

Physical Education is the Basic Foundation for Athlete Development

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Abstract:

The school's physical education programme is a primary contributor to building a strong foundation for the development of Sports Persons in India. Physical Education Plays the main role in the Identification of Talent and Selection of Sport of a Child at School and College level to guide for the correct coaching in becoming the future champions of the country. Sport programs and coaches resort to overemphasizing competition and related sport skills. From a coach's standpoint, there is need for practical, functional, and sequential athlete document that will provide coaches with best practices for the development of strength, flexibility, and stability in their athletes at correct age at school level to develop the motor qualities and skills. The sample for the study consists of 20 International Players of Telangana, Andhra Pradesh and other states through the Interview Method those who have participated in Olympics, Asian Games, Common Wealth Games and other International Sports Events. All the Sports Persons has recommended due to the Physical Education Programmes in early age and at school level they came to sports and it helps in the development of Sports Person at correct age. Hence it is recommended that Physical Education will plays basic foundation for athlete development at School and College Level. Key words: Physical Education, Talent, Selection of sport, Sports Skills. etc.

Introduction:

The school's physical education programme is a primary contributor to building a strong foundation for the development of broad-based physical competencies and opportunities for recreational participation of the School Students in India. School health and physical education programs, for kindergarten through high school, and local youth sports programs, need to implement a long-term athletic development to have a basic foundation of Physical Education to build High Performance Athlete. Physical Education Plays the main role in the Identification of Talent and Selection of Sport of a Child at School and College level to guide for the correct coaching in becoming the future champions of the country.

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The goal of Physical education is to prepare students for a Life time of Healthy living, Physical training for the all round development of the Child.

The PE programme is an integral component of India school curriculum. the learning areas addressed during PE are:

- Traditional Sports

- Yoga
- Kabaddi and Kho
- Mass Drills exercises
- Lezium
- Physical Health and Fitness

The above activities in the Schools in directly develops motor fitness and athletics ability among Sports Persons.

Talent Development

Scientific research concludes that it takes 8 – 12 years of training for a talented athlete to reach elite levels . It also can be argued that it takes that long, if not longer, to produce quality youth coaches who understand how to develop proper skills in children. There are no shortcuts to athletic success Unfortunately, some coaches and parents overemphasize competition, while at the same time, approach proper movement skills and development to improve athleticism with little or no interest. School sport offers the school community opportunities to build a strong identity and culture of excellence. Traditional values of respect, fairness, responsibility and resilience are developed as part of students’ participation. School sport is often a partnership between the school and local community organisations, which work together to develop students’ abilities and foster student aspirations for interesting and rewarding lives.

The mandated time allocations for physical and sport education for all students in Years P–10 in government schools are as follows: Primary schools: • Years P–3: 20 to 30 minutes of physical education a day. • Years 4–6: three hours per week of physical education and sport with a minimum provision of 50 per cent for physical education. Secondary schools: • Years 7–10: 100 minutes per week for physical education

Sporting activity allows each individual to meet primary human needs: the basic biological need for movement and play, the need for safety, order, belonging and love, esteem and self-actualization. 2. Sport and sport activities significantly affect the desirable psychosomatic development of children and young people, theyAccording to Balyi, his theoretical model can, when properly implemented, provide a change in sports programs and athletic development by identifying gaps, and providing guidelines for movement problem solving, improving performance at various stages of athletic development, and outlining a framework to develop physical literacy, physical fitness for life, and competitive athletic

A well-planned and balanced schedule of training, practice, competition, and recovery will enhance optimum development throughout the individual’s athletic career .

Parenting, in fact,does have a significant influence on determining the child’s personality, academics, emotional development, behavioral habits, social development, etc. Parents are the pillars who need to nurture and support children to foster confidence in them as well as pave way for their physical, emotional, and intellectual growth during various developmental stages of life. This is why the active involvement of parents is vital for children and contributes substantially in their holistic development.

Methodology:

The sample for the study consists of 20 International Players of Telangana, Andhra Pradesh and other states through the Interview Method those who have participated in Olympics, Asian Games, Common Wealth Games and other International Sports Events. The Interview has taken during the free time of the sports persons.

Results and Discussion:

All the Sports Persons has given the importance due to the physical activities in the schools they are motivated to play sports and Games.

Sumeeth Reddy – Badminton Olympian has started Training in Badminton Through Physical Education Programme in Schools.

P.Shankar – Athlete in Asian Games has started training in Athletics through physical Education events in Schools and admitted in the Sports School.

J.Shivaji Yadav- International Cricketer has started practice in cricket at School level Cricket League.

Tarun Kona – International Badminton Player started badminton career due to this motor skills indentified by the Physical Education teacher in the School.

N. Ramesh – Dronacharya Awardee, Athletics has identified schools Physical activities are the basis to identify to student to put him in sports as per his or her ability.

All the International Sports Players has claimed that the Physical Education Teacher in Schools has motivated and coach them to participate in Sports events at School level.

The findings reveal that schools draw on an extremely varied range of strategies to identify and develop their talented pupils in physical education. Although the majority of schools appear to have developed a whole school and departmental policy for developing talent, there was a strong indication that a whole school policy was a significant driving force for designing a policy at department level. Although there has been a great deal of research on talent development in sport and education, there has been a distinct lack of research on developing talent specifically in a curricular physical education context. The most common criteria for assessment were reported to be performance in school sport and club sport. A key finding was that the majority of subject leaders indicated that the main area of expertise for staff was games activities, which may have significance if teachers feel better able to identify talented pupils in areas in which they themselves have expertise.

Conclusion:

The paper concludes with a discussion of the implications of these findings, suggesting that instances of good practice need to be highlighted and widely disseminated, and detailed guidance should be made available to all schools, if effective and equitable talent development practices are to be properly adopted within physical education departments.

School health and physical education programs, for kindergarten through high school, and local youth sports programs, need to implement a long-term athletic development

A successful LTAD program must implement, and become committed to, coach education at all levels. It should be coach-driven and athlete-focused in an attempt to create a family concept, and include proper training, competition, and a recovery plan. Also, it must allow for individual physical, mental, and emotional development. Typical

A long-term commitment to physical literacy, proper training to improve athleticism, and sport skill development is vital to produce optimal athletic potential. Proper training and athletic development require time

Recommendations:

Overall, the findings suggest that the effectiveness of Physical Education Programmes at School Level. The Talent Identification of Child will be at Physical Education Programme. Physical Literacy training is very important for Child at School Level. The Selection of Sport can be done through Physical Education. Hence Physical Education is the basic foundation to build high

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