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## Contents

- |    |                                                                                                         |    |
|----|---------------------------------------------------------------------------------------------------------|----|
| 1. | <i>Virtual Reality Technology in Education</i><br>Kusum Lata Bharti                                     | 1  |
| 2. | <i>Big Data and Security Challenges</i><br>Juveria                                                      | 10 |
| 3. | <i>Role of Puppetry in Education</i><br>Ms. Sangeeta Kaushik                                            | 18 |
| 4. | <i>Education for Sustainable Development</i><br>Dr. Pawan Kumar                                         | 24 |
| 5. | <i>A Brief Introduction of New National Education Policy (NEP) 2020</i><br>Dr. Poonam Devi              | 34 |
| 6. | <i>Physical and Health Education in the context of Social Values</i><br>Nahid Raees                     | 44 |
| 7. | <i>Challenges Faced by Primary School teachers in Online Teaching</i><br>Shweta                         | 48 |
| 8. | <i>History as an Instrument for Curriculum Development</i><br>Dr. Arshad Ikram Ahmad, Dr. Tarique Anwar | 60 |
| 9. | <i>Depression Detection from Social Media</i><br>Anshu Rastogi                                          | 67 |



## RESEARCH

## PAPER

**Physical and Health Education in the context of Social Values**

Nahid Raees

**ABSTRACT**

The purpose of this study is to investigate the impact of physical education and sports in promoting social values among youth. Physical education and sports plays a vital role in educating the youth regarding the importance of social values in their life. Reviewed literature investigated that the importance of association in educating both minds and body. Further, it also encourages the social values among youth that allow them to develop the socially.

**Keywords:** Physical Education, Sports, Social Values, Youth, Academic Learning.

In present era, physical education and sports is an essential part of education. It contributes directly to development of physical competence and fitness. It also helps the youth to be aware of the worth of leading a physically active lifestyle. The healthy and physically active youth is more likely to be academically motivated, attentive, and promising. In other words, we can say that physical education and sports is exclusive to the school core curriculum. It is the only programme that provides the opportunities to youth to learn motor skills, progress mental and physical fitness. Benefits of physical gained from physical activity such as disease prevention, safety and injury avoidance, decrease morbidity and premature mortality, and increased mental health. The physical education is only the course youth learn about all of the benefits gained from being physically active as well as the skills and knowledge to incorporate safe, satisfying physical activity into their lives, in addition, how to interact with others (National Association for Sport and Physical Education, 2001). Moreover, it is observed that physical education sessions are not easy to get from preschool until secondary. It target to deal with a variety of physical activities and encourage youth who are lack of leaning to take up planned competitive sports. This involves discard conventional methods of physical education teaching and focusing more on the individuals' needs and enjoyment of physical activity.

As time for physical education is generally limited within the school time schedule curriculum, its content must be valuable and resourceful (Fox and Harris, 2003). Further Gonzalez et al. (2010) believed that curricular physical education within any sport, not only talent development scheme but a high development in social values among youth. Therefore, the purpose of this study is to investigate the role of physical education in promoting social values among youth.

**Physical Education Programme Curriculum**

Physical education curriculum can offer youth with the appropriate knowledge, skills, behaviours, and confidence to be physically active for life. Moreover, physical education is the basis of a school's physical activity programme. In the same vein, participation in physical activity is correlated with academic advantages like improved concentration, memory, and classroom behaviour. According to World Health Organization (2001), it includes development of physical abilities and physical conditioning; motivating the students to continue sports and physical activity; and providing recreation activities.

**Development of Physical Abilities and Physical Conditioning**

Physical education facilitates to build up and practise physical fitness entails basic motor skills (Barton et al. 1999) and gets hold of the competency to perform various physical activities and exercises. Physical fitness builds mentally sharper, physically comfortable and also able to deal with the day-to-day demands (Jackson, 1985). Further, endurance, flexibility, strength and coordination are the key components of physical fitness. Moreover, to execute the physical exercises and sport, youth must be developed basic motor skills.

**Motivating the Students to Continue Sports and Physical Activity**

Teachers always motivate the youth to contribute in sports and physical activities as well as academic education programmes. Further, they always direct and instruct them, sports and physical activity are vital part of academic education. They have also guided the youth; we cannot think wholesome development of human personality without sports and physical education. Moreover, they have also to manage a meeting in which discusses their parents about the importance of sports and physical activity as well as academic education. Further, teachers must engage parent or family members in physical activity, for example, by giving youth physical activity 'homework' which could be performed together with the parent's & family walks after supper or playing in the park (WHO, 2001).

**Providing recreation activities**

Institutions must focuses on implementation of physical activity course which facilitate to make enjoyable participation to all youth in physical activity programme which provides the youth with a collection of ideas for active games and



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