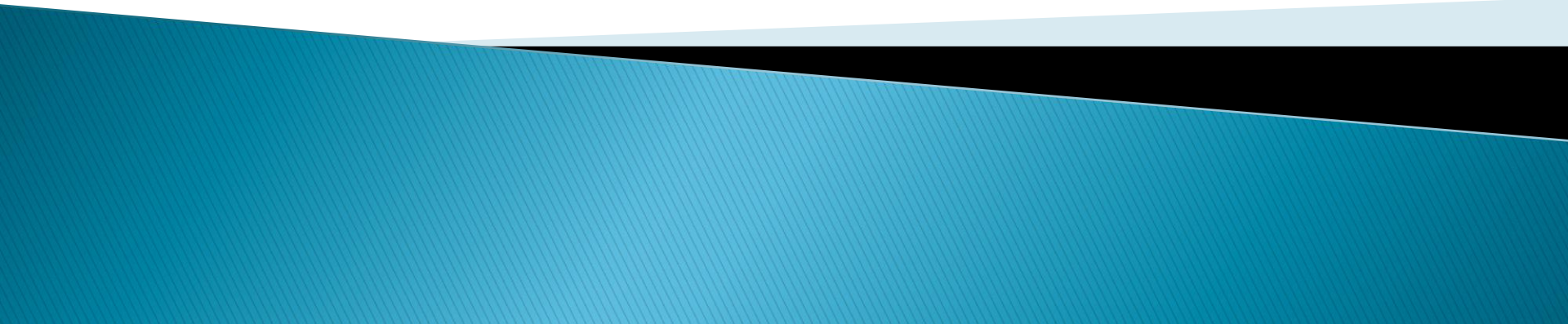


PRINCIPLES OF PHYSICAL EDUCATION

CLASS- B.P.Ed I SEM


BY
ARVIND B. SINGH



UNIT-I


MEANING, OBJECTIVE AND AIM OF PHYSICAL EDUCATION

CONTENTS:

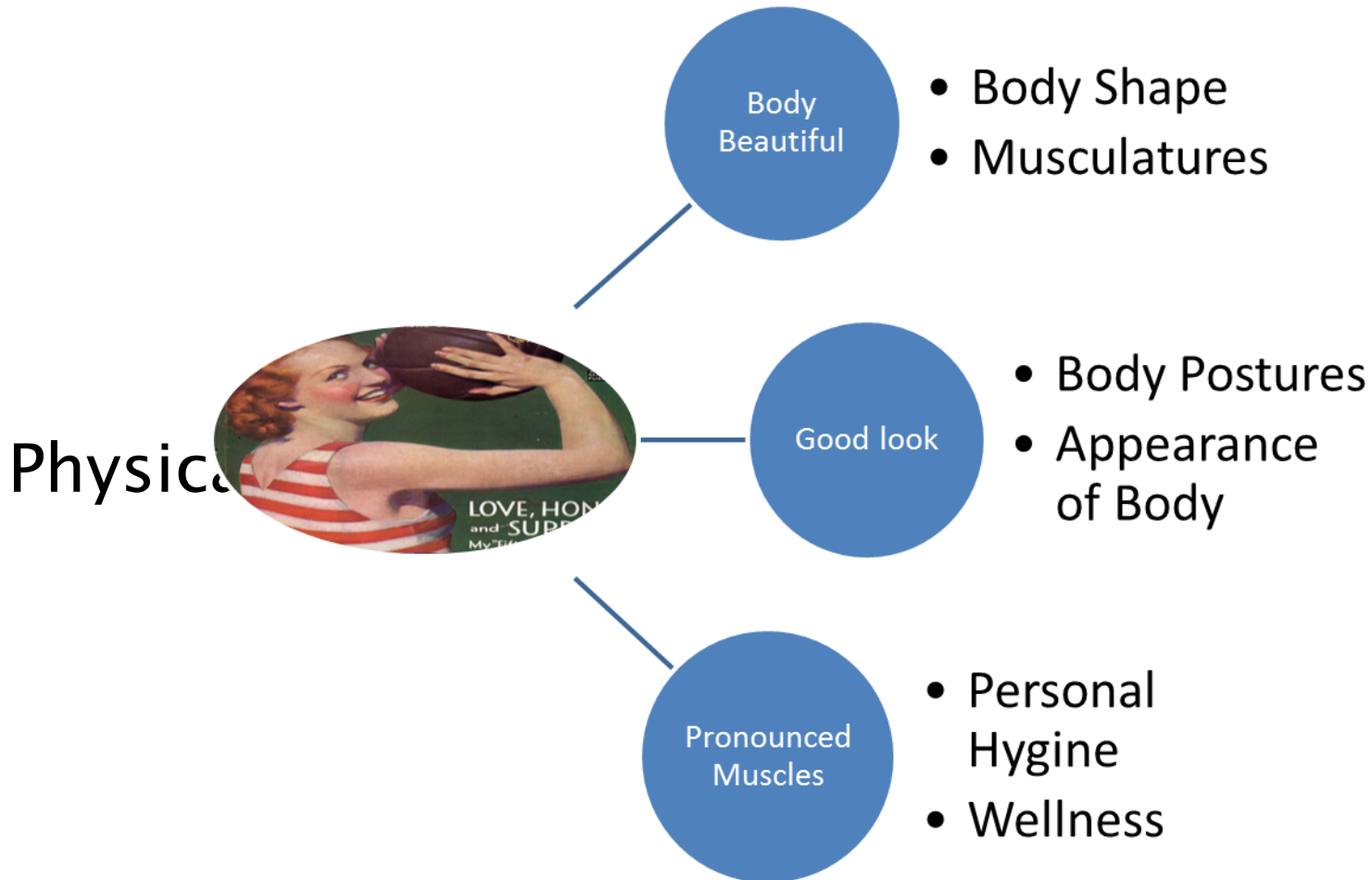
- ▶ Meaning of the Terms: Physical Culture. Physical Training, Physical Education, Drill, Sports, Gymnastic and Athletics
 - ▶ Objective and Aim of Physical Education
 - ▶ Physical Education and Education
 - ▶ Relationship of Physical Education to Health Education and Recreation
 - ▶ Philosophy of Physical Education
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Meaning of the Terms: Physical Culture

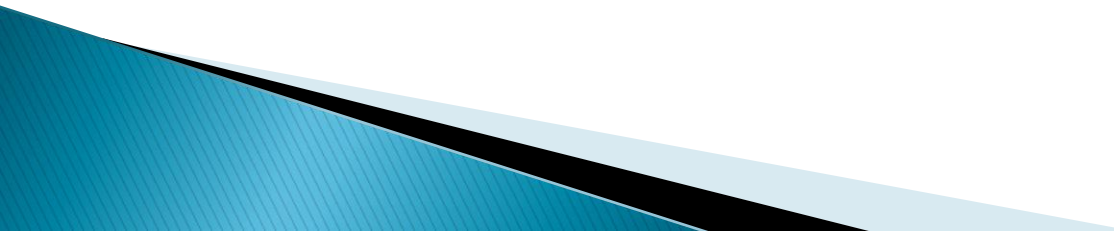
Physical Culture has its origin in the Greek phrases “Body Beautiful”.it underscore development of a shapely body which could be appreciated on aesthetic standards. Nations of Eastern bloc of Europe prefer to use Physical Culture in place of Physical Education.



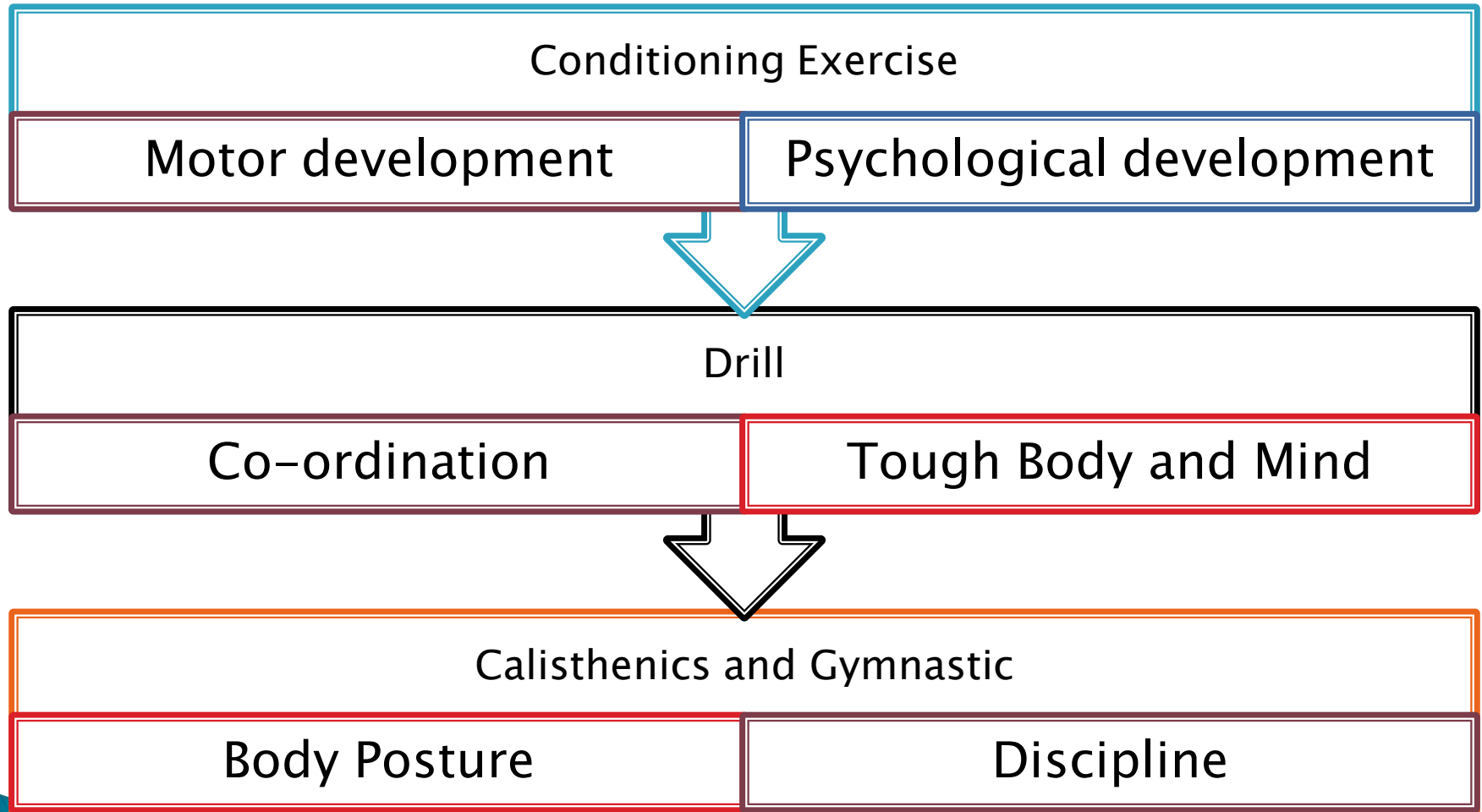
Components of Physical Cultures



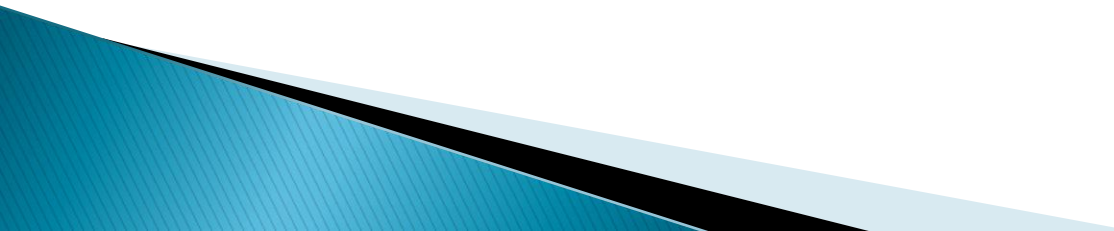
Physical Training

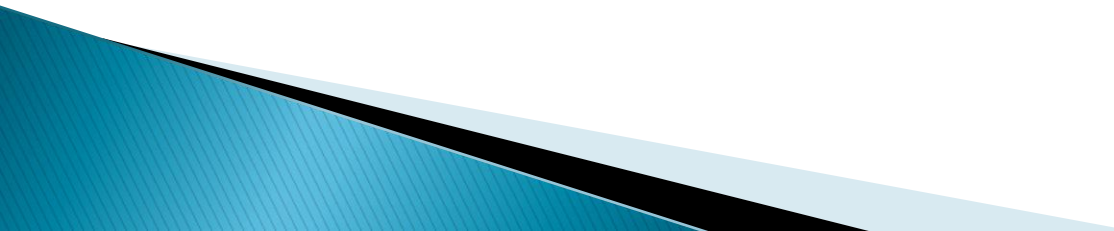
- ▶ The oldest and most widely used term for Physical Education is Physical training.
 - ▶ Physical Training is a process by which an individual prepares himself to meet certain physical challenge.
 - ▶ Physical Training means “ practical education in any profession “ or a course of diet and exercise for developing dexterity.
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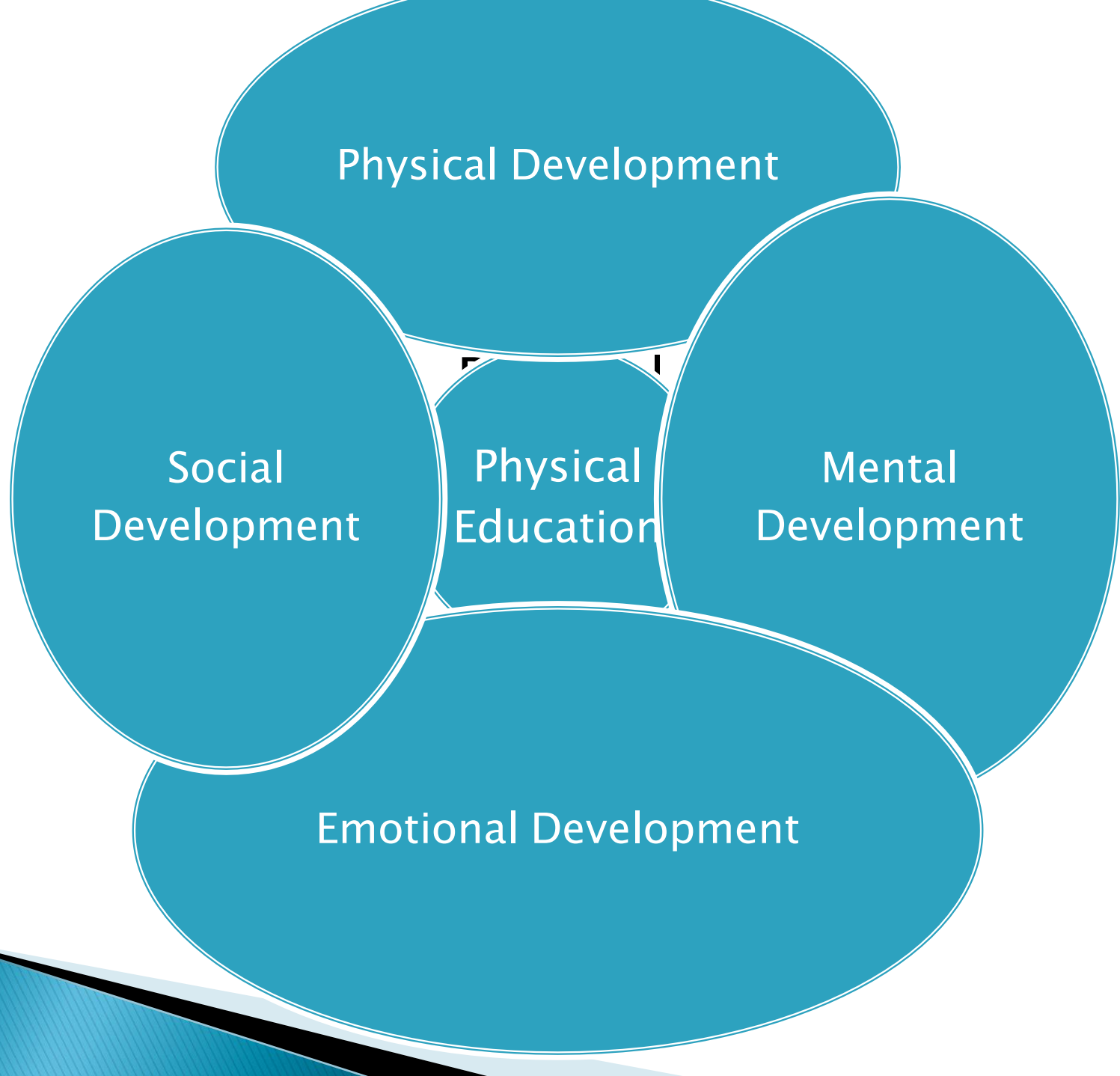
Physical Training



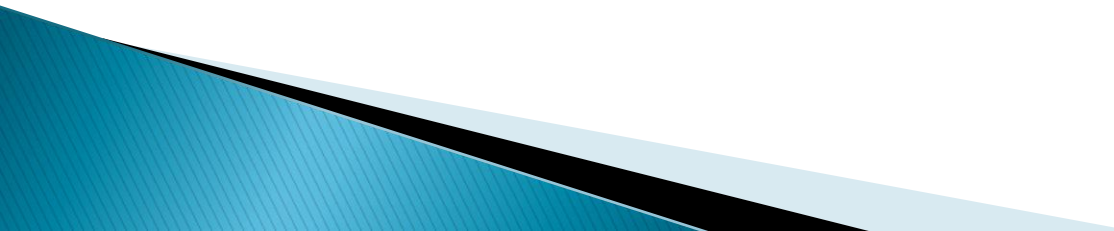
Physical Education

- ▶ Physical Education derived from two separate word “ Physical” and “Education”. The dictionary meaning of word Physical is ‘ relating to body’. It may relate to any one or all of the bodily charecterstics.it may be physical strength, physical endurance, organic development, physical appearance, physical health. The word ‘Education’ means systematic instructions or training or preparation for life.
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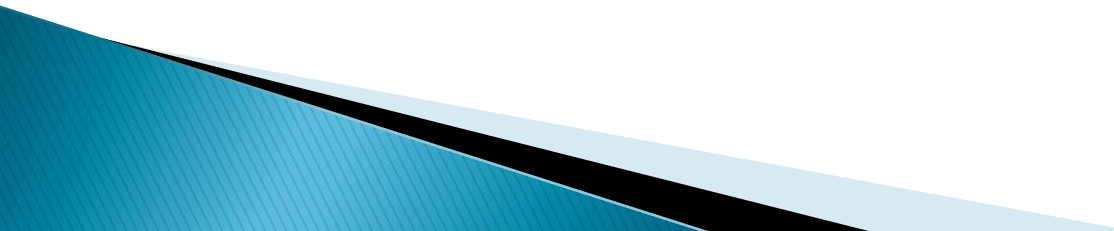
- ▶ Physical Education is an educational process that has its aim the improvement of human performance and enhancement of human development through the medium of physical activities selected to realize these outcomes.
 - ▶ According to NPPER(A Report by Ministry of Education)
 - ▶ Physical Education is education through physical activities for development of total personality of the child, to it fullness and perfection in body, mind and spirit.
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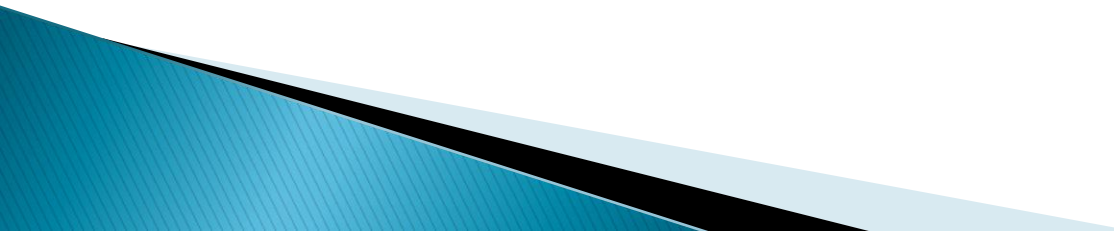
Drill

- ▶ Drill is a method of exercise which comprises precise and alacrity body movements performed to certain cadence.
 - ▶ In training of security forces , drill with and with-out weapons has an extremely important role to play.
 - ▶ The aim of drills is to develop co-ordination ,rhythm, balance, and perfection in the postures.
- 

Gymnastic

- ▶ Gymnastic generally used as substitute for physical education in some countries viz. Germany Sweden etc.
 - ▶ Originally a Gymnasium was “ a public place or building where the Greek Youth exercised themselves with wrestling ground, baths and halls for conversation.
 - ▶ The word meaning of Gymnastic is Nude body and dress known as Leotards.
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Aim and Objective of Physical Education

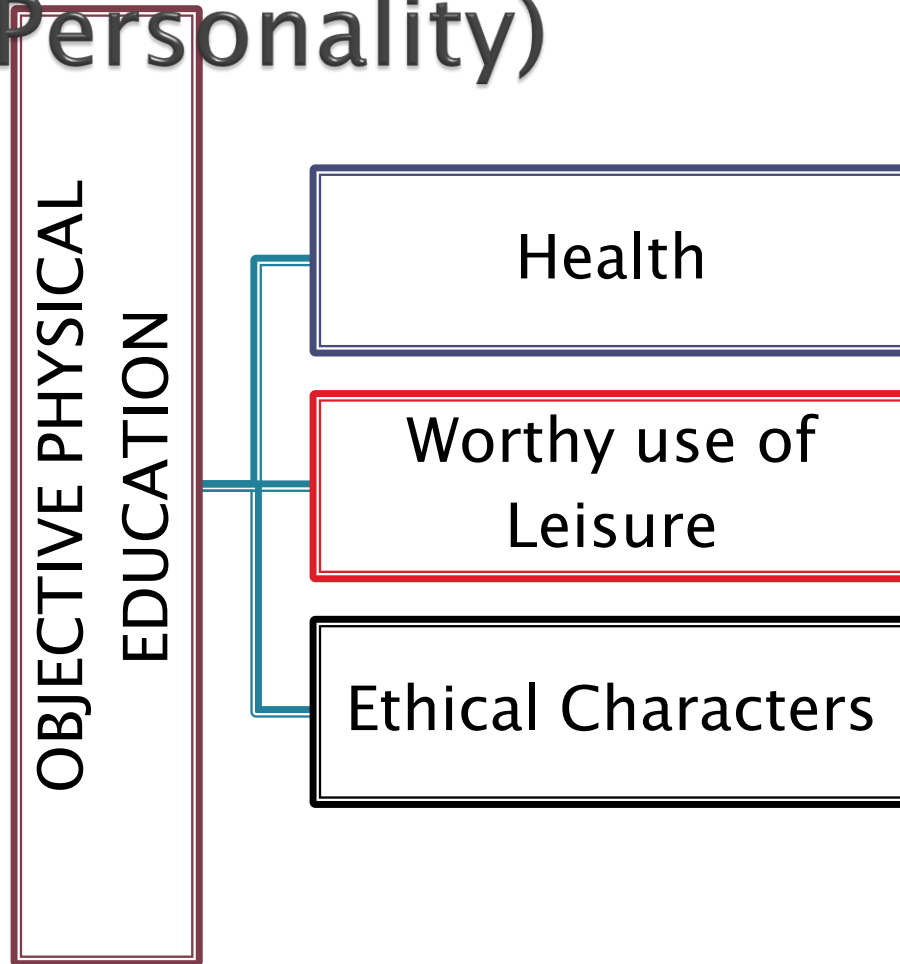
- ▶ Aim is the highest general purpose. Being the remotest destination, it is abstract in nature. It reflects the ideal, the final goal and is determined by philosophy or value– system prevailing in the field .
 - ▶ Objective are specific, concrete, tangible and achievable guidelines. Objective may not be measured in quantitative terms but they can surely be assessed through qualitative techniques.
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According Book–Walter(1969)

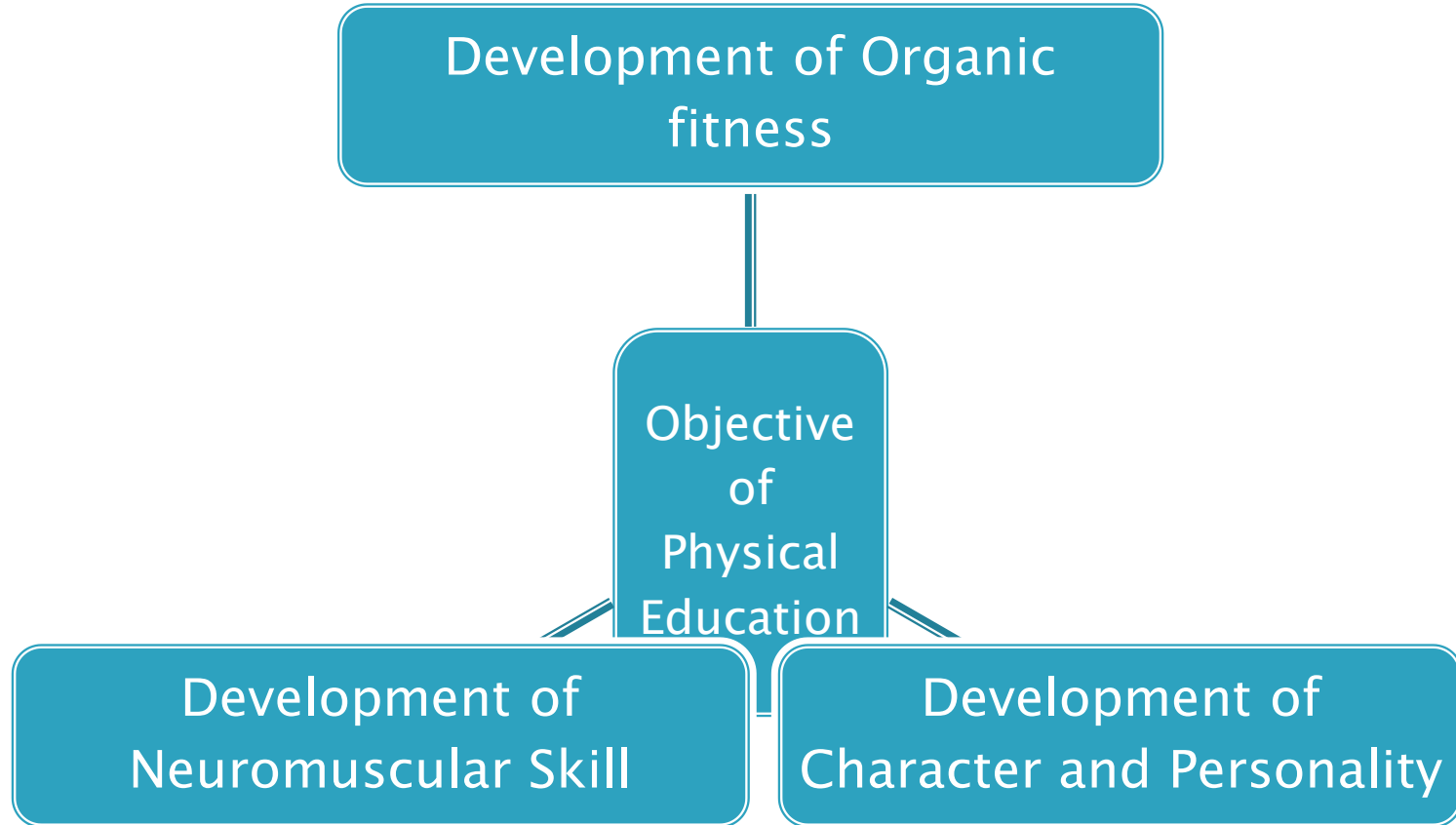
- ▶ The aim physical education as “ the optimum development, integration, and physical mental, and social adjustment of the individual through guided instruction and participation in selected total body sports and in rhythmic and Gymnastic activities conducted according to social and hygienic stranded.

Aim

(Wholesome development of Human Personality)



According NPPER–



A perusal of definition, aim and objectives given by various physical educationists reveals that the objectives of physical education can be classified into four major domains as given below:–

- ▶ Objective pertaining to Physical Development
- ▶ Objective pertaining to Motor Development
- ▶ Objective pertaining to Mental Development
- ▶ Objective pertaining to Social Development

