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9. The knowledge of physical education helps the individual to know how they feel after performing and it gives enriched experience, which is only possible in performance situation.

10. The programme of Physical education promotes intellectual ability in an individual.

11. The programme of Physical education provides more opportunities to think, to make correct choices, to plan strategies and to call play and not usurp all this responsibilities themselves.

12. The Physical education programme provides better opportunities for optimum mental growth and better emotional stability.

13. A student who is good in sports and Physical education shall not be intelligent in studies.

14. The sound programme of Physical education leads to better social and emotional development of a participant.

15. The programme of Physical education helps an individual for making better personal adjustment, group adjustment and adjustment in society.

16. The Physical education programme teaches the democratic way of life by adapting and following rules of games.

17. The Programme of physical education doesn’t discriminate between participants on the basis of economic status, caste, creed, colour & sex.

18. The Physical education programme leads to development of discriminative ability among players.
19. The programme of Physical education develops the feeling of belonging, recognition, self-respect and love for others.

20. The physical education provides successful experience, self-confidence and happiness.

21. The physical education helps to develop healthy & strong social relations.

22. The physical education helps to build up National character among participants.

23. The programme of physical education is concerned with developing body awareness, graceful movements & aesthetic sense.

24. The regular programme of physical education helps to develop ability to perform with a high degree of proficiency.

25. The regular participation in the programme of Physical education leads to development of neuromuscular skills & in-turn reduces expenditure of energy, contributes to confidence, brings recognition, enhances physical and mental health.

26. The physical education should be given top priority in the educational institutions for development of better neuromuscular co-ordination among youths.

27. The physical education contributes to academic achievements since endocrinology has shown that intellectual ability changes as body chemistry changes.
28. The physical education activities promote higher thought process by providing experience to clarify and make meaningful concepts of size, shape, time and direction.

29. The physical education contributes to knowledge of exercise, health and diseases.

30. The physical education contributes much better to the understanding of human body and its mechanism.

31. The physical education contributes to an understanding of the role of physical activities and sports in nation.

32. The physical education contributes to an understanding for other culture of the world.

33. The physical education contributes to the wise consumption of foods (Nutritional intake).

34. The physical education contributes to self-actualisation.

35. The physical education contributes to self-esteem.

36. The physical education contributes to development of aesthetic sense.

37. The physical education contributes to direct one's life towards, worthwhile goal.

38. The physical education programme contributes towards fair play and good sportsmanship.

39. The physical education contributes to reduce risk of depression and helps to release anxiety and tension.

40. The physical education contributes to the enhancement of well-being and promotes a positive life long attitude.

41. The physical education personnel in the Universities perform their duties in most systematic order.
42. The physical education and sports teachers are leaders who have contagious energy and these leaders set the pace and are examples for others.

43. The teachers of physical education in the Universities are more enthusiastic and are more professionally devoted.

44. The physical education professionals have integrity and act in accordance with high expectation of their authorities.

45. The physical education Personnel have sympathy for people, which are exemplified, not by words but by action.

46. The physical education professionals’ posses’ technical mastery of the knowledge and skills, needed to evaluate the level of fitness of participants.

47. The physical education professionals have high degree of courage to take appropriate decisions on the basis of soundness of judgement.

48. The physical education personnel have better imagination well as sound reasoning power.

49. The physical education personnel in the Universities have better teaching skills.

50. The physical education personnel in the Universities are those leaders who can be trusted for other additional responsibilities in the institutions.

51. The physical education professionals posses interest in new innovations in their field.

52. The physical education personnel are accountable to their superiors.
53. The physical education teachers have better articulation ability.
54. The physical education professional are highly devoted and hard working to accomplish their goals.
55. The physical education professional are found to have respect for other people.
56. The physical education professional are responsible for development and maintenance of sports infrastructure in universities.
57. They are devoted for organising physical education programmes for youths of the Universities
58. They are devoted and feel responsible for development of civic & character building among participation.
59. They are responsible for development of curriculum of physical education in institutions.
60. They are committed towards developing public relations.
61. They are responsible for inculcation of discipline among students.
62. The physical education programme helps to reduce the risk of heart disease.
63. The exercise programmes help and control body weight.
64. The physical education teacher contributes to sound mental health by eliminating mental illness & reducing depression & anxiety.
65. The physical education teacher can help to prevent hypo-kinetic diseases.
66. The physical education programmes significantly contributes to prevent hypertension, cardiovascular, degeneration, obesity, which are risk factors of heart diseases.

67. The physical education programme promotes optimum release of hormones from pituitary glands for better height growth.

68. The regular participation in physical education activities develops a sense of well-being in comparison to non-participation in physical education activities.

69. The vigorous activities of physical education are an effective means of reducing tension & depression.

70. The physical education & sports offer a means of affiliation with other human beings.

71. The physical education programme help to control aggression.

72. The physical education programme provides post mental relaxation after exercise.

73. The Physical education teacher equips participants to meet various challenges in life.

74. The physical education programme provides more chances for experiencing better sense of achievement.

75. The physical education programme provides platform for creative expression to its participants.

76. The physical education programme helps in forming addiction to exercise and health.

77. The regular programme of Physical education contributes significantly in delaying ageing process.

78. The physical programme improve cardio-vascular fitness.
79. The programme of physical education significantly lower down cholesterol level.
80. The physical education programme improves bone density.
81. The physical education programme improves muscles strength.
82. The physical education programme improves flexibility & coordination, which in turn improves, balance & reduces chances of early arthritis.
83. An organised programme of physical education significantly enhances opportunities for socialisation with peers.
84. The ultimate goal of physical education programs is to improve the quality of life.
85. The exercise has direct effect on improving joint fluid viscosity in old age.
86. Some exercises lower-down estrogens level in female athletes but doesn't affect performance.
87. Women can gain great improvement in strength without gaining noticeable muscle mass due to lower androgens level.
88. Pregnancy of more than three-month duration has negative effect on performance.
89. There is an ergogenic benefits of physical education on early pregnancy and purposeful insemination for optimal performance.
90. The regular exercise programme maintains healthy life style of women and also delays the morbidity and disability associated with inactive life style.
91. The regular exercise programme increases the life span and delays the ageing process of women more than the men.

92. The physical education programme is thought to be damage the reproductive system due to vigorous exercise.

93. The regular physical exercise has been found to be beneficial in reducing pre-menstrual symptoms.

94. The regular exercise during pregnancy has potential been like improved sleep.

95. The regular exercise during pregnancy has potential benefit like easier labour delivery.

96. The regular exercise during pregnancy has potential benefit like maintenance of maternal physical fitness.

97. The regular exercise during pregnancy decreases backache.

98. The regular exercise during pregnancy has faster post delivery recovery.

99. The foetal outcome is better in women who exercise during pregnancy than those who do not.

100 The regular programme of physical education doesn't affect the change of sex and doesn't make women masculine.

101 The physical education & sports programme helps individual to develop a healthy response to physical activities & to recognise the contribution that physical activities can make for be worthy use of leisure time.

102 The physical education programme enables each individual to enjoy a rich social experience through play.
103 It acts as a safety valve & catharsis out to relieve aggressive tendencies among participants.

104 The physical education programme offer opportunities recognize and express one's individual qualities.

105 The physical education serves as a means of socialising those individual who participate in it.

106 The physical education programme results in social change and new behavioural pattern in society.

107 The physical education promotes communal harmony.

108 The physical education provides joyful experience for both participants & spectators.

109 The physical education teachers respect for the rights of others, desires and to the will of the group.

110 The physical education teachers respect for the co-operative living which is essential for the progress of the society.

111 The physical education programme promotes good posture due to hypertrophy of the muscles and increase in density of bones.

112 The physical education programme contributes to the remedial dimensions of poor posture by suggesting appropriate remedial exercises for each postural deformity.

113 The physical education programme promotes better personal and community hygiene.

114 The physical education programme provides platforms to the participants for satisfying grappling instinct.

115 The physical education contributes for the development of rational thinking & enhancement of self-concept about one's own body and psychomotor domain.

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116 The physical education programme contributes towards development of all-round personality.

117 The physical education programme helps in channelising the surplus energy towards positive direction.

118 The programme of physical education helps in sublimating process.

119 The programme of physical education contributes to humanity by developing skills to help them to lead healthier, happier, more worthwhile and productive life.

120 The competitive sports results in hostile burst out of emotions.

121 The physical education programme activities provide an outlet for pent-up emotions.

122 Those who are poor in sports performance, Physical education programmes can be more emotionally damaging.

123 The programme of physical Educational is responsible to develop a sense of group cohesion and promotes co-operative living.

124 The physical education programme develops qualities such as courtesy, sympathy, truthfulness, fairness, honesty, respect for authority & abiding by the rules.