

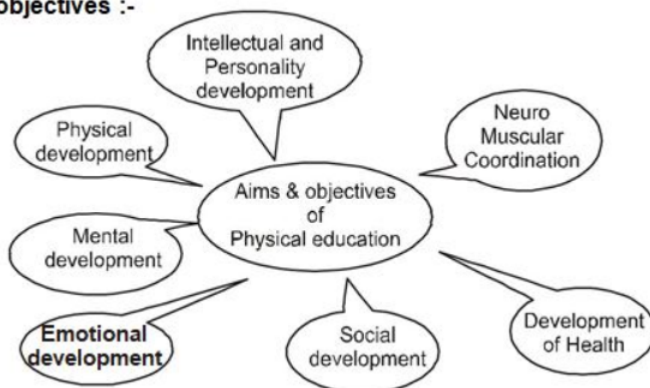
# CHAPTER 1 – CHANGING TRENDS & CAREERS IN PHYSICAL EDUCATION

**1.1 Meaning of Physical Education** Physical Education is an integral part of the total education process and has its aim, the development of physically, mentally, emotionally and socially fit citizens through the medium of physical activities which has been selected with a view to realizing their outcome.

**1.1 Physical education-Definition; aims and objective:-** In fact the basis of physical education is difficult and very broad with changing time, its meaning also kept changing. Following time, its meaning: According to Charles A Bucher, "physical education is an integral part of the total education process and has its aim in the development of physically, mentally, emotionally and socially fit citizens through the medium of physical activities which have been selected with a view to realizing these outcomes." "Physical education is the sum of changes in the individual caused by experience which can bring in motor activity."

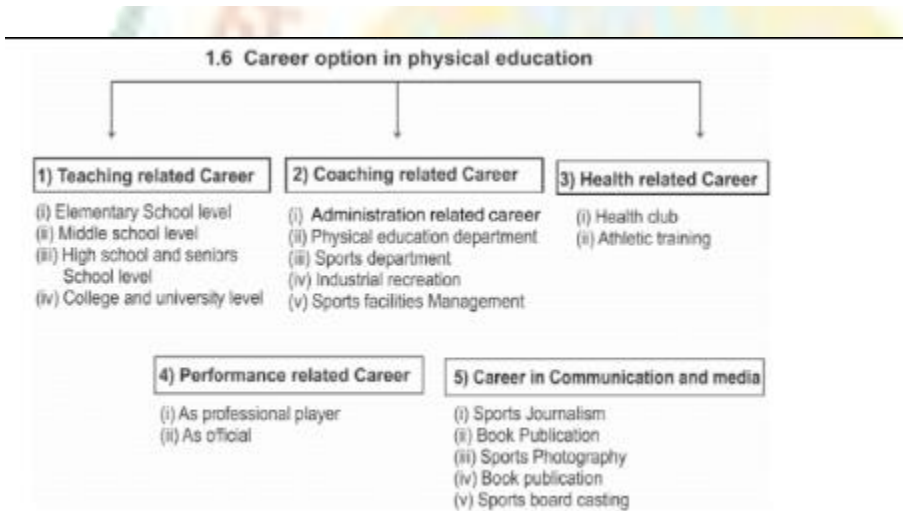
**1.2 Aims and objectives of Physical Education:** "The aim of physical education must be, to make every child physically. Mentally and emotionally fit and also to develop in him such personal and social qualities, that will help him to live happily with others and built him up a good citizen"

**objectives :-**



**Changing trends in Physical Education:** The tendency of physical education is not new to earth living. It is believed that its roots date back to ancient times. At that time it was used for different purposes. Its meaning was different from person to person. It is not wrong to say that the word “Physical Education” has a broad meaning.

In ancient earlier, man needed physical education to stay alive. As civilization kept on changing, so did the meaning of physical education. But nobody understood its real meaning. Somebody called it physical training, a sport, body culture, and some others called it health education and entertainment. But in fact, physical education is much more than that in the present context, the effort of imparting education through physical activities as called physical education.



## **Career in Communication Media :**

- Sports Media
- Public Relations
- Sports & Entertainment Communications
- Sports Marketing
- Professional Athlete Management
- New Media Communications
- Sports Social Media
- Team Reporter or Analyst
- Sports Information Director (SID) for a university
- Radio, TV, New Media and Print Media
- Fan Communications
- Sports Journalism
- Marketing Communications
- Branding

## **What are Soft Skills?**

The phrase 'soft skills' is often used to describe the skills which characterize relationships with other people, or which are about how you approach life and work.

Other phrases that are often used for these types of skills include: 'people skills', 'interpersonal skills', 'social skills' or 'transferable skills'.

### **1. Communication Skills**

People with strong communication skills can build relationships, listen well, and vary their communication to suit the circumstances. If you spend time on nothing else, work on your communication skills.

### **2. Making Decisions**

Valued by employers for many reasons, being able to make decisions is key to getting on in life. Sometimes the actual decision doesn't even matter; what matters is that you have made one and moved on.

### **3. Self Motivation**

People who are self-motivated get on by themselves. They don't need close supervision and they are good to work v/with because they are generally positive about life and can be counted upon to keep going. It also helps to work on your personal resilience and adaptability to change.

### **4. Leadership Skills**

These are the set of soft skills that we least expect someone to develop by themselves. There are many leadership related courses available and much has been written about how to develop your leadership skills.

### **5. Team-Working Skills**

Like leadership skills, there are many training courses to teach you how to work well in a team. However, there is also plenty of thinking to suggest that good communication skills, particularly good listening skills, together with an ability to build rapport will go a long way to support your ability to work well in a team.