

# 1. Physical Education - Relation with other Subjects

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**Q1) Answer in Brief :-**

**1) What do you mean by physical education ?**

**Ans :-** Physical education is now became an important part of Indian education system. The short abbreviation of Physical Education is P.E. In P.E the nourishment which is related to physical fitness of the body and is properly taken care of. The body can be kept fit and healthy by performing physical exercises, indoor and outdoor activities like trekking, camping dance, gymnastics, aerobics, sports/athletic games and yoga etc. The personality of a human being can also be groomed and relaxation of mind, body and soul by conducting/performing physical education. The achievement of the physical and health results is the motive of physical education. It also helps in developing the perfection in child's body, mind and spirit also increases.

**2) What is the contribution of a science subjects in physical education?**

**Ans :-** The study of any human body is considered indirectly related with physical education and science. Science we learn about the information regarding the cells, and different systems and their workings of the human body. Physical education guide the human being in gaining the fitness body and fulfills all the necessary requirements for it. By doing yoga activities everyday students will gain/ get their good health and have good meditation, memory, skeletal-muscular, digestive and nervous systems (that is a part of science) also becomes good etc. It also tries to improve the individuals mental health and emotions towards/ in the society.

Science also contributes in the training in terms of body internal and external organs movements and their improvement in the performance in the field of sports, play or games whichever the students do.

**3) "Although physical education uses content from several disciplines, it is fast emerging as a discipline. "Write two arguments favoring this statement.**

**Ans :-** a) Physical education uses content from different disciplines such as laws of motion, types of lever, force, gravity center, sports massage, prevention and first aid support to the injuries occurred in sports etc.

b) From the psychology of human being the content is been drawn in terms of psychology in education with special reference to physical education such as difference in one's thinking capacity, personality development kerning and motivation which are in relation to physical education.

#### **4) Who is a physically fit person ?**

**Ans :-** A person is physically fit where the person is developed with great health speed, energy etc. When the person is physically fit, he is happy, healthy for fulfilling life. Physical fitness is related to technical and tactful knowledge/education in any types of sports, or games

#### **Q2) Short Answer Questions :-**

**1) Should physical education and sports be an integral part of learning? Justify your answer. Give at least three reasons.**

**Ans :-** Yes physical education and sports should a part of learning because of the following reasons :-

- i) After continuously studying for long hours, it lags the working of our mind, sports or physical education (yoga, meditation) will refreshes/relaxes the minds and soul of the
- ii) For proper circulation of blood, within the body, movement of the body parts
- iii) For maintaining the proper/ nutritious diet which results into a healthy body.

**2) “All sports can be games, but not all games can be sports” Give at least two arguments for or against the statement.**

**Ans :-**

- a) The person participating in sports is known as sportsman whereas the person participating in games is known as a
- b) As sports have set of rules to achieve the defined goal like that game also has some rules which are used to achieve the defined