

Curriculum of Physical Education

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ABSTRACT

This C&A Guide is intended to give the basis and points of the subject curriculum, trailed by parts on the curriculum structure, curriculum arranging, instructional method, appraisal and utilization of learning and teaching assets. One key idea hidden the senior auxiliary curriculum is that curriculum, teaching method and appraisal ought to be all around adjusted. While learning and teaching techniques structure an indispensable piece of the curriculum and are helpful for elevating learning to learn and entire individual turn of events, appraisal ought to likewise be perceived as a way to measure execution as well as to improve learning. To comprehend the interaction between these three key parts, all sections in the C&A Guide ought to be perused in an all encompassing way.

1. INTRODUCTION

1.1 Curriculum Structure and Organisation

Figure 1 shows a diagrammatic portrayal of the PE Elective curriculum structure, with the names (in short structure) and suggested time designations for each part. The expression "self-managed, dynamic and sound residents" shows up more than once out of sight, demonstrating that the essential curriculum point of the PE Elective is to support a

gathering of dynamic and solid residents who are learned, self-controlled, touchy to medical problems that affect their day by day lives, and ready to add to building a sound network. Four classes of learning results have been distinguished for the PE Elective. They are (a) science foundation, (b) the humanities and social science foundation, (c) generic skills, and (d) values and attitudes, which are all to be accomplished through contemplating nine hypothetical parts and taking part in the practicum.

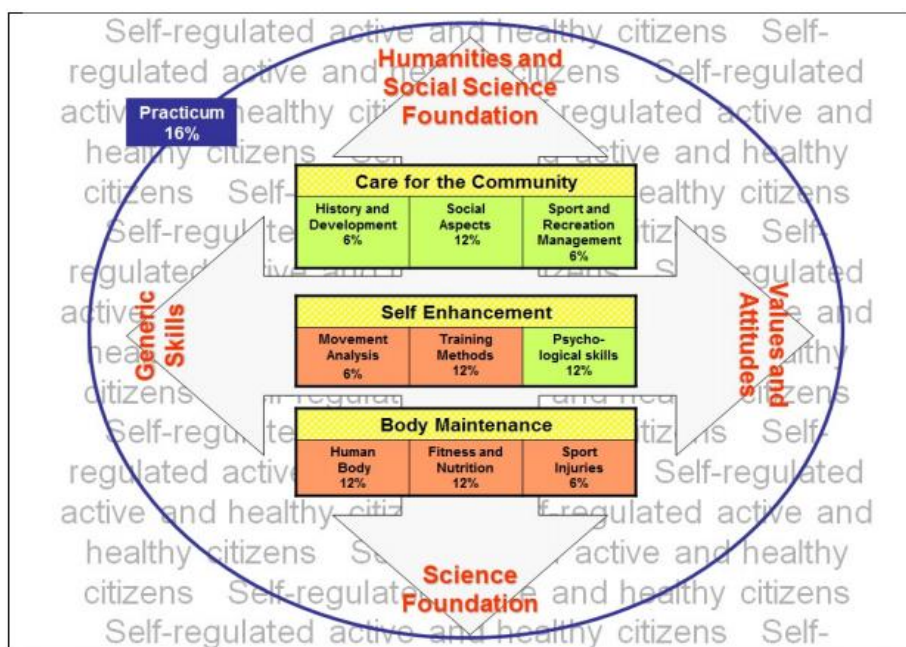


Figure 1 Curriculum structure of the Physical Education Elective

1.1.2 Learning Parts

The curriculum covers nine learning parts. The accompanying two focuses are vital:

- The nine parts are gathered under three topics, which are viewed as the fundamental worries of dynamic and healthy residents. Health alludes to our physical, mental and social prosperity. A functioning and healthy way of life goes past health in that it is a method of living dependent on ordinary physical action that prompts life, essentialness, sense of pride and control of one's predetermination. Henceforth, notwithstanding building a solid and healthy body
- The nine parts address the nuts and bolts of different academic controls, including physiology, sustenance, material science, brain research, human science, history and the board, and help students to assemble an establishment in science just as the humanities and sociologies.

2. CURRICULUM CONTENT

The learning and teaching arrangement can be shifted and ought to be school-based beyond what many would consider possible. It is proposed that at S4 (for example toward the start of the course), students are acquainted with the definitions, wording, history and ongoing advancement of the subject with materials that draw on the recognizable. Beginning from S5, students with direction pick two physical exercises in which they might want to take an interest normally, and ponder the experience as a feature of a functioning and healthy life.

The curriculum content and the associations between the various parts are portrayed underneath.

Physical Education, Sport, Recreation, Leisure and Wellness: History and Recent Development: This Part gives students an overall image of the extent of PE and its relationship with game, diversion and recreation. The wording, general ideas and the information on the history and ongoing advancements in the zone help students to comprehend the settings of PE, game and entertainment, and bolster them in considering different points in the PE curriculum.

Human Body: This Part causes students to assemble an establishment in PE through acclimating them with the human body and its frameworks, and sets them up for the investigation of development examination, wellness and health, preparing strategies, sports wounds and mental aptitudes.

Movement Analysis: This Part covers the essential components in human development and is connected to the order of physics. It guides students to comprehend the logical premise of development and to apply this information; along with the mental abilities they secure in Part for improved execution or cooperation in PE, sport and amusement. It likewise encourages students to comprehend the reasons for some basic sports injuries.

Fitness and Nutrition for Health and Performance in Physical Activities: This Part encourages students to investigate the ideas of physical fitness and sport-related fitness, the nourishing segments and diet identified with physical execution, and the interlocking relations among work out, physical fitness, diet, health and interminable infection. Such information will empower them to perceive the significance of a functioning and healthy way of life and comprehend the idea of wellbeing referenced. They can be connected to the conversation of variables influencing cooperation in sport and amusement.

Physiological Basis for Exercise and Sports Training: This Part outfits students with information about physical execution and sports preparing. It empowers students to comprehend the overall standards and the impacts of physical preparing which are fundamental in exercise and procurement of physical abilities. They ought to be alluded to now and again when students are completing the practicum.

Sports Injuries, Treatment and Precautions: This Part covers security measures in sports and physical exercises

Building on students' past information on the human body and development and exercise and preparing techniques, it elevates their familiarity with regular sports injuries and causes them to apply this information to treatment and preventive estimates. It likewise adds to the comprehension of program association and lawful issues in PE, sport and entertainment.

Psychological Skills for PE, Sport and Recreation: This Part encourages students to comprehend the mental parts of PE, sport and amusement, and spreads hypotheses of engine learning, factors influencing sport execution and stress the board. Expanding on information picked up in past Parts, it encourages students to clarify, direct and improve the procedures associated with learning and performing every day physical abilities. This Part is legitimately connected to the practicum.

Social Aspects of PE, Sport and Recreation: This Part permits students to research a wide scope of issues in PE, sport and diversion according to society. It causes them to increase a more profound comprehension of the jobs and estimations of PE and sport (Part I) from a socio-social point of view. It likewise sustains students' higher-request thinking aptitudes by drawing in them in discussing current issues, basic examination of occurrences and pretends. Realities and discoveries got from past Parts structure a reason for the conversation of the issues recognized in this Part.

Sport and Recreation Management: This Part presents the fundamental ideas of sport the executives and program association. It targets outfitting students with information which will be helpful in performing school and network administrations, especially the association of various physical action occasions. The information obtained in past Parts, especially Part VIII "Social Aspects of PE, Sport and Recreation", shapes the reason for thinking about important regulatory measures and activities.

Practicum: This handy Part gives a chance to students to apply the hypotheses learnt from Parts I to IX through rehearsing a functioning and healthy way of life. It expects them to incorporate various parts of the information they have picked up to deliver issues identified with body support, self upgrade and care for the network. It likewise builds up students' very own characteristics by empowering them to perceive their job in PE-related school and community services.

Higher education Publishing House of the "School of Physical Education," a book on discipline-based, student-based, network based, just as four composite-based curriculum model (Table 1), portrayed by clearing the type of different models. Model itself is nothing but bad or terrible, the decision of model relies upon each school's own conditions, for example, teachers, space, hardware, etc. I think Jinhua Vocational and Technical College ought to set up an incorporated sports-based curriculum model for the accompanying reasons:

Table 1 Four kinds of physical education curriculum models and their characteristics

Curriculum model	The model features
Discipline-based curriculum model sports	Emphasis on sports knowledge and skills of learning, students' ability to develop light
Student-centered physical education curriculum model	Stressed that students interested in Developing student's personality, light motor skill learning
Community-based physical education curriculum model	Emphasis on the cultivation of students' social adjustment
Integrated model-based physical education curriculum	Organic combination of focus on skills transfer, student needs and social needs

3. DEMAND

3.1 Nature of Vocational and Technical Schools

To effectively adjust to economic and social advancement of the earnest need of profoundly talented, school in 1995 on the proposed "to capable word related status (gathering) as the objective, to proficient limit working in the principle line to the business necessities for quality guidelines." method of curriculum and teaching intends to manufacture the directing belief system of advancement, investigation, and built up the "two-dimensional existence with work, social and expert two-dimensional" course theory and curriculum is to improve the expert quality, build up their expert abilities, granting proficient information on the fundamental channels of the Curriculum. Generally mean is the development of curriculum model must consider the structure of social transformation, physical education curriculum model as a piece of it, obviously, ought to be subjected to the managing philosophy of this enormous, both contain components of social variation.

3.2 Student Physical

To bookkeeping 031, 032 pre-school, exchange 041, 031 nursing, data the executives, 042, garden 042 300 man-made articles six classes, utilizing a survey, pose inquiries, converse with different strategies to gather information for factual examination. The discoveries and examination that affection and standard cooperation in physical movement (multiple times each week) 78, 28.7%; in some cases or sporadically take an interest in sports exercises, 136 individuals, half; not willing or compelled to partake in 58 sporting exercises, representing 21.3%. Show regularly and like to partake in sports exercises of students not exactly the complete number of 1/3, 70% of students are some of the time or at times take an interest in sports or not willing or compelled to take an interest in sports exercises. The vast majority of the students in intuition has not been reflected completely mindful of the significance of physical exercise, didn't generally comprehend the fun of shrouded development.

Shows that the model curriculum to incorporate students must consider medical clinic enthusiasm for physical exercise preparing National physical education and health curriculum change have underlined the "individuals focused turn of events." California Physical Education Standards United States plainly states: ①so all students have a sort of living intimately with their development and access to health-related way of life desires and capacity; ②physical education curriculum should meet the individual needs of every student gave based on various suitable teaching strategies; ③student teachers should focus on all the distinctions, learning for all students arranging procedure, and add to the improvement everything being equal; ④ all students in the exercises to be entertaining. English physical education principles stress: In request to meet

the expansive needs of students, teachers ought to know to the significance of equivalent open doors for all students, and take some unique measures to meet the various needs of students: ①to make compelling learning condition; ②ensure students inspiration and consideration; ③through suitable teaching strategies to give equivalent learning openings; ④utilization of fitting assessment techniques.

The curriculum principles likewise brought up that physical education in profound, good, social, social, abilities, and so on to advance student learning and improvement. Physical education program has made it understood: physical education must not be constrained to improve and create physical fitness, should help make the schools primary errands to finish cultivate agreeable advancement of individuals. Consequently, teachers ought to guarantee the foundation of the prevailing situation of students, think about their inclinations, interests and needs, consideration regarding student's enthusiastic, intellectual, conduct, natural connections, concentrating on the sports character of the exceptional estimation of culture, stressing the privilege of students an inspirational mentality, Good mind-set, self-learning and social association abilities.

3.3 Mastery of Sports Knowledge and Skills Can Not Give Up

We should desert the basic subject-based curriculum model; however it isn't to deprecate the significance of sports information and aptitudes to learn. Empower students to learn and ace sports physical education information and abilities students learn the primary content, yet additionally the students learn the significance of physical education one of the objectives, yet additionally to accomplish different objectives of physical education to learn a significant transporter. Students principally through the examination and practice of sports information and abilities to get the passionate experience

Subsequently, the sort of "make light of the aptitudes of teaching," the comprehension isn't right. Ontario, Canada, health and physical education guidelines that: students ought to comprehend the physical, health and bliss of the significance and effect factors, effectively partake in day by day physical action, and the development of positive health conduct, access to deep rooted support in physical action of the essential development abilities. Japan's Health and Physical Guidelines stress: students grow great exercise propensities simultaneously, accomplish better health, and improve physical fitness purposes. Victoria, Australia health and physical education curriculum norms: Students acquire data about support in physical action, improve physical fitness, fortify connections and different parts of the information and aptitudes to comprehend the essential ideas of development and the development of the standards of biomechanics and physiology, in games, rivalries, move, acrobatic, water sports,

outside sports, relaxation and recreational exercises is a gifted member.

English physical education principles accentuate and create abilities to make students, choice and utilization of aptitudes, methodologies and points of view, access to fitness and health information and comprehension. Taiwan Province, said health and physical education curriculum principles: In request to address the issues of the new century, individuals must have great physical, can take up the assignment of another time, in this way, to build up the students' development ideas and engine abilities, and improve physical fitness.

4. REFORM OF THE OVERALL CURRICULUM MODEL

To summarize the primary National Curriculum Conference held (1997, Guangzhou) since the course of exploration results, trade tests as of late, the fundamental experience of curriculum change, curriculum examination and curriculum change to comprehend the most recent turns of events, advance curriculum change, December 1999 21 to 24 in Guangxi Normal University assembled the National Symposium of the second courses Professional Committee for the national curriculum. Turn of the century, by what method wills essential education curriculum change, the change of the fundamental pattern and the pattern is, which is the focal point of the agents to examine the issue. It was proposed that in any event eight territories should get a handle on the pattern of curriculum change.

1. shift to the heading of the advancement of students, concentrating on the improvement of students' latent capacity, capacity and scholarly turn of events.
2. strengthen the fundamental information on essential sciences and orders, center around fundamental information and fundamental abilities, we should likewise concentrate on essential aptitudes and fundamental disposition of the preparation, school-based curriculum might be from the "twofold base" to "four base."
3. To reinforce moral education and humanities education, increment the extent of humanities courses.
4. focus on incorporated educational plans, particularly obligatory education curriculum joining, to conquer the weaknesses of education Division. On curriculum and teaching, the examination and union is the comprehension of the world's two unique ways, nobody is better isolated. In this way, we in the curriculum advancement and teaching should adopt a realistic strategy, the complete coordinated firm, the Division of the firm, the division, incorporated in the division, Division has incorporated one another, supplement one another.
5. To fortify curriculum and student life and the truth of social ties, to accomplish course of every day life, social and commonsense, yet it isn't so courses from the academic track, yet to curriculum and student life and social reality all the more viably incorporate, to the full advancement of academic projects have been added to the wellspring of the occasions and life essentialness.

6. three-level administration thoughtfulness regarding curriculum, as right on time as 1989, a few researchers have advanced three courses, three administration proposals, 1999, "CPC Central Committee and State Council on Deepening the Reform of the choice to advance quality education", the officially proposed the "foundation of another essential education curriculum, the pilot of the national curriculum, nearby curriculum and the school curriculum" that is three courses, three administration
7. Emphasizes customized and broadened curriculum to meet the various areas and distinctive developmental needs of students, the curriculum is individualized personalization issue is really the issue, course curriculum expansion, particularly the enhancement of the transporter that the material is everywhere throughout the nation lopsided advancement of education in the goal needs.
8. curriculum and present day data advances, to offer courses to the new content and highlights of the occasions Also spoke to that the difficulties confronting the information economy, the pattern of curriculum change, the presentation of five zones:
 1. Emphasis on individuals focused advancement of curriculum;
 2. attaches extraordinary significance to human subjectivity;
 3. enhanced curriculum reconciliation;
 4. changes in curriculum configuration approach;
 5. Intensive course study.

5. SPORTS-BASED CURRICULUM MODEL CONDITIONS

Jinhua Vocational and Technical College was established in 1994, is in Zhegong Da Jinhua Branch, Jinhua, Zhejiang Medical University Campus, Jinhua Institute of Technology (chips) and the provincial level key optional teacher Jinhua, Jinhua Medical School, Jinhua Nong schools and other framework endorsed by the Ministry of Education built up. Right now, the school arranging region 3020 mu, building territory of 400,000 square meters, sub-Lake, Binhong street, the individuals of East three grounds, 12 universities, 1,100 personnel, 15,000 full-time students, grown-up education in excess of 12,000 students; continuously set up and Jinhua City, Zhejiang Province, particularly to adjust to economic and social turn of events, structure and design is sensible, subject inclusion, with nearby attributes of the order framework, with 52 experts, including use of electronic innovation, care 2 expert teaching change is the Ministry of Education proficient, utilization of electronic innovation, the travel industry the board, nursing three common key forte is proficient, mechanical assembling and mechanization is the commonplace key controls; existing 17 far reaching labs, teaching hardware worth 6400 million yuan, 100 million duplicates of different books, in excess of 2,000 sorts of Chinese and unfamiliar diaries, 28 exploration establishments, a smaller subsidiary emergency clinics, 100 schools and undertakings related minimized unit, in excess of 230 practice bases, fixed resources summed 6.3 billion.

The school has formed into a professional and specialized education and general advanced degree all the while, set work,

farming, medication, economics, the board, culture, craftsmanship teacher and multidisciplinary, far reaching, full-time neighborhood colleges, is the main area in getting, the biggest professional and specialized universities, the Ministry of Education, Ministry of Finance, concentrating on the development of a model professional schools.

As of late, Jinhua civil government and the common Education Committee, the commonplace education branch of the right authority and solid help of the improvement significantly. Existing schools and in excess of 290 teachers,

partner educators, in excess of 300 degrees so as to give teacher preparing excellent work force insurance The school has reliably clung to an open school, concentrating on the attributes of professional education, utilize "enormous bunches of independent companies, little item advertise" territorial favorable circumstances, dynamic combination with the neighborhood economic and social turn of events, has effectively investigated a co-ordinating nearby economic and social turn of events. "base, teaching, research, enlistment, business, "five out of one of the educational system.

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