

Methods of Physical Education

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PREFACE

The word physical refers to body, and indicates bodily characteristics such as strength, speed, endurance, flexibility, health coordination and performance. It seemingly contrasts the body with the mind. The term education when used in conjunction with physical, refers to a process of education that develops the human body especially fitness and movement skills. Therefore, it transcends all misconceptions and misgivings about physical education as a field of teaching and being considered as an ingredient of general education.

The present book entitled "**Methods of Physical Education**" discusses all the essential aspects pertaining methods of physical education and sports. It is specially intended for the students and teachers of B.P.Ed., M.P.Ed., C.P.Ed. and other courses, prospective coaches, and sportspersons.

Hopefully, the present study will prove very useful for the sportsperson, teachers, students of physical education, as well as for the general readers.

Your comments and suggestions are welcome for betterment of this study.

Mohammad Sharique, Ph.D.