

## TRAINING FOR FITNESS

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**Abstract-** It is ability of the human body to function with vigor and alertness, without undue fatigue and with ample energy to engage in leisure activities, and to meet physical success. In this modern and busy days college students are lacking with fitness this is because of inadequate knowledge about fitness, food habits and having a luxurious habits without participating in any physical activities I there day to day life style. So there is a need of physical fitness training to over come the deformities and diseases For Example: Diabetes, Hyper tension, Muscle pulls, obesity, Psychological Disorders due to lack of physical activities potential in performing rigorous physical activities. Physical fitness involves the into account our cardiorespiratory endurance, muscular strength, muscular endurance and flexibility

**About Fitness and Exercise:** Today, there is a growing emphasis on looking good, feeling good and living longer. Increasingly, scientific evidence tells us that one of the keys to achieving these ideals is fitness and exercise. But if you spend your days at a secondary job and pass your evenings as a "Couch potato", it may require some determination and commitment to make regular activity a part of your daily routine.

**Improved Health:** Efficiency of heart and lungs, Reduced cholesterol level, Muscle strength, Reduced BP, Reduced risk of major illness such as diabetes and heart disease, Weight loss Improved Sense of Well-being More energy, Less stress, Improved quality of sleep, Improved ability to cope with stress, Increased mental activity a Improved Appearance Weight Loss, Toned muscles, Improved posture

Increased Stamina Increased productivity, Increased physical capabilities, Less frequent injuries, Improved immunity to minor illness

**The Fitness Formula:** If you are interested in improving your overall conditioning, health experts recommend that you should get at least 30 minutes of moderately intense physical activity on all or most days of the week. Examples of moderate activity include brisk walking, cycling, swimming or doing some repair and hard work. If you cannot get in 30 minutes all at once, aim for shorter bouts of activity (at least 10 minutes) that add up to a ½ hr/day. Instead of thinking in terms of a specific exercise program, work toward permanently changing your lifestyle to incorporate more activity. Don't forget that muscles used in any activity, any time of day, contribute to fitness. Try working in a little more movement with these extras. Take the stairs instead of the elevators. Park at the end of parking lot. Get off public transportation a few blocks before your stop. Physically fit people perform their everyday tasks effortlessly.

**Fitness Training:** Fitness Training has now moved into a new dimension, and is getting morepersonalized than ever. Fitness training centers will provide you with their fitness training programs that will make you into a physically fit and healthy person. Consistency in fitness training is the quintessential key to becoming fit. While fitness training all this while has been about going to the gyms or fitness training centres and doing exercises. To determine your optimal fitness training schedule really requires that you figure out your fitness goals. If your primary goal is to lose body fat, then frequent full-body resistance fitness training sessions that include a cardiovascular element will help you meet your goal quicker. If your main goal is to get fit, gain strength and definition, and improve your body composition, then the following will apply. Beginners should start out twice a week with full-body fitness training and then increase to three times a week once your body has adjusted favorably to the fitness training stimulus. Novices naturally feel some soreness in the initial six to eight weeks of fitness training.

**Resistance Fitness Training:** Cardio training the day following your resistance fitness training can really help to relieve some of the soreness. If you've been fitness training for several months very regularly, start dividing your fitness training sessions \_ alternating between upper-body fitness training and lower-body fitness training

**Cardio Fitness Training:** Cardio-Training means cardio-vascular training. The other name for cardio training is aerobic training. This type of training elevates your resting heart rate for a certain period of time and this in turn, helps in burning more calories. As you incorporate cardio training into your fitness plan, your heart becomes stronger and your body gains lot more stamina and strength. You can shed body fat quickly as you burn more calories per minute doing cardio than any other fitness training. **Walking Tips:** Bend your elbows. This will cause your arms to swing faster which in return will help your legs to move faster. Keep your stride short. Don't take long strides that feel awkward

**Exercise & Workout Tips:** Replace your sneakers often. At least after every 250 - 500 miles of walking/running. Stair climbing is a low-impact alternative to running. Choose exercises that you enjoy doing. You'll be more inclined to stick with a fitness regimen when it includes things you like to do. **Weight Loss & Diet Tips:** Exercise is not enough. You must also include healthy eating habits. Make a list of all the benefits regular exercise provides you. Everything from feeling healthier, sleeping better, preventing depression, feeling stronger, etc. Post this list somewhere that you will easily see it everyday so that it can serve as a reminder why you should workout

**Keywords:** Fitness, Walking Tips, Cardio Fitness

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## CRISIS IN SPORTS ACTIVITIES: A NOTE ON PHYSICAL EDUCATION AT TERTIARY LEVEL

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**Abstract** -The aim of the present paper is to discuss the problems of sports activities and the practice of physical education at the tertiary level in Karnataka. Though sports studies and physical education have come up recently on the scene in India, the practice of physical education at the tertiary level has been facing certain problems. The narrower view of educational planning has relegated the physical education to the periphery; it is considered as antithetical to intellectual development. It is believed that a sporting boy makes a poor student and only the dullards could pursue it. On the one hand there is an attitudinal problem, on the other there is a pedagogic and administrative problem to sports activates in our educational system. Taking this premise as a point of departure the present paper, based on the experience of the author as a physical director at the tertiary level, makes a modest attempt to address the following issues:

1 Sports policy matters , 2 Infrastructure related problems, 3 Pedagogic problems, 4 Gender discrimination, 5 Hegemony of other academic subjects.

**Keywords:** Physical Education, Sports Polices, Pedagogic Problems, Gender Discrimination

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## CURRICUALM FOR PHYSICAL EDUCATION

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**Abstract** - Physical education is needed because due to advanced technology, the lifestyles of people become sedentary and they become passive entertainer. Physical education is needed during elementary & secondary education for proper growth and development. It is beneficial during adulthood to maintain good health and fitness. During old Age, physical education is important to prevent and treat various ailments and disease. It is important as it provides us the knowledge of our bodies from musculoskeletal, physiological and biochemical point of view. So it should be given at most priority. But does the physical education curriculum is coping with the necessity. Many physical education programs are mindless. Most consist of learning how to play different sports and games. Although some might provide cardiovascular activity, you probably won't play most ever again.

Emphasis should be on exercise and not playing sports. Losing weight, building muscle, and maintaining excellent health should be the purpose of physical education. Students should look back on physical education as a place where they learned to be healthy the rest of their life instead of a place where they learned some useless sports and possibly got bullied for not being good at sports.

**Keywords:** Curriculam, Physical Education, Secondary Education

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## FITNESS AND WELLNESS OF COLLEGE STUDETNS

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**Abstract-** The ability to live a happy and well-balanced life. Fitness involves not only physical factors, but it also has intellectual, emotional, social, and spiritual components. These components interact and are interdependent so that if any component deviates from normal it affects the overall fitness and ability of an individual to meet the demands made by his or her way of life. Clearly, fitness is a relative term that depends on an individual's circumstances and aspirations. Fitness is also specific to a particular physical activity

**Keywords:** fitness, wellness

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## DEMANDS OF CHANGING SOCIETY AND NEED FOR REFORMS IN PHYSICAL EDUCATION AND SPORT

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**Abstract** - Physical education policies and programmes need to be reconsidered, renovated and adapted to bring them into line with the changing world. The rationale behind physical education and sport policies and programmes that were for the most part established as models after the Second World War, are no longer valid today in a world in which the cultural differences, underlying values, attitudes and behavior cannot be ignored; hence the urgent need for reforms to solve the major problems now existing in the field of physical education and sport.

**What is Physical Education?:** Physical Education is the system of organized exercise and sports practiced as part of a school curriculum. It can also include education in health, hygiene, first aid, and personal safety.

**Why the Physical Education is part of the curriculum?:** Physical Education is part of the curriculum and because it keeps the children healthy and fit, so they are more active and attentive in their academics and they do not get obese and lazy. **Changing Demands of Society:** New needs linked to technological development, high levels of town and city urbanization and the greater democratization of sport have generated fresh and contrasting demands with a new wave of possibilities which might explain the growing lack of interest shown by young people in the traditional ways of organizing physical education and sport.

**Current trends in Physical Education:** Trends toward childhood obesity. Trends toward Inclusion (teachers must be able to incorporate all students regardless of talent level or disabilities). Trends towards student centered activities (the student is most important). Trend toward lifelong fitness (the main goal of a P.E. program is to create physical activity habits that will stay with the students into adulthood and keep them healthy for life time).

Reforms Needed: New curriculum to cater the needs of society.

1. Infrastructures and facilities in Government colleges and schools.
2. Qualified and competent teachers with Communicative skills and job surety.
3. Sufficient number of teachers to maintain student-teacher ratio.
4. A teacher should impart the knowledge in his specialized areas only.
5. Commitment, dedication, Ethics and moral values.
6. Monitoring qualities at university and affiliated colleges.
7. Physical education and sports activities for all the people in the society.
8. Training to raise funds and get cooperation of all agencies.
9. Publications, literatures and journals.
10. Programmes for all age groups and for both sex.
11. Cooperation of government and private agencies.
12. Encouragement and cooperation from head of the institute.
13. Worth full utilization of sports funds.

**Keywords:** Reforms in Physical Education, Demand of Society

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## INFLUENCE OF SOCIO-DEMOGRAPHICS FACTORS ON SPORTS-CASE STUDY OF PRE – UNIVERSITY SPORTS STUDENTS OF UDUPI AND MANGALORE CITY

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**Abstract-** These days a lot of importance is given to games and sports. The importance of physical education is no less than any other subjects in the regular curriculum. The present study was undertaken with a view to study the influence of socio-demographics factors on sports. This survey research was conducted amongst sports students of Udupi and Mangalore city range. The study was conducted by using simple random sampling to select 313(N=313) district level pre-university male and female sports students as subjects and were belonging to different socio-demographic classes. A questionnaire method was used to collect data and to seek a accurate responses the survey schedule was divided into general information and socio-economic status. SPSS package was used for data analysis.

The study revealed that Hindu students were dominating compare to Christians and Muslims. Cast analysis showed that other groups participated more in sports compare to the S.C, S.T and OBC group. Participation from male students was maximum than the females. Participation in sports depends on their demographical factors.

**Keywords:** Sports, Socio-demographics

## FITNESS AND LIFE

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**Abstract-** Nowadays Fitness is an unavoidable factor in every individual. Without fitness individual will feel uneasy to do any type of work or movements, it consists of walking also. The latest trends are in society we can see fitness centers in every corner and people are coming and doing fitness work without any hesitation. It shows that the interest of individual in doing fitness work. This paper will focus on the fitness and its influence on life and well being in society.

**Keywords:** Faintness, influence on life

## SOCIAL VALUES AND CHARACTER DEVELOPMENT THROUGH PHYSICAL EDUCATION

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**Abstract-** Man is a social animal, he cannot live alone and his development can take place only in society of other human beings. Biologically man is inferior to animals in some respects. He depends on others for the fulfillment of his needs. With his superior brain, man has been able to adapt himself to environment and create an order in his life. This perhaps, is the reason for the society to exist. " SOCIETY is a collection of people with a common identification who are sufficiently organized to carry out the conditions necessary to living harmoniously together". Social components like cooperation, coexistence, honesty, fairness, dedication, discipline, friendliness, belongingness, justice, respect for duties and other rights are not inborn qualities of character. They stem from the value systems operating in the society. In general, social inheritance comprises ideas, beliefs, traditions, customs etc., which regulate behaviour of a society and which are transmitted from one generation to another by way of informal or formal learning. Schools and colleges act as an agency to develop physical, psychological, social, morals and cultural qualities, along with greater focus on the development of characters and discipline. Simultaneously individual is exposed to various other experiences with in the community and society. He shares certain ideas with others and acquires knowledge regarding their pattern of living culture and tries to adopt them in his own life. Such experiences enhance the personality development in course of time and enable the individual become an active, a creative and a responsible citizen. " Physical Education is an integral part of total education, which contributes the wholesome development of an individual by using body as a medium. " Physical education is not simply a biological necessity, it is a part and parcel of man's social inheritance.

**Keywords:** Social Values, Physical Education, Biological Necessity

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## ESSENTIALS OF AN IDEAL PHYSICAL EDUCATION PROGRAMME

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**Abstract-** A physical education director working in a college always has a big question to be solved how do I get more number of students to take part in physical activities and sports? He always wonders if physical education subject would have been a mandatory subject in a college the students taking part in physical activities and sports would have been significant. But in the current situation where leave alone physical education being mandatory it is not even an optional subject students taking part in physical activities and sports is decreasing day by day. Children are more towards games on the PC and mobiles and not on the ground. If this is the case then what would be the ideal way to motivate more number of students to take part in physical activities and sports. The answer is simple – a good physical education program. So what does a good physical education program mean? It means that the program has everything for everyone and it caters to the likes and needs of the students studying in the college. Following are some points which can be included to make a good physical education program.

A good physical education programme should not only emphasise on competitive sports but also on exercise and day to day physical activities. Playing serious sport, losing weight, building muscle, maintaining excellent health, improving self confidence and self esteem should be the purpose of physical education. Students should look back fondly on physical education as a place where they learned to be healthy the rest of their life instead of a place where they learned some useless sports and possibly got bullied for not being good at sports. It's time for us physical education directors to get our acts together and be heroes and true mentors to the youth of India!

**Keywords:** Physical Education, Fitness, Excellent Health

## MANAGEMENT OF PHYSICAL FITNESS

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**Abstract-** Physical Fitness is one of the important ways of measuring the physical health of an individual. Physical Fitness gives us information how healthy an individual is. In this topic there are four types of fitness (General, Specific, Skill Related and Health related Fitness) and the one who undergoing exercise regularly what are the benefits he/she gains. Briefly explained about the precautionary measures to be taken in to consideration before getting involved in to physical activities, also the phases of warm up for better Physical Fitness. And also explained how to develop Physical Fitness components.

**Keywords:** Management, Physical Education, Fitness

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## FITNESS AND WELLNESS OF COLLEGE STUDENTS

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**Abstract-** As human beings advance in ages, the health problems that they would have to face would also increase and this is why teenage is considered as the healthiest stage of a human being. The student days are the most memorable period of our life. The memories of our schools or colleges would stay with us till the end of our life. It is in this period that our character formation takes place. There may be many things that we may get attracted to do and in most cases we do find our life partner in our student life itself. This is the period were we feel much healthy. As human beings advance in ages, the health problems that they would have to face would also increase and this is why teenage is considered as the healthiest stage of a human being. This article illustrates how fitness will help for college students to increase intelligence and thereby help in wellness of the students.

**Keywords:** Fitness, Wellness, College Students

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## MOTIVATING STUDENTS FOR SPORTS PARTICIPATION

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**Abstract-** "Spirit ... has fifty times the strength and staying power of brain and muscle." Nothing will work unless you do.- John Wooden. Motivation is a complex process that influences individuals to begin, pursue, and persist in an activity. Intrinsic motivation is self-fuelling over the long term because it is based on controllable feelings of enjoyment and competence; extrinsic motivation relies on external reinforcers from the social environment. Students may be motivated to participate in a variety of ways. Motivation is the stimulus given to athletes to continue with and improve in their chosen sport. Motivation can come from a number of sources: coaches, teammates, supporters, and self-help methods can all be effective means of motivating the student. The effective motivation of student is an essential aspect to success in sports of every kind. The motivational requirements of every student are as unique as the athlete themselves. The first factor in the assessment of how student may be effectively motivated is the nature of the sport played. Impending activity Often students look forward to participating in a particular activity, such as a favourite game. Teachers may motivate students by informing them that time has been set aside for the preferred activity, provided that students give good effort toward other instructional objectives first.

Students who feel more competent and self-confident are motivated to work harder to perform better in their sport. As with self-esteem, if we lack confidence in our ability, we need elaborate extrinsic incentives to motivate us.

The fundamental assumption of behaviour modification is that behaviours are strengthened when they are rewarded and weakened when they are punished or unrewarded. Extrinsic rewards are common in sport, such as trophies, scholarships, and even large salaries in professional sports. Research indicates that extrinsic rewards.

**Keywords:** Motivating Students, Sports Education, Health

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## COMPARISON OF SELECTED PHYSICAL FITNESS VARIABLES OF 18 to 25 YEARS OLD MALE VOLLEYBALL PLAYERS BELONG TO THE DIFFERENT DISTRICTS OF UNIVERSITY OF MYSORE

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**Abstract-** Physical fitness is the ability to perform any activities requiring strength, speed, endurance, and skill, increases steadily between the age of 18 and 25 years. Motor development is the most important aspect of growth and development, which has direct implications for training the young children. The development of motor abilities and their accurate assessment invariably help in identifying talented children and also in formulating scientific training programme for the children of various ages, so that it leads to the achievement of high performance at the right age and also to preclude any negative or harmful effect of training on them.

Volleyball like other sporting events also requires physical fitness capabilities to maintain the performance level. It has been observed by many coaches and physical education teachers that Volleyball players often concentrate more on their techniques and tactics and very little attention was given towards their physical fitness.

Sixty boys of 18 to 25 years of age studying in Bachelor and Master Degree at University of Mysore were selected as subjects. The subjects were taken from four different districts coming under University of Mysore jurisdiction, such as Hassan, Mandya, Mysore and Chamarajanagar. 15 students from each District were selected at random. Speed, explosive strength, agility and endurance were selected as physical fitness variables. One Way Analysis of Variance (ANOVA) was used to compare the physical fitness variables. The level of significance was set at .05.

The findings showed that there were significant differences in fitness variables among the male volleyball players of different districts of University of Mysore. Mysore District volleyball players were found superior in fitness and Chamarajanagar district volleyball players were found poorest among the other district volleyball players.

**Keywords:** Physical Fitness, Skill development, Mental Health

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## WELLNESS-A NEW APPROACH TO FITNESS PHILOSOPHY

ABIDA BEGUM

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**Abstract-** 'God Almighty' Human body is sophisticated and beautifully designed. Human body works very efficiently, when it is physically active. Physical fitness is the ability of the body internally and externally to adapt to the demands of different stresses and function appropriately to withstand resistance of life and unpredicted fatigue and meet emergencies. Active learning into active living, taking a personalized approach that emphasizes behavior change. Physical fitness standards are set higher than health fitness standards and require a more intense exercise program. Physically fit people of all ages have freedom to enjoy most of life's daily and recreation at activities to their fullest potentials current health fitness standards may not be enough to achieve their objectives.

Children and adolescents can improve their health and quality of life by making physical activity a part of their daily lives. Being physically active early in life has many physical, social, and emotional benefits and can lead to a reduced incidence of chronic diseases in adulthood. However, for a host of social, environmental, economic, cultural, familial, and health related reasons, there exists a substantial and by most measures a growing disparity between the amount of physical activity children and adolescents participate in and the amount that is beneficial to their health.

Wellness can be enjoyable living or more specifically, a deliberate lifestyle choice characterized by personal responsibility and optimal enhancement of physical mental and spiritual health more than freedom from disease.

### Main benefits of wellness

- Improve posture and physical appearance
- Enhances athletic performance
- Improve and strengthens the cardio respiratory system
- Relieves tensions and helps in coping with life stress
- Helps to maintain independent living
- Helps in meeting challenges of life develop self confidence
- Reduces feelings of depression and anxiety

"That form of exercise is best which not only exercises the body but also is a source of joy to the participant"

**Keywords:** Wellness, Fitness Philosophy, Stress and Strain

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## MOTIVATION OF STUDENTS IN SPORTS PARTICIPATION

**ASHOK KUMAR**

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**Abstract-** The sports and its participation is a vital part of society. The latest trends in society are participation in various sports by children's, teenage, adults and aged. The factor should be for participating children in to sports are motivation. Without any type of motivation nobody can do engage any type of sports. There are many types of motivation is there, eg self motivation, external motivation etc. Based of the motivation a participants performance will be improve from normal performance. This paper will be focus on how motivation will be a vital part of improving sports performance.

**Keywords:** Motivation, Sports Education, Sports Science, External Motivation

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## FITNESS AND WELLNESS IN COLLEGES

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**Abstract-** Nowadays we can observe that the lac of fitness problems in the youth so to fulfill the theame fitness and wellness for the youth in the college it self . our aim is to see the nation to be strong with seeing that the youth should be fit in the colleges. Physical fitness comprises two related concepts: general fitness (a state of health and well-being) and specific fitness (a task-oriented definition based on the ability to perform specific aspects of sports or occupations). Physical fitness is generally achieved through exercise, correct nutrition and enough rest. It is an important part of life. In previous years. Fitness was commonly defined as the capacity to carry out the day's activities without undue fatigue. However, as automation increased leisure time, changes in lifestyles following the industrial revolution rendered this definition insufficient.[citation needed] These days, physical fitness is considered a measure of the body's ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist hypo kinetic diseases, and to meet emergency situations

Wellness is generally used to mean a healthy balance of the mind, body and spirit that results in an overall feeling of well-being. Wellness can also be described as "the constant, conscious pursuit of living life to its fullest potential."

Wellness can be described as a state that combines health and happiness. Thus, those factors that contribute to being healthy and happy will also likely contribute to being well. Factors that contribute to health and happiness have long been recognized, at least since the time of Ancient Greeks. To achieve a state of wellness, one has to work on its determinants. The determinants of wellness are: better understanding of concepts like destiny, health practices, spirituality, family, environment, work, money and security, health services, social support and leisure.

Wellness as defined by The Foundation for Wellness Professionals is considered care without drugs that can not only eliminate health problems but prevent them. Wellness enhancement focuses on minimizing the effects of the three dimensions of stress: Physical Stress which causes nervous system irritation, Chemical Stress causing body toxicity, and Mental Stress which can induce hormonal changes namely in the Adrenal Glands

**Keywords:** Fitness, Wellness, Sports Education

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## MOTIVATING STUDENTS FOR SPORTS PARTICIPATION

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**Abstract-** This paper designed to study motivational factors that affect college student's participation in sports events. This paper includes introduction, meaning and definition of motivation, activating forces of motivation like needs, drives and motives, different types of motivation, recent motivational researches, motivational techniques or ideas for motivating college students for sports participation and conclusion.

**Keywords:** Motivation, Participation, Sports, Motivational Techniques

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## A STUDY OF RELATIONSHIP OF SELECTED MOTOR ABILITY FACTORS WITH ACADEMIC ACHIEVEMENT AMONG ELITE AND NON ELITE STUDENT SPORTS PERSONS OF UNIVERISTY OF MYSORE

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**Abstract-** Human individuals are considered as the “roof and crown” of all creatures because they are educable. Therefore, processes of Education were conceived aiming at all round development of the moral, intellectual and physical process of human individuals. Physical activities including sports have become an integral part of Educational processes because of their significant contribution to most of the objectives of Education. Never-the-less, there are instances of marginalizing Physical Education and Sports in the educational Institutions. “Body and Mind are inseparable, one influences the other” did not convince many a naive Education administrators. Consequently the benefits of participation in Physical activities did not accrue to the students. Many did not know that academic advancement of students was also affected on account of the above. Therefore, the author undertook the present research to clear the misgiving about students participation in Physical activities and sports and restore due status to these activities. In order to facilitate the study 354 male subjects who were the aspirants of representing University of Mysore in the Inter University games in Twelve events were selected as the subjects. The University of Mysore had a unique practice of screening the University representation aspirants for their physical through a battery of tests which consisted of five motor activities. The aggregate score achieved by each subject in these five tests served as the motor ability of the subjects. The aggregate percentage of marks scored in X Class, XII Class, and each of the class of degree Course / Courses served as the academic achievement.

The subjects were categorised as Elite and Non-Elite sportspersons on the basis of total points (the system conceived by the author) for there achievement participation in sports. Marks for were awarded for achievement in different levels of sports competitions, Mean, Standard Deviation and Co-efficient of correlation were computed and the same were used to describe the groups and their interrelation. On analysis of data it was found that 1) The elite sportspersons had higher mean value (18.095) for Motor Ability factors compared to non elite (16.677) sportspersons. 2) The combined groups mean value for Motor ability factors (17.438) was less than the mean value of the elite group (18.095), 3) The elite sportspersons had higher mean value (12.426) for academic achievement that non elite sports persons. 4) The combined groups mean value (11.480) for Academic achievement was less than the mean value of elite group (12.426), Co-efficient of correlation between motor ability factors and academic achievement was higher ( $\gamma = 0.107$ ) for elite group than of non elite ( $\gamma = 0.00315$ ) group. It was concluded that subjects who possessed higher motor ability had better academic achievement. The students who had low Motor ability had lower Academic achievement. Thus it was evident that Motor ability and Academic achievement are positively Correlated. The subjects who had low motor ability also scored low marks in different examinations. The combined group's of Motor ability and Academic achievement were also low. The above findings conclusively proved that Motor ability and Academic achievement were positively related. The author suggests that the study may be replicated by including non sports persons. It is worthwhile to conduct similar study on women students also.

**Keywords:** Relationship, Sports Education, Sports Science

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## HAS RACISM BECOME A TREND IN SOCCER

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**Abstract-** International soccer has been plagued for years by violence among fans, including racial incidents like monkey- like chanting, derisive singing, the hanging of banners that reflect racist beliefs and perhaps the tossing of bananas or banana peels Racism is a feature of many football leagues around the world. This paper shows how certain incidents of racist behavior of the fans are dealt with certain draconian laws while certain racist remarks by the fans and coaches have been ignored. The papers further shows that only through draconian laws racism cannot be stopped but requires collective efforts of referees, team coaches, club officials, football administrators, government authorities like police, civil authorities and other groups for appropriate and effective means to tackle racism.

**Keywords:** Soccer, Racism, Sports Education

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## THE EFFECT OF MOTIVATIONAL TECHNIQUES ON THE PERFORMANCE OF SPORTS MAN

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**Abstract-**The purpose of research work is to call attention to the motivation and performance of sports of various groups in Hassan district. In present study we could able to understand the relation between motivation and performance of sports and to study the impacts of motivation techniques. This study also revealed difference in the performance of the urban and rural sports of the district. In this study the sample was consists of 50 students athletes were selected from the district. An attempt was made to categorize the sample quality on domicile 25 rural and 25 urban backgrounds. On these athletes, the motivational techniques- Reward (RD), Recognition (REC), Goal Setting (GS), Punishment (PUN) and the Presence of others (PO). The performance of athletes in 100, 200, and 400 meters sprint was measured before motivation and after motivational techniques was applied. In the present study an attempt was made to probe the effect of motivational techniques on the performance of sportsmen's.

**Keywords:** Motivational Techniques, Sports Science, Sports Education

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## SPORTS MANAGEMENT & CURRENT TRENDS IN PHYSICAL EDUCATION & SPORTS SCIENCES

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**Abstract-** A sport is an organized, competitive, entertaining, and skillful activity requiring commitment, strategy, and fair play, in which a winner can be defined by objective means. It is governed by a set of rules or customs. Activities such as card games and board games, are classified as "mind sports" and some are recognized as Olympic sports requiring primarily mental skills and mental physical involvement. Non-competitive activities, for example as jogging or playing catch are usually classified as forms of recreation.

### SPORTS MANAGEMENT

Sports Management is the study of planning, supervising and organizing various sporting activities like international and domestic tournaments for cricket, football, hockey, golf, and several other games. Sports Management Courses in India inculcates leadership qualities in an individual and helps him or her to coach, manage and train sportsmen coming from various fields of sporting activity. Sport management is a field of education and vocation concerning the business aspect of sport. Some examples of sport managers include the front office system in professional sports, college sports managers, recreational sport managers, sports marketing, management, facility, sports economics, sport finance, and sports information. Many colleges offer this in many degrees.

### TRENDS IN PHYSICAL EDUCATION

Physical education trends have developed recently to incorporate a greater variety of activities. Introducing students to lifetime activities like bowling, walking/hiking, or Frisbee at an early age can help students develop good activity habits that will carry over into adulthood. Some teachers have even begun to incorporate stress-reduction techniques such as yoga and deep-breathing. Teaching non-traditional sports to students may also provide the necessary motivation for students to increase their activity, and can help students learn about different cultures.

There are also many different models that have been created as of late that changes the face of P.E. One example of this is the Health Club Model. Teaching with this model is very different from the "Organized Races" of 20 or 30 years ago. Spun off the boom in the health club industry, a P.E. class provides many of the same "classes" that are found at a health club. Monday a student could be doing kickboxing, the next day is yoga, Wednesday the student is doing aerobics. This type of program provides a great variety of activity for students, a lot of high intensity exercise, and helps introduce these activities for use later in life. The Sports Education model is another example of a new model were the class is run like a sports league, with students taking the role of coaches, scorers, referees, and reporters as well as players. Using this model, students practice management skills, mathematics skills, and writing skill all while learning sports skills and being active.

**Key words:** sports marketing, walking, organizing, finance, intensity exercise

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## TRAINING FOR FITNESS

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### **Abstract- CIRCUIT TRAINING**

Circuit training is the "musical chairs" of the exercise world. Although it may look chaotic to a casual observer, there is method to the madness that constitutes this intense form of exercise. While its pace may leave your heart beating hard and your body sweaty, because you can adapt exercises to your current level of fitness, as long as you take the right health and safety precautions, circuit training is appropriate for almost everyone.

### **LOWER BODY CIRCUITS**

This session is designed to work all muscle groups of your lower body, as endurance / toning circuit and also to increase the heart rate sufficiently to provide you with a sweat. Aim to work at a fast comfortable pace within your own limits, taking minimal rest between the different exercises. This circuit is only suitable for persons used to weights.

### **UPPER BODY CIRCUIT**

This combination circuit is designed to work all muscle groups of your upper body, to build endurance, and to increase the heart rate sufficiently to work up a sweat. Aim to work at a steady pace, within your own limits, taking minimal rest between the different exercises. The combination circuit is only suitable for those used to working with weights. Use the following table as a guide to the amount of reps, sets and rest time for each exercise.

### **PRESS UP CIRCUIT**

Did you know that press-ups (push-ups as also known as) are the best way to increase upper body strength and endurance - press ups are also perfect when you have no equipment. Most people only know 1 or 2 variations of the press-up. You will now be educated on a greater variety of press-ups to develop all-round muscle tone and definition.

### **SKIPPING CIRCUIT**

Want a good cardio exercise you can do anywhere? Try our skipping circuit. The skipping circuit will build cardiovascular fitness, balance and co-ordination. And when combined with strength / toning exercises, it will help provide a total body workout.

**Keywords:** Training, Fitness, Press Circuit, Skipping Circuit

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## RELATIONSHIP BETWEEN TEAM COHESION AND PERFORMANCE AMONG UNIVERSITY LEVEL MALE VOLLEY BALL PLAYERS

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**Abstract-** Historically, cohesion has been identified as the most important small group variable. Also cohesion has been the object of scientific scrutiny in both Sport and Exercise Psychology. The term cohesion is derived from the Latin word "cohaesus", which means to cleave or stick together. Like many social constructs, cohesion has been defined in a variety of ways. Festinger defined it as "the total field of force that act on members to remain in the group". In sports Psychology, Carron, Brawley and Widmeyer proposed that cohesion is "a dynamic process that is reflected in the tendency for a group to stick together and remain united in the pursuit of its instrumental objectives and/or for the satisfaction of member affective needs".

To establish the relationship between group cohesion and performance of University Male Volley Ball players, Group Environment Questionnaire (GEQ) was administered. The GEQ assesses 4 dimensions of cohesion. The four subscales of the GEQ are referred to as: Individual Attraction to Group: Task (ATG-T), Individual Attraction to Group: Social (ATG-S), Group Integration Task (GI-T) and Group Integration-Social (GI-S). The Questionnaire was administered to two male Volley Ball teams, one was the winner of the University tournament and the other was the loser team. To evaluate the Volley Ball performance of the subjects a 10 point rating scale was constructed and the ratings were obtained from the experts.

Product Moment Correlation Coefficient was calculated to establish the relationship between the team cohesion and performance. It was found that the winning team had significant relationship with all the four items of team cohesion and performance in Volley Ball and the relationship was not significant in the case of losers team.

**Keywords:** Sports Education, Fitness, Moment Correlation

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## YOGA IS A HAELING TOUCH TO THE MODERN LIFE

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**Abstract-**'A sound mind in a sound body' is the man's most precious procession Aristotle the great philosopher of all the times observed that "body is the temples of soul and to reach harmony of the body mind and spirit. The body must be fit."The primitive man led a vigorous life for his survival in this world by vallies and hills. Because of these vigorous activities man developed a good physique.Modern man is no longer required to lead a vigorous outdoor life in saving devices. Hence he is tempted to lead a sedentary life, leading to a stage of physical degeneration and mental de-arrangement. Along with this developments, the modern man becoming submerged by a world full of contradiction with large number of problems and recurrent crisis. Among these are the distortions of values, the corruption of mind, endless social problems. Drugs consumption and abuses, stress, mental and physical ailment are increased in high rate. Modern age has been called the age of anxiety and stress. Today everywhere one can see anxious, unhappy, bewildered people suffering from a host of stress diseases and most of them unable to achieve a satisfactory adjustment to problems of life, missing their best potential.

The practice of Yoga technique one can pluck-out the root cause and can provide health and harmony. The approaches of these techniques are Holistic and Integration of the ancient concept of human body providing physical, physiological, mental, social and Spiritual health. Yoga emphasizes the skill to calm down the mind it is the skills to pacify the mind that brings the capacity to detach from our worldly Karmas. It will help to channelizes our emotions and release mental stress. Clearly, Yoga aims at social, moral, spiritual, physical and mental health, each reinforcing the other. Thus, yoga has a comprehensive, holistic and holy approach to human health and is the best way of life. It is important to develop interest in the practice of yoga.

Yoga is a Science, Yoga is an art, and Yoga is way of life to attain the divinity

**Keywords:** Yoga Science, Yoga Arts, Modern life

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## BE FIT: DO WELL - WELLNESSTHROUGH FITNESS

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**Abstract-** In previous years, fitness was commonly defined as the capacity to carry out the day's activities without undue fatigue. Fitness may be defined as the successful adaptation to the mental and physical stress encountered in life. General Fitness Training may be defined as a scientifically based and systematic training program to provide the athlete with the basic means to adapt to the physical load encountered through controlled exercise. *Physical fitness* comprises two related concepts: general fitness (a state of health and well-being) and specific fitness (a task-oriented definition based on the ability to perform specific aspects of sports or occupations). Physical fitness is generally achieved through exercise, correct nutrition and enough rest. It is an important part of life.

**Keywords:** Wellness, Fitness, Fit

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## GENERAL FITNESS AND WELLNESS FOR COLLEGE STUDENTS

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**Abstract-** Fitness may be defined as the successful adaptation to the mental and physical stress encountered in life. General Fitness Training may be defined as a scientifically based and systematic training program to provide the athlete with the basic means to adapt to the physical load encountered through controlled exercise. Adaptation begins by subjecting the body to a physical load through controlled exercise. Subjecting the body to a sufficient level of physical activity, to cause fatigue, provides the load on the body. After the body has had an opportunity to recover by resting, the body will adapt to this load. The adaptation will now allow the body to be subjected to the same load without becoming fatigued.

### MAIN FEATURES OF SPORT TRAINING

*Goal Oriented-* Training should always be aimed at achieving an increased individual performance level.

*Group Training-* Although training is an individual matter, training in groups is more economical and provides the necessary emotional support for mobilizing performance potential.

*Effective Training-* A training program that provides for increasing physical demands on the athlete will be more effective in developing the athlete's fitness level.

*Systematic Training-* A training program must be orderly in method or planning.

*Scientific Training-* A training program must be based on scientific principles.

*Role of the Coach-* The coach's responsibility is to assist the athlete in all aspects and forms of training.

### MAIN FEATURES OF GENERAL FITNESS TRAINING

#### *Mobility*

The first consideration in examining general fitness training is mobility. Mobility is defined as the capacity of joints and joint chains for flexion and extension. In rowing, mobility should be considered in light of an optimum application of force throughout the range of movement used in the rowing stroke.

*Strength.* The second consideration in examining general fitness training is strength. Strength is defined as a muscle or muscle group's ability to develop mechanical force. Strength training is training intended to maintain or increase this ability.

*Endurance:* The third consideration of general fitness training is endurance. Endurance is defined as the capacity of the athlete to resist fatigue during applications of work over periods of time. Endurance depends on the maximum aerobic and anaerobic powers and the ability with which they can be utilized.

**Keywords:** Fitness Wellness, Training, Endurance

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## WHAT MOTIVATION FACTORS MAKE DEGREE COLLEGE STUDENTS TO PARTICIPATE IN SPORTS

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**Abstract-** The use of strategies such as goal-setting, imagery, self talk and emotional control when working with athletes are highlighted in many physical educational personal. This might lead aspiring professionals to assume that integrating these Motivational factors into practice of an athlete's preparation will automatically may improve performance. The purpose of this study is to examine what are the extrinsic factors that contribute to Degree College student's motivation to participate in sports during their study at college. A sample of 12 athlete's college footballer in one of the degree in Bangalore was taken. All of them are informed regarding this study and taken their feedback. All respondents are age range from 19 to 21 years. The feed back were analyzed by the exports who have a wide knowledge in the sports psychology area. Results showed that physical education directors/coaches and motivational words are the highest external factors that motivate them to participate in sports. This shows that psychological factors of leaderships and verbal persuasion do play an important role to motivate athletes. On the other hand, Friends, Rewards, Role model and parents are other important factors that contribute to their willingness to participate. This means that their motivations are also encourages by sociological factors and materials. The other factors are the environment and supporters. Another important factors that influences motivation is what psychologists call perceptions of control. Further recommendations were made for future studies. Today because of Technology there are numerous software packages that are designed for fitness and psychological professionals to organize data and produce reports. The marriage of sports and motivational factors has indeed proved to be fruitful. The reliance of sports on motivational factors is here to stay. *Burn till you win*

**Keywords:** Motivation, Participation in sports, Education

## THE EFFECT OF YOGIC EXERCISES ON SELF CONCEPT AN EXPERIMENTAL STUDY

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**Abstract-** Performance psychology is the branch of psychology that studies the factors that allow individuals, communities and societies to flourish. Performance psychology has included the study of the psychological skills and knowledge necessary to facilitate and develop peak performance guidelines into best practice for sports, business, fitness and the performing arts.

Self-concept means what you understand about yourself, social character or abilities, physical appearance and body image. The self-concept is composed of relatively permanent self-assessments, such as personality attributes, knowledge of one's skills and abilities, one's occupation and hobbies, and awareness of one's physical attributes. Person's self-concept may change with time, possibly going through turbulent periods of identity crisis and reassessment.

The purpose of the present study was to investigate the effect of yogic exercises on Psychological self concept like Behaviour, Intellectual and school status, Physical appearance and attributes, Anxiety, Popularity, Happiness and satisfaction. Yoga is an important part of physical education and is a way of life, an art of righteous living or an integrated system for the benefit of the body, mind and inner spirit. Yoga is a science that consists of ancient theories, observations and Principles about the body and mind connection which is now being proved by modern medicine. The benefits of yoga are grouped into three categories such as physiological, psychological, biochemical. Yoga can help to solve the problems of any receptive individual, whether those problems are of a physical, physiological and mental.

To know the effect of yogasanas on self concept, the researcher selected 60 subjects for this experiment from 8<sup>th</sup> and 9<sup>th</sup> standard high school boys. Their age ranged between 14 to 15 years, the age of the subjects was ascertained from the school admission records. They were divided in to two groups such as experimental and control group. The collection of data was pre and post-test design. Before giving the yogic training pre-test was administered for both groups. The standard yogic exercise training was completed in 8 weeks. After the completion of yogic training both groups were administered post-test, to collect post training data to determine the effect of yogic training. To obtain self concept of the subjects, S.P. Ahluwalia Children's Self Concept Scale (CSCS) questionnaire was administered. This questionnaire consisted of 80 questions, a maximum score was presumed to indicate favourable self-concept. From the pre and post-test results of the study, it is concluded that the yogic exercises helped in the development in self concept, Behaviour, Intellectual and school status, Physical appearance and attributes, Popularity, Happiness and satisfaction and decreased Anxiety.

**Keywords:** Yoga, Physical Education, Yogic Exercise

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## A COMPARATICE STUDY ON PHYSICAL FITNESS AMONG THE GOVERNMENT AND PRIVATE HIGH SCHOOL STUDENTS OF YADGIR TALUKA

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<sup>3</sup>Assistant Director Department of Physical Education Gulbarga University, Gulbarga

**Abstract-** Physical Fitness is one of the facts of a person's all round harmonious development. Physical Fitness is the cultural phenomenon of great complexity and magnitude, which is historically, preconditioned level of health and comprehensive development of a person. The aim of the study is A Comparative Study on Physical Fitness among the government and private high school students of yadgir Taluka. . For this study experimental method and test of Physical Fitness (speed (50-yard dash ), endurance (12-minute run-walk), stength (standing broad jump), agility (shuttle run test), flexibility (scott french bobbing test) is applied to high school students of Yadgir taluka to collect the data. 50 High school students from Govt and 50 private High school Students from Yadgir taluka were selected randomly for the study. The age group of the subjects was between 12 to 16 years. The result reveals that over all Physical Fitness performance of Govt school students was higher than the private high school students of Yadgir Taluka.

**Keywords:** Physical Fitness, stength, agility, flexibility

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## SPORTS, EXERCISE AND YOUR HEALTH

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**Abstract-** We are living in a time when interest in sports and fitness has never been higher. Corresponding our knowledge about injury and illness as result of physical activity has also increased. The purpose is share this knowledge with you, giving you some guidelines about prudent physical activity and athletic participation. Regular exercise or athletic activity plays a key role in staying. Healthy. Not only is exercise an important part of treating medical problems such as hypertension, depression and high blood-fat levels (especially high levels of low-density cholesterol) it can also be important in preventing many of these same medical problems. Regular exercise also improves your body image and increases your energy bevel. It helps control weight and reduces stress.

If you are an athlete engaged in a competitive sport, or if you are a fitness enthusiast participating in a regular exercise program, you are familiar with the many benefits of regular physical activity. If you do not participate in a sport or fitness program, the following suggestions will help you choose and begin the right program for you. Exercise comes in many forms everyone should be able to find some activity enjoyable.

**Keywords:** Sports, Exercise, Health, Physical Education

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## A COMPARATIVE STUDY ON ENDURANCE AND STRENGTH AMONG GOVT DEGREE COLLEGE STUDENTS AND PRIVATE DEGREE COLLEGE STUDENTS

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**Abstract-** Physical Fitness is one of the facts of a person's all round harmonious development. Physical Fitness is the cultural phenomenon of great complexity and magnitude, which is historically, preconditioned level of health and comprehensive development of a person. The purpose of the study was A Comparative Study on Endurance and Strength among Govt Degree College Students and Private Degree College Students. There may be differences in endurance and strength among Govt Degree College Students and Private Degree College Students. In this study investigator has taken 50 Private Degree Students and 50 Govt Degree Students were selected randomly for the study. The subjects were tested for strength (STANDING BROAD JUMP) endurance (12-MINUTE RUN-WALK). It was concluded that there is significant difference between Govt and Private Degree college students in their strength and endurance components.

**Keywords:** endurance, strength, Physical Education, Sports

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## SPORTS AND PHYSICAL EDUCATION POLICIES AT DEGREE COLLEGES

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**Abstract-** Daily quality physical education in the nation's schools is an important part of a student's comprehensive, well-rounded education program and a means of positively affecting life-long health and well-being. The optimal physical education program will foster a lifetime commitment to physical activity as part of a healthy lifestyle. Ultimately, improved coordinated College health programs, of which physical education is a central component, will augment other prevention efforts and help to reverse the growing epidemic of childhood obesity which threatens to undo decades of progress in the fight against cardiovascular and other diseases. Effective efforts made now will help children avoid a lifetime of chronic disease and disability.

Colleges serve as an excellent venue to provide students with the opportunity for daily physical activity, to teach the importance of regular physical activity for health, and to build skills that support active lifestyles. Unfortunately, most students get little to no regular physical activity while in school. The policy explains the responsibilities of college principals and boards for the provision of safe and effective health, physical education and sport programs.

**Keywords:** Sports, Physical Education, Polices in Physical Education

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## IMPACT OF SPORTS IN TRANSFORMING INDIAN SOCIETY,

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**Abstract-** Sports is more than a fashion, it is a new reality. Today sports have gained considerable, social, economical and political importance'. Physical Education and its activities are the integral parts of the total educational process. It is not important to make an individual just a literate, but he should be made more human, social and resourceful through proper education. Education is not just reading, writing and arithmetic but it is an experience gained through the outcome and participation in sports related activities.

Experiences gained through participation in sports like sympathy, co-operation, responsibility, abiding to rules & regulation help in gaining social values for a democratic life in society. Participation in sports activities removes the inferiority complex in an individual and makes him move with the main stream of society. Through this type of involvement the social evils like 'untouchability, discrimination of caste, creed, color, race & religion' will be overlooked. Sports and games not only help achieve excellence but also attain higher social values and economic stability. Nowadays sports have become a way of life in many European countries and many of social, economical, cultural and racial differences are balanced through sports participation

**Keywords:** Sports, Social impact, Sports Education

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## AEROBIC TRAINING FOR HEALTH AND FITNESS

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**Abstract-** Both the term and the specific exercise method were developed by Kenneth H. Cooper, M.D. and Col. Pauline Potts, a physical therapist, both in the United States Air Force. Cooper, an avowed exercise enthusiast, was personally and professionally puzzled about why some people with excellent muscular strength were still prone to poor performance at tasks such as long-distance running, swimming, and bicycling. He began measuring systematic human performance using a bicycle ergo meter, and began measuring sustained performance in terms of a person's ability to use oxygen. His groundbreaking book, *Aerobics*, was published in 1968, and included scientific exercise programs using running, walking, swimming and bicycling. The book came at a fortuitous historical moment, when increasing weakness and inactivity in the general population was causing a perceived need for increased exercise.

**Aerobic Exercise:** Aerobic Exercise refers to any exercise that helps you use oxygen more efficiently by reaching and maintaining your Target Heart Range - the safest range of heart beats per minute during exercise. Calculate your Target Heart Range by subtracting your age from 220 for women and 226 for men (go figure!) and multiplying your answer by 60% and by 80%. The lower number suggests a safe rate for beginners, while the higher number would be your goal as your fitness level improves.

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## TRAINING AND PHYSICAL FITNESS

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**Abstract-** The present study makes an attempt to assess the influence of training on Physical fitness development. It is well understood that several factors are highly inter-related to training and Physical fitness. This application is a significant contribution to the field of physical education and sports in relation to develop Physical fitness of sports persons. For this purpose the sample of 100 cricket players of age group between 18-25 years are selected on random basis from Gulbarga University. To find the impact of training on the development of Physical fitness, the pre and post test (AAHPER fitness tests) had been conducted. And the results been analyzed and presented through tables in discussion part. So the hypothesized statement i.e., there would be significant impact of training on physical fitness development of cricket players is accepted.

**Keywords:** Physical fitness, Training

## IMPORTANCE OF YOGASANAS TO MAINTAIN GOOD HEALTH

### SHASHIREKA

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**Abstract-** The term yoga is derived from the Sanskrit root "YUG" meaning union .Yoke or communion It is union of our will with the nature and the supernatural. It is yoking of all the powers of the body, mind and soul. The disciplining the intellect the mind, the emotions and the will, Lit is the experience of on self with one's inner being. Asana means the state of posture in which one can remain steady, calm, quite & comfortable, both physically and mentally. Patanjali in his "Yoga Sutra" he defined yogasanas as " Sthirum Sukkam Asanam" meaning that posture which is steady & comfortable. Health is defined as a state of complete physical, mental, spiritual and social well being. Life in the modern age, has become so complex that seen and unseen hazards to health have proliferated to an alarming degrees. Our environment has been so badly degraded that education for proper health care has assumed unprecedented importance. The healthy state is pre education for a life of joy of which peace or tranquility is the primary ingredient. As a positive state, health implies abundance of vitality and vigorous, alertness, clarity and poises. A truly healthy person is not even conscious of the of the functioning of any his internal organs. It is automatic and smooth, tension that may arise from external factors do not disturb this smooth functioning. Yoga asanas are time tested exercises for the harmonious development of a sound body and mind. This is a science of body culture which has come down to us from the ancient sages as a part of our great cultural heritage. It ensures revitalization of the body metabolism by total relaxation of the system.It frees one from the undue stress and strain which have become part parcel of modern life.

Importance of Yogasanas is development of.

- 1) physical : - flexibility , balance , co – ordination
- 2) Psychological : - concentration, level of arousal, stress control, positive approach.
- 3) Physiological : - improved vital capacity , blood circulation .decrease metabolism , decrease blood pressure

Systematic regular practice of yogasanas helps individual to become health conscious & gives that individual an idea of educating others regarding health wellness & maintain good health.

**Keywords:** Yogasana, Health, Physical Education

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## MOTIVATING STUDENTS IN SPORTS PARTICIPATION

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**Abstract-** Motivation is defined as the process that initiates, guides and maintains goal-oriented behaviors. Motivation is what causes us to act, whether it is getting a glass of water to reduce thirst or reading a book to gain knowledge. Motivation is the inner power or energy that pushes toward acting, performing actions and achieving. Motivation has much to do with desire and ambition, and if they are absent, motivation is absent too.

Often, a person has the desire and ambition to get something done or achieve a certain goal, but lacks the push, the initiative and the willingness to take action. This is due to lack of motivation and inner drive. Motivation strengthens the ambition, increases initiative and gives direction, courage, energy and the persistence to follow one's goals. A motivated person takes action and does whatever it needs to achieve his/her goals. Motivation becomes strong when you have a vision, a clear mental image of what you want to achieve, and also a strong desire to materialize it. In this situation motivation awakens and pushes you forward, toward taking action and making the vision a reality.

Motivation can be applied to every action and goal. There could be motivation to study a foreign language, to get good grades at school, bake a cake, write a poem, take a walk every day, make more money, get a better job, buy a new house, own a business, or become a writer, a doctor or a lawyer. Motivation is present whenever there is a clear vision, precise knowledge of what one wants to do, a strong desire and faith in one's abilities. Motivation is one of the most important keys to success. When there is lack of motivation you either get no results, or only mediocre results, whereas when there is motivation you attain greater and better results and achievements. Compare a student who lacks motivation and who hardly studies, to a student who is highly motivated, and who devotes many hours to his studies; they will get absolutely different grades. Lack of motivation shows lack of enthusiasm, zest and ambition, whereas the possession of motivation is a sign of strong desire, energy and enthusiasm, and the willingness to do whatever it takes to achieve what one sets out to do. A motivated person is a happier person, more energetic, and sees the positive end result in his/her.

**Keywords:** Students motivation, Sports Education, Sports Science

## TRENDS IN PHYSICAL EDUCATION AND SPORTS IN DEGREE

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**Abstract-** Physical education trends have developed recently to incorporate a greater variety of activities. Introducing students to lifetime activities like bowling, walking/hiking, or Frisbee at an early age can help students develop good activity habits that will carry over into adulthood. Some teachers have even begun to incorporate stress-reduction techniques such as yoga and deep-breathing. Teaching non-traditional sports to students may also provide the necessary motivation for students to increase their activity, and can help students learn about different cultures. For example, while teaching a unit about lacrosse (in, say, Arizona, USA), students can also learn a little bit about the Native American cultures of the Northeast and Eastern Canada, where lacrosse originated. Teaching non-traditional (or non-native) sports provides a great opportunity to integrate academic concepts from other subjects as well (social studies from the example above), which may now be required of many P.E. teachers.

There are also many different models that have been created as of late that change the face of P.E. One example of this is the Health Club Model. Teaching with this model is very different from the "Organized Recess" of 20 or 30 years ago. Spun off the boom in the health club industry, a P.E. class provides many of the same "classes" that are found at a health club. Monday a student could be doing kickboxing, the next day is yoga, Wednesday the student is doing aerobics. This type of program provides a great variety of activity for students, a lot of high intensity exercise, and helps introduce these activities for use later in life. The Sports Education model is another example of a new model where the class is run like a sports league, with students taking the role of coaches, scorers, referees, and reporters as well as players. Using this model, students practice management skills, mathematics skills, and writing skill all while learning sports skills and being active.

Another trend is the incorporation of Health and Nutrition to the physical education curriculum. The Child Nutrition and WIC Re-authorization Act of 2004 required that all school districts with a federally funded school meal program develop wellness policies that address nutrition and physical activity.[2] While teaching students sports and movement skills, P.E. teachers are now incorporating short health and nutrition lessons into the curriculum. This is more prevalent at the elementary school level, where students do not have a specific Health class. Recently most elementary schools have specific health classes for students as well as physical education class. With the recent outbreaks of diseases such as swine flu, school districts are making it mandatory for students to learn about practicing good hygiene along with other health topics.

Today many states require Physical Education teachers to be certified to teach Health also. Many colleges and Universities offer both Physical Education and Health as one certification. This push towards Health education, is beginning in the intermediate level, including lessons on bullying, self esteem and stress and anger management.

In the United States, the physical education curriculum is designed to allow school pupils a full range of modern opportunities, dozens of sports and hundreds of carefully reviewed drills and exercises, including exposure to the education with the use of pedometer, GPS, and heart rate monitors, as well as state-of-the-art exercise machines in the upper grades. Some martial arts classes, like wrestling in the United States, and Pencak Silat in France, Indonesia and Malaysia, are taught to teach children self-defense and to feel good about themselves. The physical education curriculum is designed to allow students to experience at least a minimum exposure to the following categories of activities: aquatics, conditioning activities, gymnastics, individual/dual sports, team sports, rhythms, and dance. Students are encouraged to continue to explore those activities in which they have a primary interest by effectively managing their community resources.

In these areas, a planned sequence of learning experiences is designed to support a progression of student development. This allows kids through 6th grade to be introduced to sports, fitness, and teamwork in order to be better prepared for the middle and high school age. In 1975, the United States House of Representatives voted to require school physical education classes include both genders.[3] Some high school and some middle school PE classes are single-sex. Requiring individuals to participate in physical education activities, such as dodge ball, flag football, and other competitive sports remains a controversial subject because of the social impact these have on young children. It is, however, important to note that many school budgets have seen cutbacks and in some cases physical education programs have been cut - leaving educators and students to address these needs in other ways.

**Keywords:** Physical Education and Sports Science

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