CHAPTER V
SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

The secondary school years are an important time for adolescents since they have many have opportunities to participate in a variety of sports, dance and outdoor activities and to develop competence in a few selected ones, the physical education also make unique contribution to the education of students, as it is the only subject in the curriculum; devoted to the study of human movement; development of motor skills; and promotion of fitness. The purpose of this study was to develop a curriculum of physical education for 10th and 12th class students. The research scholar reviewed all the necessary literatures pertaining to the study available in the library of L.N.I.P.E. Gwalior and also observed the various activities that in the existing physical education program adopted by the schools of Uttar Pradesh State. The research scholar chose the survey method for which he developed a questionnaire for collecting the opinion and suggestion required for developing the appropriate curriculum. The research scholar had discussions with, physical educationists, sports scientists, curriculum experts', administrators, sports teachers, directors, principals and a senior consultant of SIEMAT, Allahabad. The curriculum developed under
this study provides academic orientation to the physical education discipline.

The various contents covered under this curriculum provide opportunities to the students to explore the body and perform movement with the aim of all around development of personality. The study covered various aspects related to the physical education curriculum with its feasibility of implementation. The study was done to know the present status of physical education in Uttar Pradesh State for developing an appropriate and effective curriculum. The opinions were obtained from physical education administrators, principals, physical education teachers and students.

The research scholar observed that the physical education administrators, principals, physical education teachers took a keen interest in answering the questionnaire and gave several suggestions regarding improvement of the physical education status, facilities, time requirement and various other aspects which were included for the development of the curriculum. As we know physical education is the only subject, which is devoted to the development of physical fitness. The teachers of physical education emphatically suggested that this subject should be implemented throughout the schools of Uttar Pradesh State.
In Uttar Pradesh state physical education has been given proper recognition in some of the schools which are located within the urban areas but in the rural areas it is not satisfactory due to certain reasons like infrastructural constraints and financial crunch etc. That is why, an appropriate place has been given to the activities, which are practiced in the rural areas of Uttar Pradesh state so that wide-ranged curriculum could be developed for both, the schools of rural as well as urban areas.

Generally, physical education activities did not get equal periods and duration as compared to other subjects in the school; therefore, the questionnaire seek the opinions from the respondents about the allotments of sufficient periods as well as appropriate duration for effective implementation of the curriculum of physical education.

Uttar Pradesh is the largest state in India in terms of population one-third of the total population struggle for daily meals, this has become a difficult task for the government to provide all the required infrastructural support to the schools under the government, located in rural and urban areas. In spite of these constraints, the present study suggested the inclusion of a minimum of one
playground and one indoor hall for proper implementation of the physical education curriculum.

Physical education is mainly concerned with the all around development of personality, which constitutes physical development, emotional development, and intellectual development and facilitates the socialization process among students. These aspects have been considered in the study for ensuring worthy outcomes with the help of an effective curriculum of physical education.

This study considered both aspects of physical education i.e. theory as well as practical for ensuring proper outcomes among the students in physical education.

Currently, the concept of wellness is emerging as new trends in the discipline of physical education and its concept has been incorporated in the theory of physical education, and opinions were also sought in the questionnaire about the assimilation of wellness and its concepts in the physical education curriculum.

Training methods essentially required for the proper development and fitness of the students had been given prominent priority with a view to utilizing their potential. Sports and its organization at various levels have become essential for spreading
the messages of brotherhood, good citizenship and international understanding. The Olympics represent apex movement of sports and physical education curriculum, hence the Olympic movements was included in the curriculum.

Injuries and accidents are the major hindrances or obstacles during the physical education practical classes. When students are injured they tend to divert from physical education classes and no proper rehabilitation process take place which results into physical impairdeness and academic degradation. To avoid adverse circumstances related to injuries, the knowledge of athletics injuries and its rehabilitation has been included in the study for developing the curriculum of physical education.

India has a rich cultural heritage of physical activities and traditional sports like yoga and wrestling (Mallayudha) etc. The study included the questions pertaining to the inclusion of yoga as a theory and practical subject into the curriculum of physical education.

Physical education and sports promotes the socialization process amongst the students, as sports are a cultural heritage that has been transmitted by our predecessor to promote the cultural and social values. Study included the concept and knowledge of socialization process though sports and physical activities.
Human body performs various movements, which is possible through the numerous physiological processes taking place inside our body. Therefore, it necessitates the knowledge of physiology and various systems of the body, which assist in performing movements. Therefore, basic physiological concepts had been incorporated into the study.

Psychology plays a very got its important role in physical education. Hence psychological concepts were also assimilated in the physical education curriculum.

Health education constitutes a significant component of physical education discipline. Students must be aware about hygiene and communicable and contagious diseases during play besides at home. Thus health education as theoretical components was included in the curriculum of physical education.

The family has always influenced the student life and participation to sports and physical activities. Family life education in health education has a major role. The study considered the family life education and its concept for inclusion in the theory of physical education curriculum.

For achieving the proper outcomes of the physical education subject the assignment of marks on par with other subjects becomes necessary.
Camping and outdoors activities comprise an integral aspect of the physical education curriculum as it provides opportunities to the students to come into close contact with nature. Opinions about the inclusion of these components in the physical education curriculum were also sought in the study. Considering the concept of national integration through the means of sports and physical education has become significant. As far as the practical component of the physical education curriculum was concerned, various games and sports were included, ranging from indoor to outdoor, individual to team games and traditional to modern sports. Utmost care was taken while selecting these practical activities for physical the education curriculum. Games and sports were selected on the basis of minimum infrastructure requirements and interest of the students, as it may prove a strenuous task to schools administration as well as government, to afford those games and sports, which require huge infrastructure and sophisticated equipments.

CONCLUSIONS

The different conclusions were drawn from the findings of the study, which was intended for the development of a curriculum of physical education for schools of Uttar Pradesh state, they are.
1. The status of existing physical education curriculum in Uttar Pradesh State is not up to the level of satisfaction, as inadequate facilities and laxity towards games and sports exist.

2. In Uttar Pradesh state physical education could not get the status of a separate subject, as it did not get adequate place in policies of education.

3. The schools did not have an adequate number of teachers of physical education required to meet the student's strength for proper implementation of the curriculum.

4. The schools authorities were reluctant to provide adequate numbers of classes and time required for physical education classes vise versa there were various schools that showed a genuine interest in pursuing physical education classes.

5. A large number of schools had expressed the opinion about the financial constraints as big obstacles before the implementation of physical education curriculum.

6. Respondents were of the opinion that physical education is very much helpful in the enhancement of the all around development of individual's personality.
7. Wellness and its effect on lifetime fitness are accepted world wide in the physical education curriculum.

8. The Olympic movement has been given a prominent place in physical education curriculum.

9. Physical education has been accepted as an academic subject, as it involved the knowledge of physiology psychology and sociological concepts with relation to human performance.

10. Health education, which assists in developing healthy and physically active person, was accepted as an important content in the physical education curriculum.

RECOMMENDATIONS

Based on the results of the study the following recommendations have been made:

The physical education subjects should be implemented as separate subjects as it aims to in the all-round development of personality i.e. physical, psychological, social and intellectual development.
2. The government should give due importance to physical education while planning the policy of education.

3. The schools should encourage those activities, which require less infrastructural support and amenities.

4. The provision of first aid should be made during practical classes to avoid the injuries among students.

5. Physical education teachers should be given an opportunity to take both theory as well as practical classes, to ensure the effective implementation of the physical education curriculum.

6. The process of revision may be initiated in the existing curriculum of physical education of secondary education board of Uttar Pradesh State for X to XII standard with the help of the findings of this study.

The study can be further replicated in other states too, at the level of different classes, where separate curriculum of physical education with academic orientation is required.