INTRODUCTION

Education means preparation for life. It should help every individual to become all he is capable of becoming. Education must be concerned with developing optimum organic health, vitality, emotional stability, social consciousness, knowledge, wholesome attitude and spiritual and moral qualities.

Man is a social animal and the primary distinction from other animal is his ability to learn. He has been endowed with intelligence which enables him to modify his animal tendencies in accordance with the demands of the environment and the society. It is, however, the education which enhances his intelligence and capabilities so as to ensure proper progress in life. Education is a process which enables a man to acquire knowledge through conductive attitude, which is essential for being a human being.

“Education is a process in which and by which knowledge, character and behaviour of the young are shaped and moulded”.

It is a constructive process leading to enlightenment and development of all the aspects of an individual’s personality i.e. physical, mental, emotional, social intellectual and spiritual. To sum up, education leads to his integrated, balanced and all-round development, making him civilized, mature and responsible member of the society possessing dynamic personality.

For a primitive man, food, shelter and clothing were his primary needs. These needs, however, increased with the progress of the society and among others education, health, recreation etc. came to be added in this growing list. These human needs can be classified into biological, sociological and psychological
aspects of life. Man has made a great progress in fulfillment of all these needs and
education has played a great role in the ever continuing process of evolution of
man from being primitive to the present, cultured and civilized human being.

“Education is the process of living through a common reconstruction of
experiences. It is the development of all those capacities in the individual which
will enable him to control his environment and fulfill his possibilities”.

Barrow and McGee have defined education as “a change, a modification
or an adjustment on the part of an individual as a result to experience”.

In broader sense education is a life long process, life itself being a
school, and includes all the areas that influence our life. For example, home, social
institutions, media, playgrounds and environment etc. which influence and mould
the character and personality of a person. In this broader / wider meaning
education is not limited to educational institutions alone or to specific period of
life, rather this process is indirect and incidental. The process of education starts
from the birth and continues till the end of life.

“Education in its wider sense includes all the influences which fall upon
an individual during his passage from cradle to the grave”.

-Dumvile

During this whole span of life a person learns from his parents, elders,
home environment, friends, associates and other members of the society. Apart
from these, a man learns many things by indulging in various types of activities
and even by observing others.

**Physical Education:**

It has been fully recognized by sports scientists. Anthropometric
measurement plays a great role in most of the sports. It provides more scientific
and objective basic for the physical education programme. In the same way it helps in physical education fields to evaluate the players’ performances as well as nature are enjoyable, challenging all observing and required a certain amount of skill and physical education. In the last few decades physical education and sports gained tremendous popularity all over the globe. The popularity is still increasing by leaps and bounds and this happy trend is likely to continue in future.

Physical education and sports have the qualities for the overall improvement, refinement and betterment of human being through the cultivation of body and mind. Sports, games and physical activities help the body and mind a like for nourishing physical health, emotional responses, mental aptitude, behavioral characteristics, intellectual, emotional and social prospects.

Sports means “carry away from work”. Sports are a natural way to develop the personality of human being or a sports person. To know the nature and characteristics of the personality the knowledge of psychology is necessary. Sports as a psychological phenomenon mean applying psychological theories and concepts to aspects of sport such as coaching and teaching. The sport psychologist uses psychological assessment techniques and intervention strategies in an effort to help individual to achieve their optimal performance. While sport psychology is concerned with analyzing human behaviour in various types of sports settings are focuses on the mental aspect of performance.

Sports psychologists have acknowledged that an individual’s thoughts and feelings can have a critical impact on his or her performance. Recognition has increased that mental skill, just as physical skills, and can be thought. It appears now that both mental and physical skills are necessary for optimal performance. Area of study includes such topics as Attention-focus, Self-confidence, Self-
efficacy, Self-motivation, Level of Aspiration, State of Anxiety, Frustration and Sports Intelligence.

Sports is one of the avenues of mankind’s never ceasing strive for excellence. Its uniqueness lies in the intimacy between the physical happenings of our bodies and their repercussions on our minds as well as in the general recognizability of the social and aesthetic values which sport engenders. Sport evokes experiences that are exclusively human and independent of the changing forms, patterns and customs of a civilization, which involves profoundly modifying concepts of our environment.