

CONCEPT OF PHYSICAL EDUCATION AND SPORTS IN ISLAM

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ABSTRACT

From the stand point of Physical Education, the sports and all kind of physical activities are not only helpful in maintaining health and good physique but also contribute in the development and promotion of all sort of healthy traits among its participants which are essential for a good welfare society. Being Muslims it has been a point of concerns for us as to how far things are in accordance with Islamic teachings and values. Keeping in view the importance of Physical Education and Sports activities, it deems necessary to highlight its worth in perspective of Islamic teaching and remove the misconceptions or misgivings regarding physical education and sports activities.

RATIONALE

Islam as conceived by the Muslims is without any doubt a precise religion and a comprehensive and complete code of life for all the times and every nation on this

Earth. It is a blessing of Almighty Allah that nothing has been left unrevealed in Islamic teaching, and the human beings are given a very clear and simple message for selecting the right path, choosing good and neglecting bad. Islam has touched each and every subject that directly or indirectly relates with human beings and their welfare.

The world today is coming closer and the concept of a global village is emerging popularity among the nations of the world. It is therefore, quite important and obligatory on part of the people concerned with education, to come forward and play their due positive and constructive role for depicting the true pictures, and eliminating the baseless believes which are an obstacle in the development and promotion of Muslims as a nation.

The prime purpose of this study was to determine the place of Physical Education and sports activities according to Islamic viewpoint. As, generally it is perceived that most of the Physical Education and Sports activities are perhaps against the spirit and soul of Islamic teaching and participation in such activities is not only wastage of time but is of no use and worth as well.