

SURVEY OF EXISTING FACILITIES IN PHYSICAL EDUCATION COLLEGES OF SIRSA DISTRICT

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ABSTRACT

Education in its broadest sense means preparations for life and physical education as an integral part of education is recognized to enhance this process. Physical education provides the child with opportunities to develop his physical, mental, social and personal skill through the media of physical activities. The present study was conducted on the level of sports achievements and sport facilities provided in the physical education colleges in Sirsa district. For this purpose the investigation personally visited the selected college and presented a questionnaire to physical education teachers of the concerned college to gather required information. It study revealed that most of the colleges spend above 5,000 rupees on sports equipment during a year. Majority of the colleges felt that the budget provision was sufficient according to the activities and strength of the colleges. On an average 100% of the physical education teachers are of the view that they provide every opportunity to talented children who adhere to sports as a mean of showing physical powers.

Keywords: Physical Education, Sports Facilities, Physical Education Colleges

INTRODUCTION

Education in its broadest sense means preparations for life and physical education as an integral part of education is recognized to enhance this process. In fact, physical education seems to be the most natural way of exposing the child to situations in order to enable him to develop great variety of skills and prepare him for acquiring rich learning experience. Physical education is now acquiring its new fact and its importance has been greatly felt in enhancing the effectiveness of the educational programmes in our educational institutions. In the Kothari Commission report the role of physical education has been emphasized in the following words- "Physical Education is important for the physical fitness and efficiently, mental alertness and the development of certain qualities of character. The programme of physical education, as in force today needs to be reexamined and redesigned in the light of certain basic principles of child growth and development. Since independence, the Government of India has taken keen interest in the development of physical education and appointed various boards, committees on education in general and physical education in particular, and have always felt the need for the development of this vital field in the national life.

Both central advisory board of physical education and recreation established in 1950 and the secondary education commission (1952-53) proclaimed for the first time in India that physical education was essentially an integral part of general education.

Physical Education provides facilities to promote desirable growth, development and adjustment. It is a way of education through physical activities, which are selected and carried on with the full regard to values in human growth, development and behaviour. The all-round development of the child can only be realized through a properly organized programme administered under the supervision of properly qualified teacher of physical education. Education plays a dominant role in shaping society. Physical education concerns movement, and when movement is combined with play, the two forms a powerful education medium. Education is designed to serve the needs of both the individual and the society. The concept of physical education involves the unitary aspect of the individual and the interdependence of all his parts. The inter relationship involves the mental, social, spiritual and physical aspects as they operate in the educational experience. The government has accepted all the recommen-

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dations of the Board. The main thing which has emerged is the acceptance of physical education as an integral part of the fatal process of education in the context of the broad aims and purposes of our national life.

NEED AND IMPORTANCE OF THE STUDY

The purpose of this study was to survey the existing facilities and personnel in relation to compulsory physical education programme in the physical education colleges of Sirsa. In the phase, their equality and status, uniformity with regards to syllabi and facilities of funds, teachers, grounds and equipments are almost identical conditional. The inclusion of these institutions would have unduly enlarged the scope of the study, as everything would be in contrast, the variation in the Physical Education. In the other sponsored schemes would have been thrown in back ground, so only physical education colleges' district Sirsa were taken into consideration.

The investigator is actuated by desire to approach this problem by virtue of her experiences as a physical education teacher in the different physical education colleges of district Sirsa. Having observed students with interest in physical education activities, in different institutions running from the total partial different of an enthusiastic interest, the investigator is keep to ascertain in how physical education are being organized in the school in the industrial and prosperous town of Sirsa. The urge is to find out whether in this district having a lower class and middle class people, what concepts of modern education are practiced and what extent this type of town set an example for other. So to see the present condition set for this subject under the modern norms is to be assessed properly in relation to status in the institution. It will aid the investigator to indicate what is being done against, what could be done. So this study is having practical value because of its academic and analytical character. The investigator's conviction is that the results of this study will add to the body of knowledge. The result that may be obtained would be of practical value of the teacher, headmaster, headmistress, principles, students, parents, sports organizers as well as administration. The systematic investigation of the problem is likely to reveal

many a typical situation and to fill up a gap in the organized body of educational knowledge.

Objectives of the Study

OBJECTIVES OF THE STUDY

1. To know the existing program of physical education its facilities and other requirements in the Physical Education colleges.
2. To find out how far heads of the interested in health and physical education program in their colleges.
3. To suggest suitable measure to improve the standard of games in the colleges.
4. To find out the main hindrances in organizing the program of physical education in the colleges.

POPULATION AND SAMPLE

The purpose of this investigation along with the questionnaire was explained and due consent of the concerned authority was obtained to undertake the study. A list of Physical Education colleges of Sirsa District is given below and 100 respondents were selected as sample:

1. Sah Satnam Ji Boys College, Sirsa
2. Sah Satnam ji Girls College, Sirsa
3. Govt. National College, Sirsa
4. Ch. Devilal University, Sirsa (Dept of Phy. Edu.)
5. CMK Girls College, Sirsa
6. Guru Hari Singh College, Jiwannagar
7. Mata Harki Devi Girls Mahavidyalaya, Odhan, Sirsa
8. Janta Girls Colleges, Ellnabad, Sirsa
9. Maharana Partap College for Women, Dabwali, Sirsa
10. Govt. College Dabwali, Sirsa

As the present study was conducted on the level of sports achievements and sport facilities provided in the physical education colleges in Sirsa district. For this purpose the investigation personally visited the selected college and presented a questionnaire to physical education teachers of the concerned college to gather required information.

DELIMITATION OF THE STUDY

1. The study confined to 100 teachers from 10 Physical Education Colleges of Sirsa district.

2. The study was delimited to the study of Physical Education Program of their institutions like physical facilities, organizational and administrative setup and participation in tournaments.
3. This study is limited to Physical Education subject of the colleges.
6. It clearly shows that a good majority of colleges scheduled their physical education period during the teaching hours. They hold the sports competitions once a year according to the age of the students.
7. Every college participates in inter college competitions and award prizes to their winners.

METHOD, TOOLS AND TECHNIQUES

METHOD

For the survey of existing facilities in physical education colleges of Sirsa district, a descriptive study was designed in which survey method was used.

TOOLS

For the collection of the data questionnaire method was used. The questionnaire was the major tool for collection data in this study. It was prepared and formulated in consultation with the guide. In the newly constructed questionnaire most of the questions were objective type where subjects were free to respond Yes or No and for some of the question, respondents were required to their response.

STATISTICAL TECHNIQUE

The data thus collected through questionnaire were tabulated on a frequency basis giving a value of one score to each item according to developed scale. All the sets of questions were tabulated separately with a total sum at the end of each table. Percentage tactics were used.

MAIN FINDINGS

The main findings of the study as per analysis of data gathered by the investigator reveal that:

1. In Sirsa, majority of colleges have adequate physical education teachers in proportion to the number of students.
2. A vast majority of the Principals recognize physical education activities as part of academic work.
3. In most of the colleges in Sirsa have sufficient play grounds for their students in different games.
4. Almost every college has first aid facility and separate sports room.
5. Vast majority of colleges have sufficient equipment for physical education and sports.
8. It was concluded that most of the colleges spend above 5,000 rupees on sports equipment during a year. Majority of the colleges felt that the budget provision was sufficient according to the activities and strength of the colleges.
9. It was concluded that most of the colleges have adequate equipment to run the physical education programmes and they have allotted separate periods for the sports activities.
10. A large number of colleges provided incentive to the talented students whereas other does not give any incentives. This may be due to the fact that providing incentives in various forms like certificates, meals, free books, diet extra classes and coaching facilities to the children are considered beneficial for sports performances.
11. On an average 100% of the physical education teachers are of the view that they provide every opportunity to talented children who adhere to sports as a mean of showing physical powers.

RECOMMENDATIONS

On the basis of the findings of the present study of the following recommendations were made. It was recommended-

1. That adequate play field area for outdoor and indoor activities should be provided.
2. That facility for maximum number of indoor and outdoor games should be provided.
3. That to begin with an indoor sports hall should be provided.
4. That every college should have standard and sufficient equipment according strength and activities to most the playing needs of the students.
5. That adequate budgeting provision is made to meet the expenditure of equipment, latest books and journals on physical education and sports.

6. That more provision for special coaching should be made for the promising sportsman in each of the colleges.
 7. That the work load per teacher per week in physical education should be at par with the other class room teachers (keeping in mind his evening assignment of duty for competitive sports) with maximum class strength of 40 students.
 8. That evaluation of compulsory physical education programme should be done every year.
 9. That refresher course for physical education teacher, one in two or three years be conducted to make him familiar with the latest changes in rules, regulation and techniques of different games and sports.
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