



## The Role of Physical Education & Sports in the Present Globalization : An Overview



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### ABSTRACT

Physical Education & Sports forms an important part of educational system even when it never received the importance it deserves. Even though it is included as the part of the curriculum from the early stages of education, the educational administrators, the academicians and the students, have never taken it seriously. Physical Education is the only profession where you talk as well as play / perform. The concept of Physical Education in the mind of public is a big round, play & play and no work. Abraham Lincoln quoted in one of his addresses, "Sportsman is the best Ambassador of the Nation." Hence, the Physical Education Director/Teacher can also be the best Ambassador of our Institution / University. At present compared to earlier years and now we can come across the decline of physical education in education compared to present is one needs to overcome the hurdles and battles to improve the structure and infrastructure status in around to develop the overall discipline in physical education and sports.

**KEYWORDS :** Resistance training, Sport training, physical fitness, leg strength, back strength and Education