

**POSITION OF GIRLS AND WOMEN
IN
PHYSICAL EDUCATION AND SPORTS
IN PAKISTAN
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INTRODUCTION:

Physical education and sports are closely related fields but can be separated on the basis of their objectives, types and outcomes. However, both related fields have their importance in the development, better prospectus and improvement quality of life without any discrimination of human gender. It is a reality and fact that feminine population of the world is not less than male, and facing countless problems of equality and their independence to participate in all sort of activities like male, specially in under developing countries of the world. Right of participation in games and sports of girls and women is a global issue but some charged that women of the Muslim countries are suffering badly. It is quoted here that women have equal rights in Islamic society under the philosophy of Islam that set the true principles. Participation of women and girls is increasing gradually in Pakistan and in other Islamic countries.

WOMEN'S SPORTS:

After the independence of Pakistan (August 14, 1947) Father of the nation (Quaid-e-Azam Muhammad Ali Jinnah) addressed to the organizing committee of the First Pakistan Olympic Games for the stage of these game. The Games were organized at Karachi from 23rd to 25th April, 1948 and he said in inaugural speech these historical words:

" REMEMBER TO WIN IS NOTHING. IT IS THE EFFERT AND THE SPRIT BEHIND THE EFFERT THAT COUNTS. IT IS THE TENACITY OF PURPOSE AND DEVOTION TO ONC'S IDEAL, AND DETERMINATION NOT TO GIVE UP, TO LOSE AND YET RISE AGAIN. THIS IS THE LESSON THAT SPORTS, GIVE US."

Prizes were given away by his worthy sister Miss. Fatima Jinnah. A total 140 men and women athlete participated from allover the country. The same games are continues as National Games of Pakistan with the current participation of **998 women** (21.94%) in 13 disciplines and **3550 men** (78.06%) with 28 disciplines at Karachi in 2007. Sport activities are part of women and girls daily life and increasing speedily since 90s

Domestic and international sports activities are controlled by National Federations, Pakistan Olympic Association also promoting by federal / provincial ministry of Sports, Pakistan Sports Board. And National organizations, corporations, banks and forces of the Pakistan confirmed participation of their women athlete at National and International competitions like National championship, international Tournaments, Regional Competitions, Commonwealth Games, Asian Games, World Championship and Olympic Games.

A newly organized Islamic countries women games since 1993, converted women Islamic Games continuously held in Tehran (Iran) up to 2005 showing the potentials of Pakistani women in the field of sports and also it is a way of increasing participation of girls and women in sports.

Women of the Pakistan well aware with the importance and values of sports and their interest are further increasing day by day. A newly constructed women sports complex in the mega city of Karachi is reflection of the efforts for promotion of women sports in Pakistan.

Today Women have opportunity to compete at National level in Cricket, Football, Gymnastic, Swimming, Track & Field, Hockey, Tennis, Table Tennis, Badminton, Basketball, Volleyball, Taekwondo, Handball, Netball, Squash, Chess, Karate, Shooting, Golf, Sepaktakraw and Skiing.

PHYSICAL EDUCATION:

Physical Education is first step of an individual which take them toward the field of sports. Since independence physical education is an integral part of the education in Pakistan and helping to learn its role in the total development of students through its selected activities. Girls and women have opportunity to participate separately in physical activities from schooling to their higher studies at university level under the guidance of professionally trained women physical education teachers and director physical education. Physical education has status as:

- i. **Elective subject** based on theory and practical classes (health and physical education)
A new National Curriculum for health and physical education for grade, VI, VII, VIII, IX, X, XI, XII, is being finalized to meet out the needs of students by Government of Pakistan, Ministry of Education National Curriculum Committee, Islamabad. While Higher Education Commission has approved and revised curriculum for B.A, MH & PE, M/A, M.Sc, classes.
- ii. **Co-curricular subject** as skill development and completion (Educational gymnastic, athletic and games and sports).
The subject daily practiced in the educational institutions allover the country by the professionally trained staff with well organized co-curricular activity as following:
 - a. Compulsory programme,
 - b. Intra-mural / inter house programme,
 - c. Inter school, inter collegiate, inter educational board, inter university programme,
 - d. Service programme.
- iii. **Professional training subject** (only adopted in teachers training institutions).
 - a. Diploma in Physical Education (D.P.Ed) one year duration after success of 12 years education.
 - b. Bachelor in Physical Education (B.P.Ed) one year duration after success of 14 years education.
 - c. Masters in Physical Education (M.P.Ed) one year duration after success of B.P.Ed.

There are so many Insititutaion/Organization is engage to promote Physical Education activities for Girls and Women in the Country. Ministry of Education Government of Pakistan (Promoting Physical Education through National Education Policies). Provincial Government and District Government are also implementing Physical education for women and girls in the educational institutions working under their control. Educational Boards and Higher Education Commission have competitive programme at national level and also participate at international students games.

Pakistan is one of the leading Muslim countries regarding its population. Women and girls of the country having opportunity of participation in Physical Education and Sports activities at different levels, unluckily the stander or quality of performance is not as high as women having world standard. The causes of these can be identified, un-adequate funding, low level of organization, lake of standard facilities, sub standard professional training , un-availability of center of excellence, social / religious conditions also effecting factors.

POSITION OF GILS AND WOMEN IN PHYSICAL EDUCATION AND SPORTS IN PAKISTAN is required a comprehensive studies for the better future of feminine of our country.