INTRODUCTION

Today, physical education is a required part of most school curricula, and a number of colleges and universities offer degrees in the field. Physical education classes generally include formal exercises, sports, and contests, although an increasing emphasis has been given to such Asian techniques as yoga, karate, and judo. The American Alliance for Health, Physical Education, Recreation and Dance (founded 1885) is concerned with improving its fields of education and with increasing the public's knowledge and appreciation of physical education. Physical education has existed since the earliest stages of human society, in forms as simple as the transmission of basic survival skills, such as hunting. Later, the ancient Chinese, Indian, and Egyptian civilizations had traditions of physical education and activity, most commonly acted out in sporting competitions, military tactics and training, and martial arts. However, the real history of physical education is in the changing methodologies used to transmit physical skills and, to a lesser extent, the varying intentions of the educator, and thus the Greek influence is often argued to be the most fundamental to how the discipline is viewed today. (Pangrazi, 2002)

The ancient Greek emphasis on anatomy, physical achievement and abilities was for the first time in the ancient world blended with a humanistic and scientific approach to balancing one's life. The first known literary reference to an athletic competition is preserved in the ancient Greek text, the Iliad, by Homer, and the ancient Greek tradition of the Olympic Games, which originated in the early eighth century B.C.E. The Japanese tradition of physical exercise integrated into daily life derived from Bushido (“the way of the warrior”). Physical education trends have developed recently to incorporate a greater variety of activities. Introducing students to activities like bowling, walking/hiking, or Frisbee at an early age can help students develop
good activity habits that will carry over into adulthood. Some teachers have even begun to incorporate stress-reduction techniques such as yoga and deep-breathing. Teaching non-traditional sports to students may also provide the necessary motivation for students to increase their activity, and can help students learn about different cultures.

In the Indian culture, sports have passed with an impressive change from an undergone condition. In the colonial days few people were involved in highly organized sports. During the industrialization of India, sports played more important part in our society. The growth of sports in the educational sector has also undergone change.

This game has changing nature and requires work by the team as a whole or by the individual player in the changing situation. Actually, this is a team game where the players have wide arena to show their talent through individual performances with the stimulus as well as through team play involving impulsion and knowledge.

Many sports are full of enthusiasms which are competitive; for example, soccer is considered as a system of conditioning the will power and controlled anxiety. In practice, it can turn into an unbalanced view. The psycho-physical condition plays an important role and without total involvement one can't play truly. Sports are complex in its nature and activity and it is just a war on human muscles and mind. In the competition, we find an open sector to struggle where the important idea is that the individual or the group has to make efforts in order to surpass other individual or group in anything for which the competition is held.