

HISTORY, PRINCIPLES AND FOUNDATION OF PHYSICAL EDUCATION

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Introduction The brief history of physical education would start in just about 1820 when schools focused on gymnastics, hygiene training and care and development of the human body. By the year 1950, over 400 institutes had introduced majors in physical education. The Young Men's Christian Association launched its very first chapter in 1851 and focused on physical activities. Colleges were encouraged to focus on intramural sports particularly track, field and football. But physical education became a formal requirement following the civil war when many states opted to pass laws that required schools to incorporate a substantial physical education component into their curriculums. But it was not till 1970 that an amendment was made to the Federal Education Act that allowed women from high school and college to compete in athletic competitions. Sex-based discrimination was completely outlawed from government funded programs at this point. Physical Education is a course taught in school that focuses on developing physical fitness, which could be thought of as having the ability to perform and enjoy day-to-day physical activities with ease. Kids also gain knowledge of movement and an ability to develop and refine skills necessary to participate in a wide range of activities, such as soccer, basketball, or swimming. Regular physical education classes prepare kids to be physically and mentally active, fit, and healthy into adulthood. An effective physical education program should include engaging lessons, trained P.E. teachers, adequate instructional periods, and student evaluation. Physical education should include instruction that helps students develop physical skills and confidence. For example, elementary and middle school curriculum should include activities that help kids obtain and improve skills such as: running, catching, throwing, and striking, which could be applied to sports such as baseball, volleyball, or karate. Another example would be balancing skills that could be applied to dance or gymnastics. High school curriculum should focus on lifetime sports skills for example tennis or aerobic dance, with a secondary emphasis on team sports.

. Physical Education in College College athletics received a major stimulus when a National Collegiate Athletic Association was created in the early twentieth century's. There was a rise in popularity of sports within colleges and universities and funding greatly increased. Colleges took great pride in their athletic programs and sports scholarships became a norm. There was also a surge in people who enrolled in sports education programs to meet the growing demand for professionals in the field. Decline in Physical Education But this is not meant to imply that the history of physical education has been all rosy. Late in the twentieth century there was certainly a decline in the commitment to physical education. The growing offering of extra subjects and electives in schools means that the shift was focusing away from physical education and towards academics. The country also faced a recession around

1970 and 1980 and the dearth of government funding means that physical education programs were often the first to be cut from schools and universities. In a broader context, physical education is defined as a process of learning through physical activities designed to improve physical fitness, develop motor skills, knowledge and behavior of healthy and active living, sportsmanship, and emotional intelligence. Thus, Physical Education is not only aimed at physical development but also includes the development of the individual as a whole. With Physical Education students will acquire a variety of expressions are closely related with the personal impressions of fun as well as various expressions of a creative, innovative, skilled, have the physical fitness, healthy habits and have the knowledge and understanding of human motion. Physical education is a course that focuses on developing physical fitness in the youth. Same as Music, Gym and Math, this is a required course in primary and secondary school. Most of the time, it is also required in college. To understand what physical education, we must understand physical fitness which it intends to promote. Physical fitness is comprised of the following: Cardiovascular fitness - This is the ability of your heart and lungs to deliver the oxygen your body needs for its daily tasks. This is the fitness component that is addressed by such aerobic activities as brisk walking, jogging, running, dancing and swimming. Strength - This is the amount physical power that a muscle or group of muscles can use against a weight or resistance. This is addressed by such activities as weight lifting and body weight training. Endurance -This is the ability of a muscle or group of muscles to repeat movements or hold a position over a certain period of time. Long-distance running is an activity that helps to develop endurance. Flexibility - This refers to the body's range of movement. Pilates, yoga and gymnastics help promote this particular fitness component. Body composition - This refers to the ratio of the body's fat component vs. its lean mass. Exercises that address cardiovascular fitness, strength, endurance and flexibility also promote the reduction of fat and the build-up of muscle. Students of Music, Gym and Math often have to be challenged, in order to be interested. To break the monotony of the traditional Physical Education courses, many schools have updated their programs. These are some of the trends that are pervading the Physical Education programs across the country:

The inclusion of activities that the students can use for life, like brisk walking, Frisbee and bowling. The principle behind this is that if students learn to like these activities early, they can easily adopt these into their current lifestyle and even carry them into adulthood. The inclusion of non-traditional sports - This makes Physical Education a cultural immersion at the same time. It teaches cultural sensitivity and can be a lot of fun. Patterning the Physical Education program after health club programs - The advantage of this is that the student is exposed to a whole variety of activities that can only make Physical Education more fun for her. Here, the student may do Tae-bo one day and do yoga the next. The combination of cardio and strength training activities also promote overall fitness. Adopting a sports league model - In this scenario, the Physical Education class is run like a sports league. Students take turns playing the roles of referees, players, scorers and coaches. This aims to develop the students into better-rounded, balanced individuals. Including martial arts and self-defense - Not only do these activities capture the interest of the students - they also promote their safety and well-being. This is a practical improvement on the usual Physical Education program. Inclusions of health and nutrition topics - Most Physical Education programs in the US include health and nutrition topics such as the following: hygiene, stress and anger management, self-esteem and bullying. Some states even require that Physical Education teachers are also certified as Health teachers. Exposures to technological enhancements - Students are taught how to use modern gym equipment as well as other fitness-related devices such as pedometers and heart-rate monitors. Although the primary goal of Physical Education is still to promote the physical fitness and wellbeing of each student, all these trends and advancements have changed the face of Physical Education forever. Music, Gym and Math will never be the same! But recent awareness of the need for balanced curriculums particularly given the national concern over the state of obesity and children's attention towards non-physical activities like video games has brought physical education back in the spotlight. The government has resingaled its commitment to physical education by making it mandatory in public schools in early classes. But it remains an elective at the high school level. One of the most interesting developments in the history of physical education has been how the definition of physical education has evolved. While it only encompassed traditional sports in the beginning, it now includes several less physical activities such as yoga and meditation which are considered critical to helping students develop a sense of control in such a stressful age.

Learning About Health and Wellness and Developing Social Skills

Physical education classes should include lessons on the health benefits of regular exercise and healthy food choices along with the health risks associated with inactivity and unhealthy food choices should be an integral part of the physical education program. For example, students of all ages might be asked to dedicate themselves to making a few small improvements in diet and exercise for a period of six weeks. They would be expected to make the changes and journal about how they feel during the six weeks. At the end, they might be asked to reflect on how healthy changes affect performance and mood

Physical education should also help students develop social skills. For example, asking students

to play team sports helps them learn to recognize and respect others, contribute to a team goal, and socialize as a player. Physical health is critical for overall well-being and is the most visible

of the various dimensions of health, which also include social, intellectual, emotional, spiritual and environmental health. Some of the most obvious and serious signs that we are unhealthy appear physically. Addressing this dimension is crucial for anyone attempting to sustain overall health and wellness.

Needs of Physical Education All children need physical education. It is integral to the complete education of every child. The quality physical education program is planned and provides instruction which provides participants with many benefits. 1. Improved learning aptitude 2. Improved Physical Fitness 3. Improves cardiovascular endurance, muscular strength and endurance, flexibility, mobility, and body composition. 4. Improves power, agility, reaction time, balance, speed, and coordination 5. Skill Development 6. Children learn and practice motor skills in a safe environment. This allows for satisfying and successful participation in physical activities like individual and team sports. 7. Stress Reduction 8. Regular physical activity helps to release tension and anxiety. It also helps to build resilience and emotional stability. 9. Improved Self Confidence 10. As children master skills they become more confident in their abilities. When children are successful in a safe learning environment they become more confident, assertive, self-controlled, and independent

Traditional definitions of 'physical health' prior to the onset of modern medicine would have considered someone physically healthy if he or she was not stricken with a serious illness. With modern medical innovations came longer life spans, which changed the way we define physical health. Today's definition can consider everything ranging from the absence of disease to fitness level.

While physical health consists of many components, here is a brief list of the key areas that should be addressed:

- ☐ Physical activity - includes strength, flexibility, and endurance
- ☐ Nutrition and diet - includes nutrient intake, fluid intake, and healthy digestion
- ☐ Alcohol and drugs - includes the abstinence from or reduced consumption of these substances
- ☐ Medical self-care - includes addressing minor ailments or injuries and seeking emergency care as necessary
- ☐ Rest and sleep - includes periodic rest and relaxation, along with high quality sleep

Components of Physical Health Below are ways that each key area of physical health can be addressed through lifestyle choices:

Physical activity: Most healthy children and adults should be active on a daily basis. This should be a mix of both leisurely physical activity and structured exercise. Examples of leisurely physical activity include hiking, biking, and walking. Examples of more structured forms of exercise include strength training, running, and sports.

Nutrition and diet: A well-balanced diet should contain carbohydrates, proteins, fats, vitamins, and minerals. Restricting specific nutrients should only be done under the supervision of a licensed health professional. Fluid, ideally in the form of clean water, should be regularly consumed. Meals and snacks should be consumed throughout the day, and portion sizes should be sensible.

Alcohol and drugs: Substances that alter mood or other bodily processes should be limited or avoided. Those with addictive tendencies or other health risks should consider complete abstinence from these substances.

Medical self-care: Basic items, such as bandages, lozenges, and over-the-counter pain-relieving medications, should be easily accessible from home. Long-term coughing, fevers, or other ailments should be addressed through primary care. Emergency treatment should be sought when signs and symptoms are significant or life-threatening.

Rest and sleep: While regular activity is essential for physical health, allowing the body to rest is just as important. Spending time relaxing or taking short naps can help rejuvenate the body. Sleep should take place in a quiet, dark environment and should last approximately 7-9 hours. Consistent sleep that is much shorter or longer than this duration, or is low quality, may need to be addressed by a health professional.

Physical Health Assessments If you have visited a physician or personal trainer recently, you might know that assessing physical health can be done in a variety of ways. The following measurements can be used to test certain aspects of physical health. □

General assessments - includes weight, body mass index (BMI), and reflex tests. □ Disease risk factor - assessments includes blood pressure, cholesterol, and blood glucose tests. □ Fitness assessments - includes body composition (body fat percentage), flexibility, muscular strength, and endurance tests

Here are some simple, yet effective, examples of the various ways you can assess your own physical health: Heart rate: This can be taken by pressing lightly on the underside of the wrist on the thumb side. Count the number of beats you feel in 15 seconds and multiply by four. The average adult has a heart rate between 60 and 100. Lower heart rates are typically the result of advanced levels of physical conditioning. Heart rates outside of this range, especially when accompanied by fatigue, shortness of breath, or dizziness, may be signs Emotional Impact of a Cardiac Event Roughly 70% of patients get an acute stress reaction to their event to their event. • This is a normative adjustment reaction that usually resolves within 8 weeks post event, resolves within 8 weeks post event

- Up to 25% of cardiac patients experience clinical depression, many remain depressed at 1 year.
- 17% to 40% suffer from subclinical depression; up to 40% of this group develops major depression later.
- Approx. 33% experience severe anxiety post event; up to 25 % have Panic Disorder.
- Up to 50% experience marked irritability

Definitions of Physical Education Physical Education in the care and development of the human body, stressing athletics and including hygiene. An element of an educational curriculum concerned with bodily development, strength, physical co-ordination, and agility. Training of the bodily organs and powers with a view to the promotion of health and vigor

Training in the development of and care for the human body; stresses athletics; includes hygiene Training in the development of and care for the human body; stresses athletics; includes hygiene Knowledge acquired by learning and instruction; "it was clear that he had a very broad education" Systematic instruction in sports, exercises, and hygiene given as part of a school or college program

The main goals of the physical education program are to develop motor skills, applied knowledge, a positive attitude and physical fitness. In addition, the program assists students in developing teamwork and individual skills that are transferable to other areas of their lives. The program recognizes a wide range of abilities and, as such, is student-centered. It is comprised of varying activities with a progression of difficulty and levels of achievement. This philosophy contributes to an active, healthy and productive lifestyle.

Physical education helps us to develop our mental awareness, skills in sports, and for us to be aware on how being physically fit is very important. Physical education, PE is an educational course related to the physique of the human body, taken during primary and secondary education that encourages psycho motor learning in a play or movement exploration setting to promote health. Physical education which is commonly a part of the curriculum at junior / senior college, includes training and maintaining one's physical body through educational means. It is also about sharpening overall cognitive abilities and motor skills via athletics, exercise and various other physical activities like martial arts and dance. Here are some of the benefits that highlight the importance of physical education.

Why Physical Education is Important With obesity at an all time high, schools and universities alike are encouraging students to take part in activities that require physical involvement, be it in the form of exercise or sports. Some even come with their own fitness centers to give students a chance to enroll in their many programs. Campuses today that are conscious about such issues, stress on the importance of

physical education by making sure students are constantly taking part in different activities and sport functions. Here are the reasons why a child should be health-conscious at a younger age. **Developing One's Motor Skills** Being physically active means strengthening one's cognitive processes and sharpening one's skills as a result. Exercising is a great way to keep the body in shape, and help it fend off illness while keeping kids at a healthy weight if they're considerably fit. Exercising doesn't mean pushing the body to do strenuous workout routines, but also taking part in other areas of physical fitness like aerobics, swimming, tennis, badminton, and the sort.

Fueling Self-Confidence Kids when overweight tend to blend into the wallpaper, often being ignored by others or just not being the social type to engage and be of assistance. They're usually the target of verbal abuse and teasing, where physical education classes are often skipped with weak excuses. They can't see themselves in pretty / cool clothes because it is difficult to go out shopping or find their size. So they tend to wear over-sized outfits to hide their unsightly bulges, or avoid shopping all together. By being involved in physical activity, they can be sure that a dietitian could care for their eating habits, or a school counselor that can advise parents on being more health-food conscious and supportive to their kids when it comes to being more active and outdoorsy. It would build on their self-esteem when they reach a body type that doesn't fall in the overweight category. It helps them take part in events, be more open to team building activities, and gives them a fair idea of how to take care of their bodies. Learning Right and Wrong with Food Types Parents if not conscious about what they eat, tend to automatically feed their kids unhealthy foods. It is wise to hold parent-teacher conferences about healthy eating and how it is affecting kids and their performance in junior / senior college. Physical education classes also have sessions on healthy food habits and hygiene (which is also another important area). Kids will know from a young age about the right and wrong kind of foods, and how to limit such eatables before they grow and not even realize it. Teachers in charge of such classes should show graphic representations of what they speak of, to imprint the idea even more so in the minds of children both young and old.

Aims The aims of physical education are to enable the student to:

- appreciate and understand the value of physical education and its relationship to a healthy, active lifestyle
- work to their optimal level of physical fitness
- become aware of movement as a creative medium connected to communication, expression and aesthetic appreciation
- develop the motor skills necessary to participate successfully in a variety of physical activities
- experience enjoyment and satisfaction through physical activity
- develop social skills that demonstrate the importance of teamwork and cooperation in group activities
- demonstrate a high level of interest and personal engagement showing initiative, enthusiasm and commitment
- show knowledge and understanding in a variety of physical activities and evaluate their own and others' performances
- demonstrate the ability to critically reflect upon physical activity in both a local and intercultural context
- demonstrate the ability and enthusiasm to pass on to others in the community the knowledge, skills and techniques that have been learned.

Objectives The objectives of any MYP subject and of the personal project state the specific targets set for learning in the subject. They define what the learner will be able to do, or do better, as a result of studying the subject. The objectives of MYP physical education are split into five sub-groups that correlate with the final assessment criteria.

A. Knowledge and Understanding: At the end of the course students should be able to:

- demonstrate an understanding of the principles and concepts related to a variety of physical activities
- understand the importance of physical activity to a healthy lifestyle
- recall and understand the various components that contribute to health-related fitness.

B. Movement Composition: At the end of the course students should be able to compose and communicate meaning and ideas through movement.

C. Performance and Application: At the end of the course students should be able to:

- display acquired motor skills necessary to perform a variety of physical activities
- apply tactics, strategies and rules in both individual and group situations
- use movement concepts appropriately in relation to themselves, others and their physical environment
- apply health and fitness principles effectively through a variety of physical activities.

D. Social Skills: At the end of the course students should be able to:

- work cooperatively
- respect themselves and their social and physical environment
- support and encourage others (towards a positive working environment)
- develop attitudes and strategies that enhance their relationship with others
- show sensitivity to their own and different cultures.

E. Personal Engagement: At the end of the course students should be able to:

- show initiative, creativity and a willingness to improve themselves
- take responsibility for their own learning process and demonstrate engagement with the activity, showing enthusiasm and commitment

Importance of Physical Education in present era We know that healthy mind lies in healthy body. Now a day's video games and computer games have taken the place of our traditional games. Man does not have time to play indoor or outdoor games in the modern age of technology. Sport is important for man's all round development and for living healthy life. Today very fast changes are seen in the field of physical education. First of all man gets physical education and then gets social education Thus man's social education has the basis of physical education. Today it has become technological education. Thus very deep change is seen in education. The education has become so much dependent on technology that man does not spare enough time to take care of his or her body which is a very valuable gift of nature to man. Man has stopped physical exercises because of technological tools and other facilities. Previously man used to remain healthy by playing various outdoor games and thereby doing physical exercise. Now the games are played on computer so the life has become idle. The body has become the storehouse of various diseases. Physical education makes the immunity of our body stronger and so makes body more beautiful. In today's world physical education is essential. Man can live healthy and better life only by doing physical exercise. Today new and new diseases are emerging and have made big harm to man's body. Man's life has become dependent on medicines. For example digest medicine, medicine for excretion, medicine for sleep, etc. Because of these medicines man has become like a walking robot. In such condition is it fair to waste this body like this? How sad it is that man has time to do the service of technical gadgets like car, freeze, television but he does not have time to take care of his valuable body. Through physical education man can live his day to day life healthily. Physical education plays important role in man's development and proves helpful for better physical, mental, social, emotional and spiritual life. Here the author wants to introduce the importance of physical education in our modern life.

1 Helpful for Natural Development: Man's body develops very naturally from the prenatal stage to the old age. When this natural development is accompanied with some physical exercises it improves the energy level of the body. Considering this fact even special body exercises are suggested for the pregnant women. In the same way there are different types of exercises for different age stages like infant, adolescent, young, adult and old age. This exercise becomes like a supplement to natural development in scientific way. The balanced emotional development is possible only with good body health and development. It can be considered as a fundamental use of physical education.

2. **Body Charm** Beautiful body is considered as the first step towards success in life. Therefore people do so many efforts for well figured body. The beauty of the body depends on healthy muscles. Body can be well shaped through physical exercise just as an expert sculpture brings out a beautiful idol by carving an ordinary stone structure. The secret of charming body lies in the muscles of the body. From the very ancient time sculptures have been giving the importance and value to the beauty of the body. Keeping that image of beautiful and handsome body in our mind, we can also mould our body by giving enough exercise to the muscles. Thus we can get proper advantage of physical education.

3 **Strong and Healthy Body** We can make our body stronger and healthier through physical education. The significance of strong body lies in the happiness that we get after doing some hard physical or mental work. In other word for a strong person hard work does not remain a matter of tiredness. The reason of physical weakness found in the society is that physically man is not strong and healthy. Man feels weakness and tiredness even after small physical work. Its psychological effect takes place that man does not stand for any physical work. Therefore on the large scale the society has to suffer as a lack of work efficiency and willingness for that. But the truth is that the peace and happiness of fresh life is possible only through hard work. It is physical work and effort through which we can fulfill our all the basic needs. Strong body is always healthy. Strong and healthy body can protect itself from various diseases because its immunity also remains strong. Healthy man can suffer hardness of all the seasons whether it is hot or cold or rainy season. In short, he can enjoy the pleasure of all things in nature.

4. **Boosts the Self Confidence** There is no doubt about the advantages of physical education for strong and healthy body. Therefore the saying is also heard that healthy mind resides in healthy body. A healthy body is the gateway for reaching the Supreme soul. Strong and healthy body can give boost strength and increases the self confidence. And for the man who is full of self confidence even the problems become a game playing. He can pass his life with full happiness and peace of mind. It will become a service to humanity, if this psychological secret of advantage of physical education is spread and attract the people towards it

5 Development of Discipline Physical educations develop not only self discipline but also supports to maintain external discipline on man. Discipline is as important as the food for life. People with uncontrolled behavior deny any kind of restriction and control. But they don't know that the real freedom lies in restriction. The pain of restriction itself becomes the pleasure of freedom. Physical education is a never failing key to bring discipline. Self discipline comes in man while concentrating on and following different rules of the games. This self discipline comes into action through different activities and arts and thereby creates interest in life. Well organized life style leads man towards living happy and peaceful life.

6. Character Building in Life The presence of the three qualities- energy, character and beauty in life is very important for being a complete man in Indian culture. Energy and beauty are the direct advantage of physical education but indirectly it builds character too. Character can be developed well by physical education. The process of character building through physical education is so gradual that it cannot be seen directly but can be felt. All the weaknesses from man's life fall down like the dry leaves from the tree. The ideal form the culture and the civilization of any nation and society is developed through good character. All the vices like violence, wars, jealousy, unhealthy competitions, hatred, etc. give way to the character.

7. Constructive Use of Time It is man's natural desire that he or she wants relaxation from work. In the state of relaxation man neither works too much nor takes complete rest but he combines both the work and the rest. In combining the rest and the work, most of the people waste time in gossiping, playing card games, and other useless activities. Physical education provides new option in place of such useless activities. And this option is always healthy. Today there are entertaining games and skills available for playing. The saying —One way for Twoll comes to true when man gets both the physical advantage and the entertainment through physical education. In this way physical education becomes the best means of entertaining activity or time pass during the spare time.

8 Helpful for Awareness in Society Physical education is helpful for creating intimacy with society. In physical education team spirit is very important. Team is like a family. It is a miniature form of society. Team is the centre where the person gets opportunity to know the importance of co operation with other people. According to the saying —With One Hand No Clapll, the person cannot get complete advantage of physical education on his own. This limitation motivates man to co operate with others. Thus man develops faith in the feelings of communality and oneness with others. This faith becomes a part of man's character and connects man with his or her family, society, nation, and the world. Physical education prepares an ideal citizen unknowingly and unintentionally. And such ideal citizen breathes in the air of freedom in the society being free from limited narrow mindedness. He creates happiness not only for himself but also for the society. Thus people devoted to the society, nation and the world can be prepared through physical education.

Need and importance of physical education in modern era are as follows:

a. A physical educator considers the child as a storehouse of various mental, social and physical qualities. He tries to develop all the innate qualities with the help of various physical activities, which are parts of physical education. b. Various kinds of physical activities help in developing the organic system and functioning of the body. They also improve the abilities of human being to resist fatigue, to remain active and perform efficiently. c. Physical activities help in developing various kinds of intellectual qualities inherent in a child. Thus with the help of physical education, it is possible to develop children intellectually.

Principles of Physical Education The goal of physical training is to produce these long-term changes and improvements in the body's functioning. • Over time, immediate, short-term adjustments translate into long-term changes and improvements. • These principles include: – Specificity: the training principle that the body adapts to the particular type and amount of stress placed on it. – Progressive overload: the training principle that places increasing amounts of stress on the body causes adaptations that improve fitness (FITT Principle). Reversibility: the training principle that the body will return to its original homeostatic state when amount of physical stress is removed for a specific time. – Individual differences: each individual's body adapts to the stress differently.

To develop a particular fitness or skill component, you must perform exercises designed specifically for that component; this is the principle of specificity. Weight training will develop muscular strength but will not be very effective in improving cardio respiratory endurance or flexibility. A well-rounded exercise program includes all components of fitness designed to improve different parts of the body or towards specific sport activities The amount of overload is important since too little will not have much effect upon fitness levels, and too much will increase the likelihood of an injury. • Progression is critical since exercising at the same levels will not provide adaptations and can lead to a plateau

This Physical Education (PE or Phys Ed) course offers a comprehensive introduction to the topic and investigates the basics: from muscle response to the physiology, biology, and the science of sports. It covers the scientific basis of fitness and concludes with training principals and methods. It is an ideal course for those studying for a qualification in health or fitness or for sports enthusiasts. It is also an excellent resource for trainers or managers in fitness, health or sports related activities

Physical Culture, Physical training and Physical Education. This is about the fitness movement; for the study of the physical aspects of cultures, see Anthropology, Cultural Anthropology, and Social Anthropology. Physical culture is a health and strength training movement that originated during the 19th century in Germany, England, and the United States. The physical culture movement of the 19th century owed its origins to several cultural trends. German immigrants after 1848 introduced a physical culture system based on gymnastics that became popular especially in colleges. Many local Turner clubs introduced physical education (PE) in the form of 'German gymnastics' into American colleges and public schools. The perception of Turnen as 'non-American' prevented the 'German system' from becoming the dominating form. They were especially important mainly in the cities with a large German American population, but their influence slowly spread. By the late 19th century reformers worried that sedentary white collar workers were suffering from various "diseases of affluence" that were partially attributed to their increasingly sedentary lifestyles. In consequence, numerous exercise systems were developed, typically drawing from a range of traditional folk games, dances and sports, military training and medical calisthenics. Physical culture programs were promoted through the education system, particularly at military academies, as well as via public and private gymnasiums. Industry began the production of various items of exercise-oriented sports equipment. During the early and mid-19th century, these printed works and items of apparatus generally addressed exercise as a form of remedial physical therapy. Certain items of equipment and types of exercise were common to several different physical culture systems, including exercises with Indian clubs, medicine balls, wooden or iron wands and dumbbells. Combat sports such as fencing, boxing and wrestling were also widely practiced in physical culture schools, and were touted as forms of physical culture in their own right. The Muscular Christianity movement of the late 19th century advocated a fusion of energetic Christian activism and rigorous physical culture training

Physical culture is a difficult concept to relate to in our day and age. As civilization advances, we are becoming less reliant on our physical nature to accomplish everyday tasks and less aware of physical culture as a whole.

Physical culture is an idea that is created when a community (micro) or society (macro) joins together to establish a philosophy, regimen, or lifestyle seeking maximum physical, mental, spiritual, and social development through methods such as fitness, diet, athletics, martial art, and mental discipline – among others

Philosophical foundation: The various philosophies of education greatly influence the goals and values of physical education. Important educational philosophies related to physical education are Idealism, Realism, Pragmatism, Naturalism, Existentialism, Humanism, and Eclecticism. Idealism – The mind, developed through the acquisition of knowledge, is of highest importance. Values exist independently of individuals. Fitness and strength activities contribute to the development of one's personality. Horace Mann, Wadsworth, Kant, Plato, and Descartes were Idealists. Realism – The physical world is real. A realist believes in the laws of nature, the scientific method, and mind and body harmony. Religion and philosophy co-exist. Physical fitness results in greater productivity, physical drills are important to the learning process, athletic programs lead to desired social behavior, and play and recreation help life adjustment. Aristotle was a realist. Pragmatism – Experience is key to life. Dynamic experience shapes individuals' truth. Education is child-centered. Varied activities present experiences that are more meaningful. Activities are socializing. Problem solving accomplishes learning. John Dewey and Charles Pierce were pragmatists. Naturalism – This philosophy is materialistic. Things that actually exist are found only within the physical realm of nature. Nature is valuable. The individual is more important than society. Self-activities accomplish learning and activities are more than physical in nature. Naturalists promote play and discourage high levels of competition. Physical education takes a holistic approach. Existentialism – The chief concern is individualism. Existentialists do not want the individual to conform to society. They promote freedom of choice and a variety of interests. Individuals need to have their own system of values. Playing develops creativity and the discovery of the —inner self. Sartre, Soren, and Kierkegaard were Existentialists. Humanism and Eclecticism – The modern philosophies of physical education that most schools follow today. The basis of the Humanistic philosophy is the development of individual talents Sri Satya Sai University of Technology and Medical Sciences Page 85 and total fulfillment that encourages total involvement and participation in one's environment. Humanists encourage self actualization and self-fulfillment. Curriculums based on the Humanistic approach are more student-centered. The Eclectic approach combines beliefs from different philosophies and does not resemble any single philosophy. When blended skillfully, the Eclectic approach affords a sound philosophy for an individual. The main goals and purpose of physical education is to introduce students to fitness, activity, and nutrition concepts and allow students to be physically active during the school day. Proper structure and organization allows the realization of these goals.

The following is a list of physical education goals derived from different philosophies of education:

- Physical/Organic Development Goal (Realism philosophy)** – activities build physical power by strengthening the body's systems, resulting in the ability to sustain adaptive effort, shorten recovery time, and develop resistance to fatigue. The core values are individual health, greater activity, and better performance by an adequately developed and properly functioning body.
- Motor/Neuromuscular Development Goal (Realism philosophy)** – develops body awareness producing movement that is proficient, graceful, and aesthetic and uses as little energy as possible. Students develop as many skills as possible so their interests are wide and varied to allow more enjoyment and better adjustment to group situations. Varied motor development skills affect health by influencing how leisure time is spent. Values include reducing energy expenditure, building confidence, bringing recognition, enhancing physical and mental health, making participation safer, and contributing to aesthetic sense.
- Cognitive Development Goal (Idealism philosophy)** – deals with acquiring knowledge and ability to think and interpret knowledge. Scientific principles explain time, space, and flow of movement. Learning physical activities requires thinking and coordination of movement and mastering and adapting to one's environment. Individuals also should acquire knowledge of rules, techniques, and strategies of activities. Cognitive values include healthy attitudes and habits such as body awareness, personal hygiene, disease prevention, exercise, proper nutrition, and knowledge of health service providers.
- Social/Emotional/Affective Development Goal (Existentialism philosophy)** – deals with helping individuals make adjustments – personal, group, and societal – by positively influencing human behavior. Performance defines success, and success develops self-confidence. Wholesome attitudes throughout the various growth stages promote the development of an appropriate Self-Concept, which is very important. Values include meeting basic social needs (sense of belonging, recognition, self-respect, and love) that produce a socially, well-adjusted individual.