

Analysis of the Researches Completed in Physical Education in Indian Universities at Post-Graduate Level

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Abstract

The present study has been conducted with a view to investigate the trend of academic research in Physical Education in Indian Universities, submitted by Post-Graduate students during their master's programme. In this research, it was found that though the academic research made in various Indian Universities has been centered on individual practice, yet research title have been transformed from theoretical translation to step in an intensive study on objective facts. This study was conducted on master level dissertations submitted by the Post-Graduate students during their master's programme in various Indian Universities for their academic purposes.

Key words: Physiology, Psychology and Sports Training

Introduction

Greeks were the first civilized people to lay an equal emphasis on the cultivation of the "Man of Action" (Physically sound person) and the "Man of Wisdom" (Mentally sound person) through sports and vigorous physical activities. They were of the considered opinion that intellectual achievement could not be possible without physical efficiency (*Dalen at al., 1971*).

McKenzie (1979) explain that, when the renowned physiologist, *Bruno Balke*, was asked why he believed so strongly in Physical Education, he replied that it is essential to the living of a full life that one be acquainted with the broad variety of movement patterns that contribute to the development of intricate sub cortical and cortical functions and help measurably to prepare people for mental and psychological encounters.

The basic premise on which research rests is that through the scholarly investigation of specific subject matter the body of knowledge of the various disciplines will be revealed and developed. This is particularly true for Physical Education, where the extent for the academic discipline is not so widely popular outside the field. The most significant development in research today is the engagement of the Physical Educationists in scholarly study. The academic promotions depend largely upon how soon and how well the teachers are able to blend his/her teaching and research. Research has profoundly influenced the emergence and development of our civilization from the ancient discoveries to the present utilization of Science and Technology. Many educators and scientists have advocated taking stock of the research findings in physical education periodically (*Thomas, 1964; Clarke & Clarke, 1984; William, 1986;*