



APPLICATIONS OF SCIENCE AND SOCIAL SCIENCES IN SPORTS

Bali R.

Associate Professor, HOD, Hindi Department VNGIASS, Nagpur (M.S) India

Abstract: Sports are an important part of just about every society, every country, and every part of our planet. Sports bring people together and also set people apart, in its own ways. They bring together a team that also inspires many fans to cheer for 'their' team. It also puts players against one another in great clashes – giving them a sense of competitiveness and a push to bring out their very best! In our everyday lives, there are many of us who do not realize the importance of being involved in some of physical activity. We often complain about how little time we have, and more often than not everything else takes a front seat but sports. Sports can be anything that you do to detach yourself from the regular events of your day. It helps you breathe more freely, and think in a far better way. It can make you feel good instantly, after perhaps a very bad day. Imagine how amazing will it be for a student if we start treating sports activities at par with academic curriculum, from the very beginning? No child will have to make a forced choice between math tuition and football, or maybe between buying a cricket bat or a school bag? Sports will not only make students healthier, but will add immensely to their "quality of living index"!

Introduction:

"Apart from education, you need good health, and for that, you need to play sports." - **KapilDev**

The above quote, by one of the most influential batsmen, not only in India but in the world, only gives us a sneak peek into what role Sports can play in the life of an individual.

It can be any sport, it can be any type of physical play, that helps your mind think, and keeps your body fit. But not many individuals realize this. Many of us still remain ignorant towards Sports, while blindingly running the race of Education. The most impacted can be students, if not provided with a proper platform to showcase their true potential.

Building the overall personality of every student is very critical. It not only sharpens the mind, but also builds in confidence to function under any kind of situation. These traits make an individual stand out, and excel in life.

Intersection Of Science And Social Sciences With Sports

What is Science?

"Science is defined as a systematic enterprise that builds and organizes knowledge in the form of testable

explanations and predictions about everything that exists in the Universe."

Science is not merely a key subject in student's academic curriculum. It is a way of thinking. It represents way of life. It triggers every student to question, to seek answers, and to understand.

What comprises of Social Sciences?

"Social sciences refer to everything concerned with the study of the social life of human groups and individuals – Sociology, Economics, geography, History, Political science and many more."

Social sciences and **Sports sciences** provide students with the basic tools needed to understand the role of sport in society, and the role of society in sport; they also provide reflections on the concepts and consequences of sport.

Children and adolescents are important target groups for sport, and sport is something that leads to both social inclusion and exclusion. Gender, social class, ethnicity, age and disability are all examples of the social mechanisms that help to create the different conditions and consequences of sport at the levels of individual, group and society.

Sports can give the students a sense of great pride, and belongingness.

Sports has always taken a back seat in the life of a student. The parents tend to ignore the importance of ensuring a balanced package is given to every child. The Indian mentality is such that every one wants their children to score a 100% but a hand full of them want their children to come first in maybe a 100m flat race. Over the years, however, we have started to notice a change in the trend – a change for the good.

Importance of Balance

Social Sciences in Sports presents discipline-specific knowledge in the social sciences, which aids in understanding the problems and potential of contemporary sport practices and experiences. This interdisciplinary reference provides in-depth coverage of sport studies and social sciences, drawing connections across these disciplines to illuminate key issues and illustrate possibilities for change. It helps the student connect with the need for recreation and physical activity in her/his life.

The Science as a whole enables scientists to research and analyze any team performance, and what can be done to improve the same. They also design and administer appropriate methods of assessment, and create exercise or training programs aimed at improving either health or sporting performance. This helps a student to grow in a particular health environment, adapt to changes easily, and deliver results under difficult scenarios.

Only academics - learning theoretical concepts will not make a student get noticed in public. One needs to have an extra edge – which is what any sport provides. Along with giving you a calmer mind and a fitter body, it helps in grooming a student. They learn everything about working together as a team. It develops in you leadership qualities that let you take charge and make informed decisions at the right time.

Not necessarily are we talking about a team sport – it can be anything – chess, badminton or tennis perhaps. These individual tests give you a competitive streak and the zeal to fight all odds and emerge as a winner.

Thus, what we are looking at right now – is Balance! Giving the student everything, and see him grow.

To Understand How Sports Give Insights About Sciences

Sports can let students bond: “Hey! That is my favorite team too.” It gives you a sense of pride: “Hey! My sister won the tournament yesterday.” It helps students to show the right spirit, even when on the losing side: “Well played! Mate!”

It brings out the best side of an individual on so many levels. It helps the students connect with their history and culture, to drive and accelerate their country’s economy (in a variety of ways). At the same time, it gives the Governing bodies opportunities to open various avenues for sportsmen and sportswomen that benefits their overall growth.

Look around and we find the most successful sports people are the ones who showed traits of hard work and determination. They are the nicest, the humblest and the most optimistic human beings out there. They have not only achieved great milestones in their careers, they have made their countries proud time and again.

The most eminent sports tournaments brings together so much positivity and energy. It puts up a great show of tough opponents battling it out. It shows how rich are their values, and how strongly they will fight for their teams. All these behavioral traits again strengthen the culture. It is a cycle, essentially.

In many ways, sports define a society.

They show what people are interested in watching other people do and what they will even pay to see. They show how people can make a living by being athletic and entertaining other people. They give people ways to test their athletic skills against other people. Most of all, they give people something to focus on and follow that is a sort of release from the weighty cares of everyday life.
