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CAREER PROSPECTS IN PHYSICAL EDUCATION, SPORTS AND WELLNESS



Satpal Kaur

INTRODUCTION :

Among Indian masses even today, given a choice, most people still prefer to become doctor, engineer, scientist, IAS officer rather than becoming a physical education professional or a sports enthusiast, although they view Sports world as glamorous in the backdrop of events like IPL, Commonwealth Games, Olympics and the like. However, the career options in physical education and sports or in other forms of organized physical activity is still not considered to be lucrative; the reason for this could be far too many to count including commitment to odd hours work, demand of enormous hard work, physical ability to perform jobs, and more over negligible returns.

In such a scenario the shift in trend is notable due to blooming of wellness industry, where affordability of section of society is inevitable to remain well and fit to cope with pressures of life – daily routine and work related

ABSTRACT

As human society evolved culturally and socially, physical activity also evolved as an essential form of education to begin with and over a period of time as discipline of academic and research interest from a mere instrument of fitness for health and war. Sport emerged out of physical education and hundreds of thousands of elite sportspersons like Sachin Tendulkar, Abhinav Bindra, RVS Rathor, Sushil Kumar, Vishwanathan Anand, Mary Com and many others in India gave distinctive profile to sport and also to the serious participants. In the fast changing activity horizons, sport has become a great passion for the youth today. All this resulted in relatively a huge demand for people in organized form of physical activity as well as competitive sport.

KEYWORDS :Physical Education, Sports, Wellness

SHORT PROFILE

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fitness to succeed in any profession. There are avenue opened for industry in fitness and wellness in addition to the existing and traditional job roles in educational settings and performance fields.

Physical education today has come to be identified as a breeding ground for a wide variety of careers. Hence, the present paper focuses on identifying and highlighting different career prospects in the field of physical education, sports and allied areas.

Method

Keeping in view the nature of the study, the literature was collated from these secondary sources primarily from books, magazines and Internet.

Analysis

An approach was adopted for critical examination of the information, refined through

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the group discussion and analysed for identifying pointers towards career prospects in the industry of physical education, sports, fitness and wellness..

RESULTS

V. Kumar (2012) suggests that educational pathways for sports career predominantly are ongoing degrees and diplomas in traditionally accepted modes; and some of these are highlighted below :

1.NIS Diploma :Sportspersons proficient in particular game or sporting event can undergo coaches training in the NIS (National Institute of Sports) under the Sports Authority of India (SAI). These professionals are expected to be with a bachelor or masters degree in Physical Education are considered to be more suitable for this profession.

2.Certificate in Physical Education (C.P.Ed.) : An outdated version of sports education in India, it is still found in some places like Haryana and Karnataka. The course, which was initially introduced for Military people is offered after class X. One can find job placements in primary schools

3.Diplomain Physical Education (D. P. Ed.) two years (Four Semesters Credit System) is a professional programme meant for preparing physical education teachers for elementary stage of school education from Class I to VIII.

4.Bachelor Degree in Physical Education (B.P.Ed.) : B.P.Ed., a three/four year professional degree course available at different Universities is done after class XII. After passing B.P.Ed., one is eligible to be a Physical Education Teacher for students up to class X in the government and private schools of different States as well as Central Government.In some states, it is known as Bachelor of Science in Physical Education (B.Sc. P.Ed.)

5.Bachelors Diploma in Physical Education (B.P.Ed.) : Two year diploma in physical education after graduation in any discipline is a kind of

bridge course to become physical education teacher up to class X in India.

6.Masters Degree in Physical Education (M.P.Ed.) : A two-year degree course after B.P.Ed. Four Years or B.P.Ed One Year Course, which makes the students eligible for becoming a physical education teacher at the senior secondary (XII) level and also to appear for the UGC-NET/JRF exam for becoming a lecturer in different colleges/ universities.

7.Masters of Philosophy in Physical Education (M.Phil.) : A one-year degree is offered in different universities for the higher education system in India.

8.Doctor of Philosophy in Physical Education (Ph.D.) : Ph.D. is the highest academic degree for those who want to go for higher education in the field of physical education.

9.Diploma in Sports Management :Options are available in Sports management although the PG diploma in Sports Management being the course offered most widely. However, after getting the PG diploma in sports management, it's still not possible to get MBA in Sports Management in India, which one can get from a number of universities in the western countries. The broad areas covered under courses in sports management include Managerial Principles, Organisational Behaviour and Sport Psychology, Philosophy and Sociology of Sport, Sports Economics, Sports Finance, Sports Marketing, Business and Government including monetary and fiscal policy, Sponsorships and Broad casting, Sports Science, Entrepreneurship, Communication, Sports Journalism and Public Relations, Sports Law, Quantitative Methods, Research Methodology and Sports Statistics and Practical Training and Development of Sporting Talent etc.

10.Adventure Sports : Recently more and more companies are investing in adventure sports, thanks to the booming tourism sector. Adventure sports have now become a part of corporate training. Lot of resorts and hotels investing in adventure sports to attract tourists.

So a degree in adventure sports will always come handy for a job in this sector.

After a review of the educational qualifications on offer, the results in terms of career has been classified broadly in three sections i.e. physical education, sports and fitness/wellness industry, which are presented as follows :

1.Career in Physical Education :Physical education is an integral part of the total education process which aims at the improvement of human performance through the medium of physical activities. Educators in the field of physical education focus more on mass participation for physical fitness in addition to the organized sports. They teach and lead exercise activities for individuals/ groups, conduct health oriented physical training classes, organize games and coach students in different games. Various career prospects in the field of physical education are listed below :

a.Becoming Physical Education Teacher at School/ College/ University Level

School System: For a child's wholesome development, physical education in schools will always remain to be the most accepted essential avenues for careers. School Physical educationists duly acknowledged in C.B.S.E. curriculum as compulsory subject in the +2 level and equal to other subjects for all students from classes nursery to tenth standard. Thus with respect to job opportunity schools are lucrative and wide-ranging. Most of Government, Semi-Government, Public and Private Institutions recruit Physical Education teachers for handsome pay and perks.

Higher Education System: Physical Education occupies a dignified position in the higher education sector; apart from teaching in pre-service Physical Education colleges, it has been included as an elective subject in the degree course (B.A. and B.Sc.) level. Persons with

masters degree who have qualified NET, SLET, or having M.Phil. or Ph.D. degree may get job as Asst. Professor or Lecturer in Colleges.

Technical Institutes: Most of the government and non-government technical institutes like IIT, NIT etc. recruit Physical Education Professionals as Sports Officers/ Physical Instructors/ Physical Trainers to manage various sporting events.

b.Becoming Researcher/ Sports Scientist

The subject Physical Education is composed of principles derived from physics, chemistry, biology, social science, etc. So, there is a varied scope of research work in various areas like biomechanics, exercise physiology, anthropometry and sports, sports psychology, sports sociology etc. Hence, a physical education professional can become a researcher in the areas like sport biomechanics, exercise physiology, sports psychology, sport sociology etc. The professionals from other disciplines can also contribute in form of scientist, physiotherapist, psychologist, nutritionist or administrator specialized in the area of sports.

2.Career in Sports : From being a voluntary pastime, sports in India has become a rewarding and satisfying career. With the conduct of major international sporting events in India like 1982 Asian Games and 2010 Commonwealth Games, the sporting facilities and infrastructure have been developed. Private sports regulatory bodies like the Board of Control for Cricket in India (BCCI) with the successful organization of the Indian Premier League have also showed the way for other sport federations too to look for corporate sponsored events.

The growth is happening two fold. At one level, government through the National Sports Policy is investing heavily in sports and also by organizing top events. The facilities are getting better every day. Secondly, growth has also accelerated because of the private sector realizing sport as an important part of not only their corporate social responsibility (CSR) but

also a valid investment for their own promotion.

The career prospects in the field of sports can be summarized as :

a.Becoming a Sportsperson :Despite being a natural phenomenon, it requires lifetime dedication to become successful in the field of sports. Strong work ethics and perseverance are the key qualities that will take a person far ahead in his or her sporting career.

One can start playing at home, street, park, school playground, training centre and stadium etc. and compete in the organized sports at club, zonal, inter-zonal, regional, district, state, national and international level. The Sports Authority of India (SAI) provides facilities and coaching for nurturing sporting talent in its training centres at various levels. In most cases, the government bears the cost of training and in bringing in top level coaches. For example, the SAI centre in Patiala has four core disciplines like boxing and often coaches from Cuba and other countries are hired to provide best training. Most of the SAI programmes offer scholarships and financial assistance for students. State governments also provide facilities for training, scholarships as well as financial assistance to sportspersons of all ages in different sports as per the specified criteria.

Playing right at the top, at the international level is immensely rewarding. One is usually paid well to lead a good life. Besides, there are sponsorships and jobs, both government and private reserved for sportsperson of high caliber. The pride, joy and self-fulfillment that come with bringing top honours for oneself and the country at large is irreplaceable. Also a lot of government jobs are assured for sportspersons at the national level.

b.Becoming Specialized NIS Coach :Coaching is wide area of engagement of the experts in the field of Physical Education and Sports. Coaches are of great demand in Government, Semi-Government and Private Institutions like, SAI,

Sports Schools, Various State Sponsored Associations and Organizations, Clubs, Gymnasiums, Fitness Centers etc. Now-a-days most of the general academic schools also employ coaches for imparting training in specific games or sporting events. The job of a coach entails selecting potential players and teaching them the rules of the game, demonstrate various techniques, ways to plan a game and devise strategy. They also observe players and offer them guidance and constructive criticism. They accompany players for competitions and motivate them so as to bring out the best in them.

c.Sports Journalism / Sports Commentating :Those endowed with communication skills can easily become popular like a Harsha Bhogle or Ravi Shastri. With rapid growth in television, newspapers/ magazines and other media, sports journalism has surely surfaced as a highly paid profession. Now there are numerous television channels like Star Sports, ESPN, Ten Sports, Zee Sports and DD Sports, which dedicated to sports programmes only.

d.Sports Photographer : Besides having an aesthetic sense, an sports photographer should have thorough knowledge about the sports. Sports photographers are always in demand, mainly when major sports events are held.

e.Consultants (Sports Medicine) : The current awareness about health and fitness has created a need for experts who can advise individuals about their health needs and suggest a personalised fitness programme taking into account lifestyle, time constraints and other relevant factors. Such professionals may be employed in an advisory capacity by leading health clubs. Hospitals and rehabilitation centres also utilise the services of such specialists to provide sound advice on the best course of action for patients who need structured physical activity. Such specialists

also attend to the maladies of the sportspersons during action e.g. sprains, muscle pulls, torn ligaments, fractures etc. Physiotherapists are also required in the field of sports to provide continuous and sustained treatment to the injured individuals.

f.Umpire / Referee : This is a tough job as it requires thorough knowledge of the rules of the game one is refereeing. Their job is to carry out the games and sports in accordance with rules and regulations as set by the concerned governing body various recognized State and national sports organizations employ umpires and referees. They also reward certification of expertise for the game to qualified umpires and referees. The other tasks which an umpire/ referee perform includes scrutinizing sports equipment, the playfields and enforcing fulfillment of schedules and rules.

g.Opportunities with Private Sector : The increasing awareness about physical fitness and the popularity enjoyed by many games has led to the mushrooming of sports clubs all over the country. From simple ones that offer coaching to ones that are fully equipped to cater to the elites and upper classes. Such clubs are privately owned and the owners prefer persons with exposure in relevant sporting fields to operate sports and leisure clubs. Such jobs carry many administrative responsibilities alongside. Persons working in such places need to have excellent interpersonal skills, as they will need to interact with many people who come to use the facilities offered by the club, with various sportspersons to be appointed as instructors, equipment suppliers and so on.

h.Manufacturing Sports Equipment : Innovation and experience is an excellent combination and works well in many areas including that of sports equipment manufacture. This is a very specialized field and has new products aimed at enhancing the innate abilities of sportspersons and enabling them to do their best. Big sporting events like the Olympics/Asian/Commonwealth games regularly showcase such innovative equipment, of which

many go on to become standard equipment. Sports goods and equipment has an increasing market. So specialists are engaged to help in market research and development.

3.Career in Fitness and Wellness Industry: The technological advancements and automation has forced people to use modern gadgets and implements for utmost comfort and pleasure, leading to the sedentary lifestyle, and thereby causing many fatal diseases and susceptibilities in form of 'Hypokinetic Diseases'. To deal with such hypokinetic diseases like Coronary Heart Disease, Hyper Tension of High Blood Pressure, Diabetes, Arthritis etc., we need to have the appropriate knowledge about the benefits of physical activities to health. Proper type and amount of exercise can reduce the use of medicines. With the boom of wellness industry, masses are getting conscious and aware about their health and fitness; there exists a great scope for making a career in the field of fitness and wellness. The areas include:

a.Fitness Trainer

Gyms, Spas and various Fitness Centres have grown like mushroom in most of the urban, suburban and semi-urban areas in our country and the fact is that most of these Spas. Health and Fitness centers are managed by unskilled personnel. There exists a requirement of the qualified trainers with the sound knowledge of basic forces acting upon the human body including their anatomy, physiology, growth and development, individual differences in terms of lifestyle, rehabilitation and therapeutic modalities like Cryotherapy, Thermotherapy, Electromagnetic Therapy, Massage etc. So, one individual having an interest in the working of human body can become an expert in the field, by doing short term / long term professional courses at various Universities as well as private institutions like YMCA.

b.Aerobics Instructor

Reebok offers courses to become certified Aerobics Instructors. Any person, having interest in sports, fitness and dancing can choose to become an aerobics instructor, highly demanded as personal trainers as well as for group classes.

5.<http://www.publishyourarticles.org>

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c.Yoga Therapist

A traditional concept of India which has its origin in the early Vedic period has now become a global affair. Yogic Sciences have become the most popular and widely accepted therapy to deal with different body ailments. Many experts in this area are engaged in foreign countries attracting mass with the theory and practice. In addition to yogic asanas, pranayams and kriyas, the allied areas like naturopathy, acupressure also provides a scope to provide better healing therapies. There are many institutions in India that provide certificate/ diploma/ degrees in yoga education.

Besides being a fitness trainer/ yoga therapist, one can have their own gym with all the modern facilities for developing fitness in a small area and build up a career in medical and paramedical fields centres, beside becoming a physiotherapist or recognized and qualified first-aider.

CONCLUSION

The fields of Physical Education, Wellness and Sport are among the major career growth areas of the next century. The career options are many and varied, depending upon the capability, qualification and area of interest to work.

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