

# **Sociological Aspects in Physical Education**



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Omprakash Gangey**



## ABOUT THE BOOK

The development of a sedentary life style is the result of a socialization process towards physical inactivity developed in youth and continued into adulthood. At the present we face in our cultural settings apparent tendency: People are more and more individualized, losing beneficial impacts of community activities, involved in passive way of life lacking proper level of physical activities and active sport.

Physical education and sport also build healthy activity habits that encourage life-long participation in physical activity. This extends the impact of physical education beyond the schoolyard and highlights the potential impact of physical education on public health. To achieve broader goals in education and development, sports programs must focus on the development of the individual and not only on the development of technical sports skills. While the physical benefits of participation in sport are well known and supported by large volumes of empirical evidence, sport and physical activity can also have positive benefits on education.

The development of the physical fitness of school children is proposed as a fundamental objective of physical education. In the realisation of this objective, standard operating procedure should be the identification of those individuals who are deficient in this basic quality, so that appropriate steps may be taken to improve their condition. The process of insuring for each student a body that has adequate physical strength and is capable of prolonged effort, without efficiency-destroying fatigue, therefore, should constitute a primary responsibility of the physical educator.

The practice of physical activity (PA), physical education (PE), and sports have a direct impact on participants' and athletes' physical, social, psychological or skill-related aspects. The book is written in simple and easy to understand language.

## ABOUT THE AUTHORS



**Dr. Bhoj Ram Rawte** an eminent physical educationist was born on 20th March 1976 in Balod, Chhattisgarh. Started his teaching career as an assistant professor in the Department of Physical education at Pt. Ravishankar University Raipur, C.G. in the year of 2005 and switched to Guru Ghasidas Vishwavidyalaya in 2009. He has completed his B.P.ED degree from Jiwaji University, Gwalior, M.P. in year of 2000 and M.P.ED from the Pt. Ravishankar University, Raipur, C.G. in the year of 2004. He has awarded Ph.D. degree from the Pt. Ravishankar University Raipur, C.G. in the year of 2015.

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