

# Impact of National Education Policy 2020 on Physical Education and Sports: A Comprehensive Review

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## Abstract

*The Indian National Education Policy (NEP) 2020 is a historic project that aims to change the nation's educational system. The focus on improving sports and physical education in the classroom is one of its main elements. The importance of holistic education, where physical well-being is equally as significant as academic achievement, is acknowledged by this approach. NEP 2020 aims to make physical education a core part of the curriculum in order to support students' overall mental health, discipline, teamwork, and physical fitness. On a local and national level, it also creates structured sports programs to encourage participation. For children from diverse backgrounds, the approach encourages inclusive sports facilities, certified teachers, and modern infrastructure. It also highlights the significance of mental health, motivating pupils to use athletics to build resilience and coping mechanisms. It aims to eradicate current inequalities and establish a level playing field for all students by encouraging gender equity and equal opportunity in sports. Thus, in addition to improving kids' physical capabilities, the NEP helps them develop a strong sense of belonging and community. In addition, the NEP encourages collaboration between academic institutions, professional athletes, and sports academies in order to elevate sports as a legitimate career choice. This study looks at all of the NEP 2020 requirements, implementation strategies, challenges, and possible impacts on students and educational institutions that are related to sports and physical education.*

**Keywords:** National Education Policy (NEP) 2020, physical education, student well-being, inclusive sports facilities, sports programs, holistic education

## INTRODUCTION

A vision for education that fosters cognitive, social, emotional, and physical development is presented in the NEP 2020. The policy emphasizes the integration of physical education throughout all educational levels, acknowledging the significance of sports and physical fitness for general well-being. NEP 2020 places a strong emphasis on developing a comprehensive, well-balanced curriculum in which physical education is a fundamental component rather than an optional one [1]. This method pushes

schools to see physical education as vital to kids' growth, encouraging self-confidence, discipline, resilience, and teamwork.

Additionally, NEP 2020 presents a framework for organized sports programs and events at the elementary, middle, and upper secondary levels, promoting student skill development and competitive opportunities [2]. The goal of the policy is to make physical activities accessible and interesting for kids of all backgrounds, genders, and abilities by promoting schools to build inclusive sports facilities and hire certified teachers.

In addition to encouraging better lifestyles and enhancing students' mental health, the government

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expects that NEP 2020 would establish a school environment where physical education improves academic learning. Additionally, the program aims to provide career routes for individuals interested in working in sports, collaborating with professionals and sports academies to enhance their skills. This collaborative approach aims to ensure that students not only succeed academically but also get necessary sports skills and experiences. The NEP also highlights the value of inclusivity, promoting involvement from all pupils irrespective of their physical limitations. In order to support the larger objectives of educational reform and societal development, this study will examine how NEP 2020 is anticipated to transform sports and physical education in Indian schools, fostering a culture of physical fitness, teamwork, and resilience that prepares students for the challenges of the future.

## **LITERATURE REVIEW**

Previous research has demonstrated how physical education, and sports can improve kids' academic achievement, health and fitness, teamwork and leadership abilities, and general discipline [3, 4]. NEP 2020 expands on these insights by requiring physical education to be a basic topic and supporting strong sports facilities in educational institutions in recognition of these beneficial effects. According to the policy, physical education is crucial to creating well-rounded people who can strike a balance between their intellectual interests, bodily well-being, and emotional fortitude.

NEP 2020 seeks to address growing health concerns like obesity, stress, and anxiety by reducing students' inactive lifestyles with a focus on sports and exercise. To cultivate lifelong habits of health and wellness, schools are urged to establish spaces where students participate in regular physical activities, such as sports, yoga, and fitness training [5, 6]. Additionally, NEP 2020 places a strong emphasis on inclusion, making sure that physical education curricula accommodate children of all skill levels and creating an inclusive learning environment where all students have equal access to opportunities for physical growth.

In order to properly mentor and motivate students in this area, NEP 2020 also mandates that physical education pedagogy be incorporated into teacher training programs [7]. In order to provide possible professional pathways in sports, the strategy encourages schools to collaborate with communities and sports organizations, with a focus on developing talent. NEP 2020 aims to integrate physical education throughout Indian education through an all-encompassing strategy, preparing children for happy, healthy, and disciplined lifestyles.

## **PROVISIONS OF NEP 2020 RELATED TO PHYSICAL EDUCATION AND SPORTS**

### **Curriculum Integration:**

Physical education must be taught as a required subject from the foundational grade through upper secondary levels, according to NEP 2020. It places a strong emphasis on a thorough curriculum that covers both theoretical understanding and real-world application of physical fitness and other sports disciplines. Additionally, in order to promote cultural awareness and a variety of physical activities, the policy supports the inclusion of indigenous sports [8]. Additionally, NEP 2020 emphasizes the value of frequent evaluations in physical education to track students' development and guarantee steady participation in and improvement in sports and fitness throughout their academic careers.

### **Infrastructure Development**

The policy places a strong emphasis on schools building sporting facilities, such as playgrounds, gyms, and facilities tailored to certain sports. It seeks to create an atmosphere that develops athletic ability and promotes widespread involvement by giving students the necessary tools to participate actively in sports events and contests. In order to improve training quality and give students more chances to succeed in sports at the regional and national levels, the NEP also plans to work with sports academies and experts.

### **Teacher Training and Capacity Building**

NEP 2020 places a strong emphasis on physical education teachers' professional development and training because it acknowledges their vital role in helping children develop a positive attitude toward sports and fitness. It promotes workshops, certification programs, and chances for ongoing education to improve the caliber of instruction and increase student participation in physical education. In order to enhance students' educational experiences and expose them to a range of sports disciplines and approaches, NEP 2020 also encourages schools to work with sports experts. This will enable instructors to gain knowledge from seasoned athletes and coaches.

### **Promotion of Sports Culture**

Participation in district, state, and national tournaments, regular sporting activities, and interschool competitions are all ways that the policy promotes the development of a sports culture in schools. Through encouraging healthy competition and active engagement, NEP 2020 seeks to give pupils a lifetime love of sports and physical exercise. It also aims to spot and develop talent early on, providing talented athletes with specific training and direction. By taking this technique, the policy offers kids worthwhile chances for all-around growth, allowing them to acquire the self-assurance, self-control, and collaborative abilities necessary for achievement in the future.

## **IMPLEMENTATION STRATEGIES AND CHALLENGES**

Despite its ambitious goals, the implementation of NEP 2020 faces several challenges:

### **Funding and Resource Allocation:**

Enough funding is necessary to build sports facilities and teacher training programs because it enables educational institutions to build cutting-edge facilities, purchase the necessary equipment, and hold specialized training workshops [9]. These expenditures not only improve the kids' physical surroundings but also promote a culture of excellence in both education and athletics. Innovative teaching techniques that inspire pupils and raise their performance can be successfully implemented by qualified educators.

Additionally, having enough money guarantees that schools can hire skilled instructors and coaches who can offer aspiring athletes invaluable knowledge and guidance. As a result, these programs support students' entire growth by encouraging discipline, teamwork, and a healthy lifestyle outside of their studies.

### **Awareness and Acceptance**

Effective implementation of the policy depends on ensuring that parents, children, and instructors are aware of it and embrace it. Within the school community, this entails effectively communicating the goals, advantages, and real-world applications of the policy. The successful implementation of NEP 2020's efforts in physical education and sports can be greatly aided by training sessions, informational workshops, and cooperative conversations.

### **Monitoring and Evaluation**

Strong monitoring systems are required to evaluate the results and advancement of programs pertaining to sports and physical education [10]. These systems make ensuring that goals are accomplished successfully, resources are used properly, and areas that require improvement are noted. The quality and impact of these programs on participants' health, abilities, and general well-being are improved by regular evaluation, which not only monitors progress but also offers insightful criticism that supports evidence-based changes.

### **Expected Impacts**

The successful implementation of NEP 2020 in enhancing physical education and sports is expected to yield several positive impacts:

1. Improved physical fitness and health outcomes among students.

2. improved academic performance and cognitive capacities.
3. Development of vital life skills including resilience, leadership, and teamwork.
4. Promotion of a balanced and holistic approach to education.

## CONCLUSION

In conclusion, incorporating sports and physical education within India's regular school curriculum is made possible by the National Education Policy 2020. In order to develop well-rounded people who can make significant contributions to society, NEP 2020 seeks to close curriculum gaps, improve infrastructure, and foster a culture of athletics. Additionally, the policy acknowledges the value of participating in sports to build life qualities like resilience, teamwork, and leadership in addition to physical skills.

In physical education, the focus on professional development and teacher training is essential to guaranteeing that teachers are prepared to motivate and mentor pupils. Additionally, developing alliances between local communities, sports organizations, and schools can produce a positive atmosphere that promotes young people's involvement in a variety of sports. However, reaching these objectives calls for consistent work, cooperation from all parties involved, and ongoing oversight to guarantee fair access and high-quality instruction for every student.

Prioritizing financing for sports programs and facilities is crucial to guaranteeing that all students, irrespective of their backgrounds, have the chance to participate in physical activities that enhance their health and health. A healthier and livelier society can result from India raising a generation of engaged citizens who value collaboration and physical fitness.

## RECOMMENDATIONS FOR FUTURE RESEARCH

Future studies could concentrate on comparative assessments with global best practices, creative solutions to implementation issues, and longitudinal studies to evaluate the long-term effects of NEP 2020 on physical education outcomes. Researchers can obtain important information about how curricular and pedagogical changes affect students' physical fitness, health awareness, and general well-being by following a diverse cohort of students across a number of years. Comparative research with nations that have successfully enacted comparable educational reforms can also shed light on both potential dangers and successful tactics. Best practices in teacher preparation, resource distribution, and community engagement may be uncovered by such evaluations, all of which are critical to the effective implementation of NEP 2020. Investigating cutting-edge approaches like community-based programs, student-led projects, and technology integration in physical education may also provide special answers to typical problems. Future research can greatly enhance physical education under NEP 2020 and promote a healthier, more active student body by tackling these issues.

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