

Sports Activities and Holistic Development of Children

Garima Baliand Shiv Kumar

Institute of Education & Research, Mangalayatan University, Aligarh, UP

E-mail:shiv.physicaleducation@mangalayatan.edu.in

ABSTRACT:

The purpose of this research is to study the impact of sports activities on holistic development of children. Sport activities are form of exercise and is the well-coordinated function of whole body. Sport Activity are the activities which include all type of games and exercises either done for physical fitness or to achieve a specific level in the field of sports. Physical activity includes group or individual activity, aerobics exercises etc. sports training and activities are not a term it is very important subject that affects every person who takes up physical activity for health purpose or for sports competitions.

Keywords: Physical fitness, Holistic Development, Sports Training, Social Behaviour

Introduction:

Sports activity is any bodily movement produced by the skeletal muscles that uses energy. sports activities are organized process through planned and systematic way to sports perfection This includes sports exercise and other activities such as recreational games, major games like basketball or yoga exercises. Role of sports activities and regular exercise in our life is very important these days. today's life is full of stress and full of technology in which human beings lost their health somewhere. physical exercise helps us a lot to maintain a healthy and disease-free life. lack of physical activities can lead to many health issues like diabetes, blood pressure, depression and anxiety. Spending time in physical activity could help combat childhood obesity. participating in physical activity helps not only health related issues but cognitive, academic and behavior issues. sports activities help in growth of children and helps in positive behavior and prevent

youth from obesity and chronic diseases. We have example of famous athlete Neeraj Chopra a javelin thrower firstly started his practice in stadium to reduce his overweight and maintenance of his weight and health. Now he is well known personality of India. Sports activities improve wellbeing, emotional health and social and mental health. Sports activities makes children psychologically and physically active. It helps in development of character, spirit of national unity, fair play and moral values.

What is the need of Sports Activities?

Performing physical activity on the regular basis will help to improve overall health and fitness, as well as decrease the risk for many chronic diseases (center for disease control, 2010) More than one-third of U.S. adults (35.7) are obese. in simplest terms, obesity is exclusive fat accumulation that impairs health. Obesity has wide range of magical complications; Cancer, Stroke

,Gall bladder disease, Diabetes and many more.

Benefits of Physical Activity:

Physical activities are helpful in all ages. It helps in overall growth of the person, which helps a person to live better life which improves our mood and improve mental health. Reduced risk of cardiovascular diseases, type II diabetes. Also helps in weight control. Any type of sport activity daily makes kids physically sound and help them to make better healthy citizen. sports activity helps children to maintain better social life. C.A. Boucher⁵ rightly says "Through physical activities great studies can be made in achieving social progress and more satisfaction in living.

Enhance Leadership Qualities

Sports activities helps in enhancing the qualities which are required for well balanced personality. In sports, players can take decision for players, for betterment of team. Sports enhance coordination and team spirit of children. It helps in developing wholesome personality which develop liberal attitude.

Inculcating Appropriate Values:

Sports activities inculcate right values of life like cooperation, justice, truthfulness, coordination, appreciating the contribution of others, improved judgement, self discipline, strengthened peer relation which helps to provide opportunities to learn positive social skills. Children become more confident, independent and relies their self-worth based on the mastery of skill (related to sports activities).

Conclusion:

Sports activities increases communication with each other in a way that promotes

peace, corporation, understanding and respect. The current study focuses on sports activities that helps to promote the social values among children. Sports activities are considered as an essential part of education and culture. It build up the abilities, will-power, moral values and self-discipline of every human being as an entirely integrated member of society. The contribution of sports activity and the practice of sports must be certify that the throughout life by means of a global, lifelong and democratized education. It contributes to the preservation and enhancement of mental and physical health, gives a nourishing leisure-time activity and also helps to an individual to overcome the drawbacks of present stressful living. At the community level, they build up social qualities, social relations and also fair play, which is vital not only to sport itself but also to life in society. Education system must allocate the required position and applicable to physical education and sport in order to create a balance and strengthen between physical activities and other components of education. Sports Activities and related physical education course must be intended to suit the requisites and personal attributes of those follow them, as well as the institutional, cultural, socio-economic and climatic conditions of each country. In the process of education in general, sports activities must, by virtue of their content and their timetables, help to create habits and behaviour patterns beneficial to full development of the human personality. Further, voluntary people, given appropriate training and supervision, can make an invaluable contribution to the inclusive

expansion of sport and promote the participation of the inhabitants in the training and association of sports activities. Moreover, it also focuses on adequate and sufficient facilities and equipment which meet the needs of exhaustive and safe participation in both in-school and out-of-school programmes regarding sports activities. Sports activities as a generic term is linked with socio-cultural, educational and social values, psycho-social qualities, socialization, inclusion, moral conduct of behaviour, cognitive and physical development, well-being, healthy diet and other benefits to be derived from engagement in regular physical activity. At last, education in general, and sports activities in particular, should respond to the needs of optimally developing individuals' capabilities and provide opportunities for personal fulfillment and social interactions.

References:

- Bailey, R., Collins, D., Ford, P., MacNamara, A., Toms, M., & Pearce, G. (2010). Participant development in sport: An academic review. Leeds, UK: Sports Coach UK.
- Reeves, D. B. (2008). The extracurricular advantage. Education Leadership.
- Smith, S. L. (2008). Athletics & Academics. Research Starters.
 - Thompson, D. (2008). Extracurriculars that count. Business Week Online.
 - California Department of Education. (April, 2005). A study of the Relationship between physical fitness and academic achievement in California using the 2004 test results. Sacramento, CA: 1-9.
 - <https://ifchain.net>

- www.sportsrec.com
- www.fnu.edu
- <https://openaccesspub.org>
- www.indiatoday.in
- www.sciencedirect.com
- <http://ijbnpa.biomedcentral.com>