

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

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6 **Abstract**

7 This research article is intended to compare the standard of physical education in Pakistan  
 8 with U.S.A. The basic purpose of study was to investigate the flaws and their causes in the  
 9 field of physical education in Pakistan. The physical education program is compared at the  
 10 level of facilities i.e. institutes, faculty, laboratories and equipments, funding and society  
 11 awareness. The assertion of this premise is established by data collecting through as self  
 12 administered questionnaire with a sample of 250 people and also through interview of higher  
 13 authorities of physical education program in especially Pakistan and U.S.A. The findings of  
 14 this study indicate that the standard of physical education is worse in Pakistan due to  
 15 unavailability of institutes, highly qualified staff, latest equipments and social awareness;  
 16 where as the situation in U.S.A is vice versa.

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18 *Index terms—*19 **1 Standard of Physical Education in Pakistan as**

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29 **2 I.**

30 What Physical Education is ,,?

31 Physical education is an educational process that uses physical activity as a means to help individuals acquire  
32 skills, fitness, knowledge, and attitudes that contribute to their optimal development and well being.33 Physical education is an educational course related to the human physique .it can be defined as," education in  
34 the care, development & growth of human body, stressing athletics & includes hygiene." "The American heritage  
35 2009.36 According to Charles A Bucher, "Physical education is the compulsory part and parcel of general education,  
37 which makes a man physically fit, mentally alert and socially well related".38 John Davy defines Physical education as, "Physical education is such way of life in which such selected physical  
39 activities are practiced upon that help in the construction of human attitude, mental makeup & fulfill the demands  
40 of physical growth".41 In the light of above mentioned definitions we can say that Physical education is a process of learning through  
42 physical activities designed to improve physical fitness , develop motor skills , knowledge and behavior of healthy  
43 and active living , qualities of sportsmanship and emotional intelligence.

## 11 C) FUNDS

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44 This implies that physical education is a mean of development and growth of an individual as a whole. Because  
45 with physical education, individuals acquire bundle of variety of expressions which are closely Psychology is a  
46 main component of one's personality, Physical education also focus on the study of psychology and develop  
47 different good traits in persons like high self esteem, self confidence , self efficacy and assertive behavior .  
48 Physical education and sport programs provide a plate form at which individuals can practice of developing good  
49 personality traits. For example in a sport match players know about their capabilities which develop confidence  
50 in them , they also learn how to perform well by following rules and regulation .

### 51 3 II.

#### 52 4 Social Development & Physical Education

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

### 57 5 III.

#### 58 6 Active Life Style & Physical Education

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

### 63 7 IV.

#### 64 8 Sports & Physical Education

65 Many disciplines are included in physical education like sports physiology, sports psychology, sports medicine,  
66 sports nutrition, bio mechanics and measurement & evaluation etc. sports and games are one of them. Physical  
67 education leads to sports and games , any country which has strong foundation of physical education leads to  
68 prominent position in the world of sports and games and history shows that which countries dominate in sorts  
69 and games , dominate in all the fields of life and also in all over the world the example is UNITED STATES OF  
70 AMERICA. Physical education is the key to sports and games and sports and games is the key to success and  
71 progress in all the fields of life. a) Data Collection Instrument, Questionnaire and interview are used to collect  
72 data. The questionnaire is composed and developed in English language which comprises following ten questions.  
73 V.

#### 74 9 Sample Questionnaire

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

76 Respected teachers and dear fellows we are conducting a survey to compare the standard of Physical  
77 education in Pakistan with U.S.A .please make our research authentic with your valuable and honest comments  
78 about following topics. Thanks! Gender - ?? \_\_\_\_\_ Name \_\_\_\_\_ -Age \_\_\_\_\_  
79 -Qualification \_\_\_\_\_ Profession \_\_\_\_\_  
80 \_\_\_\_\_

#### 81 10 b) Equipments

82 Facilities promote the quality of education; it provides a easy way to learn something new. Universities which  
83 provide physical education program in U.S.A. have latest equipments as well as all the facilities i.e. laboratories,  
84 fitness machines, latest devices and different apparatuses while in Pakistan the situation is reverse even the  
85 facilities which are must for physical education programs i.e. laboratory gymnasium and fitness center is not  
86 available in the universities and students as well as teachers are facing problems. Due to lack of these facilities  
87 the standard of physical education is very low in Pakistan.

#### 88 11 c) Funds

89 In Pakistan education department is facing financial crisis due to low budget which is allocated for education  
90 purpose and due to financial crisis the standard of education is not improving particularly Physical education  
91 which need equipments devices and sports gears which is very expensive. The budget for education in Pakistan  
92 is 2% of total GPD which is very low comparatively all other developing countries. When there is no fund it  
93 is very difficult to improve the quality of education because necessities regarding educational programs can not  
94 purchased and due to unavailability of facilities it is impossible to flourish in that program. Whereas the budget  
95 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

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96 of sports and games the Olympics 2012 which is held in the city of London proved that in which U.S.A was at  
97 the top in medal table.

## 98 **12 d) Society Impact**

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

## 111 **13 VII.**

## 112 **14 Recommendations**

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

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

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

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

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



Figure 1: – 1 .-

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