Chapter – I

INTRODUCTION

Imparting education and preparing individual as a socially, emotionally, physically, psychologically fit citizen in true manner is real contribution to the nation. Education is the systematic process by which individual is shaped to fit into society and maintain advance the social order. It is a systematic process designed to make man rational, mature and knowledgeable. Education is the modification of human behavior for his own personal happiness, for his better adjustment in society and helping him to be a useful citizen contributing something original to the society.

In the broad sense education means preparation for life, its aim at all round development of individuals. Thus education is concerned with developing health and emotional vitality such as social consciousness, acquisition of knowledge, wholesome attitude, moral and spiritual qualities. Education is also considered a process by which, individual is shaped to fit into the society to maintain and advance the social order. It is a system designed to make an individual rational, mature and a knowledgeable human being. Education is the modification of behaviour of an individual for the better adjustment in the society and for making a useful and worthwhile citizen. The pragmatic view of education highlights learning by doing. Learning by doing takes place in the class room, in the library, on the playground and in the gymnasium.

To get ready understudies of Physical training and to satisfy the general public requests as obliged elevated requirements educational module must be outlined in different courses with the goal that understudies can get most recent information and apply these abilities in their field. For physical instruction graduates testing and thorough standards must be created to empower them to wind up gainful subjects and deep rooted learners for the fourth impending decades. These guidelines must concentrate on what understudies ought to know and are they proficient do perform the same. "Physical instruction is the study, practice, and energy about the craftsmanship and investigation of human development".
As such meaning of Physical training can likewise be expressed as "the formal teaching of learning and qualities through physical movement and/or encounters".

As in physical training it is both inherent and fundamental for a singular's development and advancement, physical educationist assumes a critical part to improve singular's wellbeing and give instructional exercises to advance expertise advancement and capability. When all is said in done educational module of physical training for understudies must incorporate -

- Instruction for improvement of suitable engine aptitudes to grow physically, subjectively, socially, and so on.
- Help understudies to comprehend and instruct them for wellness exercises to keep up ideal wellness levels.
- For better comprehension of engine abilities and wellness advancement outline clear idea and fitting guidelines.
- Various opportunities and encounters that can improve collaboration and create multicultural mindfulness.
- Experiences in physical action that can inspire, wish for long lasting in physical activity.

As of late, Physical-Education is restricted to physical exercises as well as it serves to build up the specialty of learning, leaving erudition and state of mind towards life. Today seekers of Physical Education courses search for instructive projects with particular goals that would enhance their administration in the national and global work environments. As it is the joint exertion of Management of the Physical Education schools and representatives for using fitting material and executing late changes in such an approach to advance adequately for the improvement of Physical Education syllabus. Regardless of good execution in games and recreations in International occasions instructing in Physical Education was perceived at a later stage.
In the midst of most of the twentieth century, Physical Education instructors when diverged from their master partners were doubtless considered to have a periphery status. Organization of Physical Education colleges ought to in a general sense happen in an interpersonal setting. The organization's key limit is to practice board judgment, give capable power and showcase isolating information and cognizance for the headway of yielded understudies. With mushrooming of Physical Education schools, the quality affirmation has transformed into a difficult issue. It is especially difficult to upgrade the present academic procedure. Quality in Physical Education instructor instructional classes is grasped to be the aftereffect of purposely managed procedure for ceaselessly improving results in the key domain and as indicated by the enthusiasm for the business. The enthusiasm for Physical Education educator in most of the states has reliably been growing in latest couple of years. The enthusiasm for more workplaces and quality affirmation is moreover gotten notice from understudies searching for assertions.

Amid the greater part of the twentieth century, Physical Education educators when contrasted with their expert companions were obviously considered to have a fringe status. Administration of Physical Education universities should essentially occur in an interpersonal setting. The administration's fundamental capacity is to practice board judgment, give proficient initiative and show separating knowledge and comprehension for the improvement of conceded understudies. With mushrooming of Physical Education universities, the quality affirmation has turned into a serious issue. It is extremely hard to enhance the present scholastic procedure. Quality in Physical Education instructor instructional classes is comprehended to be the result of deliberately overseen process for always enhancing results in the key range and according to the interest in the business sector. The interest for Physical Education instructor in the greater part of the states has ceaselessly been expanding in most recent couple of years. The interest for more offices and quality affirmation is likewise gotten notification from understudies looking for confirmations.

The quick advancement of physical training inside of the present century and the weighted impact gathering to some of its more fantastic exercises recommend the basic need, a clean comprehension of unequal part, a very much adjusted system in the field may offer ascent to the ideal development and improvement of
the adolescent. Disintegration of the dichotomy of brain and body and acknowledgment of the person as a bound together and regarded identity have a place with an advancement of physical training that has utilized this project to serve military finishes as an instrument for the help of strains connected with scholastic interests lastly prompting the crucial medium of complete improvement.

Overall acknowledged idea about physical training is that it manages all round advancement of a person through dynamic cooperation in different recreational and have exercises and a basic influence of aggregate instruction. Physical training famously referred to and acknowledged as a calling which empower a person to add to his physical, mental, social, enthusiastic and different qualities to live most, serve best and get great health. It likewise gives a chance to include in different recreation time exercises to get alleviation from pressure and stresses. Additionally it creates aggressiveness which thusly creates identity for better conformity and comprehension limit. Scientist cites that another meaning of Physical instruction can be made to a certain degree with respect to perspectives of other identified with resources of Physical training. A few Lecturers from different Institutes of Physical Education schools understand that they are dealt with as 'poor relatives' of training when contrast and Lecturers of different subjects and their actual worth is not perceived and just few perceive their quality and equivalent treatment is given by them. As this study has a tendency to highlight that Physical training resources must be given equivalent status in the general public when contrast and resources of different subjects, yet there can be observations about the feeling of understudies and staff of different subjects.

Because of the endeavors of Central Government of India and State Governments, the situation of Higher Education has changed totally in post-Independent India and there has been sharp ascent in the amount of advanced education because of extraordinary increment in number of Universities and College bestowing directions in Undergraduate and Postgraduate course. Instructing as a calling has maybe been the most established one. It was not formalized regarding the present day sense and according to the business needs. Written history, right from its starting has paid rich tributes to the instructors e.g. Plato’s dedication to Socrates, Alexander paying tributes to Aristotle, Rama to Yasishta, Krishna to
Therefore the hobby is not just in figuring out what is the present status of physical training and the projects keep running in diverse colleges of India additionally in creating proposals for development. All colleges in some or other way are attempting to enhance the current conditions in physical training, yet it is conceivable that the normal issue of "lacking offices and work force" is not the essential issue. One need to look at intently the project offered in different Universities and figures out if they constitute a decent program that merits expanded backing or one that ought to be changed. One needs to comprehend the conditions under which instructive projects work and how they change.

Physical instruction alludes to the procedure that relates physical exercises and games with the point of aggregate identity advancement of the people. Along these lines, physical exercises and games are the fundamental method for physical training that specifically help in satisfying the instruction goals. Charles Bucher expressed the targets of physical training as takes after:

- Physical development,
- Motor and movement development,
- Cognitive development and
- Social development.

These destinations can be satisfied if compelling execution of distinctive physical exercises and games by different schools actualizing Physical Education courses. Likewise, Sports offices assume a noteworthy part in accomplishing these targets. Physical Education offices are needed for games exercises as well as to satisfy the needs of understudies conceded in different Physical Education course. As science subject obliges research facilities and current contraption and dialects, history subject obliges a decent library with books and diaries on late discoveries. So also physical training obliges sufficient play grounds, types of gear and faculty for fruitful execution of its curricula. The determination of exercises relies on the size and course of action of the diverse offices, space and types of gear accessible.
Substandard offices are not helpful for support intrigue and energy and degrade understudies in enhancing their execution. The instructor preparing Colleges of physical training varies from other scholarly/proficient schools. Thinking seriously about the extensive variety of the curricula in physical instruction courses at school level, the showing resources must be made professionally skilled.

Physical instruction is more concerned with learning by doing. Games and Physical training drawn together by a grand splendid source, the young of the entire world can so seek after in scene concurrence their respectable mission of science and life. As of late, simple making of new offices ought not be the point but rather it ought to be seen that the offices made built helps us in accomplishing sought objectives of physical instruction educational program. The idea of giving chances to understudies and youth for sustaining abilities, quality in level of initiative needs change in physical instruction to adapt up to the changing present day pattern.

Physical Education and games are the two key elements of the same evolitional procedure. The first continues from the astuteness of man as making is valuable and vital. The second is normally insuppressible and has been just a work of etch of change of official methods. Sports and physical instruction drawn together by an eminent brilliant source the young of the entire world can so seek after in scene to concurrence their honorable mission of science and life.

Helthrington trusted that instruction is a procedure in which the tyke is being guided from conception all through the time of development and advancement to development, his forces are produced and are balanced into such a request for glad and equipped living. The motivation behind physical training as an expression of instruction is to add to the aggregate instruction of the kid, in a project of physical training exercises which compose imperativeness and key qualities and abilities are created to convey the weight of strenuous living. He utilized the term 'essential instruction' to demonstrate that physical training is the premise of development and improvement of organs and neuromuscular force in adolescence of the grown-up.

Notwithstanding that physical training included by savvy initiative amid adolescence adds to character instruction and supports the advancement of
elevated expectations of behavior lastly, physical training commitment to scholarly training by the fulfillment of the tyke’s requirement for experience and self-expression and an instructive system of play exercises.

Education in its proud sense means preparation for life, it should help each individual for life and to become all he is capable of becoming therefore, it is inexorable. Tied to all round development of the person. Education must be concerned with developing optimum organic health, vitality, emotional stability, social consciousness, knowledge, whole some attitude and spiritual and moral qualities.

There should not be any conflict between education and physical education in the matter of either the product or the process. The product, objectives are in harmony with those of general education and are recognized as a part of the educational cycle. Physical education programmes are related to educational objectives.

Physical instruction did not discover wherever in the example of training for quite a while amid their British period surprisingly it was the Indian Education Commission, which is 1882, prescribed that physical preparing be advance in light of a legitimate concern for youth by the support of local diversions, drills and other activity suited to every class of a school. In the year 1894, the topic of necessary physical instruction was again considered at government level, however no unmistakable arrangement could seem to have been defined in this association. Private association for physical training like gymnasias, vyayamshala, akhadas and kreida mandals contributed obviously to the spread of customary enthusiasm for formative and molding exercises. The Young Man Christian Association, College of Physical Education, Madras was set up under the initiative recently Mr. Harry Crow Buck in the year 1923. The strides check the start of creating authority in the field by giving one year instructional class in physical training.

We in this manner, unequivocally encourage that Director of Physical Education have the Doctorate Degree in Medicine of Physical Education with the fundamental sciences of Medicines included and that colleges offering degree courses offer the doctorate when offices may be obtained. Exceptional advisory
group ought to be selected to work out the courses for the propelled degree. In the event that the focal foundation is situated at one of the colleges, it ought to offer the doctorate as a post graduate degree and besides when understudies in physical instruction complete the process of preparing they will search for vocation and persons who have a simple four year certification will do not have the investigative foundation and be excessively youthful, making it impossible to involve a full residency which is vital if physical training is to be produced in our colleges.

The principal All India Sports Congress held in the year 1962 by the Union Ministry of Education. This congress made suggestions on the example of game organization in the nation, the All India Council of Sports and the State Sports Councils proposals were additionally made for advancement of amusements and games at school and school level. At long last the congress proposed that review of the offices by method for play fields, stadium and types of gear like is attempted in the nation.

A panel on physical instruction was designated under the chairmanship of Dr. C.D. Deshmukh by the University Grants Commission in the year 1963 to analyze the offices on physical instruction and standard of recreations and games in Indian Universities and school and to prescribed measures to be taken to enhance the standard and level of execution in the essential field of understudy action. The board prescribed that physical instruction in colleges and universities ought to be perceived as a basic piece of training and human improvement.

The National Sports Policy (1984) and projects of activity (1992) allude to make a games environment each youngster ought to by tune in different diversions and games. The distinctive games offices ought to likewise give in reference to games support through the different instructive and games powers. In the year 1984, the National Sports Policy stressed on the accompanying focuses:

- Infrastructure in Villages and Towns.
- Preservation of Play Field and Spaces.
- Identification of Talent Sports Institutions.
• Sports Institution.
• Incentives.
• Special Consideration for Employment.
• International Exposure.
• Appropriate Equipments.

Time long with the expanding sought after of wide shifted physical training program, the thoughts in the matter of what a proficient physical instruction project ought to comprise of the reports of different advisory groups has been analyzed. After freedom till date different sheets, commissions and advisory groups were built up for the advancement of physical instruction in the nation. Quickly after autonomy, the focal government designated a board of trustees in the year 1984 under the chairmanship of Dr. Tara Chand to analyze the issues of optional instruction and physical training. The proposals were as per the following:

• To trained teacher in the field of physical education in respect to organization, administration and recreation.
• To institute postgraduate course of one year duration.
• To establish training colleges of physical education in different states to increase the supply of trained teachers.
• To establish sports club, gymnasium and akhada in different part of the country.

Gone are the days when physical instruction was synonymous with drills and walking, physical training and controlled type of physical training. Today, in the realm of science, physical likes whatever other instructive attempt has imbedded an experimental viewpoint and science-situated course/subjects are a piece of this dynamic control. In created nations physical instruction are under the system of wide based science exercises with partnered controls from such ranges as mechanics of body development, games prescription, sports brain research, sports administration and games building helping the general exercises under physical training in schools, universities and colleges.
The National Education and Sports Policies plainly show and rouse for the interest in games however accomplishment in games may impact because of the status of offices accessible to the individual association. The National Sports Policy additionally underlined with respect to the dissemination of legitimate games approach, offices and base ought to be done so that the accomplishment level in games may influence the execution of players.

Physical direction is the strategy by which changes in the people happens. Physical preparing focuses at physical headway and additionally also mental toughness of the person through physical activity. Physical preparing is a bit of guideline which gives headings in the change and thought of the body tearing from fundamental callisthenic exercises to a course of study giving get ready in cleanliness, vaulting execution and organization of amusements entertainments.

Physical guideline could be a vital bit of blend honing system inside of the field of training that has as its motivation the development of physically, rationally, socially and normally coordinate voters through the medium of physical effort that are associated with a point of view to recognizing their results.

Physical direction is one of the preparatory subjects basic to preparing. In India especially a couple states watch particular practices to show understudies through co-curricular activities. Physical preparing as a subject and criticalness of physical guideline is being recognized as of right now. Shaping the subject for thought in standard of direction has provided food the need of base workplaces that is require at vital stage for showing this subject.

For the wellness and power, mental sharpness physical training is imperative and thusly the improvement of beyond any doubts characteristics of character. The project of training, as in actuality now a day must be rethought and overhauled inside of the light-weight of beyond any doubt fundamental standards of kid's development and improvement.

The Secondary Education Commission made physical instruction mandatory in every one of the phases of school educational module. In any case, direction and
interest in the region kept on being confined to a couple of understudies in a school. The Central Advisory Board of Physical Education and Recreation (C.A.B.P.E.R.) have reported.

There are not very many schools that give physical instruction to every one of the students consistently. The typical reason is that scholarly load is overwhelming and the school hours are not well embraced for physical training with distinctive accentuation given in diverse school.

Physical training is the period of instruction that is concerned with the physical improvement and prosperity of the individual and through which the members are affected, in his mental, social and good qualities. The main refinement between physical training and instruction lies in the way that physical instruction is concerned to a great extent with kind of circumstances and reactions described by the strong movement. This announcement does not imply that physical training is concerned just with solid relations and resultant physiological and anatomical changes in the people yet ought to be concerned with all part of life.

Physical development and diversions and games are fundamental bit of human life. It was communicated that physical condition is an enormous precondition in individuals' prosperity. It's unreasonable to totally make individual's abilities without diversions and games. There is also strong affirmation that physical development has a useful effect on energetic individuals' physical and mental prosperity.

**Goals of Physical Education:**

There are numerous methods for characterizing the targets or formative objectives of physical training. Encounters ought to add to the achievement of the broader and additionally the particular targets. A decent educational module is adjusted in that it doesn't neglect to give jolts to all classes of conduct. Both general and particular destinations are shown here in a fairly casual way:
• Organic force, the capacity to keep up versatile exertion. In which one endeavors to reinforce muscles, create imperviousness to exhaustion and increment cardiovascular productivity.

• Neuromuscular advancement. In which one endeavors to create abilities, beauty, a feeling of beat, and an enhanced response time.

• Personal-social mentalities and modification. In which one endeavors to place students in circumstances that support fearlessness, friendliness, activity, self-bearing, and a sentiment having a place.

• Interpretive and scholarly advancement. In which students are urged to approach whatever they do with dynamic creative energy and some inventiveness, so they contribute something that is their own.

• Emotional responsiveness. In which students express delight and "fun" in amusements and games, acknowledge challenges which mean overcoming troubles, get a rush out of agreeable achievement or collaboration and build up an expanded valuation for stylish encounters in the move, diversion, or water art.

**Changing Context of Physical Education and its Demands:**

In most recent couple of decades there have been striking changes in Physical Education preparing schools, as the setting of this study which has been knowledgeable about India. The key part of Physical Education preparing schools in giving graduates needs their position to be updated. The hierarchical and scholarly changes must have beneficial outcomes on Physical Education speakers who taught, aide research understudies in the universities. In overseeing instructive establishments to be effective, directors must be mindful of and satisfy needs and duty of Physical Education preparing school's workforce and fortify their relationship for the yearning accomplishment of objective. Senior Physical Education resources must get Physical Education in late new subjects to upgrade their capacity to manage understudies' Physical Educationist needs, and to enhance their classroom Physical Education execution. As in building the fate of understudies Physical Education resources as the turn part of instructive frameworks, assumes a huge part. To fill the hole of shortage of hypothetical and observational information on the present study Physical Education view of Physical Education speakers this study
may demonstrate helpful for the hierarchical responsibility in Physical Education preparing schools.

**Vision of the Physical Education:**

- To give and enhance the nature of Physical Education and make establishments rise as focus of advancement, incredibleness and improvement.
- To give world class guidelines quality training to understudies and to create, perceive and upgrade ability and aptitudes in youth.
- To prepare and empower youth to meet the rising difficulties in the occupation market.
- To encourage Institution-Industry linkage for instilling entrepreneurial society, empowering Research and Development and up scaling of expertise improvement for good occupation opportunities.
- To guarantee worldwide quality in Physical Education the most recent and best innovation applications inside the classroom, library, research centers and in organization must be executed.
- The wide hole between the goals of our understudies and business requests must be spanned.
- Faculty improvement comparable to universal gauges, Smart classrooms utilization of most recent instructive innovation and mixing flawlessly with individual customary showing styles

**Competence of Physical Education Faculty’s in Use of Modern Teaching Aids:**

According to the changing requests in 21st century, understudies must have the capacity to utilize mixture of enhanced apparatuses, create and examine information, sort out data and must embrace this new idea. Today innovation has changed the way of life to a great extent, and it will keep on doing as such. Physical work of individual living in quick way of life and pushbutton innovation has gotten to be insignificant. In the field of Physical training, Technology has ended up being a need instead of an extravagance which is a profitable resource for all physical instruction courses. To significantly enhance instructive results new innovation based
models of showing and learning must be received. Be that as it may, because of fast advancement of innovation, its expense and aptitudes needed are the significant hindrances for its execution. Educational module must be planned and executed with innovation based models of instructing. Advanced instructive apparatuses and gadgets are not utilized something like their maximum capacity as expert improvement in the inventive models and innovation based directions are not composed in curricula and numerous resources are not equipped for utilizing such enhanced gadgets. Likewise extensive variety of specialized abilities can be drawn with the assistance of Internet. It additionally permits understudies to get to know examination of most recent advances in the field the world over.

Educators and understudies if familiar with most recent advancements, issues if emerge can be explained successfully and convenient. Understudies can track their own particular advancement if Project-based learning is executed which can help understudies to examine an issue of individual premium. Utilizing innovation, understudies trade electronic archives, transmit sound and computerized feature, and so forth. Additionally understudies can partake in situational learning by means of immersive virtual reality by utilizing most recent enhanced reenactment innovation and can get experience of genuine circumstances by utilizing development virtual reality gadget. Physical training resources must standard utilization consolidate visual advancements apparatuses i.e. C.D., Video Cassettes, and so on while showing the curricula. Advance instructive apparatuses can help understudies to see their execution in different exercises and empowers them to enhance and contrast their execution and different associates. Additionally, understudies can set up their own particular feature ventures as laid in their educational module in different courses of physical instruction.

Physical training resources and understudies must turn out to be innovatively familiar and consolidate different mechanical gadgets into their instructional system. Resources in Physical training and understudies can utilize viably the enhanced instructive devices and programming projects identified with evaluation of cardiovascular dangers; focus wellness level, investigate body structure and dietary admission, make reproduced wellbeing history, and so forth which can make understudies enthusiasm for the course and rouse them to improve their insight and
set them up for the new thousand years and according to the interest from the group. The administrations of Physical training universities must make adequate budgetary procurements and HR for enhancing nature of instruction served by their Institutions for the understudies. Exploration has demonstrated that under perfect circumstances instructive innovation has vast commitment to all understudies by the impact of utilizing enhanced instructive gadgets. Resources neglected the suitability of PC applications with the educational module and the applications in classroom. Physical training resources can likewise dissect the subjects in fact in PC labs, e.g. whether they can instruct biomechanics outwardly and apply these strategies that can help for them to present in the educational program courses in physical training.

**Use of Technology in Physical Education Field:**

In the Modern period of science and innovation included with a deterministic methodology and economy based quality framework in the general public utilization of PCs and innovation is by all accounts opposing with the points of physical training. PC use in instructive field is of incredible significance in the new thousand years and has contributed a great deal in the field of Physical training. As innovation has a wide range furthermore there are a wide range of approaches to coordinate and use innovation in Physical instruction which is most imperative change development in this field.

Sports test systems and virtual truths are few development apparatuses that join PC programming to reproduce genuine developments in games and physical training. Fundamental propelled apparatuses i.e. heart rate screens, pedometers and complex PC created games test systems can be utilized by resources and joined as a part of the curricula and absence of correspondence in the middle of understudies and instructors, among understudies themselves can be explained. Issue in the Physical instruction preparing universities is the educational method for showing received by Faculties. Utilization of PC in showing the curricula in different courses in Physical instruction and its utilization by conceded understudies which is an intelligent procedure makes learning simpler.

For the change of learning and showing information of resources in Physical Education preparing universities is vitally essential yet personnel's consideration
identified with this advancement and study has been uneven. Scientist researched that on instructing as Physical Educationists less consideration have been given furthermore on the subjects resources in Physical Education preparing universities instruct has less understanding. The approach producers must swung thoughtfulness regarding resources in Physical Education preparing school's topic information while planning the new curricula.

Courses and Workshops has been sorted out having concentrated on the amount of arrangement resources in Physical Education preparing universities need in the substance strands as opposed to on what sort Physical Education content they have to learn. In mid-1990's, as physical instruction educator preparing establishments have mushroomed a noteworthy achievement started another rush of enthusiasm for the conceptualization of instructor substance information. Need of an hour is to quickly center consideration on the foundational significance of substance information in showing and on Physical Education pedagogical substance learning specifically which can have a noteworthy effect on the inevitable and late research group.

A brief outline of examination on substance learning and Physical Education pedagogical substance information ought to be talked about before drafting any arrangement for Physical Education preparing schools. Greatest reports talks, banterers about, courses and so on has been sorted out on the idea of Physical Education pedagogical substance information in Physical Education yet no indications of lessening were found. Lacking observational testing and insufficient definition, the thoughts are certain to assume a restricted part in patching up the educational program for educator content arrangement, in illuminating strategies about expert advancement, or in facilitating our comprehension of the connections among instructor information, instructing, and understudy learning. The proceeding with Physical Education pedagogical substance identified with the Physical Education content learning is that it extensions content information and the act of instructing with certification that talks are applicable to instructing and that hold consideration regarding substance Without such endeavors, the thoughts stay, as they were couple of decades prior, promising speculations in view of legitimate and specially appointed contentions about the substance Physical Education individuals
consider Physical Education resources need.

Utilizing the genuine mechanical gadgets physical training resources can record or download few feature clasps of different abilities and developments and can be gotten to by understudies through web access. By utilizing these development innovative gadgets physical instruction resources can sort best players in different courses from the conceded understudies. Additionally the different strategies of these players can be recorded and clarified in classroom by demonstrating features which may bring about expanded in learning energy of understudies and less demanding fascination in that subject. In embracing these propelled advancements in physical instruction different issues may happen.

Higher budgetary procurements can't be conceivable buy of this new innovation equipment in every scholastic session furthermore because of unfathomable curricula in different courses suitable equipment accessibility for all courses may have issue. Because of this sort of issues numerous resources abstain from utilizing development advances amid instructing. The intellectual abilities of understudies can be produced by utilizing these development instructive apparatuses yet resources secure this innovation are still hesitant identified with mechanical mix offices in the physical instruction preparing schools.

In overseeing conventional evaluation framework and developing new appraisal framework innovation assumes a vital part, Physical instruction resources must get to know this most recent mechanical support device which can help them to give legitimate direction to understudies and learners. Understudies can take after the way which they fill suitable and significant for their future by the direction of PC helped guidelines (CAI). Different sorts of programming are accessible identified with PC helped guidelines valuable in the Physical instruction and resources can often utilize the same. Couple of accessible programming are: timing gadgets for stores times and numbers, body arrangement examination programming, advanced circulatory strain machines, programmed skin fold calipers, heart screen for records heartbeat rate amid activity, gives split times, lap times, and puts and can exchange data to PC for print-out and handheld recording gadgets, and so on.
Likewise practice gadgets that can work for particular muscle gatherings are accessible due to the innovative progressions with least risk of abuse and damage protected and productive types of gear are outlined. Most recent improved wellness supplies are the new happiness among the physical instruction understudies which may not be effectively accessible at all preparation universities and if accessible constrained access is allowed to some exceptional understudies just.

In some Physical Education schools, such gear [if available] is just made accessible to the remarkable understudies who take an interest in entomb college competitions, and so on. On the off chance that these types of gear are made accessible as a major aspect of the curricula, fundamentally understudy hobby can be upgraded in the course. In curricula if these cutting edge wellness exercise types of gear are made required and included in the piece of curricula then understudy hobby can be improved, and may look for affirmations in different courses in Physical training.

Numerous resources don't have admittance to these mechanical gadgets coming about direct impact on the scholarly bearer of the understudies. according to the need and interest Physical instruction resources must be mechanically familiar and build their enthusiasm to consolidate this most recent gadgets in the curricula. As movement examination framework is the most recent application that can upgrade for all intents and purposes both in exploration and in instructing in each zone of the physical training educational module. By utilizing computerized camcorders the information gathered and results broke down can be transported in to intuitive media presentations for understudies who can comprehend the significance of innovation of breaking abilities into parts and the outcomes of unpretentious varieties in procedure. Understudy's advancement can be observed toward engine aptitude objectives, appraisal in learning and input can be furnished in perfect circumstances with the assistance of innovation for resources in physical training field.

In physical guideline courses Fitness writing computer programs is a productive gadget. Subject-specific writing computer programs is open forever
structures, body blend, move, masterminded recreations, and diverse fields. The understudy progression report can be conferred to their gatekeepers/guards and understudies by using this informational programming. The same number of academic references highlighted that the attitude towards PC and its related experience has positive relationship. Elevating perspective towards PCs drops by having more association with PCs. Untrained assets in using PCs makes limit to arrange mechanical workplaces in demonstrating and have less uneasiness towards PC use.

Resources’ uplifting disposition towards instructing with the assistance of PCs can advantage and rouse understudies towards utilization of PCs in the physical training courses. Consequently Physical instruction resources ought to dependably support and share their experience identified with utilization of PCs and enhanced instructive innovative apparatuses in the class and can empower understudies by requesting that they mail their homework done alongside different class work and utilization sites to achieve a particular subject. Understudies must be taught completely how to accomplish data craved by utilizing web access furthermore resources can overhaul their insight by utilizing the same.

The Physical Education preparing schools principle objective is "to advance advancement of understudies examining in different physical instruction course, to add to their body shape physically and physiological capacity so understudies can productively do exercise and to enhance their body". Through sensible games and physical instruction preparing, investigative physical wellness understudies can enhance their constitution, fortify wellbeing and add to their social qualities and amusements.

The key connection for any physical instruction preparing universities is viably usage of physical training courses as endorsed. In any case, as in Post-graduation courses understudies offer thoughtfulness regarding the examination and practice single section of games, ignoring the rationalistic solidarity obviously framework, showing mode and physical and mental components, which seriously impacts the targets for execution of physical instruction courses.
In the 21st century the characterizing qualities in the training field will be the expanding meeting of advanced innovations and globalization. Instructive establishments have been given more prominent obligation as government is attempting it best to set up their natives required for aptitudes and capabilities, information economy, to meet the difficulties. Therefore training framework must embrace an all-encompassing methodology with maximum capacity to meet the requests.

Physical training accentuation can be laid on the understudies towards accomplishing greatness in the domain of physical instruction. For guaranteeing value and access, with a world vision driving, to guarantee nature of world measures this field needs quick prerequisite and the need of great importance and the requests of this decade, being quality, showing and learning should be modernized to coordinate universal models.

In the current worldwide situation the missing connection Physical Education preparing to Physical Education which must be given a noteworthy push is Industry-Institute tie-up. For Physical Education employees to update their insight there must be expansive extension for Physical Education for giving open doors taking into account the improvements occurring around the world. Further, up degree of the quality and standard, making it imaginative, inventive and expert is most indispensable part in Physical Education. Educational program as a field of study is slippery and fragmentary, and what it should involve is interested in a decent arrangement of verbal confrontation and notwithstanding misconstruing. Educational program is both a subject to be taught at schools and colleges and a field in which experts work. Understudies who select in educational module courses, as a minor or significant field of study in training more often than not mull over these courses at the graduate level.

Individuals who show or train others, who take part in project advancement, direction, supervision and assessment in schools and universities, organizations, clinics and wellbeing offices, and legislative offices are rehearsing educational program. What we mean by educational program, what it includes and who is included are best comprehended by breaking down educational module, in a wide
connection. We in this manner take a gander at educational program in this content as far as methodologies.

**Present Scenario of Physical Education:**

Today the instructor training situation which has mushroomed amid most recent couple of decades with immeasurable developments in the quantity of such expert establishments itself portrays their part in field of instruction. Greatest enlistments are done according to admission endorsed which surpasses the interest in the present circumstance head honchos are observing warily over the scholastic measures of these Institutions in most piece of India because of extraordinary ascent in number of these expert instructors preparing Institutions.

Administrations of these expert educators preparing Institutions offers number of courses at distinctive stages and keeps running as a lucrative business suggestion coming about steep fall in the quality parameters, absence of qualified resources, learning assets and key infrastructural advancement means the raising interest for these prepared understudies in the occupation market as it is trusted that the preparation endorsement goes about as guarantee against future unemployment.

For expanding the scholarly quality and accomplish facilitated improvement of educator preparing establishments National Counsel for Teacher Education (N.C.T.E.) took number of activities amid the most recent couple of decades yet has fizzled wretchedly and worked for giving acknowledgment to these preparation organizations which has brought up issues identified with working standard and goals of National Counsel for Teacher Education (N.C.T.E.). At last National Counsel for Teacher Education (N.C.T.E.) held hands with the National Assessment and Accreditation Council (N.A.A.C.) for guaranteeing incorporated improvement of educators instructional classes all through India to raise the scholarly quality and give inconceivable chances to the up and coming instructors which was all that much crucial to restore the respect of instructing calling. To address significant issues at distinctive levels of instruction with a perspective to empower states to react identified with particular connection more extensive system must be composed and
created by these summit bodies on the grounds that differing qualities in curricula can exist in different states identified with this instructional classes.

Because of interdisciplinary nature of the educational program incorporation and cross-educational program arranging with different subjects is needed. Commercialization of instruction by these preparation organizations can be cross checked as, as of now, Physical training instructor projects offered at distinctive levels are confirmation course (D.P. Ed.), authentication course (C.P. Ed.), degree courses (B.P. Ed./B.P.E.) and post-graduate courses (M.P. Ed./M.P. Ed.) and specialization course (M.Phil.) by different sorts of instructive Institutions and University divisions in India. Subsequently general syllabi for every one of these courses and instructional method inside of the reasonable structure must be outlined and consolidated.

Physical instruction can create physical and mental abilities and additionally add to a feeling of self. In a group activity, one works with others, mastering their relational abilities and how other individuals respond to distinctive circumstances, including themselves. Through triumphs and disappointments, they characterize who they are. In an individual game, understudies are subordinate upon themselves. In the event that they inspire themselves then they will have a superior chance to win.

Games have turned into an imperative piece of this current country's way of life and additionally of other society all through the world. It catches daily paper features, holds TV viewers consideration and produces a large number of dollar income for business person as on effect on universal issues. Sponsors target extensive rate of their special spending plan to purchase broadcast appointment amid donning occasion to cell their words.

**A New Model of Professionalism in Physical Education:**

In 1990's the Physical instruction instructor preparing change that started stipulated self-rule and obligation, on beginning preparing that gets ready Physical training proficient educator qualities of that instructor could just be based to "utilize
their capacity for basic intuition and for making a dynamic commitment to the
avancement of learning about instructing practices". As developing social issues,
expanding differing qualities in the understudy populace, strains made by
mechanical change and the globalization of the economy place there is extreme
weight on Physical training resources to educate understudies. By social obligations
and predicaments their work is made harder which can no more resolve inside of a
classroom. Multilateral joint effort assertions inside of the Physical instruction
Institutions must be executed. On basic objectives the levels of power and obligation
must be blended to Physical instruction educator preparing and examination.

In the genuine conditions Physical instruction educator instructional class,
where showing happens measure up to accentuation ought to be on playfield and
classroom through reflexive investigation. Concentrate on destinations firmly
identified with expert practice must deliver results identified with exploration
contemplates that can be coordinated into instructor preparing projects.
Professionalization is a working theory that raises various issues, whether
institutional, epistemological, political, social or monetary. As expressed by Lang,
"there is no concluded model today to portray the purposeful advancement of expert
practice, yet rather a progression of inquiries regarding the learning and skills
obliged that are open through preparing". There is a need to roll out improvements
and analyze issue in Physical instruction instructional classes. To manufacture
another expert society it is in this way proper to take a gander at different physical
educationists.

In India recreations and games is sorted out, directed, advanced and
sponsored generally by the council and private business undertakings. There is
without a doubt there is abundance of recreations and games system and
apparatuses yet there are distinctive reasons of Indian's are not ready to succeed in
any diversion and game on the ground that interest of amusements depends endless
supply of diversions structures and supplies. At the primary moment that human
advancement is joined with the general drive of play the blend structures a champion
amongst the most powerful direction media.
A diversion is organized participating in, normally embraced for satisfaction and commonly utilized as a scholarly instrument. Recreation squared measure particular from work, i.e. normally dispensed for compensation and from craftsmanship, i.e. a great deal of typically a statement of tasteful or philosophical parts. Be that as it may, the perfection is not obvious and a lot of amusements additionally are considered to be work or workmanship. Key parts of diversions square measures objectives, principles, difficulties and association. Diversions normally include mental or physical incitement and occasionally each. A few diversions encourage create sensible abilities, work an assortment of activity or generally perform a scholastic, situational or mental part.

Amusements are a couple of things that people accomplish for the sake of entertainment. It is entirely unexpected from work. In a few diversions, people play against other. There square measure very surprising styles of amusements. For example, in computer games, people ordinarily utilize controllers to direct what happens on a screen like at TV screen. In prepackaged games, players for the most part move things on a level surface known as a board. A few specimens of table games grasp Monopoly, Chess and Checkers. In card amusements, players utilization, tuning in cards. Different outside amusements like cricket, football, hockey, handball, baseball, grass tennis, rugby and so on are likewise called huge ranges recreations in light of the fact that they obliged more space in examination to indoor diversions and games.

Offices are important to pull in players and individuals and to manufacture their good. On the off chance that a goal is to enhance the physical instruction and games system picture, sports offices are important to make a decent picture by their clean and all around planned physical appearance. On the off chance that development is a target, offices will fortify an increment in individuals' participation and player's cooperation. In the event that enhancing the personal satisfaction is a target offices help individuals appreciate great life by watching or taking part in a type of diversion fundamental to enthusiastic and physical prosperity, in this manner, offices have extraordinary significance to reinforce the physical instruction and games in the school/school of nation. The offices accessible at different parts of the India might likewise mirror the games accomplishments.
The All India Council of Sports was constituted first time by the Union Ministry of Education in the year 1954. Its obligations incorporate the accompanying:

- To guidance the legislature of all matters concerning games and diversions, including money related help to games association.
- To receive suitable measure to enhance sports benchmarks.
- To go about as contact between different games bodies and government.
- To prompt games association and win on them to co-ordinate the work.
- To guarantee legitimate utilization of trusts distributed by government for games.
- To recommend ventures for the advancement of play area, stadium, swimming pool, inside exercise center.

Adhoc enquiry board for diversions and games in the year 1958 was setup under chairmanship of Honorable Maharaja of Patiala. The panel made the accompanying proposals:

- More offices and better open doors for preparing and rivalry ought to be given.
- In school play area and types of gear ought to be made accessible.
- Credit may be given to understudies for accomplishment in games.
- Talented players ought to be given nourishment.
- The term of office bearers in national league ought to be constrained to three years with consent for choice one.

Facilities should be designed with one common purpose in view to serve particular kinds of education for physical education and sports facilities are the result of through well-organized planning. The time efforts and expenditures thus invested will be amplified manifolds in functional facilities, which necessitate the use of extensive equipments and service facilities. A well-organized plan for a purpose structure therefore, helps to classify the priority of needs and hastens the decision to provide the facilities.
In recent years, most colleges and universities have been under great pressure to expand their facilities in order to meet programme needs. Enrolments are rapidly rising because of a growing population and because an ever-increasing percentage of the population in seeking a college education. In addition, programme advancement, enrichment, diversification and specialization, physical education, recreation and athletic facilities. Since the growth of existing institutions will be unable to meet these pressures, new college and university campuses are being planned throughout the country.

Among the recognized objectives of physical education are the objectives of developing physical fitness, motor ability and health status. Physical education programmes lead to improved physical fitness, motor ability and health which is vital to the education and academic achievement of boys and girls.

Today physical education is considered as an international discipline and its importance as fundamental human right has already been recognized by the United Nations, the world body. The international charter of physical education adopted on 21st November, 1978 by the United Nations Education Scientific and Culture Organization (UNESCO) clearly reflects the great importance attached by the international body of physical education and sports as an integral part of general education.

Responsibility can be successfully discharged if we realize the need of attractive programmes, standard facilities as well as trained, enthusiastic dedicated teachers of physical education programmes, facilities and leadership as well as conductive environment and similar factors make a strong chain in the fulfillment of the desired aim. Though leadership plays an important role may be considered to be uppermost by many, it has to be accepted the facilities and programme are equally vital. The fact remains that any weak link in this chain would result in the poor achievement of the aim.
In view of the fact that facilities and programme are crucial to the attainment of the aims and objectives of physical education it was proposed to assess the facilities in university.

The National Education and sports policies clearly indicate and motivate for the participation in sports but achievement in sports may effect due to the status of facilities available to the respective organization. The National Sports Policy also emphasized regarding the distribution of proper sports policy facilities and infrastructure should be done so that the achievement levels in sports by effect the performance of player.

Project is an arrangement of work, a timetable for framework under which a craved objective may be accomplished. Physical training prompts its point appropriately if the project has been moved toward cutting edge logical lines. Physical training system ought to be arranged by a qualified and experienced individual keeping in perspective such imperative components as land, climatically condition, wellbeing, age, sex and offices and so on.

There is a general feeling in India that the circumstance in advanced education is inadmissible, notwithstanding disturbing, in a few ways, that the normal measures have been falling and that fast extension has brought about bringing down of value. The examination comes about, the reports of Public Service Commissions, the perspective of head honchos and the appraisal of instructors themselves, the consequence of exploration done - all appears to bolster this conclusion. In perspective of the troubles inalienable in the target estimation of norms over a given period and as no genuine endeavors to quantify principles has been embraced in this way, it is hard to say unquestionably to what degree and in what regards, they have been satisfied.

The Radha Krishnan Commission and Kothari Commission have prescribed for a deliberate physical training system in schools and universities, however the instructive estimation of physical training was overlooked and particular part of physical training in the instructor readiness was not accentuated. Be that as it may,
in the universities the understudies still need physical amusement and games for keeping up wellbeing and getting solid social connections.

The All India Seminar of the State Inspectors for Physical Education and the University Directors of Physical Education in the year 1958 suggested that physical training ought to be a curricular subject in the school at all levels and ought to be at standard with different subjects. The system for physical instruction and amusement ought to pander to the needs, hobbies and limits of the understudies and ought to have "carryout" esteem. It ought to advance typical development and improvement, upkeep of wellbeing, securing of abilities and attractive social dispositions and conduct. Offices with respect to play areas, supplies and recreation centers ought to be accommodated the understudies. At least two direction and two investment periods for every week ought to be made necessary for all school youngsters. The syllabus given in the National Plan of Physical Education and Recreation ought to be followed in all schools with fundamental change.

Hetherington trusted that training was a procedure in which the kid was guided from conception through the time of development and improvement to development his forces were created and were changed in accordance with a social request for cheerful and capable living. The motivation behind physical instruction as a period of training was to add to the aggregate training of the tyke, in a project of physical training exercises through which natural imperativeness and essential qualities and aptitudes were created to convey the weight of strenuous living. He utilized the term central instruction to demonstrate that physical training was the premise of development and advancement of natural and neuromuscular forces in adolescence and was key to the effectiveness of the grown-up. Notwithstanding that physical training helped by astute administration amid adolescence added to character instruction and empowered the advancement of exclusive requirement to lead lastly physical training made a commitment to scholarly training by the fulfillment of the tyke's need of experience and self-expression and a training project of play exercises.
In Indian Universities, as maybe somewhere else in creating nations, the conventional idea of "Scholasticism" is yet so predominant that physical instruction is minimized. Investment in games by understudies, if not out and out scowled upon as impedance in scholarly work is, best case scenario, saw as one of the negligible adolescent past times. Subsequently, scholastic heads and educators give physical instruction, the 'poor connection' treatment in the educational program by thinking of it as just as an auxiliary movement. The assignment of the colleges have turned into all the more imperative in light of the fact that only they can supply the top level labor requirements for quickening financial and social advance so that rising desire of the individuals for bounteous life are agreeable met. This and tossing the past routine of naming separate commission for diverse level of training, the Government of India, Ministry of Education, designated an Education Commission to ponder the issue at all levels of instruction in an incorporated way in the year 1964. The general targets of colleges have been expressed as takes after:

- To give the right sort of initiative in all kinds of different backgrounds, to recognize talented youth and help them build up their capability to the full by developing physical wellness, adding to the forces of the psyche and developing right intrigue, dispositions and good and scholarly values.
- To furnish society with able men and ladies prepared in horticulture, expressions, solution, science and innovation and different callings who will likewise be refined people permeated with a feeling of social reason.
- To endeavor to advance uniformity and social equity and to lessen social and social contrasts through dissemination of instruction.

Physical education requires facilities in the form of play grounds and swimming pools, up to the classrooms furniture, laboratories, libraries and even halls are accepted as essential facilities for physical education.

Without a doubt, the change of game offices has been one of the significant commitments to the change of athletic accomplishments. One just needs to recall the states of the track submerged on which Emil Zatopek dashed Gaston Reiff in the 5000 meter last in the London Olympic recreations of 1948 to acknowledge what a
cutting edge track made out of manufactured material intends to the competitor. Engineered material for tracks and fields were first put into utilization just around 15 years prior in the United States, yet, despite their high cost, they are found in the greater part of the real offices of the world. In the United States alone, around 200 fake turn establishments have been made subsequent to 1965. The same goes for the change of athletic gear. Around 40 years age, Cornelius Warmerdam was viewed as a marvel competitor when, utilizing a bamboo post, he set up a world record of 15 feet, 8.5 inches in the shaft vault. With today's fiberglass posts, numerous secondary school understudies exceed Warmerdam's food, and with further changes in the shafts, the record goes increasingly elevated.

Planning maintaining and utilizing spaces, structures and fixtures for optimal administrative, instructional-recreational or service functions should be based on principles. Among principles commonly used in this area are accessibility, departmentalization, isolation, utilization, economy and provision for safety and sanitation. Equipment and supplies should be purchased with principles of quality and quantity in mind. Durability, utility and indispensability are factors for which principles and standards are needed.

In considering athletic facilities it will be assumed that the problems confronting those in charge of the athletic programme deal chiefly with layout and maintenance rather than with construction. Separate treatment would be needed for the consideration of construction data and plans pertaining to the gymnasium, swimming pool or stadium. Strictly speaking, these are engineering problems concerning which the physical education and athletic men in a school system should be sought for consultation. Experiences that they have had in teaching classes or in coaching teams, as well as observation of outstanding facilities in schools they have worked in or visited are the best sources of information to be passed on to architects or engineers.

The planning of a comprehensive system of interrelated facilities for athletics, recreation, physical education, health education and camping programmes irrespective of the administrative auspices of the programmes should be undertaken on the basis of the following units or areas.
Both architects and users of athletic facilities agree that the most efficient layout for a building or complex of buildings has not yet been found. The same statement could be made in terms of finding the one most economical system of construction for wide-span structures or the one ideal playing surface. New ideas, new methods and new materials are being developed every day. If facilities are to be designed for the future, the basic standards of measurement should encompass the metric system. Thus the design for a new track or pool or field house should be in terms of meters as well as feet and inches.

There are many new trends in facilities for physical education programmes. New paving materials, new types of equipment, improved landscapes, new construction materials, new shapes for swimming pools, partial shelters and synthetic grass are just a few of the many new developments. Combination indoor-outdoor pools, physical fitness equipment for outdoor use, all-weather tennis courts and lines that now come in multicolor for various games and activities are other new developments.

Sports structures and facilities also include individual buildings for exercising, sports training, practice and competition arenas in various games and sports. The prototypes of modern sports structures and facilities were the gymnasiums, stadiums etc.

The accelerated construction of games and sports structures and facilities began in the 19th century. The first swimming pools (aquatic activity for games and sports) were built between 1828 and 1830 and the first modern gymnasiums in the middle of the century. Most of these games and sports facilities constructions were built in the style of the ancient techniques. The revival of the Modern Olympic Games in the year 1896 provided an important stimulus to the construction of games and sports structures and facilities. 20th century sports structures are often important public buildings and brilliant examples of progressive trends in modern engineering and architecture.
Modern games and sports structures and facilities serve more than 50 (fifty) types of games and sports. A structure or facility is usually divided into the principal area (total area), where training is fulfill and competitions are organized (field, courts halls), auxiliary areas (locker rooms, changing rooms, bathing rooms, rooms for referees and judges, sports equipment rooms), areas for the maintenance systems (water, heat and electric power suppliers), and the spectator (audience) area (vehicle stands and seats, lobbies, refreshment counters and rest rooms). Sports structures and facilities can be outdoor or indoor or both.

Singular structures may be intended for one or a few sorts of amusements and games case assembly rooms or lobbies for both vaulting and indoor diversions and games. Diversions and games edifices comprise of a few specific (identified with specific recreations and games) structures intended for distinctive (different) sports. Amusements and games fields and courts for recreations, games and Olympic style events, swimming pools, paddling channels, sledding runs, ski jumps, cycle tracks and terminating extents (shooting) are cases of individual open air (little zone diversions and games) structures and offices. Stadiums with diversions and games coliseums and courts for different recreations and games and games focuses are open air edifices (substantial range amusements and games). Individual indoor amusements and games structures and offices include corridors or assembly halls for different recreations and games, outdoor stadiums for Olympic style sports occasions and diversions and games, indoor ice arenas, grass tennis courts and swimming pools (oceanic recreations and games). Indoor edifices include structures with different coliseums, multi-reason lobbies for stimulation and amusements and sports and indoor stadiums. Amid the year 1960's and 1970's, endeavors to work amusements and games structures and offices during the time brought about the development of structures and lobbies that could be open in the hot climate and encased in the driving rain climate, and diversions and games edifices including both outside and indoor recreations and games offices.

In India Central University is established by Parliament Act and is under the purview of the Higher Education Department in the Union Human Resource Development Ministry in India. Generally, all universities in India are recognized by
the University Grants Commission (U.G.C.) Act, 1956. Central universities are covered by the Central Universities Act, 2009. The list published by the University Grants Commission (U.G.C.) includes 46 (forty six) central universities in India. In India Delhi have most 05 (five) central universities i.e. University of Delhi (D.U.), Jamia Millia Islamia University (J.M.I.U.), Jawaharlal Nehru University (J.N.U.), Indira Gandhi National Open University (I.G.N.O.U.) and South Asian University (S.A.U.) and Uttar Pradesh also have 05 (five) central universities. Except Goa and Andhra Pradesh all states of India have central universities. In Pondicherry (Union Territory) also there is a central university.

Central University of Bihar

Central University of Bihar established under the Central Universities Act, 2009 (Section 25 of 2009).

Delhi University

University of Delhi was established in the year 1922 by an Act of then Central Legislative Assembly. In Present time University of Delhi have 16 (sixteen) faculties, 86 (eighty six) academic departments, 77 (seventy seven) affiliated colleges and 05 (five) other recognized institutes spread all over the city, with huge number 1,32,435 of regular students (U.G. 1,14,494 and P.G. 17,941) and 2,61,169 students (U.G. 2,58,831 and P.G. 2,338) in non-formal education programme.

Central University of Gujrat

Central University of Gujrat, India was established by Act of Parliament, Central Universities Act, 2009 by Government of India.

Central University of Haryana

Central University of Haryana established under the Central Universities Act, 2009 of the Parliament.
Central University of Himachal Pradesh
Central University of Himachal Pradesh is established through Central Universities Act, 2009 (No.25 of 2009) enacted by the Parliament Act.

Central University of Punjab
Central University of Punjab established through the Central Universities Act, 2009.

Central University of Rajasthan

Hemwati Nandan Bahuguna University
Hemwati Nandan Bahuguna University was established as a vide Uttar Pradesh Government Notification Number (10)/(865)/15(75)(85)/64 dated 23rd November, 1973. Hemwati Nandan Bahuguna University has a rare distinction of taking birth through a powerful popular movement during early seventies in last century. Hemwati Nandan Bahuguna University has subsequently been upgraded to Parliament Act, 2009. Hemwati Nandan Bahuguna University has thus been entrusted with new responsibilities to guide students, faculty and all other stakeholders to achieve excellence in academics, research and strive for all round development all. Hemwati Nandan Bahuguna University has shown commitment towards regional and community development which is inherent in its teaching courses, research agendas and other outreach and extension initiatives. Hemwati Nandan Bahuguna University, nestled in the lap of Himalayan ranges in the Garhwal region of Uttarakhand, India is a residential cum affiliating institution of higher learning.

Banaras Hindu University
Banaras Hindu University was established in the year 1916 by Pandit Madan Mohan Malviya.

Central University of Kashmir
Central University of Kashmir was established in the month of March, 2009 by Central Universities Act, 2009.
State universities are public universities conducted by the state government of each of the states and union territories of India and established by a local Legislative Assembly Act. Following the adoption of the Constitution of India in the year 1950, providing education is a state responsibility. University Grants Commission (U.G.C.) list from 31\textsuperscript{st} March, 2015 total 329 (three hundred and twenty nine) state universities around 200 (two hundred) of which universities receiving Central/University Grants Commission (U.G.C.) assistance. In Section 12(B) of the University Grants Commission (U.G.C.) Act of 1956 also grants the right to allocate and disburse fund etc. As such, the University Grants Commission (U.G.C.) categorizes state universities as either declared fit to receive Central/University Grants Commission (U.G.C.) assistance Under Section 12(B) of the University Grants Commission (U.G.C.) Act, 1956. Updates to these declarations are done in meetings of the University Grants Commission (U.G.C.) and published in the minutes. The 31\textsuperscript{st} March, 2015 list of state universities lists 200 universities fit to receive Central/University Grants Commission (U.G.C.) assistance and 129 unfit to receive Central/University Grants Commission (U.G.C.) assistance.

The Maharaja Sayajirao University of Baroda
The Maharaja Sayajirao University of Baroda was established in the year 2010 by a local Legislative Assembly Act.

Punjabi University
Punjabi University was established on 30\textsuperscript{th} April, 1962 in state of Patiala by a local Legislative Assembly Act. Qualitative and quantitative improvement marks the dynamics and mechanics of the University.

Saurashtra University
Saurashtra University was established on 23\textsuperscript{rd} May, 1967 in Rajkot, Gujrat, India by a local Legislative Assembly Act.

Kurukshetra University
Kurukshetra University was established in the year 1956 by a local Legislative Assembly Act.
Himachal Pradesh University
Himachal Pradesh University was established on 22\textsuperscript{nd} July, 1970 by a local Legislative Assembly Act.

Jammu University
Jammu University was established in the year 1969 vide Kashmir and Jammu Universities Act, 1969.

Kashmir University
Kashmir University was established in the year 1949 by a local Legislative Assembly Act.

Rajasthan University
Rajasthan University is a public and State University. Rajasthan University was established on 08\textsuperscript{th} January, 1947 by a local Legislative Assembly Act as the old name University of Rajputana and given its current name Rajasthan University in the year 1956.

Chhatrapati Shahu Ji Maharaj University
Chhatrapati Shahu Ji Maharaj University was established in the year 1966 by a local Legislative Assembly Act.

Punjab University
Punjab University was established in the year 1947 by local Legislative Assembly Act.
Private Universities are those universities which are not run by governments. As on 31\textsuperscript{st} March, 2015 there are 207 (two hundred and seven) private universities in India.

Maharshi Markandeshwar University
Maharishi Markandeshwar University was founded in the year 1993.

Dev Sanskriti Vishwavidyalaya
Dev Sanskriti Vishwavidyalaya was established on 23\textsuperscript{rd} May, 1999 through an ordinance on dated 22\textsuperscript{nd} January, 2002.

Lovely Professional University
Lovely Professional University was established in the year 2005.

Shri Jagdishprasad Jhabarmal Tibrewala University
Shri Jagdishprasad Jhabarmal Tibrewala University was established in the year 2009.

Amity University
Amity University was established in the year 2005 through an Act of the Government of Uttar Pradesh. Amity University is promised to providing skills which is based on quality education and research which is comparable to the best of international norms and standards. Amity University subscribes to the philosophy of blending modernity with tradition and nurturing talent. Amity University has its Headquarters at Noida in a sprawling 60 (sixty) acres lush green campus.

Ganpat University
Ganpat University is reputed State Private University established in the year 2005 through the State Legislative Assembly Act Number 19 of 2005.
Chitkara University

Chitkara University was established in the year 2008 by the State Legislature Assembly Act of Himachal Pradesh under the “Chitkara University Act”. Chitkara University spread in 17 (seventeen) acres lush green and well maintained campus located at Atal Shiksha Kunj in Barotiwala in 32 (thirty two) kilometer from Chandigarh and 12 (twelve) kilometer from Pinjore. During in this 6 (six) years more than 3000 (three thousand) full time students have been enrolled and over 250 (two hundred and fifty) tenured faculties have joined in different capacities. Chitkara University is transforming successful implementation of education learning, centric academic system and is considered to be one of the best Private Universities of Himachal Pradesh.

Babu Banarasi Das University

Babu Banarasi Das University was established in the year 2010 by Babu Banarasi Das University Act passed by Uttar Pradesh State Legislature Assembly Act and is approved Under Section 2(f) and Section 22(1) of University Grants Commission Act, 1956.

Swami Vivekanand Subharti University

Swami Vivekanand Subharti University was established in the year 2008 (U.P. Act No.29 of 2008) as passed by the State Legislature Assembly Act of Uttar Pradesh.

Shiv Nadar University

Shiv Nadar University was established by the Shiv Nadar Foundation in the year 2011 through an Act of the State of Uttar Pradesh. Shiv Nadar University is a student-centric, research-focused, multi-disciplinary university inviting a full range of academic programmes under the undergraduate, postgraduate and doctoral level. Shiv Nagar University multi-disciplinary curriculum provides students a strong base in all disciplines in the natural sciences, technology and engineering studies, communications humanities and social sciences and management, while enabling them to gain mastery over the subject to their choosing. Shiv Nadar University taught by world class faculty. Undergraduate education from Shiv Nadar University is designed to develop students with the breadth of vision, skills and attitudes, knowledge required to succeed in the future careers of the 21st century. Shiv Nadar
University expended in 286 (two hundred and eighty six) acre lush green campuses in India’s National Capital Region.

Inspired of recommendation by the Government and the authorities who were shoulder responsibilities for time and again to frame policy and programme to uplift Physical Education and Sports to be not serious in implementing, rather acted as formulating agencies and completing the formulating of records only as result the research scholar made attempt to Evaluation of Sports Facilities at Selected Central, State and Private Universities of North India and bring surface the actual fact.

**Need of Research**

After going through the literature research scholar found that there was need to find out what all sports facilities are available at selected different level of universities i.e. Central, State and Private Universities of North India.

**Statement of the Problem**

The purpose of the study was to evaluate the sports facilities at selected Central, State and Private Universities of North India.

**Hypothesis**

It was hypothesized that universities of North India are not having adequate sports facilities.

**Delimitation**

The study was delimited to the various universities of North India i.e.

- **Central Universities –**
  - i. Central University of Bihar, Bihar
  - ii. Delhi University, Delhi
  - iii. Central University of Gujrat, Gujrat
  - iv. Central University of Haryana, Haryana
  - v. Central University of Himachal Pradesh, Himachal Pradesh
vi. Central University of Punjab, Punjab  
vii. Central University of Rajasthan, Rajasthan  
viii. Banaras Hindu University, Varanasi, Uttar Pradesh  
ix. Hemwati Nandan Bahuguna University, Garhwal, Uttarakhand  
x. Central University of Kashmir, Jammu & Kashmir

• State Universities –  
  i. The Maharaja Sayajirao University of Baroda, Gujrat  
  ii. Punjabi University, Punjab  
  iii. Saurashtra University, Gujrat  
  iv. Kurukshetra University, Haryana  
  v. Himachal Pradesh University, Himachal Pradesh  
  vi. University of Jammu, Jammu & Kashmir  
  vii. University of Kashmir, Jammu & Kashmir  
  viii. University of Rajasthan, Rajasthan  
  ix. Chhatrapati Shahu Ji Maharaj University, Uttar Pradesh  
  x. Punjab University, Chandigarh

• Private Universities –  
  i. Maharshi Markandeshwar University, Haryana  
  ii. Dev Sanskriti Vishwavidyalaya, Uttarakhand  
  iii. Lovely Professional University, Punjab  
  iv. Shri Jagdishprasad Jhabarmal Tibrewala University, Rajasthan  
  v. Amity University, Noida  
  vi. Ganpat University, Gujrat  
  vii. Chitkara University, Himachal Pradesh  
  viii. Babu Banarasi Das University, Uttar Pradesh  
  ix. Swami Vivekanand Subharti University, Uttar Pradesh  
  x. Shiv Nadar University, Uttar Pradesh
Limitation

Through sincere efforts are made to elicit accurate responses, however insincere responses of the respondents in collection of data that might have had effect on study were considered as a limitation for the study.

Objective of the Study

1. The present study provides valuable advice for sport, sports promoters and organizers.
2. To examine the existing sports facilities at selected central, state and private universities of North India.
3. To find out differences, if any in relation to sports facilities at selected central, state and private universities of North India.
4. To present a standardized procedure for evaluating of selected different universities of North India.

Definition and Explanation of the Terms

Sports

Sports as a recreation or pastime especially one involving body exercise.

The Act of most vying physic cognitive behaviour against any obstacle in a competitively structured institutionalized situation. This obstacle may take the form of another individual possessive of physic-cognitive behaviour and in animation obstacle or an animated obstacle. This definition encompasses sports from fishing to football.

Sports Facilities

The word facilities in physical education have a changing definition according to the needs of the students and status of the institution. For the purpose of this study the term ‘facilities’ refers to playing materials, equipment, playing areas, swimming pools and partial shelters etc.
The items which are essential to assist the programme of physical education like play fields, courts, gymnasium, swimming pools, equipment’s, library, proper ventilated indoor halls, finance and provision of teaching personnel which are necessary for a sound curriculum.

Facilities includes playing fields, provision of teaching personnel, athletic track, gymnasium, swimming pool, sports equipment, sports library, amount spend last year for physical education and sports. Sports structures and facilities can be outdoor and indoor.

**Central University**

Central Universities are recognized by the University Grants Commission, which provide its power from the University Grants Commission Act, 1956. Central universities are covered by the Central Universities Act, 2009.

**State University**

State Universities governed by the State Government in all states and union territories in India and established by a local legislative assembly act.

**Private University**

Private Universities are those universities which are not governed by governments called Private Universities.

**Significance of the Study**

The findings of study may be significance in the following ways:

1- This study will throw light on sports facilities of Central, State and Private Universities of North India.

2- This study may helpful for the coaches and teachers of physical education to have a clear picture about existing sports facilities at different universities of North India.

3- On the basis of the findings of this study top management i.e. Registrar, Assistant Registrar, Director, Deputy Director and Head of the Department of Physical Education at selected Universities of North India may make require
changes in planning and formulating policies for the development of sports in the state.

4- This study may be providing useful guidelines for the Registrar, Assistant Registrar, Director, Deputy Director and Head of the Department of Physical Education and Sports.

5- The study may also motivate researchers and planners to conduct further researches in similar direction by taking more broad view.

6- This study may enlighten the teachers of physical education in having a clear picture of existing sports facilities in different Universities of North India.

7- The result of this study may be helpful to the organizer/promoter of sports to know various sports facilities in Central, State and Private Universities in North India.

8- This study may also motivate the government to enable them to make suitable changes in their plans and policies accordingly.