

A STUDY ON SIGNIFICANCE OF PHYSICAL EDUCATION, SPORTS, YOGA IN NEP,2020 WITH SPECIAL REFERENCE HIGHER EDUCATION INSTITUTIONS

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Abstract:

EDUCATION means “bringing out the talent”. These words are not only for academic this will applicable to the education of body i.e. Physical education also. “Healthy minds lie on the healthy body” to give significance of these words our NEP2020 emphasis to give equal importance to Physical education as that of the academics. Physical education is a integral part of students life. without sports activities students will not be healthy. Sports activities are important not only in school life but it also should continue in College life also. This article discusses the importance of Physical education and how physical education play a vital role in the human life and also how the NEP is giving importance to Physical education in the field of education and its changes in the educational curriculum in schools and in higher education institutions also.

Keywords: NEP2020, Physical Education, Sports, Yoga, Higher Education Institutions (HEI)

Introduction:

“Health is wealth” proverb is proven at the time of Covid-19. People who are having more wealth also couldn’t escape from the impact of covid-19. It has shown the significance of sports activities and yoga which will improve the maintain our physical and mental health. Sport activities will improve not only physical health but also mental health of the students. students who play regularly in the playground will be more mentally strong than who not played. At the of time covid-19 all the people couldn’t go out of the house and because of that people were in heavy mental stress. All students have to study on line and become more digitalized. In that time only NEP2020 has been introduced. Keeping in mind those difficulties of the people, NEP has been framed as Physical Education should be a integral part of the educational sector in all levels. It should be a compulsory subject in higher education also.

Objectives of the study:

1. To know the significance of the sports activities.
2. To understand about the Physical Education, Sports, Yoga curriculum in NEP 2020
3. To understand the importance given to physical education, Sports and Yoga in NEP 2020

Research Methodology:

Data Collection:

This article is based on the secondary data collected from various websites, Articles, scholarly article, Government websites and University website.

Limitations of the Study:

1. Limited time period
2. This article is based on secondary data only
3. Implementation status of NEP 2020 as of now

Review of literature:

P. S. Aithal & Shubhrajyotsna Aithal (2020):

This article discussed in detail about the NEP2020 by its highlights, impacts. implications on higher education system, its merits and its innovations. It has done comparison between old education

policy and NEP 2020 and finally given some suggestion for improvisation. It has been concluded that by 2030, there will be a visibility of NEP first level objective.

Kayum Sahid Bepari¹, Dr. K. Mukhopadhyay (2021):

This article analyses how the NEP 2020 will be bringing a effective change in the physical education and sports in the educational sector. It has been analyzed the pros and cons of NEP2020 along with some of the developed country's policies and earlier educational policy. Its challenging task to bring like these of changes. For that higher official of educational sector should be retrained to the new curriculum of Physical education to attain the objective of NEP 2020.

Now a days the main reason for most of the diseases is there is a lack of Physical fitness and especially the lack of knowledge about that. Awareness among the People regarding the maintenance of their body in good condition is very much important. They are not caring about themselves and they don't know how to make their kids also physically fit. Children who are playing regularly outside are not only physically strong but also mentally and socially strong enough to tackle the different situations in their life.

The following are the important benefits of sport activities to the children:

Strong health:

It improves physical as well as mental health of the children who are playing regularly.

Ability to tackle problems:

Sports activities gives the children ability to face the problems in different situations.

Energetic:

After playing the children's energy will stay at least for an hour. It will help them to be active in other activities.

Enjoyment:

Children will be happy while playing. Happiness will give good health and mind.

Individuality:

Students will get self-confidence and individuality when they are playing regularly.

Co-ordination:

While playing they have to adjust with others so co-ordination and teamwork will improve for the students. So that they can learn how to mingle with the other people in the family and society. They will start believing the proverb "**Unity is Strength**".

Positive mindset:

Students when they are into play, they will learn the habit of winning and losing. Suppose one time when they lose, they put more effort next time and try to win. Because of this they will learn hard work and positive mindset in the future.

Good peace of mind:

Students are playing properly will get good sleep. Because of that they will give proper rest for their brain. So, they will get good peace of mind and next day they will be active and they can concentrate fully on their goals.

These are benefiting the children/Students will get from the sports activities and Yoga.

Sports activities and Yoga will help the overall development of the students in a Physical, Mental and Social aspects.

The Government of India concentrating more in physical and mental wellness of each and every citizen that's why it encouraged the launching of **Fit India Movement, Khelo India, TOPS and National Sports Day, International Day of Yoga etc.**

Creating Professionals and Trainers:

The Government wants to create Professionals or good trainers in the field of Physical Education, Sports and Yoga, so Government of India and Government of Karnataka have included these in NEP 2020 as a integrated course in Higher Education.

Public Parks:

In Karnataka, in public parks, various physical fitness equipment has been fixed for the use of general public who are not affordable to go pay a go for Gyms. It's getting a good respond and more useful.

PHYSICAL EDUCATION, SPORTS AND YOGA IN NEP 2020

Year of implementation: 2021-22

Objectives:

The main objective of inclusion of Physical Education, Sports and Yoga in NEP 2020 is to be accessible and available to maximum no of people in the society by creating the professionals in this field through the Higher Education Institutions.

Qualification:

Required Qualification for this course is 12th /+2 with Arts/Science/Commerce Streams preferably with sports background.

Syllabus:

All the courses have been explained clearly with the course content, no. of credit, no of classes to be taken, internal and external marks for theory practical papers for clear understanding of syllabus in the curriculum.

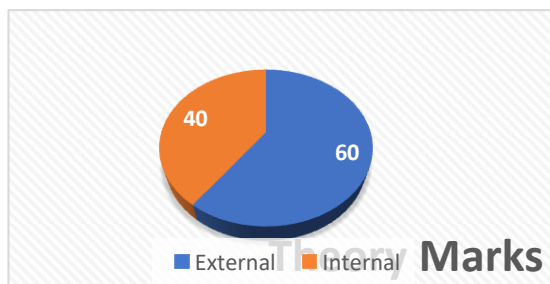
Table of curriculum semester I

UG COURSES	BA/B.Sc. in Physical Education, Sports, Yoga	BA/BSc/BCOM/BBA/BCA AND All OTHER UG Courses	Semester I	
			Skill Enhancement Courses (SEC)	
	Discipline Specific Core-I	Open Electives	Value Based-I	Value Based-II
Subject	Introduction to Physical Education, Sports, Yoga	Sports and Nutrition/Sports Event Management /Yoga &Fitness	Physical Education &Yoga	Health and wellness
Theory	4 credits External -60 Marks Internal -40 Marks	1credits External -40 Marks Internal -20 Marks	--	---
Practical	2 credits External -30 Marks Internal -20 Marks	2 credit External -20 Marks Internal -20 Marks	1 credit Internal - 25 Marks	1 credit (Theory & Practical) Internal -25 Marks
Total	150 Marks	100 Marks	25 Marks	25 Marks

Table of curriculum semester II

Marks:

UG COURSES	BA/B.Sc. in Physical Education, Sports, Yoga	BA/BSc/BCOM/BBA/BCA AND All OTHER UG Courses	
Semester II			
	Discipline Specific Core-II	Open Electives	Skill Enhancement Courses (SEC) Value Based-I
Subject	Life Style Management	Yoga and its Applications /Physical fitness for Carriers/Sports Recreation	Physical Education &Sports
Theory	4 credits External -60 Marks Internal -40 Marks	2 credits External -40 Marks Internal -20 Marks	--
Practical	2 credits External -30 Marks Internal -20 Marks	1 credit External -20 Marks Internal -20Marks	1 credit Internal -25 Marks
Total	150 Marks	100 Marks	25 Marks



Faculty:

All papers in Physical Education, Sports & Yoga should be taught by UGC qualified Physical education Faculty whom should have the additional knowledge of required short term courses, Workshops, Training/ Orientation programmes etc.,

Reference books:

Lots of reference books have been recommended in the curriculum for the further enrichment of knowledge.

References:

References are mentioned at the end of the course content in the subject.

Outcomes:

1. Students will become sports event Organiser.
2. Students will get thorough knowledge about desired sports, its purpose and development.
3. As Employability is the main intention, they can become sports instructors.
4. They can develop their entrepreneurial skills and capable to start a Gym, Fitness centres.
5. In village, they can able to conduct training and sports activities.
6. They will be able to access all types of physical equipment's & get knowledge about physical diet.
7. As encouraging research, in sports also students can do research in physical education, Sports and Yoga for their enrichment.
8. They can able to become a sports Nutritionist.
9. They can become a trainer in schools, colleges and can able to conduct events.

Recommendations:

Many recommendations have been given in the curriculum to the HEIs for the implementation and execution of the NEP Policies which are as follows:

1. Employability is the main motto of this inclusion of Physical Education, Sports and Yoga.in HEIs curriculum.
2. All the rules and Regulations, Guidelines of NEP should be strictly followed by the Higher Education Institutions.
3. All subjects should be taught by Well Trained & UGC qualified Sports Faculty only.
4. All HEIs should provide the required infrastructure facility.
5. HEIs should make sure the availability of all reference books for the students.
6. Workload of physical Education Faculty should be considered regular along with NEP rules.
7. All HEIs should enter MOUs with NSDC to create employment opportunity to the graduates.
8. Practical classes as well as theory classes also should be conducted to get the in-depth knowledge,
9. Practical and theory assessments for all the papers should be conducted
10. All activities of HEIs should be towards the attainment of objectives of NEP 2020.

Conclusion:

NEP 2020 mainly aims to enhance the students from basic understanding level to enrich their in-depth knowledge in all streams including Physical Education, Sports and Yoga towards their employability and development of entrepreneurial skills. NEP is more than a two decades process. Hope all the Higher Education Institutes in Karnataka have successfully implemented the NEP sports curriculum. But it will take time to harvest the fruit of NEP 2020. If it continues in the same manner, definitely succeed in attaining the objectives of Physical Education, Sports and Yoga in NEP 2020. After completing graduation in Sports students definitely will be able to become Coaches, Trainers, Instructor, Event Managers in Physical Education, Sports and Yoga and may also be an entrepreneur in sport sector.

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