

SPORTS AND THE LIFE OF STUDENT

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Abstract

Sports is a highly acclaimed social process comprising of various types of physical activities from higher to lower level of competition organized in educational institutes. Most of the countries consider sportsmen of their country as ambassadors and representatives in different fields. They are also called the ambassadors of peace, because they help in promoting the feelings of peace, friendship and co-operation throughout the world. Most of the educational boards in country like India have made Sports Education a compulsory subject up to the school level. Sports give us an opportunity to nurture in life. Sports should be emphasized at school and college level so as to give the base of incorporating sports activities at school level. Sports activities in school and colleges help to bring student's overall wellbeing. If the sports activity is included in student's daily routine then it would help in their overall brain and physical development.

Keywords: Sports, Students, Education, Student's wellbeing.

Introduction

“Apart from education you need good health, and for that, you need to play sports”, Kapil Dev. According to John Wooden, Sports do not build character, they reveal it. To work wonder with, it is the utmost need of today to collaborate Sports and education. Sports is a highly acclaimed social process comprising of various types of physical activities from higher to lower level of competition organized in educational institutes. Sports are played by the students according to their capabilities like races, jumps, athletics, etc. (Mary, 2021).

Role of sports in the life of a student

Sports involve competition at a definite outcome primarily displayed by physical skills. Sports are now matter of social rather personal interest of an individual. They are encouraged and rewarded by the government. Games and sports have gained an international acceptance. Every year or so, sports competitions are held worldwide in various disciplines. Participants from all over the globe take part in

these competitions. They earn fame and respect by competing each other and earn fame and respect worldwide. This is the reason that most of the countries consider such world renowned sportsmen of their country as ambassadors and representatives in different fields. They are also called the ambassadors of peace, because they help in promoting the feelings of peace, friendship and co-operation throughout the world (Mary, 2021).

The nations that very often play together in distinguish sports categories would always prefer harmony and peace at certain aspects with each other. There is a wide variety of categorization in the sports like physical, air, mind, athletics, Snow, target and other sports. Physical sports include archery, climbing, shooting, diving, cycling, dance, golf, running, weightlifting etc. Mind Sports include card, strategy board and competitive board games whereas air Sports include aerobatics, air racing, gliding, hang gliding, para gliding, parachuting, etc. and many others like gymnastics, ice sports, rock climbing, motto racing, adventure sports (Mary, 2021).

Most of the educational boards in country like India have made Sports Education a compulsory subject up to the school level. Sports give us an opportunity to nurture in life. Now a day, almost all the sport games are commercialized. They have become a good source of earning for all the persons associated with games. The sports person who does well in sports is showered with name, fame and wealth and becomes famous overnight. Sports have great potential to create career opportunities. So everyone needs to include it during their student life. Sports offer opportunity to promote talents. In rural and urban areas playgrounds and Sports infrastructure are being developed everywhere so as to promote them.

Promoting athletics as a parent is a crucial factor in determining whether a child will be interested in participating in sports as playing some games with them teaches them the importance being active and encouraging them to participate in school sport events in the games of their choice (Zimmerman and Reavill, 1998). According to Hesburgh and Jeziorski (1994), it is essential for school age children to participate in sports and games being held at their educational institutes. as it empowers youth and promote self respect, it also encourages students and enables them to earn better grades, especially in schools where obtaining certain grades is a pre-requisite for staying in the team. Some physical benefits include maintaining a

healthy weight, preventing chronic diseases and learning the skills necessary to maintain a healthy lifestyle after higher studies. College sports provide an opportunity for students to develop character, motivation, endurance, loyalty, and the attainment of sound qualities of great value (Duderstadt, 2000).

Sports should be emphasized at school and college level so as to give the base of incorporating sports activities at school level. Sports activities in school and colleges help to bring student's overall wellbeing. If the sports activity is included in student's daily routine then it would help in their overall brain and physical development. It was the practice of the past that more importance was given to grades rather than any extracurricular activities. But since then education system has been changed and now a day's more importance is given to overall development of students. To make students multi-skilled, Sports is given equal importance in educational institutes. Students need to keep equivalence between sports and education to excel in both the fields. Playing and participating in sport team in educational institutes helps children to inoculate socialization and bonding with each other. Playing sports daily will make a student healthy and stress free which in turn will boost his performance in school. Sports help to bring confidence in students by playing with their classmates and engaging them in friendly contests. Playing in groups require a good leadership as students have to lead their teams, which boost their confidence and also act as a great practice for future. Sports in education help to develop mental fitness and increase the power of reasoning of students. Being actively involved in sports can help students relax from their daily routine of learning syllabus and reduces exam stress. One needs to keep a balance between work and play to keep the body and soul in sync. Sports not only make a person strong from outside but also develop a fit and sound body. Qualities which sports can teach students are tolerance, patience, handling pressure, team spirit Proficiency to share victory and defeat, obedience, will power, self-confidence, etc. The curriculum should involve sports for an all round development of a child. A good academic background is important towards pursuing a career in sports as education qualification is necessary in the long run. Sufficient amount of school time should be allotted towards sports and physical training. A good educational backup will help to maintain a good lifestyle beside continuing sports.

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