

Study of the Sports Infrastructure Facilities for the Promotion and Development of Physical Education

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Abstract:

Sports infrastructure plays a vital role in promoting physical education, improving participation in sports, developing physical fitness, and creating opportunities for competitive performance. Adequate sports facilities such as playgrounds, gymnasiums, athletic tracks, courts, swimming pools, equipment, changing rooms, and fitness centres are essential for the effective implementation of physical education programmes. The present study aims to examine the availability, adequacy, accessibility, utilization, and maintenance of sports infrastructure facilities and to assess their contribution to the promotion and development of physical education. Physical education and participation in sports are acknowledged by the United Nations Educational, Scientific, and Cultural Organization (UNESCO) as essential human rights. For a variety of factors, India's sports infrastructure standards are below par. One of the key prerequisites for the advancement of games and sports in India is the lack of infrastructure offices. The sports infrastructure segment has a number of problems that need to be resolved. The objective is to assess the state of sports infrastructure at the moment and offer a workable plan for its enhancement for the benefit of people's health and wellness. It is one of the possible ways to advance sports infrastructure, but it requires funding a more sensible upgrade of the city's metropolitan sports infrastructure and more grant sport support, which enables the achievement of greater administrative flexibility and a higher level of their viability in terms of future budgetary flexibility.

Keywords:Sports, Sports Infrastructure, Promotion and Development, Physical Education, Sports Facilities, Physical Fitness, Sports Development, Participation, Educational Institutions.

Introduction:

Physical education is an important component of holistic education. It contributes to the physical, mental, emotional, social, and psychological development of individuals. Through systematic physical activities, games, sports, exercise, and fitness programmes, physical education develops motor skills, physical fitness, discipline, cooperation, leadership, confidence, and healthy lifestyle habits.

The effectiveness of physical education programmes depends considerably on the availability and quality of sports infrastructure. Sports infrastructure includes physical facilities and resources required for participation in physical activities and sports. These include playgrounds, athletic tracks, indoor halls, sports courts, gymnasiums, swimming pools, fitness centres, sports equipment, changing rooms, storage facilities, first-aid facilities, drinking water, sanitation, lighting, and spectator facilities.

For each person and for society as a whole, health is an invaluable asset. In our modern day, increasingly crowded lifestyles with employment pressures, dependence on technology, and poor eating habits have exacerbated major health concerns in numerous regions of the world. In the face of these obstacles, sports

have become one of the keystones in preserving public health. We shall examine the significance of exercise in preserving public health in this essay.

Sports are not just physical activities that burn calories; they are also a powerful tool for preserving and enhancing people's social, mental, and physical well-being within a community. Exercise is important since it improves many areas of health; additionally, sports have a bigger role in society by reducing sickness and enhancing quality of life. [1-2]

Exercise has many positive effects on physical health. Frequent exercise can improve endurance, strengthen bones and muscles, and help people maintain a healthy weight. Exercise helps the body's organs, such as the digestive and respiratory systems, work at their best by including a wide range of motions and activities. Exercise has advantages for mental health in addition to its physical ones. Exercise can cause the brain's "happiness hormones," or endorphins, to be released, which helps lower stress, anxiety, and depressive symptoms. Exercise can also boost energy and enhance the quality of sleep.

Sports infrastructure is essential to achieving greatness in the global gaming and sports industries. It not only helps produce athletes with international recognition, but it also encourages young people in a country to participate in sports and develop a culture around games and sports. For a variety of reasons, the quality of sports infrastructure in India isn't up to par. One of the major obstacles to the development of sports in India is the lack of infrastructure offices. [3]

In the health-conscious society of the twenty-first century, sports are quite important. Sport must be a part of our daily lives as a pastime and a healthy activity, according to Bacs-Bacsne (2014). It's also critical that sport be seen as a social and economic force in people's minds. Whether one looks at the leisure aspects of the sport sector or the sports itself, it is reasonable to argue that sport plays a significant role in shaping society. A healthy society's educational philosophy appears to be a very complicated topic, influenced by a wide range of social, cultural, economic, and human aspects. According to Borbély (2014), there is a fundamental connection between sports and the economy, which calls for far more advanced economic knowledge. Regular physical activity has a variety of benefits for the body and the soul, according to Budavari (2007), hence it is given preference when developing public health programs. According to Fenyves et al. (2015)'s research, organizing a public sporting event is a useful strategy for developing cross-border ties as well. Gaining knowledge about sports and the ways in which people participate in them would help one to comprehend society better. [4-6]

Indian sports and games have undergone remarkable growth in recent years, as seen by the organization of major international competitions like the 2010 Commonwealth Games, FIFA U-17 Football World Cup, Hockey World Cup, and Cricket World Cup. India took home a Bronze in wrestling and a Silver decoration in badminton from the 2016 Rio Summer Olympics. The national badminton emblem, P.V. Sindhu, became the youngest Indian to win an Olympic medal. At the 2012 London Olympics, India took home a total of six medals, including two silver and four bronze. Arjun Atwal, Jyoti Randhawa, and Jeev Milkha Singh's sustained success has given India a prominent place in the golf world. India's ascent to prominence in cricket is a result of its exceptional athletic and business acumen. [7]

Providing inspiration and health education alone won't make the populace live a more health-conscious lifestyle and play more games; a sound infrastructure base is also essential. Sports infrastructure projects and upgrades have long-term, diverse effects. The game has a lot of potential benefits for improving social cohesion and physical well-being.

History of sports:

As the Greek Olympic Games demonstrate, sports are ageless pursuits that people have loved since the dawn of time. The reports of early European explorers and ethnographic and archeological data, such as cave paintings, suggest that sports may actually date back to the earliest days of human history. Numerous modern

sports, like football, have their origins in the different ball-kicking and running games that were played throughout medieval Europe. The European aristocracy, particularly the British ones, participated in sports like golf and horse racing. Of course, despite the ancestry, sports as we know them now are rather distant from ancient Olympics, medieval aristocracy, cave people, and throngs of peasants kicking a ball from one town to the next. The history of the industrial revolution and the founding of the first public schools, which aimed to include physical education in the curriculum, are closely linked to the emergence of contemporary sports.

Fit for Future:

Physical development and well-being are combined in physical fitness. Maximizing a person's health, strength, endurance, and ability in relation to age, sex, body type, and physiology is the goal of any physical fitness program. Only by carefully controlling one's nutrition, rest, exercise, and recurring dental and medical exams can these goals be achieved. Exercises must be frequent and intense. Body-building machines, cycling, and jogging are popular forms of exercise. Additionally, it is crucial that sleep intervals be regular and restful rather than lasting a certain number of hours, just like exercise sessions.

Numerous beneficial health consequences of regular exercise have been demonstrated, particularly for heart health. Excessive exercise makes the heart a stronger, bigger, more effective pump. Heart disease, heart attacks, and stroke risk are all decreased as a result of all these benefits. Other advantages of exercise include stronger bones, more flexibility, and stronger muscles, all of which can help prevent osteoporosis, a disorder that weakens the bones. Frequent exercise also has mental health advantages, such as reducing stress and anxiety. It can improve your quality of sleep and give you more energy. Activity has health advantages for almost everyone. However, surveys every few years reaffirm the well acknowledged truth that most people do not engage in enough physical activity—something that athletes do not.

Review of Literature:

Through funding sports infrastructure, the government contributes significantly to the growth of the sports sector. As a result, the government must set aside money for the projects it funds. Creating sports infrastructure and promoting athletic talent in India are the responsibilities of the Ministry of Youth Affairs and Sports. Building the necessary capacity and infrastructure to support global competitiveness is the responsibility of the Ministry. The Union Budget of India's Expenditure Budget is where the Ministry of Youth Affairs and Sports receives its budgetary allocations. It is divided into two departments: the Department of Sports and the Department of Youth Affairs. Rashtriya Yuva Sashaktikaran Karyakram, the National Service Scheme, and the Rajiv Gandhi National Institute of Youth Development are all overseen by the Department of Youth Affairs. The National Anti-Doping Agency, Lakshmibai National Institute of Physical Education, and Sports Authority of India are all under the direction of the Department of Sports.

Sathe and Kumar concentrated on the athlete's health-related fitness and the abilities needed to compete well in sports. This study found that technical sports skills had a significant impact on athletes' performance. Effective performance in sports requires both health-related fitness and fitness linked to sports skills. [8]

According to Kehn and Kroll (2009), although increasing physical activity has been a top priority for public health officials, sedentary lifestyles are more common in those with physical disabilities such as spinal cord injury (SCI). Though many of the secondary disorders associated with SCI, such as osteoporosis, cardiovascular disease, pressure ulcers, urinary tract infections, diabetes, and arthritis, have been linked to exercise, health promotion initiatives rarely target this demographic. This study uses a qualitative exploratory methodology to look at the self-reported exercise experiences of individuals with SCI. A variety of socio-environmental and motivational elements were recognized by the participants as either supporting or impeding such a lifestyle. The perceived low return on physical investment, a lack of accessible facilities, expensive equipment, a lack of human help, and a fear of injury were among the barriers to exercise that non-exercisers

mentioned. Personal motivation, independence, the availability of accessible facilities and personal helpers, fear of health issues, and weight management were among the facilitators that exercisers cited. [9]

According to Amir Hamzeh Safabakhsh, Farzad Ghafouri, and Farshad Tojari (2012), sports like hunting, fishing, and skiing have a big impact on the growth of sports tourism in amusement parks. Additionally, according to other research, the circumstances of sport facilities and sports infrastructures are, in turn, mountain, water, and air sports, entertainment, and sports infrastructures. In his 2011 research for the Rochester Institute of Technology, "Strategic priorities for Professional Sports Infrastructure in Kosova," Fatmir Kabashi expressed the following opinions regarding decision-making: the necessity of holding frequent meetings with the directories of sports municipalities, the prompt preparation of infrastructure designs, and the addition of auxiliary halls for sizable sports facilities. [10-11]

Researchers Grete R. Hornstrom, Carol A. Friesen, Jane E. Ellery, and Kimberli Pike (2011) came to the conclusion that people make poor dietary decisions, have a subpar awareness of their nutritional needs, and engage in dubious eating practices. The study supports the data and raises the question of why, during the last 20 years, athletes' nutritional practices have not altered or their knowledge of nutrition has not increased. Athletic performance is highly valued at the university level, but most athletic departments lack the resources—or do not set aside the necessary funds—to employ a nutrition consultant for their teams. [12]

The thesis work at California University of Pennsylvania, California, Pennsylvania was completed by Sarah L. Paugh in 2005. asserting that athletes with improved eating practices also understood nutrition better, Women's sports scored higher on dietary habits and nutritional knowledge than men's sports, and women had better dietary practices than men did. Additionally, women knew more about nutrition than men did. The food habits of the subjects with lower BMI scores were better. [13]

According to Jitendra Choudhary and Jayat Ghosh (2013), in order to create a sports culture in the nation, reforms must start at the elementary school level. They said that rather than only paying lip service, the educational system need to be changed to offer sports an equal, if not greater, place in a child's overall upbringing. In order to encourage those who wish to play to get outside and play, the state and its stakeholders must provide the bare minimum, basic facilities at the grassroots level, in villages, small towns, and district levels. For people who are serious about athletics as a professional alternative, regional cities and larger towns with better infrastructure are made available. Athletes' education has to be given top priority so they may learn how to utilize sports medications responsibly. Ultimately, there needs to be a significant shift in India's perspective on sports management that heavily emphasizes professionalism. When players and fans are so powerful that it is difficult for sports officials to openly disregard them, we will have achieved the ideal situation. [14]

Holden and Lynch (2004) argue that research should be both "methodologically led" and that the methodology chosen should have an impact on the social science phenomenon being studied as well as the researcher's philosophical stance. Similarly, Goulding (2002) asserts that the methodology chosen should be based on the researcher's interests, beliefs, and convictions. However, other important factors, such as epistemological concerns, must also be taken into account when choosing a research methodology (Buchanan & Bryman, 2007). In addition to philosophical underpinnings and individual convictions, there are also practical considerations that can influence a researcher's choice of methodology, such as the amount of data already available or knowledge. [15]

OBJECTIVES:

- To study of the sports infrastructure facilities for the promotion and development of physical education.
- To examine the existing sports facility and its impact on the different of students.
- To find out the impact of available sports facility on their sports performance.

- To find out the utilization of sports infrastructure

Research Methodology:

The methodical, scientific process used to gather, examine, and evaluate data in order to find answers to research questions or validate hypotheses is referred to as research methodology. Depending on the goals of the study, the resources at hand, and the nature of the research topic, researchers might employ a variety of research methodology types. Quantitative research, qualitative research technique, mixed-method research, experimental research, and case study research are a few popular forms of research methodology. Every one of these research techniques has advantages and disadvantages of its own, and they are best suited for particular kinds of research topics and circumstances. Selecting the best research technique approach is crucial to carrying out legitimate, trustworthy, and significant research.

The goal of the study is to evaluate government spending on sports critically, with an emphasis on sports infrastructure. It focuses on the obstacles and possibilities facing the growth of sports infrastructure as well as the actions that may be taken to help this industry in India change. The report also makes suggestions for revitalizing the sports industry in general and the infrastructure related to it in order to turn it into a profitable sector of the Indian economy.

DATA ANALYSIS:

The data analysis resulting from the questionnaire administration has been showcased. to conduct an inventory of degree colleges' sports facilities and infrastructure. percentages were applied. The eight primary variables served as the foundation for the questionnaires. Following the collection and scoring of the data, the relationship between the variables will be determined using the Chi-Square Statistic. This will allow the wide spreader scores to be reduced to an understandable format from which conclusions may be made.

Using a multi-level approach, each sport was separately modeled, with one of the sports serving as the dependant variable in each model. All four models have the same individual and infrastructural factors; the dependent variable is the only one that varies. The first model assesses how socioeconomic factors and infrastructure affect running; the second evaluates how these same factors affect swimming; the third model examines how these factors affect soccer; and the fourth model examines tennis. [16]

The HLM 6.02 program is used to carry out multi-level analysis. Since the multi-level approach is the best technique for study designs in which the data are arranged on multiple levels, it is used (Tabachnick & Fidell, 2007). Because traditional regression analyses ignore the data's hierarchical structure, multi-level studies are preferred. False interpretations of the results could result from this (Moulton, 1990). For example, effects that happen at the infrastructural level could be attributed to the individual level (Lim et al., 2011) for an overview of the significance of multi-level perspective when applied qualitatively. In 1990, Moulton proposed the use of clustered standard errors. However, Cheah (2009) notes that multi-level modeling works better than using clustered standard errors since it has a greater null hypothesis rejection rate than hierarchical models. Utilizing multi-level models also has the benefit of fully modeling the entire process, which makes it possible to test the explanatory power at various levels. Less assumptions are needed when using clustered standard errors, although there are trade-offs associated with every methodological decision (Primo et al., 2007). In the current study, multi-level modeling was employed because of its many benefits. [17][18][19][20]

RESULT AND DISCUSSION:

Sport has evolved from just physical activity to an important component of maintaining public health. Following outline the results of the importance of exercise to public health and discuss its implications in more depth.

Benefits of Sports for Health:

Physical, emotional, and social facets of public health are all impacted by sport. Engaging in regular physical activity helps lower the chance of developing type 2 diabetes, cardiovascular disease, and certain malignancies. Exercise also contributes to the maintenance of a healthy gut and respiratory system, according to research. In addition, physical activity has a major effect on mental wellness. Exercise helps lessen stress, anxiety, and sadness by releasing endorphins, the brain's happiness hormones. It also increases energy, improves concentration and focus, and improves the quality of sleep. Exercise can be a potent strategy in supporting people's mental health in countries where mental health issues are becoming more prevalent. When considering the value of sports for public health, the social component is equally important. Individuals can develop strong social contacts, foster unity, and offer emotional support by joining sports organizations or teams. Sports-related ideals like discipline, fair play, and teamwork also contribute to the development of strong character traits in society. [21]

Implications for Health:

The significance of exercise for health has far-reaching ramifications. First and foremost, encouraging an active lifestyle and engaging in sports helps lessen the burden of chronic diseases linked to a certain lifestyle, such as obesity, hypertension, and heart disease. Long-term, this could save healthcare expenses and raise production levels. Additionally crucial to the prevention of disease is exercise. Promoting exercise as a means of preventing diabetes is especially important in a world where the disease is on the rise. Furthermore, exercise may lower the chance of developing a number of cancers, including colorectal cancer (Saklayen, 2018). In the framework of contemporary society, mental health-related issues are likewise becoming more and more significant (Borsboom, 2017). The rise in mental health issues like depression, anxiety, and stress necessitates a comprehensive approach to mental health care. Exercise can play a crucial role in a complete community mental health strategy since it can trigger the production of endorphins. Exercise has an effect on people's general quality of life in addition to its direct effects on health. Sports can contribute to the creation of a more welcoming, peaceful, and supportive society by fostering social contact and the development of constructive values. Sport may play a significant role in fostering strong social ties in a culture when people are becoming more and more alone and autonomous. [22]

The Social Impact of Sport on Health:

Exercise has numerous psychological and physical advantages, but it also has a significant social impact on health. Playing team or group sports can improve relationships within the community, foster pleasant social interactions, and offer emotional support. Sports-related values that are fought for, such as discipline, fair play, and teamwork, can help to create positive role models in society. As a result, sports have the power to foster a positive, welcoming social atmosphere. [23]

Challenges and Constraints:

Sports for health has many advantages, but there are obstacles to be faced as well. One of them is the existence of a way of life that is becoming more and more crowded with extracurricular activities, such as work and internet use. Numerous people may find it difficult to set aside time for exercise due to their busy schedules. Thus, it's critical to run educational programs emphasizing how important it is to incorporate exercise into everyday activities. Accessibility to sporting facilities can also be a barrier in some situations. Not every community has easy access to a gym or sports fields. This could make it more difficult for certain people to participate in sports. Government agencies and other pertinent organizations must collaborate to build sporting facilities that are both reasonably priced and open to people from all backgrounds. [24]

CONCLUSION:

Sport has a major role in sustaining public health through its impact on physical, mental, and social components. Exercise has health benefits that include preventing disease, managing stress, and developing positive character traits. The benefits of exercise for public health include lowering the burden of chronic illness, preventing illness, and raising societal standards of living. Notwithstanding the difficulties in promoting sports, people can foster an atmosphere that encourages active lifestyles by working together with relevant institutions, governments, and individuals. Over time, we can build a society that is happier, healthier, and more productive by integrating sport into people's daily lives.

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