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# Career Opportunities in Physical Education

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## *Abstract*

Modern lifestyle has a lack of movement and physical activity due the shrinking availability of space, the loss of family time, and preoccupation with media, among other reasons. It is imperative that children - as well adults - move more every day. Many of the mega-cities of the world cannot supply growing numbers of inhabitants, particularly children, with low cost sports training and fitness facilities. In physical education, as in all academic areas, students must learn the basic skills which require practice and refinement in the physical education setting. Students integrate and apply the skills learned in physical education to their everyday life. The important role that PE has in promoting health-enhancing physical activity.

## **Introduction**

The purpose of a physical education programme is to guide students in the process of becoming physically active for a lifetime. Physical education programme in school designed to develop motor skills, knowledge, and behaviors of healthy active living, physical fitness, sportsmanship, self-efficacy, and emotional intelligence. physical education is focused on teaching school-aged children the science and methods of physically active, healthful living (NASPE, 2012). PE is avenue for engaging in physical activities designed for children to develop their fitness, gross motor skills, and health (Sallis et al., 2003) Physical education became a subject matter in schools (in the form of German and Swedish gymnastics) at the beginning of the 19th century (Hackensmith, 1966). As per Sallis and McKenzie (1991) two primary aims of physical education: (1) prepare children and youth for a lifetime of physical activity and (2) engage them in physical activity during physical education. The primary goal of PE is to develop children's cognitive capacity in the sense of learning knowledge in academic disciplines. This goal dictates a learning environment in which seated learning behavior is considered appropriate and effective and is rewarded. Physical education as part of education provides the only opportunity for all children to learn about physical movement and engage in physical activity. physical education is considered a basis for students' learning skill or knowledge that the lesson is planned for them to learn. Modern lifestyle has a lack of movement and physical activity due the shrinking availability of space, the loss of family time, and preoccupation with media, among other reasons. It is imperative that children - as well adults - move more every day. Many of the mega-cities of the world cannot supply growing numbers of inhabitants, particularly children, with low cost sports training and fitness facilities.

## **Career Opportunities in Physical Education**

Several training colleges for teachers have been established and the time is not far distant when degrees in physical education will be recognized by the universities. Certificates issued by the British Association for physical training, Founded 1919 ( an amalgamated body of the British College of physical education founded 1891, the gymnastic teachers institute, founded 1897, and the national society of physical education founded 1897; also by the Ling Associated, founded 1889, and various training colleges.



Several different career opportunities are available for individuals interested in a career in physical education or health education. Below are a few of the most common choices an online degree in education can help prepare you for.

- **Athletics Coach**  
Coaches in elementary and secondary schools teach students the basic rules of team sports, as well as proper form and techniques. They run practice sessions and manage the team during competitions or games with other teams.
- **Health Teacher**  
Health teachers teach students about various mental, physical, emotional and sexual health issues in a classroom setting. They provide information and lead discussions on topics such as nutrition, safe sex, tobacco use, drug and alcohol abuse, and medicine.
- **Physical Education Teacher**  
Physical education teachers, also known as PE or gym teachers, teach students the rules and motor skills necessary to participate in individual and team sports. PE teachers at elementary schools usually teach half-hour classes to various groups of students throughout the day, while teachers at secondary schools might teach fewer but longer classes. Physical education teacher also teach in higher Education
- **Athletic Administration**  
Athletic administration programs also offer those who currently work in the field of sports a chance to broaden their knowledge and explore other career possibilities within the sports industry.
- **Gym Teacher**  
A gym teacher, also called a physical education teacher, instructs students on principles of fitness and health. Topics covered may include nutrition, well-being, and exercise.
- **Fitness Instructor**  
Fitness instructors may work with individuals or groups. They demonstrate and teach proper techniques when exercising or using gym equipment. These fitness professionals assist clients with cardiovascular workouts, strength training and stretching.
- **Group Exercise Instructor**  
By demonstrating proper technique, correcting participants and explaining the value of particular movements, group exercise instructors help individuals get the most out of their exercise experience.  
There is also opportunity of physical education in the field of sports physiotherapy, sports trainer and life guide in aquatic sports .

### **Discussion**

Till the middle of the nineteenth century physical education in England involved almost completely of athletic games. Even the education act of 1870 paid little need to physical training in 1895 provision was made for instruction in this subject in the school, it was left to the ordinary teaching staff, already overloaded, to administer. An improved syllabus issued in 1904 was revised in 1905 and again 1909, while a further modification has recently been published, dated 1919. One our per week (three lessons of twenty minutes each) is now allotted for physical exercise in elementary school, and teachers are required to undergo a course to fit them for training children. Further improvements are pending. The army had a very crude system of physical exercises until 1861, when Archibald, Maclaren took charge of the training and the Aldershot gymnasium was erected. In 1903 the Navy adopted the Swedish system, and a number of experts were invited to Portsmouth to train



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