

## IMPORTANCE OF PHYSICAL EDUCATION IN HIGHER EDUCATION

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Many colleges are now motivating students to maintain a balance between their college work and physical education. Physical education is an essential part of healthy living for people of all age groups, especially those going to colleges. This is because college life is full of stress, pressure, anxiety etc. at every stage.

Thus, many colleges are now encouraging students to take part in physical education activity. Scientifically these activities have been proven to be as important as doing college work.

The Reasons Why Physical Education is as Important as in colleges,

**Enhances an individual's ability to concentrate and maintain focus:**

The Basal Ganglia is a part of the brain which is responsible to maintain an individual's capability to focus. In this current era students have several diversions in the form of technologies (Television, tablets, PCs, Mobile phones), therefore, it is difficult for them to maintain focus. By promoting physical activities, college teachers can help them improve their concentration. College often arrange physical games and exercises which require concentration. Thus, students are promoted to take part in such activities along with their college work, so this will help in maintaining their healthy body and minds.

**Important for healthy growth and development:**

In today's world, many college students eat unhealthy foods. These may include the soft drinks, pizzas and burgers. Consuming these on a regular basis can not lead to a healthy life.

Physical education at colleges helps in preventing obesity and high blood pressure. Physical exercise and activities will help them burn off their extra calories. If these calories are not burned off they will be stored as fat. By doing physical exercises individuals use their extra calories to gain energy.

A physically active student will also have a healthy heart. Any exercise which provides oxygen to the muscles is called as an aerobic exercise. Such exercises are essential for a healthy heart. Research shows that kids who perform aerobic exercises, two to three times a week for at least twenty minutes, have a healthier heart as compared to those who don't take part in physical education. Some of the healthy aerobic exercises are:

1. Playing Basketball.
2. Playing Soccer.
3. Jumping rope.

**Prevents sleep deprivation:**

A complete night's sleep is an essential component of a happy and healthy life. Those students who take part in physical activities and exercise regularly have a tired and exhausted body which craves a good night's sleep.

Complete sleep makes kids more upright and attentive during lectures in classroom. Being attentive will help prevent them from performing careless mistakes and will provide them energy to be helpful towards teachers and their fellow students.