



IMPORTANCE OF PHYSICAL EDUCATION AT UNIVERSITY LEVEL

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Abstract:

The purpose of the quantitative study to explore the importance of physical education at university Level. Sample of this study consists of university students. Population of this study was students (Male and Female) at university level of different universities of Lahore. There were 70 students from University of the Punjab, Lahore, 70 students from Government Collage University, Lahore and 60 University of education Lahore. The data was collected by survey method. The research instrument is questionnaire. This questionnaire was developed by opinion of experts. A questionnaire consisted 20 statements on 5 point Likert scale was used to collect data. Primary source used for data collection. After developing questionnaire researcher administered questionnaire to check validity. The collected data was analyzed by using the both descriptive and inferential statistics. The SPSS (version 22) was used in which independent sample T-Test was used to analyze the data. The results of this study showed that the majority of the students strongly agreed that physical education is very important. To sum up whole discussion it concluded that increasing physical education improves student's health and academic performance.

Keywords: *physical, education, importance, university, level*

Introduction

A famous phrase used by general public is: “a healthy person has a healthy mind” (Bailey, 2016).

In United States the most significant medical problem is stoutness, in growing age, and in kids also. That is significant that individuals now a-days have a battle at a sound way of life don't be overweight or corpulent (Pyle et al., 2006).

Physical education gives a lot of benefits today to our students and people. (Bailey, 2016).

In our school system, a physical education program can do a lot in our society in many ways, if properly applied are used. There are wide areas in which physical education works in right ways that affect good on students and society. The general physical fitness. E.g. physical education takes part for students and society to develop skill-related components. Such as balance, speed, reaction time, agility, basic movement patterns and coordination.

The American Heart Association (AHA, 2010), if kids and grown-ups want to extend their lives expectations, a healthier diet, and be physically active. Do these two items will help kids and grown-ups to fight against these illnesses and some health issues? So, the query is: why is the importance of the physical environment so little emphasized university level education.

Background of the Study

Physical education gained great importance in the 19th and 20th centuries. In the history of physical education, we look many changes undergoes, including in line that change health and sports trends. Firstly Physical education was initiated by the Romans, the Spartans, and the Athenians. Exercise and physical education introduced as an essential skill as a civilizations. (Siedentop and Van, 2004)

In excess of the centuries, many well-known figures for instance John Simon and Guts Muths have contributed to this field. The world's first expert physical education teacher was Joan Simon to develop a range of gymnastics equipment and tricks in this field. During 1900s, the sports organization was established to normalize physical education principles. This was the first official nationwide footstep to promote physical education. We can now see physical education rooted in each and every one school systems as a way of maintaining in good physical shape work out regimes between students. (Kirk, 2004).

A concise narration of physical education in the U.S. was beginning in 19th century. The reputation of recognized physical education programs was growing, with gymnastics and gymnastics being the most popular all over Europe. The schools of America tried to pursue the European model by incorporate physical education into the prime and derived school curricula. A short narration of physical education will not be completed by taking into account higher education institutions that have developed highly successful sports programs (Grout & Long, 2009).

Statement of the problem:

In this research, the researcher integrates the "significance of physical education at the university level". The effects of physical education on students are abilities that improve students' bodily and psychological health on a larger scale. The effect of physical education encourages sport and attracts other students to physical activity while having an impact on students' daily routines. The effects of physical activity encourage and promote better results.

Literature Review

Definition of physical education:

The utilization of nonexclusive actual coagulated subsidiaries. Music, sports salons and arithmetic are exceptionally well known among the neighborhood colleges. Zoğu zaman Universities de gereklidir (Sparling, 2003). To comprehend what actual training, we should comprehend actual wellness which it means to advance. Actual wellness is included the accompanying:

Cardiovascular wellness:

It is essential to remember that there is a need to improve the personal satisfaction in this world. You will track down an incredible method to improve your wellness, wellness, wellness, wellness and wellness with the assistance of oxygen consuming exercises (Jackson et al., 2004).

Strength:

This is the sum actual force that a muscle or gathering of muscles can use against a weight or obstruction. This is tended to by such exercises as weightlifting and body weight preparing (Benjamin et al., 2003).

Perseverance:

This is the capacity of a muscle or gathering of muscles to rehash developments or stand firm on foothold throughout some stretch of time. Significant distance running is an action that improves perseverance (Koblbauer et al, 2014).

Adaptability:

This alludes to the body's scope of movement. Pilates, yoga and aerobic help advance this wellness segment (Rogers and Gibson, 2009).

Body organization:

This alludes to the proportion of the muscle to fat ratio's segment to its slender mass. Activities that location cardiovascular wellness, strength, perseverance, and adaptability additionally improve the connection among fat and your muscle building (Greenberg et al., 2004).

Principle points of actual schooling:

The principle objective is to comprehend and comprehend the worth of actual schooling and its connection to a sound, dynamic way of life. Work to ideal actual wellness levels. Know about development as an innovative instrument related with correspondence, articulation and tasteful appreciation. Foster the engine abilities important to effectively take part in an assortment of proactive tasks. Experience joy and fulfillment through friendly abilities, actual work, showing the significance of collaboration and participation in bunch exercises (Walther-Thomas, 1997).

Exhibit an undeniable degree of interest and individual responsibility that shows drive, energy and responsibility. Show information and comprehension in an assortment of proactive tasks and assess their own and others' exhibition. Show the

capacity to basically consider active work in both neighborhood and intercultural setting. Show the capacity and eagerness to move the learned information, abilities and strategies to others locally (Phillips, 2003).

Principle targets of actual training:

The principle targets of any MYP (mid-year programs) point and individual task show explicit objectives for learning on the theme. They depict what the understudy can improve because of considering the subject. MYP actual instruction goals are isolated into five subgroups that are identified with the last assessment rules (Dalvi, 2014).

Information and comprehension:

Show a comprehension of the standards and ideas of different proactive tasks. Comprehend the significance of actual work to recall a sound way of life and comprehend the different parts that add to wellbeing related health. Toward the finish of the course, understudies ought to have the option to shape and pass on thoughts of importance through development (Lehman, 1988).

Execution and application:

Show required engine abilities important to play out an assortment of proactive tasks. Apply strategies, techniques and rules in both individual and gatherings circumstances. Use development ideas roughly corresponding to themselves, others and their actual climate. Apply wellbeing and wellness standards viably through an assortment of proactive tasks In (Haywood and Getchell, 2019).

Social abilities:

Toward the finish of the course understudies ought to have the option to work agreeably. Regard themselves and their social and actual climate. Support and empower others (towards a positive work space). Foster mentalities and systems that improve their relationship with others. Show affectability to their own and diverse cultures. (Barrett et al., 2014).

Individual commitment:

Demonstrate energy, innovativeness and an eagerness to develop themselves. Assume liability for their own learning interaction and exhibit commitment with the movement, showing excitement and responsibility. Show self-inspiration, association and capable conduct. Perceive investigations and assess the impacts of an assortment of proactive tasks on themselves and others. Reflect upon and evaluate their own performance in order to set goals for future development (Campbell and Lee, 1988).

Benefits of physical education:

We realize that active work can profit members from multiple points of view. These advantages are not nonetheless, regular side-effects of arbitrary investment. Actual instruction programs should be planned explicitly to arrive at chosen targets (Kelly, 2019). A portion of the gainful results which can be accomplished through cooperation in the fitting sorts and measures of actual work are:

Diminished danger of coronary illness:

Actual schooling can check significant danger components of coronary illness: heftiness, idleness and hypertension (Renninger et al., 2018).

Improved actual wellness:

A decent program improves youngsters' solid strength, adaptability, strong perseverance, body synthesis (fat-to-muscle proportion) and cardiovascular perseverance (Akter, 2017).

More grounded bones:

Customary active work builds bone thickness to make a strong skeleton (Hughes et al., 2016).

Weight guideline:

A decent program can assist youngsters with directing their weight by consuming calories, conditioning their bodies and improving their general body structure (Baechle and Earle, 2019).

Wellbeing advancement:

Fitting active work forestalls the beginning of certain sicknesses and delays the incapacitating impacts of the maturing cycle (Schutzer and Graves, 2004).

Improved judgment:

Quality actual training can impact moral turn of events. Understudies have the chance to expect authority, help out others and acknowledge obligation regarding their own conduct (Shimon, 2019)

Self-control:

A decent program instructs kids to observe leads and set up strategies to be answerable for the own wellbeing related wellness (Pangrazi and Beagle, 2019).

Ability advancement:

Actual schooling creates abilities which permit charming and compensating interest in proactive tasks. New abilities become simpler to acquire (Luong, 2019).

Experience defining objectives:

Actual training gives kids the time and supportive gestures they need to set and take a stab at individual, attainable objectives (Cleland-Donnelly et al., 2016).

Developed fearlessness and confidence:

Actual instruction ingrains a solid ability to be self-aware worth in youngsters. They can turn out to be more sure, emphatic, genuinely steady, autonomous and self-controlled (Johnson, 2016).

Pressure decrease:

Actual instruction is a source for delivering pressure and nervousness (Tamayo et al., 2019).

Fortified friend connections:

Actual training can be a significant power in assisting youngsters with mingling others all the more effectively. Having the option to take an interest in games and sports is a significant piece of fitting in, particularly for those in late youth and early youthfulness (Bailey, 2017).

Diminished danger of gloom:

Actual schooling is powerful in the advancement of emotional well-being (Ciotto and Gagnon, 2018).

More dynamic ways of life:

Actual instruction advances a more uplifting outlook towards active work (Invernizziet al., 2019).

Actual instruction and active work in sports:

School actual instruction programs offer understudies the chance to not exclusively be genuinely dynamic today however the chance to show abilities and practices conducive to keeping up active work for a lifetime. (Beets et al., 2016).

Understudy wellbeing:

Actual training is vital to understudy's wellbeing and by and large prosperity. The communities for infectious prevention and counteraction expressed that in the course of recent years weight in youngsters (ages 2-5) and immaturity (ages 12-19) has multiplied in light of absence of action and diet. Quality actual schooling projects will profit the way of life of youngsters and by and large as of now has (Gaetano, 2016). Great actual training programs give designs to understudies to improve understudy's wellness positive decisions and laying out objectives. (Cheonet al., 2019).

Objectives of the study:

1. Addressing the above knowledge gaps and research problems and developments.
2. Integrating the importance of physical education at university level.

1.1. Research questions of the study:

- 1 What motivate physical education students to get better their health?
- 2 what is the importance of physical education at university level?

Methodology and Procedure

The present chapter describes the research design and methodology comprising of population, sampling, data collection procedure, and research tool and data analysis.

Research methodology:

Research methodology is as skill of studying how investigate is to be conducted. Methodology takes up nature of study, population, sampling, data collection procedure and tool and analysis techniques. The current research has included the following points which consider as research design.

Nature of the study:

This research was quantitative in nature. Quantitative research deals with numeric data and statistical techniques for analyzing data. Basically, it is used to collect numeric data to demonstrate a particular phenomenon. Results of this research are shown in numeric form basically a number or a set of numbers.

Research population:

Research people as all the basics that assemble the criterion for insertion in a study. The criterion for addition in this study was:

- Students of university level of Lahore.

Population of this study was students (Males and Females) at universities level of different universities of Lahore.

University Percentage	Frequency	Percentage
University of the Punjab, Lahore	70	35.0
Govt. collage university, Lahore	70	35.0
University of education 30.0		60

Sample of the study:

A painstakingly chosen test can give information illustrative of the populace from which it is taken. Scientist has picked an example of 200 understudies (Male and Female) of 3 distinct colleges of Lahore at college level through irregular testing procedure which is the sort of non-likelihood inspecting strategy for information assortment. Examining is an interaction through which specialist picks their example with similar qualities which is delegate to all populace.

Exploration instruments (tools):

An examination instrument is characterized as a device created to quantify demeanor, information and abilities. The decision of an instrument dependent on nature of the issue to be addressed. In this exploration information was gathered by review strategy and examination instrument is poll. This survey was created by assessment of specialists. Survey was containing on 20 inquiry which were created on 5-point Likert scale (Unequivocally concur, Concur, Unbiased, Deviate, emphatically conflict).

Procedure of data collection:

After developing questionnaire, research administrated and distributed 200 questionnaires in students of 3 different universities of Lahore which were agree to share their views. The questionnaire was filled by them maximum in 30 minutes. After collecting, data were arranged in data matrix on SPSS (version 20).

Plan of data investigation:

Collected data was analyzed by using software of **SPSS** (Statistical Package for Social Sciences). 20 statements were analyzed on SA-strongly agree, A-agree, N-neutral, D-disagree, SD-strongly disagree. Item analysis (chi-square test) is used to see the response against each item. Frequencies, percentage and the difference are fined by **T-Test** between male and female opinion.

Reliability and validity:

A degree of consistency that the tool or procedure demonstrates is known as reliability. A quality of a data-gathering instrument or procedure that assists it to measure what it is assumed to measure is called validity.

DATA ANALYSIS AND INTERPRETATION

RESULTS

Table 1

Distribution of participants according to demographic variables

Variables	Frequencies	%
Gender		
Male	90	45.0
Female	110	55.0
Age		
18-20	127	63.5
21-23	67	33.5
24-26	06	3.0

	Institute name	
University of the Punjab	70	35.0
Govt collage university, Lahore	70	35.0
University of education	60	30.0

Table 4.1 shows frequency of the demographics of respondents. Total numbers of respondents were 200 including both male and female. There were 90 males and 110 females' respondents in this research. According to age 127 (63.5%) respondents were from 18 to 20, 67 (33.5%) were from 21 to 23 and 06(3.0%) were from 24 to 26. According to qualification all respondents were taken from university.

Table no 2

Q: NO.1	Observed number		X²	P
Physical learning is necessary to the progress of motor skills and strength skills. S	SA	153	303.720 ^a	.000
	A	42		
	N	03		
	DA	0		
	SD	02		
	Total	200		

Abbreviation: SA (Strongly agree), A (Agree), N (Neutral), A (Agree), DA (Disagree), SD (Strongly disagree)

Table 4.2 shows the response of students on statement "Physical learning is necessary to the progress of motor skills and strength skills." 153% students were Strongly agree (SA), 42% Agree (A), 03% Neutral (N), 02% Disagree (DA) and 0% students Strongly disagree (SD). Two hundred (n=200) students responded on the above statement following the Likert scale which truly reflected their mind.

Table no 3

Q: NO.2	Observed number		X²	P
Substantial Education provides an optimistic pressure on a student's character.	SA	104	270.600 ^b	.000
	A	73		
	N	18		
	DA	04		
	SD	01		
	Total	200		

Abbreviation: SA (Strongly agree), A (Agree), N (Neutral), A (Agree), DA (Disagree), SD (Strongly disagree)

Table 4.3 shows the result statement “Substantial Education provides an optimistic pressure on a student’s character.” 104% students were Strongly Agree (SA), 73% Agree (A), 18% Neutral (N), 04% Disagree (DA) and 01% students Strongly disagree (SD). Two hundred (n=200) students’ opinion on the above statement following the Likert scale which truly reflected their mind.

Table no 4

Q: NO.3	Observed number		X²	P
In physical education the team building process enhances the communication skills.	SA	87	212.150 ^b	.000
	A	106		
	N	03		
	DA	03		
	SD	01		
	Total	200		

Abbreviation: SA (Strongly agree), A (Agree), N (Neutral), A (Agree), DA (Disagree), SD (Strongly disagree)

Table 4.4 shows the result statement “In physical education the team building process enhances the communication skills.”87 % students were strongly agree (SA), 106% agree (A), 03% Neutral (N), 03% Disagree (DA) and 01% students strongly disagree (SD). Two hundred (n=200) students’ opinion on the above statement following the Likert scale which truly reflected their mind.

Findings Conclusions & Recommendations

Findings

Majority of the respondents unequivocally concurred that actual schooling is fundamental for the advancement of engine abilities and wellness abilities with chi square worth 303.720

- Majority of the respondents emphatically concurred Actual Training gives a positive effect on an understudy's character with chi square worth 270.600
- Majority of the respondents concurred that in actual schooling the group building measure improves the relational abilities with chi square value212.150
- Majority of the respondents concurred that Actual Training shows youthful understudies cooperation, critical thinking, and joint effort with chi square worth 142.920
- Majority of the respondents unequivocally concurred that Actual Schooling assists with getting legitimate information session work out, which assist you with remaining solid with chi square worth 198.550

- Majority of the respondents concurred that Actual Schooling assists understudies with educating on sound eating rehearses and the fundamental rules for nourishment with chi square worth 217.950
- Majority of the respondents emphatically concurred that Actual Instruction makes an enthusiasm for dynamic diversion and game with chi square worth 176.350
- Majority of the respondents concurred that Actual Training helps understudies in arriving at their actual potential with chi square worth 192.050
- Majority of the respondents unequivocally concurred that Actual Training fosters a wide scope of abilities and the capacity to utilize strategies, procedures and compositional plans to perform effectively with chi square worth 180.850
- Majority of the respondents concurred that Actual Training lessens the danger of corpulence among understudies with chi square worth 176.400
- Majority of the respondents concurred that Exercises in actual schooling assists understudies with creating stimulating, social collaborations with chi square worth 113.680
- Majority of the respondents concurred that Cooperation in active work can show understudies the advantage of objective setting and practice with chi square worth 105.880
- Majority of the respondents concurred that Actual Training assists understudies with seeing how to defeat on tension and stress with chi square worth 194.650
- Majority of the respondents concurred that Actual Instruction works with to foster the obligations of understudies for their wellbeing and wellness with chi square worth 191.550
- Majority of the respondents unequivocally concurred that Actual Instruction effects on moral turn of events, initiative, collaborate of understudies with chi square worth 272.920
- Majority of the respondents concurred that Actual Instruction assists the understudies to improve their ethical morals with chi square worth 177.550
- Majority of the respondents concurred that Actual Training serves to understudies to foster fortified relationship with their companion bunch with chi square worth 127.320
- Majority of the respondents unequivocally concurred that Actual Training assists with creating self-prepping of an understudy with chi square worth 221.450

Conclusions

At long last, patterns towards the advancement of the game all throughout the planet have changed. In this exploration, we followed a great deal of examination on our inclinations, and afterward I chose to review (the significance of actual schooling at

college level). Where actual training lies in Pakistani games culture, there are for the most part actually questions (??), actual instruction at its pinnacle. Actual schooling deals with a lot a greater number of issues than some other.

Phys Ed., Otherwise called PE, Rec center, or Exercise center class, and known as actual schooling or PT in numerous regular government assistance nations, actual instruction is an instructional class on ensuring the human body through actual activities (for example aerobatic). It is taken during essential and optional training and advances psychomotor learning in a game or movement investigation climate to improve wellbeing.

Actual training is a noticeable issue in the cutting edge world. The Greeks were answerable for following their foundations, causing to notice the requirement for active work. They were enamored with government assistance schooling, which was helpful. It very well may be said that actual training began in antiquated Greece. It has advanced all throughout the planet over the long run and is a significant issue today.

Recommendations

There ought to be appropriate working bodies for the advancement of actual schooling.

- There ought to be qualified staff for the instructing and preparing for actual training.
- Govt. ought to be made important strides for the advancement of actual training.
- Our colleges and organizations ought to make appropriate offices for actual instruction.
- Due to sex segregation, there ought to be discrete females and male's mentors and educators of actual training.
- There ought to be legitimate camps of actual training.
- Players ought to be refreshed with the new guidelines and methods of the game through actual instruction.
- This first ought to be associated as different games, and ought to be online inclusion with the assistance of media.
- there ought to be legitimate, open positions for the actual educationist.
- University ought to regularly sort out gatherings with respect to actual instruction advancement.

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