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## Standard of Physical Education in Pakistan as Compare to U.S.A

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## I. WHAT PHYSICAL EDUCATION IS ...?

Physical education is an educational process that uses physical activity as a means to help individuals acquire skills, fitness, knowledge, and attitudes that contribute to their optimal development and well being.

Physical education is an educational course related to the human physique. It can be defined as, "education in the care, development & growth of human body, stressing athletics & includes hygiene." "The American heritage 2009.

According to Charles A Bucher, "Physical education is the compulsory part and parcel of general education, which makes a man physically fit, mentally alert and socially well related".

John Davy defines Physical education as, "Physical education is such way of life in which such selected physical activities are practiced upon that help in the construction of human attitude, mental makeup & fulfill the demands of physical growth".

In the light of above mentioned definitions we can say that Physical education is a process of learning through physical activities designed to improve physical fitness, develop motor skills, knowledge and behavior of healthy and active living, qualities of sportsmanship and emotional intelligence.

This implies that physical education is a mean of development and growth of an individual as a whole. Because with physical education, individuals acquire bundle of variety of expressions which are closely related with the personal impression of fun as well as

knowledge and understanding of human motion. It deals with the complete physically, mentally and spiritually growth of an individual with the help of different activities.

### a) Scope of Physical Education

Traditionally, physical education and sport programs focused on providing services to school aged populations in the school setting. Today physical education and sport programs have expanded to include persons of all ages and abilities. Program are offered in many different venues and encompass the school, community, worksite, home, hospitals and clinics and private or commercial enterprises. Involvement in carefully designed programs can enhance the health and quality of life of the participants.

### b) Good Health & Physical Education

Physical education provides a road map which leads to good health. In Physical education class students learn about the importance of taking care of themselves through proper grooming, healthy eating pattern and regular exercises. It also provides a protective wall against diseases like psychosomatic diseases and hypo kinetic diseases. By participating in Physical education program we can improve our life style, because physical activities make a person physically, emotionally, mentally and socially well balanced.

### c) Mental Development & Physical Education

It is a well known proverb that, "Students active outside the class room, do better inside the class room." Research indicates that by participating in physical activities one can develop an excellent mental performance because during physical activities blood circulation become better and blood moves through out the body quickly and due to good supply of nutrients and fresh oxygen nervous tissues become stronger and work better.

### d) Recreation & Physical Education

Physical Education also focus on recreation by providing different programs of recreation like, scouting, girl guide, mountaineering and hiking. Recreational programs are proven as catharsis factors because involving in these programs an individual can eliminate his / her worries, anxieties and depression. By eliminating these factors from life one can spend a healthy life.

### e) *Psychological Factors & Physical Education*

Psychology is a main component of one's personality, Physical education also focus on the study of psychology and develop different good traits in persons like high self esteem, self confidence , self efficacy and assertive behavior . Physical education and sport programs provide a plate form at which individuals can practice of developing good personality traits. For example in a sport match players know about their capabilities which develop confidence in them , they also learn how to perform well by following rules and regulation .

## II. SOCIAL DEVELOPMENT & PHYSICAL EDUCATION

Sports are considered major factor about developing relation between countries because sports provide a plate form on which peoples of different countries or regions can understand each other, make relations as well as know about the culture, customs and geography of different countries or regions . So participating in sports one can develop good relations and become socially well related.

## III. ACTIVE LIFE STYLE & PHYSICAL EDUCATION

Physical education provides a road map which leads to active life style. Active life style is also referred as wellness which means to do work actively and efficiently. Physical education provides programs for active life style not only for school going students but also for every age group by following these programs one can spend active life which leads to development and progress in every field of life.

## IV. SPORTS & PHYSICAL EDUCATION

Many disciplines are included in physical education like sports physiology, sports psychology, sports medicine, sports nutrition, bio mechanics and measurement & evaluation etc. sports and games are one of them. Physical education leads to sports and games , any country which has strong foundation of physical education leads to prominent position in the world of sports and games and history shows that which countries dominate in sorts and games , dominate in all the fields of life and also in all over the world the example is UNITED STATES OF AMERICA. Physical education is the key to sports and games and sports and games is the key to success and progress in all the fields of life.

### a) *Data Collection*

Instrument, Questionnaire and interview are used to collect data. The questionnaire is composed and developed in English language which comprises following ten questions.

## V. SAMPLE QUESTIONNAIRE

Department of Sports Sciences, University of Sargodha, Sargodha, Pakistan.

Respected teachers and dear fellows we are conducting a survey to compare the standard of Physical education in Pakistan with U.S.A .please make our research authentic with your valuable and honest comments about following topics. Thanks!

Gender ----- Name -----

Age -----

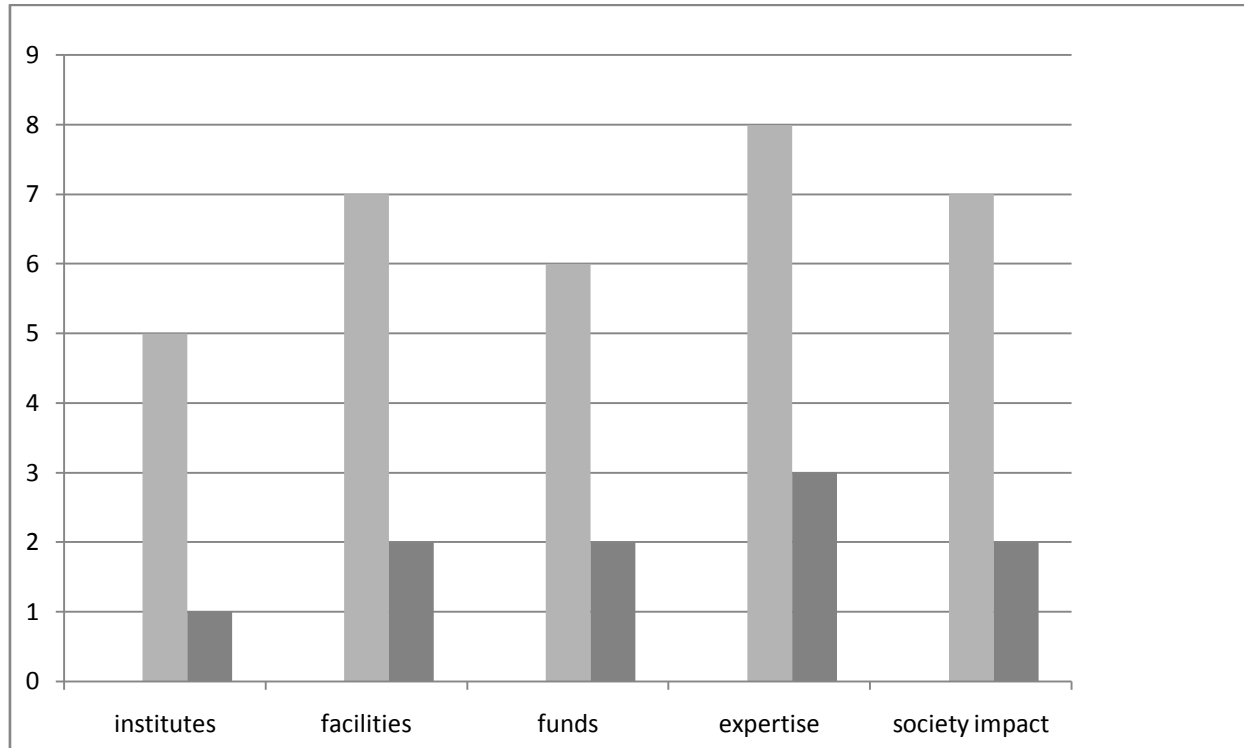
Qualification -----

Profession -----

- Do you think the standard of physical education is very low?
  - Strongly agree
  - Disagree
  - Agree
  - Strongly disagree
- There is limited institutes which provide Physical education programs.
  - Strongly agree
  - Agree
  - Disagree
  - Strongly disagree
- There is a limited facilities regarding to Physical education programs.
  - Strongly agree
  - Agree
  - Disagree
  - Strongly disagree
- Do you think decline in sports is due to low standard of Physical education?
  - Strongly agree
  - Disagree
  - Agree
  - Strongly disagree
- Do you think society has some impact on physical education?
  - Agree
  - Disagree
  - Strongly disagree
  - Strongly disagree
- There is lack of advancement in physical education.
  - Agree
  - Disagree
  - Strongly agree
  - Strongly disagree
- There is a lack of expertise and specialists in the field of physical education.
  - Strongly agree
  - Disagree
  - Strongly disagree
  - disagree

8. Do you think funds for the promotion of physical education is enough?
- a) Agree  
b) Disagree  
c) Strongly disagree  
d) Strongly agree
9. There is a limited career opportunities for physical educationists.
- a) Agree  
b) Disagree  
c) Strongly disagree  
d) Strongly agree
10. There is no university of sports sciences or physical education.
- a) Agree  
b) Strongly disagree  
c) Disagree  
d) Strongly disagree

After the collection of data the meticulous analysis presented in the form of graph, shown here.



Light column represent = U.S.A

Dark column represent = Pakistan

This graph reveals the fact that there is worse condition of Physical education in Pakistan as compared to U.S.A. because data shows that.

## VI. INSTITUTES

According to a research of 2011, there are about 4,599 universities in the U.S.A. and almost 75% of them have Physical education programs till doctorate level. While in Pakistan there are only total 150 universities and among them only 18 universities have sixteen year master programs regarding Physical education, only three universities launched master of philosophy in Physical education during recent years but unfortunately there is no any institute / university which launched philosophy of doctorate in Physical education.

### a) Faculty

According to survey there are more than 50 teachers in the department of sports sciences almost all

universities of U.S.A. and about 70% of them hold doctorate degree in their discipline as well as professional education regarding their field. All the faculty members are competent and have sound command on their subject because of the tough criteria of their recruitment and promotion. They must have teaching license which should be renewed after every 3 to 5 year with refresher courses. They must have conducted solid research on some purposeful topic in their relevant field. While in Pakistan there are limited faculty members in the departments of sports sciences in all universities and almost all have only 16 year education in this field. There is total 7 persons who have doctorate degree in Physical education.

### b) Equipments

Facilities promote the quality of education; it provides a easy way to learn something new. Universities which provide physical education program

in U.S.A. have latest equipments as well as all the facilities i.e. laboratories, fitness machines, latest devices and different apparatuses while in Pakistan the situation is reverse even the facilities which are must for physical education programs i.e. laboratory gymnasium and fitness center is not available in the universities and students as well as teachers are facing problems. Due to lack of these facilities the standard of physical education is very low in Pakistan.

#### c) Funds

In Pakistan education department is facing financial crisis due to low budget which is allocated for education purpose and due to financial crisis the standard of education is not improving particularly Physical education which need equipments devices and sports gears which is very expensive. The budget for education in Pakistan is 2% of total GPD which is very low comparatively all other developing countries. When there is no fund it is very difficult to improve the quality of education because necessities regarding educational programs can not purchased and due to unavailability of facilities it is impossible to flourish in that program. Whereas the budget for education in U.S.A. is doubled than Pakistan that's why U.S.A. is dominating all over the world in the field of sports and games the Olympics 2012 which is held in the city of London proved that in which U.S.A was at the top in medal table.

#### d) Society Impact

Society has great impact on any field in life, the social impact decreases or increases people interest about any discipline in the field of education for example most students join medical field only because the doctors are most respected and has positive influence in society. Unfortunately in Pakistan people are less aware about Physical education and has little concern about healthy life style, fitness as well as wellness that's why very few people join this field because in society there is no positive attitude about this discipline and students prefer to join any other discipline rather than Physical education, this is also a main reason that decline of Physical education in Pakistan is continued which has bad impact on all other fields. While in U.S.A. the situation is totally different people are very conscious about their health and they never compromise over their health. There is a lot of career opportunities for physical educationists in U.S.A. In society physical educationists are seen just like doctors and have equal influence as doctors because doctors treat the patients with unnatural substances while a Physical educationist treat the diseases with natural sources. That is why students of physical education in U.S.A have the same career chances and social impact as any other subject.

## VII. RECOMMENDATIONS

The discussion leads us to an evidence that the standard of physical education in Pakistan is very much

low, here the condition is deplorable. While in U.S.A. it is much standardize. All physical education institutes are highly facilitated and well equipped and managed. All staff is highly qualified. It's our request to higher authorities to improve the standard of this vital subject by establishing new institutes and providing all facilities including building, laboratories, equipments, and well qualified staff if we want to make advancement in the world of technology.

Physical education should be made a part of mandatory curriculum at school level for the development of a healthy, active and skillful manpower as well as to gain appropriate advantages from our education system. Because latest research and development in various areas of life has been proved it that physical education plays a vital role in the nurturing youngsters and preparing them physically for the rigor of life. Practitioners of the field today hold great position with educational establishments.

It is our suggestion to start APE (adopted physical education) program for special students. So that with the help of this program student with disabilities gets opportunities to improve their level of fitness.

The top management of the physical education institutes should be committed to this subject and should focus on spreading the quality curriculum and activities and make it responsibility of everyone. Establishing a quality unit can help spread the quality and standardize physical education through learning program and workshops. Efforts are needed to enhance the awareness of the physical education among masses.

Higher authorities can also assistance from ISHPES (international society for the help on physical education and sports) whose main aim is to promote teaching and research in the field of physical education and sports. They must take attention to this regard so that through physical education we make our nation healthy, strong and mentally sharp and can make progress leap and band.

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