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Nourishing and enlightening Health education through Best Physical Education Institutes in Delhi by Ary

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Physical education has mushroomed recently in the current curriculum. It involves a greater variety of activities. Introduction of these activities in routine at early age can develop good habits. There are four areas of Physical Education: Physical, Mental, Social and Emotional.

Teaching sports, yoga are parts of Physical Education.

Another very important part of Physical Education curriculum is Health and Nutrition. At schools, this is taught at the elementary level as they do not have specific health classes. Schools are introducing specific health classes for students as well as physical education class. Many colleges and universities are also offering Physical Education and Health Education as certification. This is just the beginning at the intermediate level.

There are many colleges and institutes offering Physical Education courses. Some of Physical Education Institutes in India are Sharda University, Shreemati nathibai Damodar Thackersey Womenâ€™s University, Seemanta institute of Pharamaceutisal Sciences, Bharthiyar University, Barkatullah Vishwavidalaya, Acharya Prafulla Chandra College, Academy of Applied Arts, International Institution of Management, Versatile Business School, Guru Ghasidas Vishwavidalaya, Sambhram group of Institutions, Baburao Patil College of Arts and Science, Kulpvrish career Planners Institutes etc.

Technologies are also being used to help in the growth of Physical Education. Use of projectors, GPS,Wi systems can be more effective. Many non government organizations have been established with an aim to promote develop Physical Education & Sports at grass root level in India.

In abroad, Physical education is a compulsory subject. It is mandatory for students to take at least 3 hours of Physical education through primary and secondary schools. A compulsory fitness exam is also conducted in every school once every year to know the physical fitness of the pupils. The curriculum of Physical Education is designed in such a manner such that it includes full range of modern opportunities, dozens of sports and hundreds of carefully reviewed drills and exercises, along with education with the use of pedometer, and heart rate monitors, as well as state-of-the-art . Some schools prefer martial arts classes like wrestling. Every student is supposed to participate in physical education activities. These activities make a social impact on the children.

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