

The better side of physical education

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SPORTS and physical activity increase our self esteem, weight control, stress management, physical and physiological skill development and academic and non-academic performance. Physical Education helps us to maintain fitness, muscle strength, physical strength and mental fitness. The courses of Physical Education also help us learn the benefit of healthy and nutritious food. It describes the ill-effect of junk food. Sound eating practice and guideline for nutrition are very important in life that can be learned through Physical Education. We with the appropriate authority in Bangladesh would have been well aware for the necessity of Physical Education. A few of which may be mentioned below: referring to many, Physical Education also helps improve our ability for right judgment by increasing our moral development.

Physical Education sector in Bangladesh is not very developed. This is a country of 160 million people. Compared to this vast population, only a few private - and public colleges/institutions are not enough to provide Physical Education. Furthermore, these institutions have been offering only the Bachelor degree in Physical Education (B.P.Ed). Uttara University, Dhaka is the only institution in Bangladesh which has directly been providing the Physical Education courses at the university level. In addition, Uttara University is the single institution providing courses in Masters in Physical Education (M.P.Ed). Physical Education is a course of instruction in physical exercise, games and sports and the related others. Through learning the Physical Education, we know how to make our body and mind physiologically or mentally and

physically fit and all together healthy in other words. Importance of Physical Education is inevitable. Sports and games are very important all through our life and living. If you keep looking

football players compete with the others internationally. If you search for the reason behind it, you will find that our people are relatively less healthy due to the lack of nutrition beginning from

pete to international for the football. It is very unfortunate to mention that about one lac positions of Physical Education teaching have been remaining vacant. It is very important for each and every edu-

news for Bangladesh in its effort to make us healthy.

We wish the appropriate authority in Bangladesh would have been well aware for the necessity of Physical Education. A few of which may be mentioned below: referring to an article of www.preservearticle.com, the importance of Physical Education are as follows:

(i) To develop the organic systems of the body;

It is recognized that our feelings, emotions, thoughts and achievements are influenced to a considerable extent by the physiological process of the body. The development of the organic vigour is dependent on a wide selection of activities and so by conducting that the normal functions of the body are developed and improved.

(ii) To develop euro-muscular co-ordination or skill;

A good deal of physical activities helps the individuals and groups to develop certain skill, which gives satisfaction and happiness in a variety of ways during leisure times. Being physically illiterate many people do not know how to enjoy their leisure and become unhappy and maladjusted. Individual and group-play activities enable people to give wholesome expression to their innate desires and interests.

(iii) To develop right attitude towards and physical activities in general; Programme of physical education is based on sound psychological principles. It develops amongst the individuals wholesome attitudes towards play and physical activities and cultivates recreational and hobbies.

(iv) To develop a desirable social attitudes and conduct;

By giving emphasis on ethical values inherent in playing games with and against others, the desirable social attitude and conduct

can be developed through a programme of well organized physical activities. It gives opportunity for social contact, group living, leadership and self adjustment with the group. (v) To develop correct health habits;

A rational programme of physical activities can stimulate the participant to develop favourable attitudes and habits in physical, mental, moral, social and emotional health.

(vi) Development of psychomotor skills;

(vii) Development of understanding and appreciation of the techniques and strategies of sports;

(viii) Preparation for leisure time;

(iv) Elimination of worries and anxieties through developing appropriate interests and habits of engaging in exercise and sports;

(x) Attainment of knowledge of proper health procedure as related to physical exercise.

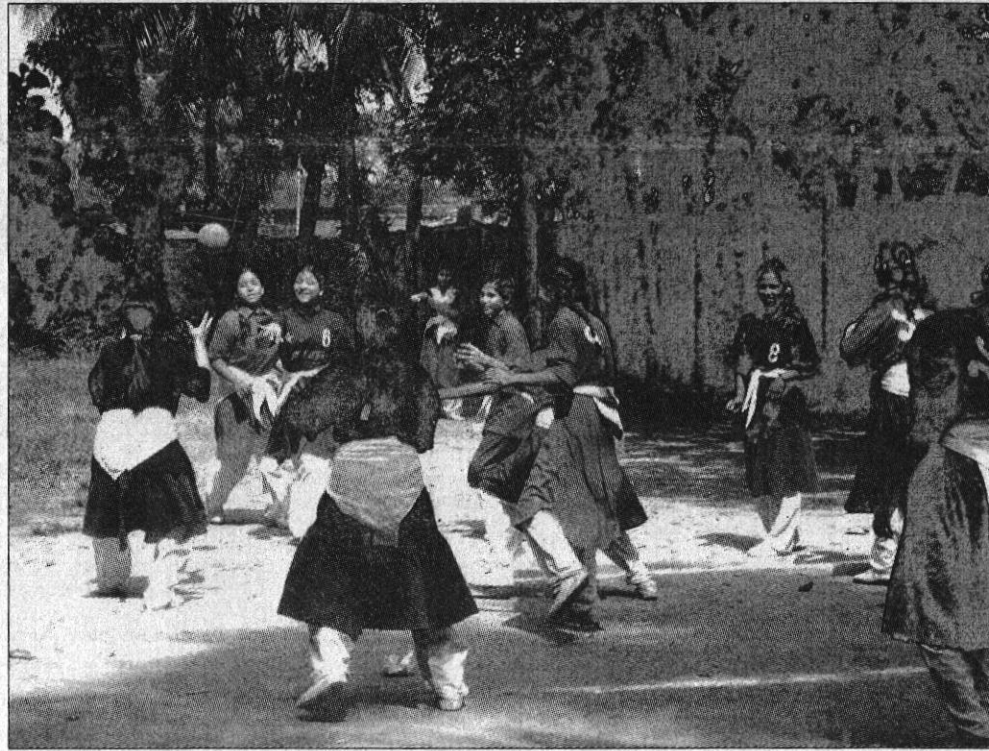
(xi) To serve as an outlet for surplus energy, which if spent up, make the child tensed, nervous and irritable.

(xii) To meet the challenge of growing indiscipline among the student community by instilling in the younger generation a sense of patriotism, self-reliance and discipline.

(xiii) To give adequate scope for bringing out the aptitudes and talents of the child.

(xiv) To promote the spirit of certain qualities like sportsmanship, team spirit, leadership, patience, self-restraint, co-operation, sociability and those other qualities of character and citizenship.

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worldwide at the electronic and printed media, you can see a substantial part of it is occupied by sports and games. People of all ages and both sex enjoy participating in the sport and in watching the sports for their recreation as it is a great deal of recreation in human life. Every of us would like to be healthy and life - long - skilled. It is worthy to mention that it is hard for the Bangladeshi

their childhood. On the other hand, we do not have enough and good playground to practice games and sports. We have been lacking the Physical Education facility in Bangladesh. Accordingly, we are not grown very well physiologically and physically. Recently, we have been competing internationally in certain sports and games such as cricket, hockey, golf etc. We are still lacking our skill com-

positional institution to teach Physical Education to their students from elementary to tertiary levels. Many private sector entrepreneurs are interested in opening the Physical Education school and college. But appropriate authorities and the bureaucracy during the regime of every government are not interested in the expansion of private sector physical education. This is obviously not good