CONTENTS

• Declaration
• Certificate
• Acknowledgements
• Preface

CHAPTER – 1: INTRODUCTION

➢ What is Physical Education?
➢ Definition of Physical Education
➢ Contribution and Need of Physical Education and Sports
➢ Facilities for Physical Education and Sports
➢ Education Through the Physical
➢ The Basis of Education through the Physical
➢ Quality of Life-Physical Education's Contribution
➢ Objectives of Physical Education
➢ Physical Education-Political Concept
➢ Historical Perspective of Physical Education
➢ Why to Study History of Physical Education
➢ Physical Education in Retrospect
➢ Urbanization of Society
➢ Status of Women in Society
➢ Women's Role in Society
➢ Problems faced by Indian Women
➢ Barriers in the Way of Women
➢ Problems of the Modern Economy Facing Physical Education
➢ The Economy of Modern Industrial Life
➢ Modern Concept of Physical Education
➢ Importance and Need of Physical Education in School/College/Society
➢ Problems Exist while Organising Physical Education Programs in School and Colleges
➢ Haryana at a Glance
➢ Statement of the Problem
➢ Objectives of the Study
➢ Hypotheses
➢ Limitation
➢ Delimitations
➢ Definition of Technical Terms Used
➢ Significance of the Study
CHAPTER – II: REVIEW OF RELATED LITERATURE 75-88

CHAPTER – III: PROCEDURE AND METHODOLOGY 89-96
- Population
- Sampling
- Tools Used in Data Collection
- Statistical Tools Used
- Analysis and Interpretation of Data
- Chapterization Scheme

CHAPTER – IV: PRESENTATION, ANALYSIS AND INTERPRETATION 97-223
- Analysis of Social Profile of Respondents.
- Analysis of General Conditions Pertaining to Towards Physical Education and Sports i.e. Facilities and Infrastructure for Physical Education.
- Analysis of Preference towards Physical Education from Different Strata of Society.
- Analysis of Factors Responsible for Lesser Preference of Women towards this Profession.
- Analysis of Preception and Attitude of Women, Technical Experts, Parents, Peer Group, Physical Educationist and Head of the Institution / Principal.

CHAPTER – V: SUMMARY, CONCLUSION AND SUGGESTIONS 224-243

BIBLIOGRAPHY 244-251

APPENDICES
- Annexure - 1 : Questionnaire
- Annexure - 2 : List of Schools
- Annexure - 3 : List of Affiliated College and M.D.U., Rohtak (Hostel and Department Physical Education)
- Annexure- 4 : Comparison of Male-Female Admissions in Department of Physical Education, M.D.U., Rohtak