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## A study of implementation of physical education and sports classes in junior college of Gadchiroli

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### Abstract

According to National Plan of Physical Education and Recreation, "The aim of Physical Education must be to make every child physically, mentally and emotionally fit and to develop in him to live happily with others and build him as a good citizen. Physical Activities and sports provides opportunities for enjoyment, challenge, self-expression and social interaction So research scholar was under taken with a view to see the implementation of Physical education and sports classes in Junior College of Gadchiroli City. On the basis of the results it was concluded that implementation of Physical Education and Sports classes in Junior College of Gadchiroli city were satisfactorily on the opinion of the students. Because of their sports facilities, sports equipment's, Physical education period, organization of sort's competition, financial sport and regular period were properly maintain.

**Keywords:** Implementation, classes, facilities, organization

### Introduction

The program is the heart of any educational enterprise. The changes wrought in individuals as a result of their learning experiences in Physical education classes and related subjects are the measure of the quality of that programme. A programme consists of the sequentially arranged courses, classes and experiences for which individuals are scheduled to achieve a certain goal. Good programs of physical education in the schools make especially worthwhile contributions to the education of children, vigorous, large muscle activity is an essential element in physical education at the elementary level children at this level love to run, chase, climb, explore, to create, and dance. Above all they crave fun and the opportunity for spontaneous play. Physical Education gives children the opportunity to be active every single day. It gives children early exposure to team sports and promotes good physical fitness. Children who participate in physical education get a workout and they also learn the importance of exercise as a lifelong habit.

### Methodology of the study

For the present study the research scholar selected 100 subjects randomly from Ten (10) Junior College of Gadchiroli City, consisting of 50 boys and 50 girls. Five (5) boys and five (5) girls were selected randomly from each College. The age of the students ranging 16-18 year.

The data was collected through the administered of questionnaire and interview method from the students of Junior College of Gadchiroli. The researcher was verified each and every questionnaire filled in by the subjects.

### Statistical analysis and interpretation of data

After verification of questionnaires the researcher employed percentage and Chi-square statistical techniques for the analysis of data.

**Table 1:** Showing the percentage and Chi-square among the opinion of boys and girls about interested in game and sports

Statement	Subject	Yes %	No %	N	Value X <sup>2</sup>
Are you interested in games and Sports	Boys	35 (70.0%)	15(30.0%)	50	0.38
	Girls	32 (64.0%)	18 (36.0%)	50	

Table value of X<sup>2</sup> for 1df, at 0.05 level=3.84

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The above table revealed that the percentage of opinion about interested in game and sports with respect to Yes and No category of boys are 70% and 30% respectively. Where as in case of girls are 64% and 36% respectively. As the

computed X2 value of 0.38 was less than the tabulated value of X2.05 (1) = 3.84. It was indicated that opinion are same among the boys and girls and students are more interested in games and sports.

**Table 2:** Showing the percentage and Chi-square among the opinion of boys and girls about Play in game and sports

Statement	Subject	Yes %	No %	N	Value X2
Are you play games and Sports	Boys	33 (66.0%)	17 (34.0%)	50	0.38
	Girls	30 (60.0%)	20 (40.0%)	50	

Table value of X2 for 1df, at 0.05 level=3.84

The above table revealed that the percentage of opinion about interested in game and sports with respect to Yes and No category of boys are 66% and 34% respectively. Where as in case of girls are 60% and 40% respectively. As the

computed X2 value of 0.38 was less than the tabulated value of X2.05 (1) = 3.84. It was indicated that opinion are same among the boys and girls and also indicated that maximum students play games and sports.

**Table 3:** Showing the percentage and Chi-square among the opinion of boys and girls about Participated in game and sports

Statement	Subject	Yes %	No %	N	Value X2
Have you participated in any sports competitions	Boys	32 (64.0%)	18 (36.0%)	50	0.36
	Girls	29 (58.0%)	21 (42.0%)	50	

Table value of X2 for 1df, at 0.05 level=3.84

The above table revealed that the percentage of opinion about interested in game and sports with respect to Yes and No category of boys are 64% and 36% respectively. Where as in case of girls are 58% and 42% respectively. As the

computed X2 value of 0.36 was less than the tabulated value of X2.05 (1) = 3.84. It was indicated that opinion are same among the boys and girls and maximum students participated in games and sports.

**Table 4:** Showing the percentage and Chi-square among the opinion of boys and girls about regular game practice

Statement	Subject	Yes %	No %	N	Value X2
Do you practice game regularly	Boys	36 (72.0%)	14 (28.0%)	50	0.16
	Girls	34 (68.0%)	16 (32.0%)	50	

Table value of X2 for 1df, at 0.05 level=3.84

The above table revealed that the percentage of opinion about interested in game and sports with respect to Yes and No category of boys are 72% and 28% respectively. Where as in case of girls are 68% and 32% respectively. As the

computed X2 value of 0.16 was less than the tabulated value of X2.05 (1) =3.84. It was indicated that opinion are same among the boys and girls and maximum students practice game regularly.

**Table 5:** Showing the percentage and Chi-square among the opinion of boys and girls about Phy. Edu. Programme Implemented in junior College.

Statement	Subject	Yes %	No %	N	Value X2
Phy.Edu. Programme Implemented in School	Boys	41 (82.0%)	9 (18.0%)	50	0.27
	Girls	40 (80.0%)	10 (20.0%)	50	

Table value of X2 for 1df, at 0.05 level=3.84

The above table revealed that the percentage of opinion about interested in game and sports with respect to Yes and No category of boys are 82% and 18% respectively. Where as in case of girls are 80% and 20% respectively. As the computed X2 value of 0.27 was less than the tabulated value

of X2.05 (1) =3.84. It was indicated that opinion are same among the boys and girls and it is also indicated that effectively implemented physical education programmes in junior college.

**Table 6:** Showing the percentage and Chi-square among the opinion of boys and girls about school take part in inter junior college competition

Statement	Subject	Yes %	No %	N	Value X2
School take part in inter-school competition	Boys	38 (76.0%)	12 (24.0%)	50	0.2
	Girls	36 (72.0%)	14 (28.0%)	50	

Table value of X2 for 1df, at 0.05 level=3.84

The above table revealed that the percentage of opinion about interested in game and sports with respect to Yes and No category of boys are 76% and 24% respectively. Where as in case of girls are 72% and 28% respectively. As the

computed X2 value of 0.20 was less than the tabulated value of X2.05 (1) =3.84. It was indicated that opinion are same among the boys and girls and School take part in inter junior college competition.

**Table 7:** Showing the percentage and Chi-square among the opinion of boys and girls about college provide uniform for games and sports participation

Statement	Subject	Yes %	No %	N	Value X2
School provide uniform for games and sports Participation	Boys	37 (74.0%)	13 (26.0%)	50	0.43
	Girls	4 (68.0%)	16 (32.0%)	50	

Table value of X2 for 1df, at 0.05 level=3.84

The above table revealed that the percentage of opinion about interested in game and sports with respect to Yes and No category of boys are 74% and 26% respectively. Where as in case of girls are 68% and 32% respectively. As the

computed X2 value of 0.43 was less than the tabulated value of X2.05 (1) =3.84. It was indicated that opinion are same among the boys and girls and college provide uniform for games and sports participation.

**Table 8:** Showing the percentage and Chi-square among the opinion of boys and girls about college provide Physical Education Teacher

Statement	Subject	Yes %	No %	N	Value X2
School provides Phy. Edu. Teacher	Boys	40 (80.0%)	10 (20.0%)	50	0.23
	Girls	38 (76.0%)	12 (24.0%)	50	

Table value of X2 for 1df, at 0.05 level=3.84

The above table revealed that the percentage of opinion about interested in game and sports with respect to Yes and No category of boys are 80% and 20% respectively. Where as in case of girls are 76% and 24% respectively. As the

computed X2 value of 0.23 was less than the tabulated value of X2.05 (1) = 3.84. It was indicated that opinion are same among the boys and girls and it is also indicated that maximum college provide physical education teacher.

**Table 9:** Showing the percentage and Chi-square among the opinion of boys and girls about college provide Equipment for games and sports classes

Statement	Subject	Yes %	No %	N	Value X2
School provides equipment for sports programme	Boys	36 (72.0%)	14 (28.0%)	50	0.16
	Girls	34 (68.0%)	16 (32.0%)	50	

Table value of X2 for 1df, at 0.05 level=3.84

The above table revealed that the percentage of opinion about interested in game and sports with respect to Yes and No category of boys are 72% and 28% respectively. Where as in case of girls are 68% and 32% respectively. As the

computed X2 value of 0.16 was less than the tabulated value of X2.05 (1) = 3.84. It was indicated that opinion are same among the boys and girls in junior college provide sports equipment's and materials for participation.

**Table 10:** Showing the percentage and Chi-square among the opinion of boys and girls about School Infrastructure

Statement	Subject	Yes %	No %	N	Value X2
College have good infrastructure	Boys	37 (74.0%)	13 (26.0%)	50	0.19
	Girls	35 (70.0%)	15 (30.0%)	50	

Table value of X2 for 1df, at 0.05 level=3.84

The above table revealed that the percentage of opinion about interested in game and sports with respect to Yes and No category of boys are 74% and 26% respectively. Where as in case of girls are 70% and 30% respectively. As the

computed X2 value of 0.19 was less than the tabulated value of X2.05 (1) =3.84. It was indicated that opinion are same among the boys and girls and provide good infrastructure.

**Table 11:** Showing the percentage and Chi-square among the opinion of boys and girls about give opportunity to take part in Phy. Edu. Programme

Statement	Subject	Yes %	No %	N	Value X2
Give opportunity to take part in Phy. Edu. programme	Boys	42 (84.0%)	8 (16.0%)	50	0.27
	Girls	40 (80.0%)	10 (20.0%)	50	

Table value of X2 for 1df, at 0.05 level=3.84

The above table revealed that the percentage of opinion about interested in game and sports with respect to Yes and No category of boys are 84% and 16% respectively. Where as in case of girls are 80% and 20% respectively. As the

computed X2 value of 0.27 was less than the tabulated value of X2.05 (1) =3.84. It was indicated that opinion are same among the boys and girls and school provide opportunity to take part in physical. Education programme.

**Table 12:** Showing the percentage and Chi-square among the opinion of boys and girls about financial support for sports participation

Statement	Subject	Yes %	No %	N	Value X2
Get financial support during sports participation	Boys	35 (70.0%)	15 (30.0%)	50	0.18
	Girls	33 (66.0%)	17 (34.0%)	50	

Table value of X2 for 1df, at 0.05 level=3.84

The above table revealed that the percentage of opinion about interested in game and sports with respect to Yes and No category of boys are 70% and 30% respectively. Where as in case of girls are 66% and 34% respectively. As the

computed X2 value of 0.18 was less than the tabulated value of X2.05 (1) =3.84. It was indicated that opinion are same among the boys and girls and it was also indicated that school provide financial support for sports participation.

**Table 13:** Showing the percentage and Chi-square among the opinion of boys and girls about organized intramural sports programme

Statement	Subject	Yes %	No %	N	Value X2
College-organized intramural sports programme	Boys	42 (84.0%)	8 (16.0%)	50	0.57
	Girls	39 (78.0%)	11 (22.0%)	50	

Table value of X2 for 1df, at 0.05 level=3.84

The above table revealed that the percentage of opinion about interested in game and sports with respect to Yes and No category of boys are 84% and 16% respectively. Where as in case of girls are 78% and 22% respectively. As the

computed X2 value of 0.57 was less than the tabulated value of X2.05 (1) =3.84. It was indicated that opinion are same among the boys and girls and college-organized intramural sports programme.

**Table 14:** Showing the percentage and Chi-square among the opinion of boys and girls about College conducted sufficient sports programme

Statement	Subject	Yes %	No %	N	Value X2
College conducted sufficient sports programme	Boys	37 (74.0%)	13 (26.0%)	50	0.43
	Girls	34 (68.0%)	16 (32.0%)	50	

Table value of X2 for 1df, at 0.05 level=3.84

The above table revealed that the percentage of opinion about interested in game and sports with respect to Yes and No category of boys are 74% and 26% respectively. Where as in case of girls are 68% and 32% respectively. As the

computed X2 value of 0.43 was less than the tabulated value of X2.05 (1) =3.84. It was indicated that opinion are same among the boys and girls and college conducted sufficient sports programme.

**Table 15:** Showing the percentage and Chi-square among the opinion of boys and girls about College organized annual sports meet

Statement	Subject	Yes %	No %	N	Value X2
College organized annual sports meet	Boys	38 (76.0%)	12 (24.0%)	50	0.79
	Girls	34 (68.0%)	16 (32.0%)	50	

Table value of X2 for 1df, at 0.05 level=3.84

The above table revealed that the percentage of opinion about interested in game and sports with respect to Yes and No category of boys are 76% and 24% respectively. Where as in case of girls are 68% and 32% respectively. As the

computed X2 value of 0.79 was less than the tabulated value of X2.05 (1) = 3.84. It was indicated that opinion are same among the boys and girls and college organized annual sports meet.

**Table 16:** Showing the percentage and Chi-square among the opinion of boys and girls about F Game and Sports included in College Time Table.

Statement	Subject	Yes %	No %	N	Value X2
Games and sports included in school timetable	Boys	36 (72.0%)	14 (28.0%)	50	0.42
	Girls	33 (66.0%)	17 (34.0%)	50	

Table value of X2 for 1df, at 0.05 level=3.84

The above table revealed that the percentage of opinion about interested in game and sports with respect to Yes and No category of boys are 72% and 28% respectively. Where as in case of girls are 66% and 34% respectively. As the computed X2 value of 0.42 was less than the tabulated value of X2.05 (1) = 3.84. It was indicated that opinion are same among the boys and girls and it was concluded that games and sports period included in college time table.

5. It has been found that effectively implemented Physical Education and sports programme in college.
6. It was concluded that college take part in inter school competition,
7. It was concluded that colleges provide uniform for games and sports participation.
8. It was concluded that maximum colleges provided physical education teacher for teach games and sports.
9. Maximum college provide sports equipment and materials for sports participations.
10. It was found that school provides good sports infrastructure.
11. It was concluded that college provides opportunity to the students for participation in games and sports.
12. School provides financial support during sports participation
13. It was concluded college organized intramural sports

**Conclusions**

On the basis of the results and findings, following conclusions were drawn:

1. In present study it has been found that students are more interested in games and sports.
2. Maximum students play games and sports.
3. Maximum students participated in games and sports.
4. Maximum students practice game regularly.

programme and annual sports meet.

14. It was concluded that games and sports period included in college time table.

#### **Conflict of interest**

The authors declare that they have no known competing financial interests or personal relationships that could have appeared to influence the work reported in this paper.

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