

## **Importance of Sports in Education and life**

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### **Abstract**

*Sport is a highly diversified social phenomenon, encompassing various forms of physical activity from high-level competition through school club or community organized programmed to spontaneous and informal physical activity. School is an ideal setting to promote physical activity and positive attitude towards regular physical activities. As it increases self-esteem and mental alertness, school sports are necessary for every child of any age group. If total education makes full development of the over. all personality of a pupil, then through sports he gets the qualities of leadership, tolerance, sharing and team-spirit. The mental development, including the power of reasoning and vocational specialization, of course, comes from the academics. It. therefore, becomes imperative that education should result in the mental, moral and physical development of a student. Life is a struggle and the person with a healthy and strong body alone can face it successfully. Sports develop many good qualities of the head and the heart. They strengthen the power of endurance and promote discipline, fair play and team spirit. Sports improve our capability and efficiency as well. Sports remove our mental exhaustion Sports are an integral part of academic curricula in the field of Education Sports are particularly important for the youth and help in their physical and mental growth. They contribute in the formation of character and inculcate in them good values. Sports help in career growth also. Therefore, through Sports, objectives such as good sportsmanship, cooperation, team work, giving and receiving support, appreciation for regular exercise, emotional control, leadership and fellowship skills and the development of a positive self concept can be further achieved in life*

**Keywords:** Sports, education, life.

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### **I. Introduction**

Sports is a highly diversified social phenomenon, encompassing various forms of physical activity from high-level competition through school, club or community organized programmed to spontaneous and informal physical activity. Sports are played by players in their individual capacity, such as races, jumps, athletics, etc. Singer has defined, Sports as a 'human activity that involves specific administration, organization and an historical background of rules which define the object and limit the pattern of human behavior; it involves competition or challenge and a definite outcome primarily determined by physical skill'. Sports are no longer a matter of private interest of young man. They are encouraged and patronized by the government Games and sports have assumed international importance Every year sport competitions are held in different parts of the world. Participants from different countries take part in these international competitions. They compete with one another and earn fame and honors for themselves and their countries. That is why a good sportsman is a good ambassador of his country. The sports persons are also called the ambassadors of peace, because they help in promoting the feelings of friendship and co-operation in the world. The nations that love to play together do not like to fight against each other. There are a wide variety of classification in the Sports world like Physical Sports. Air Sports. Mind Sports, Athletics, Snow Sports, Target Sports and other miscellaneous broader classifications. Physical Sports include Archery, climbing. cycling, dance, golf, running, shooting, diving, weightlifting etc. Mind Sports include card games, strategy board games, competitive board games, etc., Air Sports include Aerobatics, Air racing, Gliding, Hang gliding. Para gliding. Parachuting etc. and many others like gymnastics, ice sports, rock climbing, motto racing, adventure sports. C.B.S.E. and most other Boards of Education in many states have made the Sports Education a compulsory subject up to the +2 level. But the irony is that the subject has yet to get due seriousness and importance in practice. Sports give us opportunity to grow in life. These days sports have been commercialized. They have become a good means of earning. The sports person who does well in sports is showered with name, fame and wealth. He becomes a hero overnight. Sports have great potential to offer career opportunities. So we should take them very seriously from the very early age of our life. Sports are good means of earnings. Sports offer opportunity to prove talents. Thus, sports have great value in life. Sports facilities are being developed in rural and semi-urban areas. There are playgrounds in villages. Sports infrastructure are being developed everywhere so as to promote them. Various sport organizations are also doing well in promotion of sports.

According to Zimmerman and Reavill, authors of "raising our athletic daughters". promoting athletics as a parent is a crucial factor in determining whether your child will be interested in participating in sports. Playing with your child, whether throwing a football or baseball with your son, or teaching your daughter how to swim, teaches them the importance being active. Encouraging your school-age child to participate in a sport of their choice may be the reason they continue to play when they enter school. According to Hesburgh, author of "The Importance of School Sports and Education", it is imperative for school age children to have access to sports and games. Not only does it empower youth and promote higher self-esteem, it also motivates students, enables them to earn better grades, especially in schools where obtaining certain grades is a pre-requisite to staying on the team. Numerous physical benefits include maintaining a healthy weight, preventing chronic diseases and learning the skills necessary to maintain a healthy lifestyle after graduating. According to Duderstadt, (2000) in theory at least, college sports provided an opportunity for teaching people about character, motivation, endurance, loyalty, and the attainment of one's personal best-all great qualities of great value in citizens.

In numerous studies it has been shown that Medical experts recommend daily physical activity as an important means of preventing coronary problems, obesity, high blood pressure etc., Nutritionist prescribe a combination of diet and exercise for weight control. Mental Health Experts encourage physical activity as a means for releasing tension. Recreation Leaders use sports and games to fill leisure hours, to release stress and to relax. Based on the above mentioned views and support from the experts, to a great the country seem to be experiencing growth in the popularity of walking, running, aerobics, weight training, and a host of other activities, in particular for young and middle ages. The rising prevalence of obesity across the world, particularly among young students, is alarming and is a major public health concern. Education and Sports are the two sides of the same coin. If education makes full development of the over-all personality of a student possible, he gets the qualities of leadership, tolerance, sharing and team-spirit from Sports. Also, many schools are cutting spending for sports programs due to tough economy. And no one can deny that, the present-day system of education lays too much stress on mental development, pays only oral sympathy to moral enrichment and completely neglects physical well-being of a student. The over-all result is the coming up of large number of graduates, post-graduates and diversified professionals with a poor and unhealthy physique. In short sports have great significance for the persons as well as nation. But it is very embarrassing that they have not been given proper importance in our system of education. Therefore, realizing the significance, dire need and introduction of Sports in our lives right through the field of Education from the very beginning has been the reason to study the present problem importance of sports in education and life! So that we as a parent, a teacher, an administrator would encourage the child to speak up about their desire for Sports and must get involved along with them about keeping the athletic programs as a regular activity in our lives positively.

**Approach Taken to Investigate the Importance of Sports** School is the ideal setting to promote physical activity regularly and positive attitude towards Sports among children. Children and adolescents from all social backgrounds are present on a regular basis at this common platform for more than a decade. Since school, has a primary function of teaching- learning, early learning experiences are permanent impressions for inculcating habit of involvement in physical activity. Therefore, a child's experience of curricular and extracurricular opportunities in school is extremely important. The importance of sports in school encompasses more than just the benefit of physical activity. increases self-esteem and mental alertness, makes school sports necessary for every school child of any age group. Sports keep us healthy and fit, they are a useful means of entertainment and physical activity. Help in character building, give us energy and strength and maintain mental balance in midst of hopes and despair Sports are means of mental and physical growth. They make us learn how to tackle the difficult situation. Sports develop a sense of friendliness and team spirit within us. They help in developing mental and physical toughness. They shape our body and make it strong and active and remove tiredness and lethargy by improving the blood circulation. This improves our physical well-being. Sports improve our capability and efficiency. Either study or work alone makes us exhaust. We remain no longer efficient to do any work. Sports remove our mental exhaustion. Sports are integral part of education. Education without sports is incomplete. Keeping their value in life, children are taught some sorts of games in the very early stage in school. These days sports are a part of academic curricula.

At the higher level in the field of education, Sports have an important role in the life of young students. Since we know, Sports include the activities which we pursue for the sake of joy and are different from work or daily duties which we perform to earn money. There are three main reasons for the inclusion of sports in the Colleges, Institutes and Universities. Sports aid the overall development of young people. Sports also contribute to increased academic performance and upward occupational/social mobility. Finally, the inclusion of Sports has a lot to do with the bottom line.

## **II. DISCUSSION**

Life is a struggle and the person with a healthy and strong body alone can face and tackle it successfully. Besides promoting health and strength, sports develop many good qualities of the head and the heart. They strengthen the power of endurance and promote discipline, fair play and team spirit. Sports develop problem solving skill and ability in the young students. Young men and women are trained to face defeat with a smile and maintain humility even in victory. Sports are the greatest and the healthiest means of refreshment and recreation. They fill one with joy, zeal, vitality and enthusiasm, which help a person a lot in facing the actual odds of life without yielding to gloom or pessimism. At the same time, lack of trained physical-education teachers (inadequacies in quality of teachers), tight budgets, and the attention given to physical-education by schools, inadequate facilities, and lack of equipment and literature contribute to lack of improvement in Physical Education. Parents and the general public to some extent are relatively unaware of the many positive changes, which can occur. Better communication is necessary among physical educators and those who support education and make curriculum decisions. Without improved communication, the feeling that Physical education is a kind of play period for students to run off steam and learn traditional team sports will continue to exist

## **III. CONCLUSION**

It has been said that sound mind dwells only in a sound body. And a healthy and strong body is not possible without sports. The development of body is very essential in life. All our physical and mental enjoyments depend upon our body. All our degrees and achievements will be of no use without a good physique and healthy personality. For an all-round development of a child, the curriculum should include sports and games and health education. A sufficient amount of school time should be devoted to Sports and Physical Training. Sports Education needs to be introduced with all earnestness, because mental and moral development is just not possible without physical development. A strong and healthy student who is good and alert at studies in the long run, surpass the pale, weak, scholar who is merely a bookworm. The students who are good Sportsman are given extra weight age at the time of admission to different courses and selection through interviews in the job, Sports are good for career development also, as those who perform and win at national and international level are honored with several prizes and awards, can well and acquire name and fame across their country and the whole world.

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