

4



373en04



**Note**

## CAREER ASPECTS OF PHYSICAL EDUCATION



Deepti is 16 years old village girl from class X; she is very shy and introvert. Friends used to comment on her intelligence and personality. She has no aim to live. Life becomes dull and harsh for her.

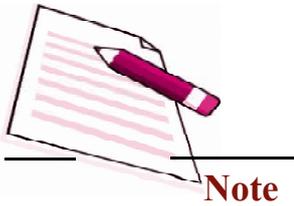
One day, Sports teacher selected her for races.. Now she got the aim of her life.. She won the bronze medal in 100 m race. That day she got the real transformation in her life.



Her self-esteem and confidence level improved. She is no more remained an introvert girl. She started practising for state level competition. She completed her 10+2, but again was confused for next step in life. She wants to continue her sport, but her family forced her to get married as soon as possible.

One day her sports teacher found her in cultivating work in village. She guided her that there were a lot of career opportunities in the field of Physical education and sports.





**OBJECTIVES**

After studying this lesson, you will be able to:

- learn about the opportunities in Physical Education;
- learn about the different courses and universities available for Physical Education and
- explain the qualities of a Physical Education Teacher.

**4.1 OPPORTUNITIES IN PHYSICAL EDUCATION**

Physical education being one of the dynamic fields provides numerous opportunities for diverse career options. There are various careers to choose in the field of physical education like being a teacher, coach, sports manager etc.

“Education can be described as a planned and programmed process which is applied in order to attain the desired changes in a peer’s behaviour. In the general education teaching is defined as a thoughtful, planned and systematic organization of learning. Learning is a process of acquisition of specific knowledge, skills and habits” (Demirel, 1993).

“Physical education is defined as a process through which an individual obtains optimal physical, mental, and social skills and fitness through physical activity” (Lumpkin, 1998).

**4.1.1 A Career in Physical Education**

A career in physical education can lead you to a wide range of career options; from being a part of the chosen sport, health clubs, sports goods manufacturer, marketing, commentator, sports journalist, trainer, and many other similar options. Although in the beginning you will find jobs more likely as a trainer or instructor for a game or sporting event but with your experience over the years, you can put this experience to use in sports journalism, marketing, commentator or other related fields.



**DO YOU KNOW?**

Physical Education is a professional course which is based on certain parameters of tests such as Written test, Physical fitness test and Sports proficiency test

**4.1.2 Teaching in Physical Education and Sports**

Physical education offeres Bachelor’s course in Physical Education such as B.P.E.S, B.Sc in Physical Education, Health Education and Sports and B.P.E. A



teacher is eligible as a Trained Graduate Teacher in Government and Private Schools till 10<sup>th</sup> standard after completing B.P.Ed.

M.P.Ed (Master in Physical Education) is a 2 year degree course and students are eligible to work as a Post graduate teacher who can teach till 11<sup>th</sup> and 12<sup>th</sup> standard. For higher education, if students go for PhD degree then she/he is eligible for Lecturer/ Assistant Professor in College or Universities but he/she has to clear National Eligibility Test compulsorily. CTET (Central Teacher Eligibility Test) qualifying examination is not conducted in Physical Education. Other career options are shown in the figure given below:



**Note**

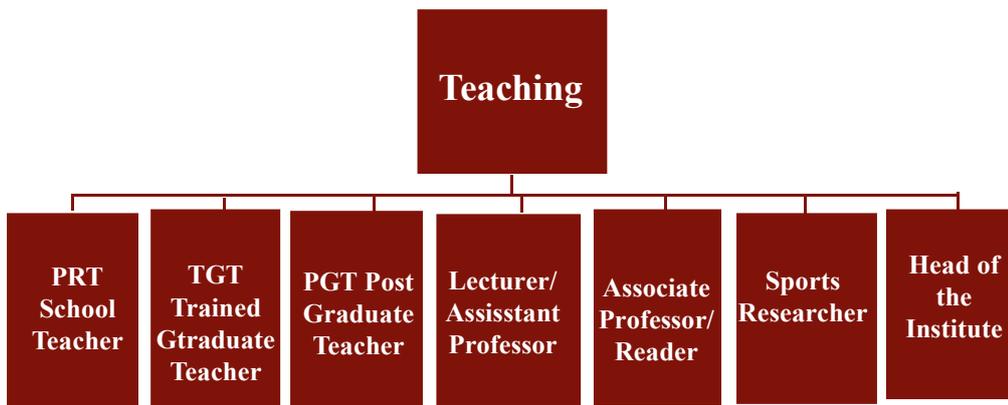


Figure 4.1: Teacher Career Options

### 4.1.3 Coaching in Physical Education and Sports

Similarly, like teaching, students who have an interest in coaching field can also pursue their career in professional coaching. A specialised coaching programme conducted by Netaji Subhash National Institute of Sports (NSNIS) offers specialised coaching programmes for sportspersons. After doing the coaching programme a student is eligible to work in Private and Government institutions/ Colleges/ Universities/ Academies and other non-profit organisations (NGOs). Apart from teaching other career options are also given below:

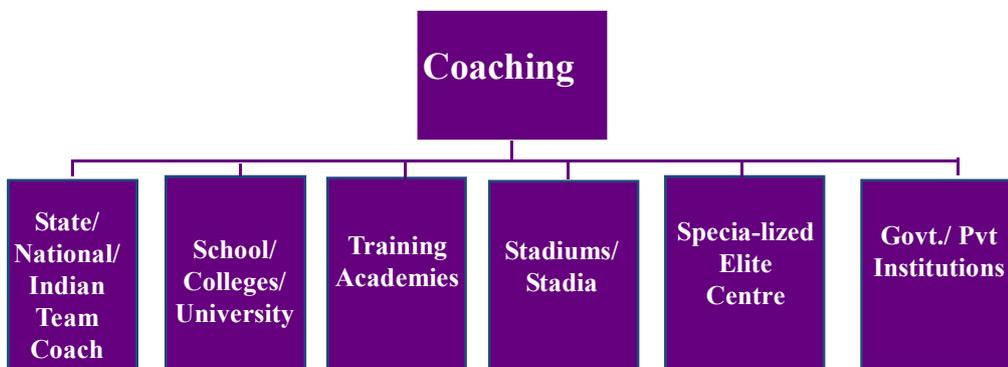
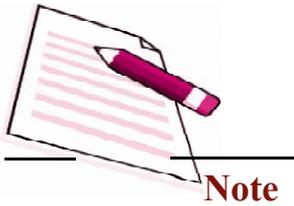


Figure 4.2: Career Options





### 4.1.4 Administrative Job Opportunities

A physical education student is also eligible for prestigious administrative jobs like Sports officer/Assistant director/Director in Colleges/Institutions and Universities. They are also eligible to work in International and National championship as an official like Commonwealth, Asian Games, World cup and other international tournaments. Some of the administrative career options are given below:

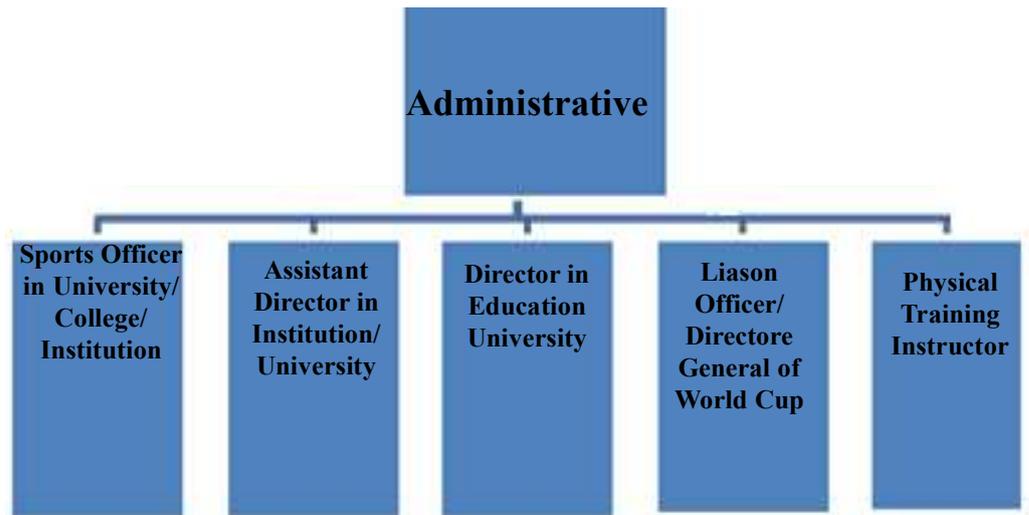


Figure 4.3: Administrative Career Options

### 4.1.5. Trainer

Candidates who successfully complete the diploma or bachelor’s degree in physical education are also eligible to work as fitness trainer, Gym trainer, Yog and Health trainer in private and Government institution in a Gymnasium on part time or full time basis. They are also eligible to work with professional academics and clubs as a fitness or Yog trainer. Other career options are given below:

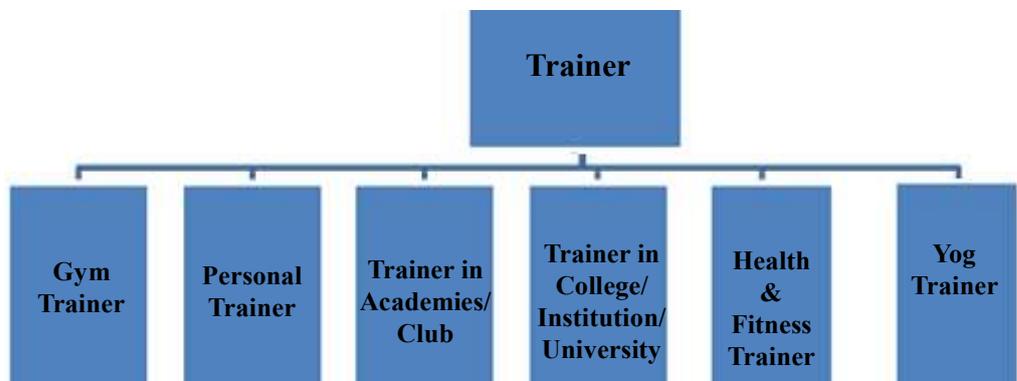


Figure 4.4: Other Career Options



### 4.1.6. As a Player

Sportspersons, who have participated in National and International Sports tournaments, are eligible to apply for various Government Jobs in C.I.S.F, Railway, Delhi Police, C.R.P.F. etc. Now a days, amateur sports transform into commercialised games, many sports offer Professional leagues in particular games i.e. IPL, ISL, BPL, WKL etc. Sportspersons also earn good money by professionally participating in the above leagues. Some new emerging career options are also given below:



**Note**

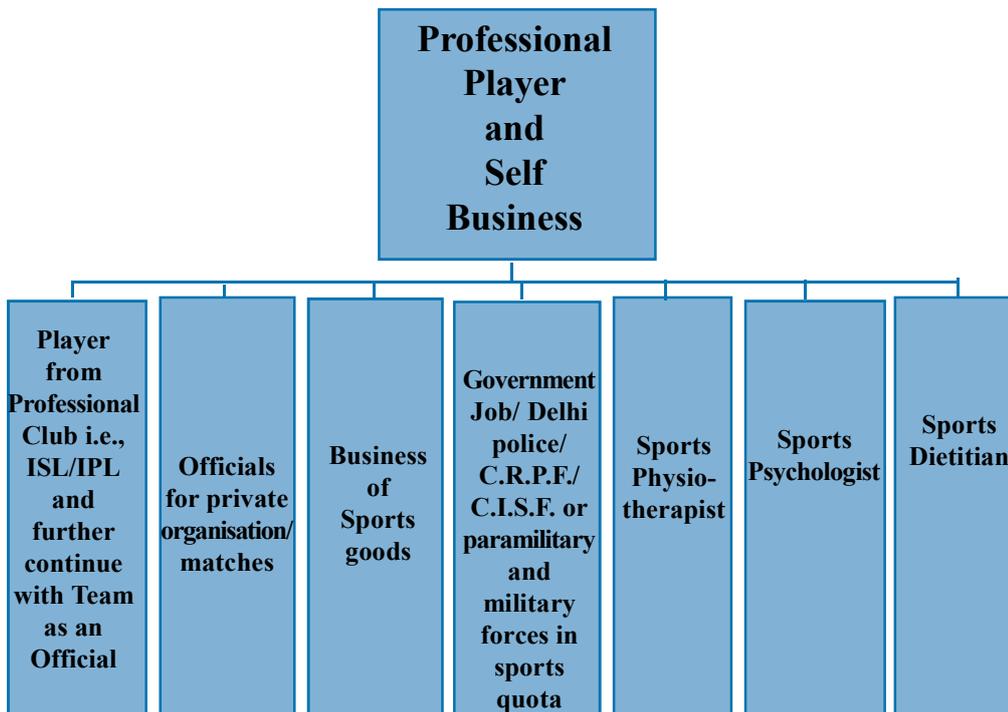


Figure 4.3: Emerging New Career Options



**DO YOU KNOW?**

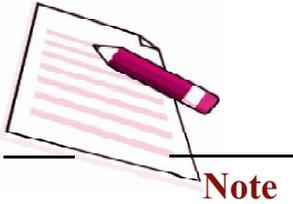
As a professional cricket player, one can earn more than 6-10 crore in one IPL season.



**ACTIVITY 4.1**

Prepare a collage with the pictures depicting various careers adopted by physical education professionals.





### 4.1.7 Other Opportunities

A student of Physical Education and Sports Sciences, can avail other career opportunities such as Sports journalist, Sports broadcaster, Sports marketing manager, Sports goods businessmen, Sports Psychologist with team, Sports Physiotherapist, Sports Sociologist, Sports Biomechanics analyser, Sports dietician, Sports medicine expert and Sports researcher after completing the bachelor’s and masters degree in physical education.



#### INTEXT QUESTION 4.1

- 1) i) Write the full form of following abbreviations :-
  - PRT.....
  - TGT.....
  - PGT.....
  - PET.....
  - NIS.....
  
- 2) Mark the following statements as true or false:
 

a) Bachelor in Physical Education is eligibility for PRT	True/False
b) CTET exam is not required in Physical Education	True/False
c) Physical Education is a professional course	True/False
d) National and International players are eligible for government jobs	True/False
e) PGT teachers can teach till 12 <sup>th</sup> standard in school	True/False
f) Physical Education degree also helps you to work in Gym/Fitness industry	True/False

### 4.2 COURSES AND INSTITUTIONS OF PHYSICAL EDUCATION

An interested student can do either **Diploma, Certificate or Degree** course in physical education. There are many government and private institutions and colleges that offer these courses. It is a demanding field and only those students should opt for it who have a **deep interest** in this field. Some of the leading institutions to pursue physical education as career in India are given below:

- A. **Indira Gandhi Institute of Physical Education and Sports Sciences, Department of Physical Education, University of Delhi, B-Block Vikapuri, New Delhi-110018,**





**Note**

S.No.	Name of the Course	Duration
1.	B.Sc. in Physical Education, Health Education and Sports Sciences	3 year Degree course
2.	B.P.Ed (four semester) course, Bachelor of Physical Education	2 year Degree course
3.	M.P.Ed. (four semester) course, Masters of Physical Education	2 year Degree course
4.	Ph.D. Doctor of Philosophy (Physical Education)	3 year Degree

For more information visit: [www.dudpess.du.ac.in](http://www.dudpess.du.ac.in) & [www.igipess.du.ac.in](http://www.igipess.du.ac.in)

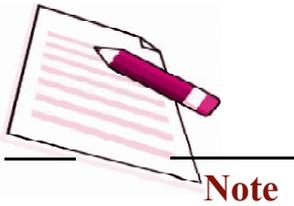
**B) Lakshmibai National Institute of Physical Education (LNIPE)**

(Govt. of India, Ministry of Youth Affairs and Sports) Mela Road, Gwalior, M.P.-474002, India

S.No.	Name of the Course	Duration
1.	Bachelor of Physical Education (B.P.Ed.)	8 Semesters
2.	Master of Physical Education (Sports Biomechanics)	4 Semesters
3.	Master of Physical Education (Exercise Physiology)	
4.	Master of Physical Education (Health Education)	
5.	Master of Physical Education (Sports Psychology)	
6.	Master of Physical Education (Physical Education Pedagogy)	
7.	Master of Physical Education (Sports Management)	
8.	Master of Arts in Yog	
9.	Post Graduate Diploma in Fitness Management (PGDFM)	2 Semesters
10.	Post Graduate Diploma in Sports Management (PGDSM)	
11.	Post Graduate Diploma in Sports Journalism (PGDSJ)	



Concept of Physical Education and Yog



12.	Post Graduate Diploma in Sports Coaching (PGDSC) (Athletics, Basketball, Badminton, Cricket, Football, Handball, Hockey, Judo, Tennis, and Volleyball)	2 Semesters
13.	Diploma in Sports Coaching (DSC)(for in-service Defence personnel only)(Athletics, Basketball, Football, and Volleyball)	
14.	Post Graduate Diploma in Yog Education (PGDYEd)	2 Semesters
15.	Ph.D	3 Years
16.	B.A. (Program) Sports & Performance	6 Semesters
17.	M.Sc. (Sports Bio-mechanics) M.Sc. (Exercise Physiology) M.A. (Sport and Exercise Psychology)	4 Semesters

For detailed information on courses, fee structure and other relevant information visit, [www.inipe.edu.in](http://www.inipe.edu.in)

**C) Tamil Nadu Physical Education and Sports University**

**(Estd. by the Govt. of Tamil Nadu under Act No. 9 of 2005 and approved by UGC/AIECT) 8<sup>th</sup> Floor, EVK Sampath Maaligai, College Road, Chennai-6 Tamil Nadu**

S.No.	Name of the Course	Duration
	Department Of Physical Education	
1.	Ph.D., in Sports Coaching	With M.Phil (Regular 2-years / Part time 3-years) Without M.Phil (Regular 3-year / Part time 4-years)
2.	M.Phil., in Sports Coaching	1 Year
3.	MSc., in Sports Coaching	1 Years
4.	P.G.Diploma in Sports Coaching	18 Months
5.	Ph.D., in Sports Technology	With M.Phil (Regular-2yrs / Part time-3yrs) Without M.Phil )Regular-3yrs / Part time-4yrs)
6.	M.Tech., in Sports Technology	2 Years



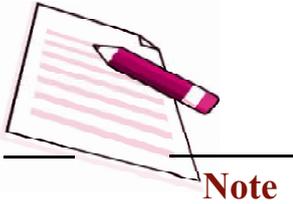


**Note**

DEPARTMENT OF YOG		
7.	Ph.D., in Yog	With M.Phil (Regular 2-years / Part time 3-years) Without M.Phil (Regular 3-year / Part time 4-years)
8.	M.Phil., in Yog	1 Year
9.	M.Sc., Yog	2 Years
DEPARTMENT OF EXERCISE PHYSIOLOGY AND BIOMECHANICS		
10.	Ph.D., in Exercise Physiology and Nutrition	With M.Phil (Regular 2-years / Part time 3-years) Without M.Phil (Regular 3-year / Part time 4-years)
11.	M.Phil., in Exercise Physiology and Nutrition	1 Year
12.	M.Sc., Exercise Physiology and Nutrition	2 Years
13.	B.Sc., Exercise Physiology	3 Years
14.	M.Sc., Sports Biomechanics and Kinesiology	2 Years
DEPARTMENT OF SPORTS MANAGEMENT AND SPORTS PSYCHOLOGY & SOCIOLOGY		
15.	Ph.D., in Sports Psychology and Sociology	With M.Phil (Regular-2yrs/ Part time-3yrs) Without M.Phil (Regular-3yrs / Part time-4yrs)
16.	M.Phil., in Sports Psychology and Sociology	1 Year
17.	M.Sc., sports Psychology and Sociology	2 Years
18.	Ph.D., in Sports Management	With M.Phil (Regular-2yrs/ Part time-3yrs) Without M.Phil (Regular-3yrs / Part time-4yrs)
19.	M.Phil., in Sports Management	1 Year
20.	M.B.A., in Sports Management	2Years



*Concept of Physical Education and Yog*



DEPARTMENT OF ADVANCED SPORTS TRAINING AND TECHNOLOGY		
21.	Ph.D., in Sports Coaching	With M.Phil (Regular 2-years / Part time 3-years) Without M.Phil (Regular year / Part time 4-years)
22.	M.Phil., in Sports Coaching	1 Year
23.	MSc., in Sports Coaching	1 Years
24.	P.G.Diploma in Sports Coaching	18 Months
25.	Ph.D., in Sports Technology	With M.Phil (Regular-2yrs / Part time-3yrs) Without M.Phil (Regular-3yrs / Part time-4yrs)
26.	M.Tech., in Sports Technology	2 Years

For more information visit: [www.tnpesu.org](http://www.tnpesu.org)

**D) Department of Physical Education, Punjab University, Chandigarh**

S. No.	Name of the Course	Duration
1.	Bachelor in Physical Education	2 year
2.	Master in Physical Education	2 year
3.	Ph.D	3 year

For more information visit: <http://physicaleducation.puchd.ac.in>

**E) Department of Physical Education (Teacher Education and Learning), Post Graduate Govt. College Sector-11 affiliated to Panjab University, Chandigarh**

S.No.	Name of the Course	Duration
1.	Bachelor of Arts - Physical Education	3 Year
2.	Bachelor of Physical Education (4 Years)	4 year
3.	Master of Physical Education (2 Years)	2 year
4.	Master of Philosophy in Physical Education (1 Year)	18 month
5.	Doctorate of Philosophy in Physical Education	3 year



**Note**

For more information visit: <http://www.gc11.ac.in/physical-education/>

**F) Aligarh Muslim University (AMU)**

S. No.	Name of the Course	Duration
1.	Bachelor of Physical Education (B.P.Ed.)	2 Year
2.	Master of Physical Education (M.P.Ed.)	2 Year
3.	Ph.D. (Physical Education)	3 Year

For more information visit: <https://www.amu.ac.in/departmentpage.jsp?did=82>

**G) Swarnim Gujrat Sport University**

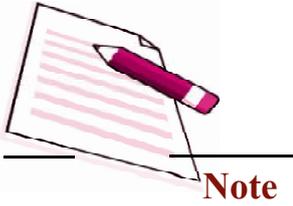
S.No.	Name of the Course	Duration
1.	Bachelor of Physical Education (B.P.Ed.)	2 Year
2.	Bachelor of Physical Education and Sports (B.P.E.S.)	3 year
3.	Master of Physical Education and Sports (M.P.E.S.)	2 Year
4.	Master of Journalism And Mass Communication (Specialization- SPORTS JOURNALISM)	2 Year
5.	PG Diploma in Disability Sports	1 Year
6.	PG Diploma in Sports Journalism	1 Year
7.	PG Diploma in Sports Nutrition	1 Year
8.	PG Diploma in Adventure Sports Administration	1 Year
9.	PG Diploma in Sports Coaching	1 Year
10.	PG Diploma in Sports Management	1 Year
11.	Master of Philosophy	18 month
12.	Doctor of Philosophy	3 year

For more information visit: <https://sgsu.gujarat.gov.in>

**H) Department of Physical Education Banaras Hindu University**

S.No.	Name of the Course	Duration
1.	B.P.Ed.	3 Year
2.	M.P.Ed.	2 year
3.	Ph.D.	2 year
4.	P.G. Diploma in Sports Journalism	3 year



**Note**

For more information visit: <http://www.bhu.ac.in/arts/physical-edu/>

#### 4.2.1 Other Institutions for Physical Education Courses

- Lakshmibai National College of Physical Education, Kariavattam P.O., Thiruvananthapuram - 695581 Kerala

For more information visit: <http://www.lncpe.gov.in/>

- YMCA college of Physical Education, Old No 333 New No 497, Anna Salai, Nandanam, Chennai - 600035

For more information visit: <http://www.ymcacollege.ac.in/>

- The Lakshmibai National Institute of Physical Education, North East Regional Centre, Guwahati

For more information visit: [www.lnipe.edu.in](http://www.lnipe.edu.in)

- Prof. Gursewak Singh Govt. College of Physical Education, Patiala (Punjab),

For more information visit: <http://www.pgsgcpe.com/>

- Saheed Kanshi Ram College of Physical Education, Bhagoo Majra, Kharar Mohali, Punjab affiliated with Punjabi University Patiala both offer M.P.Ed.(Two year course), B.P.Ed (One year course), B.P.E. ( Four year course), and C.P.Ed.(Two year course).

- Department of Physical Education, Punjabi University, Patiala offers M.P.Ed (Two year course) only.

For more information visit: <http://www.punjabiuniversity.ac.in/Pages/Department.aspx?dsenc=61>

- Department of Physical Education Guru Nanak Dev University, Amritsar offers B.P.Ed (one year) and M.P.Ed (Two year course).

For more information visit: <http://online.gndu.ac.in/department-of-physical-education.aspx>

- SAINSNIS Patiala offers courses not in Physical Education but exclusively in Sports coaching such as Diploma in coaching in various sports, Masters of Sports in selected sports and M.S. in sports medicine.

For more information visit: <http://nsnis.org/academic-courses/diploma-course-in-sports-coaching/>

- Some other private institutions and Universities also provide courses in physical education.





DO YOU KNOW?

The merit of admission process in Physical Education is also based on Sports certificates which you have participated in last three years.

Some university also give you a subject in M.P.Ed for dissertation, the thesis work, which would be helpful to learn and research in sports sciences



Note



ACTIVITY 4.2

Prepare a collage by collecting pictures of a physical education teachers doing different jobs and responsibilities.



INTEXT QUESTIONS 4.2

- 1) What is the minimum qualification required to get admission in B.P.Ed.?
 

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- 2) Name the university that offers the course of M.A. in Mass Communication and Sports Journalism.
 

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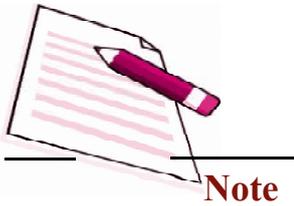
.....
- 3) Make a list of institutions/universities that offer M.P.Ed in Physical Education.
 

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### 4.3 QUALITY OF PHYSICAL EDUCATION TEACHER

A physical education teacher is a role model for students, who is expected to be disciplined and physically fit. Physical education teacher teaches students in the field as well as in class room. Sometimes he does coaching to sportspersons and sometime he acts as teacher who tells about the different aspect of physical education. He has to perform a dual role in institution. These are the qualities of a physical education teacher which help him/her to maintain the standard of a good teacher.

#### Physical Fitness

Physical education teacher must have good physical fitness. Since he is a role model for students, her/his personality should motivate students to stay healthy by doing physical activities. This shows the positive attitude towards physical fitness.

#### Model Character

A physical education teacher must have qualities like teamwork, leadership, sportsmanship. Involving with children is a challenging task. She/he must take unbiased and fair decisions while evaluating students. She/he must present, actor behave like a role model for students.

#### Interpersonal Skills

Since physical education teacher interacts with students, parents and other teachers of the institution, so she/he must have good interactive skills. Oral communication does not work always sometimes body language, emotional intelligence etc play a dominant role.

#### Communications skills

Good Communication helps in explaining activities as well as imparting theoretical knowledge to students. Communication should be done as per level of students. Content knowledge boost the level of communication.

#### Patience and Adaptability

Physical Education teacher must have patience and adaptability which will help her/him to take a good decision. Students have different levels to adopt knowledge; a teacher should have patience to wait for result and be able to modify the lesson as per requirement.

#### Organizational Skills

Physical education teacher has to organise different types of sports tournaments, so she/he must have good organisation skills. She/he should have the ability to record and report the progress of students.



### Enthusiastic

A physical education teacher's task is to make activity interesting, competitive and cooperative. This will help students to motivate and do physical activities as teamwork and friendship.

### Physical Qualities

Physical education teacher must have physical and cognitive skills and knowledge of various sports, and also have the ability to demonstrate the activity. She/he must be physically fit so that she/he can perform the activities efficiently.

### Creativity

Physical education teacher must have enough creative skills that motivate and inspire students to get the knowledge from different sources by them selves. She/he should be able to design the activity which helps students to learn from different ways.



### Note



## WHAT YOU HAVE LEARNT

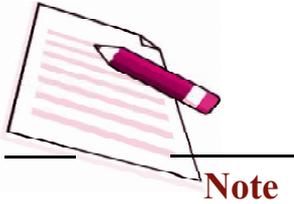
- There are various courses at graduate and post-graduate level in physical education.
- A student can pursue his/her career in physical education after offering degree courses in physical education to act as a teacher or coach.
- New career have emerged and opening new areas for the students to take up this Profession.
- Many institutions are offering courses in physical education.
- Student will understand who can pursue physical education as a career.
- What qualities are required to pursue physical education.



## TERMINAL QUESTIONS

- 1) Describe the Career aspects in Physical Education.
- 2) Explain various avenues in Physical education especially in India
- 3) Explain various courses of physical education that existing in India along with briefs of top ranking institutions.
- 4) Explain the qualities of a Physical Education Teacher.
- 5) Explain the key points to be included in the resume.





**ANSWERS TO INTEXT QUESTIONS**

**4.1**

**1) Answer**

- PRT....Primary Teacher
- TGT....Trained Graduate Teacher
- PGT...Post Graduate Teacher
- PET...Physical Education Teacher
- NIS...National Institute of Sports

**2) Answer**

- a) True
- b) True
- c) True
- d) True
- e) True
- f) True

**4.2**

1) 2 year degree course

2) Laxmibai University of Physical Education, Gwalior

3) Answer:-

- I) Indira Gandhi Institute of Physical Education and Sports Sciences, University of Delhi, B-Block vikaspuri, New Delhi-110018,
- II) Lakshmibai National University of Physical Education (LNUPE) Govt. of India, Ministry of Youth Affairs and Sports) Mela Road, Gwalior, M.P. Pin code 474002
- III) Tamil Nadu Physical Education and Sports University, 8<sup>th</sup> Floor, EVK Sampath Maaligai, College road, Chennai-6 Tamil Nadu
- IV) Degree College of Physical Education H.V.P. Mandal's affiliated to Amravati University
- V) Saheed Kanshi Ram College of Physical Education, Bhagoo Majra, Kharar Mohali, Punjab affiliated with Punjabi University Patiala
- VI) Department of Physical Education Punjab University, Patiala .
- VII) Department of Physical Education Guru Nanak Dev University, Amritsar.

