



PHYSICAL EDUCATION AND SPORTS- AS A CAREER

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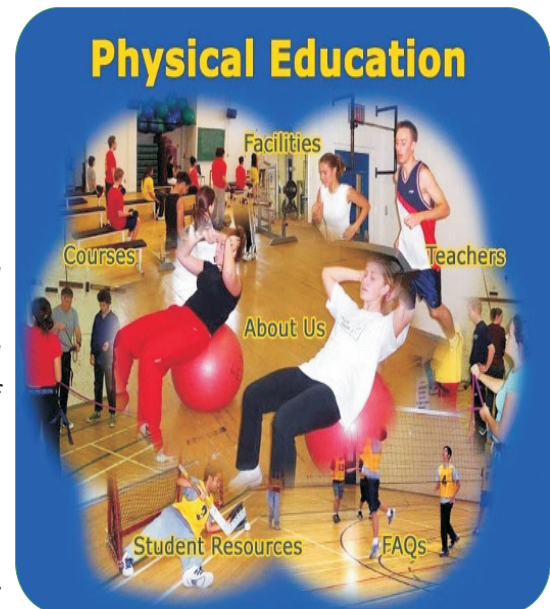
ABSTRACT

Physical education is a professional land as a carrier in a various area is undergoing process. Today physical education is one of the science and towards a more scientific comprehension of the profession of physical education. Physical education and sports has a big scope of professional area, through D.P.Ed, B.P.E, B.P.Ed, M.P.Ed, , M.Phil., For Coaches -NIS certificate ,NIS diploma, NIS degree courses,now days new areas of opportunity include: fitness trainer (with and without equipment), Yoga trainer, health educator, sports management, sports commentator and broadcasting,occupational therapist, athletic training etc. The scope of physical education has broadened to include an emphasis on intellectual understandings as supplementary and complementary facts of physical skill development. This paper highlights the jobs in physical education and sports. Scope of physical education, the physical educator can better explain and develop his own concept of his profession. Final we can say that this concept will be a significant part of his personal relationship with and contribution to the whole of education and physical educations. An oral discussion was made with the some of the teachers, Lectures, Professors of the physical Education institute and find out the opinion that these activities of sports and physical education should be started in the Institute for the benefit of the students as a carrier.

KEYWORDS :Profession,Opportunity, Career, Physical Education, NIS-coach.

1.INTRODUCTION

Physical Education is start in the human life from conception of the child in the mother womb. Physical



Education is the education which is gained through the activities of physical in various departments of sports and its related responses. Physical education has various branches like D.P.Ed, B.P.E, B.P.Ed, M.P.Ed, , M.Phil, For Coaches- NIS certificate ,NIS diploma, NIS degree courses, Though the Physical Education the all round development of the individuals can be made. In Physical Education most of the situations and conditions is always uncertain and the individuals have to response according to it. Physical Education now a day is a very important subject but unfortunately in our state even in the country the subject does not get the due importance. Physical education helps to upgrade the sports culture. Without strong physical education background it is not possible to improve developed the sports

performance. Physical Education is the most diverse subject. Students have to study all kind of subject right from Philosophy to Information Technology. Each and every subject has the direct impact on the performance of the individuals. Physical Education provides a solid foundation preparing an individual to pursue a variety of careers, from chiropractic to teaching, from recreation leadership to athletic training, and from dance therapy to sports management. Today, Physical Education professionals have a very important role to play in the future of the health of our nation and the world.

2. JOBS THROUGH PHYSICAL EDUCATION

2.1 Sports Officer, Director of Physical Education and Sports: In the college or universities can be worked as Sports Officer, Director of Physical Education and Sports. They are assigned to look after the various developmental aspects in the field of Physical Education and sports organizing various sports competitions etc.

2.2 Lecturer, Assistant Professor, Associate Professor and Professor: In the college or universities can be worked as Lecturer, Assistant Professor, Associate Professor and Professor as per qualified to teach physical education in various specialized area of subjects.

2.3 Physical Education Teacher in Schools: Physical education teacher will teach health education and physical education in the schools. Coaching of different games and sports is also the one duties of physical education teacher in schools. Apart from this they have the responsibility to monitoring of students, lunch, hall, attending faculty and parent-teacher conferences and meeting organizing annual sports etc.

2.4 Health Educator: Health educator are a central part of community health education programs. The main objective for a health educator is to prevent disease and promote healthy lifestyle through knowledge and behavior change. Health educators work to encourage wellness through educating individuals and communities about behaviors in an effort to promote, maintain, and improve healthy lifestyles. They attempt to prevent illnesses by informing and educating individuals and communities about health-related topics, such as the importance of exercise, proper nutrition, how to avoid sexually transmitted diseases, and illnesses such as diabetes. Health educators also work with collecting and analyzing data for research and presenting preventative health care programs. These individuals have the skills to organize and address communities about these concerns and issues that affect the health of a certain area. Health educators typically work in health departments, community organizations, Corporations/worksites, volunteer organizations, schools, colleges, and governmental organizations.

2.5 Coaches: Coaches teach, instruct and organize both amateur and professional athletes for team or individual sports. Athletes are trained for competitive sports with the aim of optimizing their physical potential and for team sports, their ability to make decisions and operate as a team. Coaches also advise on strategies for maximum success, generally with minimum risk of injury. High school sports coaches and almost always also teachers. Working hours for full time Coaches are irregular and involve travels. The work can be stressful owing to the intensely competitive nature of the job. They can design the coaching program. They can engage in various schools, colleges, universities, clubs etc.

2.6 Occupational Therapist: Occupational therapist helps people to improve their ability to perform tasks in their daily living and working environment. They work with individuals who have conditions that are mentally, physically, developmentally or emotionally disabling. They may also known as counselor.

2.7 Exercise Therapist: Exercise therapist provide services that help restore function, improve mobility, relieve pain and prevent or limit permanent physical disabilities of people suffering from injuries or diseases.

2.8 Athletic Trainer: Athletic trainers are one of the first health care providers when injuries occur. They

are heavily involved in the rehabilitation and recognition of injuries. They often help to prevent injuries by advising on the proper use of equipment and applying protective devices. Athletic trainer's works under the supervision of licensed physician and in corporation with other health care providers.

2.9 Sports Medicine: Sports medicine consists of the medical field dealing with injuries obtained in athletic fields, as well as prevention and treatment. The main purpose of the position is preventing, limiting and treating injuries to reach full athletic performance. Sports medicine includes athletic training, biomechanics. Exercise physiology and nutrition. Sports medicine also works with non-professional athletes and those participating in various recreational activities; for example children involved in youth sports or older adults.

2.10 Sports Commentator: In sports broadcasting, a sports commentator (also known as sports announcer, sportscaster or play-by-play announcer) gives a running commentary of a game or event in real time, usually during a live broadcast, traditionally delivered in the historical present tense. The comments are normally a voiceover, with the sounds of the action and spectators also heard in the background. In the case of television commentary, the commentators are on screen rarely if at all during the event (although they may appear on camera at the start or near the end of the broadcast).

2.11 Referee/Umpire/Game Official: A referee is the person of authority in a variety of sports who is responsible for presiding over the game from a neutral point of view and making on the fly decisions that enforce the rules of the sport, including sportsmanship decisions such as ejection. The official tasked with this job may be known in addition to referee by a variety of other titles as well (often depending on the sport) including umpire, judge, arbiter, lineman, timekeeper and technical official.

2.12 Fitness Specialist, Personal Fitness Trainer and Fitness Director: Fitness workers lead, instruct, and motivate individuals or groups in exercise activities, including cardiovascular exercise, strength training, and stretching. They work in commercial and nonprofit health clubs, country clubs, hospitals, universities, resorts, and clients' homes. Increasingly, fitness workers also are found in workplaces, where they organize and direct health and fitness programs for employees of all ages.

2.13 Officers in Indian Defense Service: A career in defense forces promises one of the most prestigious and respected positions in the country. Youngsters who aspire to choose a career of excitement, adventure, and challenges can find no better place than defense to meet all their professional expectations. The Indian Armed Forces are the military forces of India which consist of four professional uniformed services: The Indian Army, Indian Air Force, Indian Navy and Indian Coast Guard. The various paramilitary organizations and various inter-service institutions also help the Indian Armed Forces. The Ministry of Defense is responsible for the management of armed forces in India.

2.14 Geriatric Fitness Specialist: Geriatrics refers to the clinical aspects of aging and comprehensive health care of older persons. A geriatric fitness specialist is a combination of a fitness worker and an exercise therapist

2.15 Recreation Worker: People spend much of their leisure time participating in a wide variety of organized recreational activities, such as arts and craft, the performing arts, camping, sports, and outdoor adventure activities. Recreation workers plan, organize, and direct these activities in local playgrounds and recreation areas, parks, community centers, religious organizations, camps, theme parks, and tourist attractions.

2.16 Sports Management: The sports management field has grown drastically over the past several years. The sports management field requires highly educated and trained professionals. Several of the careers that sports management offers require an individual to have hands on experience. This can be reached by doing internships with companies, organization, non-profits and educational systems. Some examples of sport's management careers are:

- + Athletic administration
- + Fitness management
- + Sporting goods
- + Sports agents
- + Arena management
- + Program directors in community sport programs
- + Marketing and promotions director
- + Academic services for students and athletes
- + Corporate sales director
- + Director of ticketing and finance
- + Sporting goods sales representative
- + Facilities coordinator
- + Athletic director
- + Fitness facility manager
- + Sports marketer
- + Sports information director
- + Professor of sports management

3. CONCLUSION

All the above are the important bright jobs prospective after having the physical education qualification. Students can opt according to their interest. Even no steps have been taken by our state government to provide the facilities and opportunities to the students. Moreover India has the policy but no proper implementation. So this is the time to review once again for making a proper policy to uplift the standard of the physical education in the country to strengthen the sports culture as well as the providing the job opportunities for the betterment of sports personalities and physical education professionals.

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