



## **Challenges for Sports Students in Implementing New Education Policy and its Approaches**

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### ABSTRACT

Sports students often face challenges in integrating their academic education with their athletic pursuits. The national education policy recognizes the importance of sports in students' overall development and encourages institutions to provide adequate facilities for sports education. However, these students still encounter difficulties in managing their time effectively and balancing rigorous training schedules with academic commitments. This can lead to increased stress levels, incomplete assignments, and difficulties in keeping up with coursework. Additionally, extensive travel for competitions and tournaments can result in physical and mental fatigue, negatively impacting their academic performance. To support sports students, educational institutions should consider implementing flexible attendance policies, alternative learning methods, and dedicated support systems tailored to their needs. By addressing these challenges, the national education policy can better promote the holistic development of sports students.

**Key words:** Sports students, National education policy, Challenges and Holistic development

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### **1.0: Introduction**

Sports and education are two vital components of a student's development. However, the integration of sports and academic education can present challenges for sports students. This article aims to explore the difficulties encountered by sports students when implementing new educational approaches. By understanding these challenges, educators and stakeholders can work towards effective solutions that support the holistic development of sports students. The new education policy and sports education facilities in universities and colleges play a crucial role in promoting holistic development and providing opportunities for sports students. The new education policy, with its emphasis on holistic education, recognizes the significance of sports in the overall development of students. It encourages universities and colleges to provide adequate sports education facilities to nurture sporting talent alongside academic pursuits. These facilities aim to create an environment where students can excel in sports while receiving quality education (Mohrman et al., 2008 and Sonu and Sandeep 2021).

Universities and colleges are increasingly investing in sports infrastructure, such as well-equipped gymnasiums, sports fields, tracks, swimming pools, and indoor sports facilities. These facilities cater to various sports disciplines, allowing students to explore their athletic potential and receive proper training. The availability of modern sports equipment and facilities is essential to create a conducive environment for sports students (Aithal et al., 2021).

Furthermore, universities and colleges are incorporating sports education programs into their curriculum. These programs provide specialized courses in sports sciences, sports management, coaching, and sports psychology. By integrating sports education into the academic framework, institutions ensure that sports students receive the necessary theoretical knowledge and practical skills to excel in their chosen field. The new education policy also emphasizes the need for trained sports faculty and coaches. Qualified coaches and trainers play a vital role in nurturing sports talent, guiding students, and implementing effective training methodologies. Universities and colleges are encouraged to recruit experienced sports professionals who can provide expert guidance to sports students (Draft National Education Policy 2019).

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### **2.0: Time Management:**

One significant difficulty faced by sports students is managing their time effectively. Balancing rigorous training schedules and academic commitments can be overwhelming. Often, sports students have limited time for studying, completing assignments, and participating in extracurricular activities. This challenge can lead to increased stress levels and hinder academic progress (Aithal et al., 2019).

Time management is a significant difficulty faced by sports students as they strive to balance their rigorous training schedules and academic commitments (Aithal et al., 2021). Juggling between intense sports training sessions, competitions, and academic responsibilities can be overwhelming and leave

students with limited time for studying, completing assignments, and participating in extracurricular activities. This scarcity of time can result in increased stress levels among sports students (Sonu and Sandeep 2021).

The demanding nature of sports training and competition schedules often requires sports students to dedicate long hours to their sport, leaving little time for academic pursuits. As a result, they may struggle to find the necessary time and focus to devote to their studies, leading to incomplete assignments, delayed submissions, and difficulty keeping up with coursework. This can ultimately hinder their academic progress and performance. Furthermore, the limited time available for sports students to engage in extracurricular activities, socialize, and relax can lead to feelings of isolation and burnout. It becomes challenging for them to strike a healthy work-life balance, which is essential for overall well-being and academic success. The pressure to excel both academically and in their sport can contribute to high levels of stress and anxiety (Aithal et al., 2016).

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### **3.0: Missed Classroom Instruction:**

Due to sporting events, competitions, or training camps, sports students may miss regular classroom instruction. Being absent from classes can result in gaps in knowledge and hinder their understanding of new educational concepts. It becomes crucial to ensure appropriate measures are in place to provide sports students with the necessary resources and support to catch up on missed coursework. Missed classroom instruction is a significant challenge faced by sports students due to their involvement in sporting events, competitions, or training camps. These commitments often require them to be away from regular classroom sessions, resulting in gaps in their knowledge and potential difficulties in understanding new educational concepts. When sports students miss classroom instruction, they may struggle to keep up with the pace of the curriculum and may lack the opportunity to engage in class discussions and activities. This can result in a loss of important learning experiences and hinder their overall academic progress (Nyden, P 2003 and Aithal et al., 2015).

To address this challenge, it is crucial to have appropriate measures in place to support sports students in catching up on missed coursework. Educational institutions can provide resources such as recorded lectures, online materials, or supplementary resources to help students bridge the gap in their learning. Additionally, establishing communication channels with instructors and classmates can enable sports students to seek clarification and stay connected with the classroom community. Institutions may also consider implementing flexible scheduling options or alternative learning arrangements, such as flipped classrooms or blended learning approaches, to accommodate the needs of sports students. These strategies can help ensure that missed classroom instruction does not negatively impact their academic performance (Desai et al., 2014)

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### **4.0: Travel and Fatigue:**

Sports students often face extensive travel due to competitions and tournaments, which can lead to physical and mental fatigue. This fatigue can negatively impact their ability to concentrate and perform well academically. It is essential for educational institutions to consider flexible attendance policies, alternative learning methods, and support systems to accommodate sports students during periods of intense sporting engagements.

Sports students frequently experience extensive travel due to their participation in competitions and tournaments. This continuous travel can result in physical and mental fatigue, as athletes often have to endure long journeys and cope with jet lag. The combination of physical exertion and disrupted sleep patterns can have a detrimental impact on their ability to concentrate and perform well academically. The fatigue caused by travel can lead to decreased alertness, diminished cognitive function, and difficulties in retaining and processing information. As a result, sports students may find it challenging to actively engage in classroom discussions, comprehend complex concepts, and complete assignments to their full potential (Reference: Martin, 2022). This can hinder their academic performance and overall learning outcomes (Sonu and Sandeep 2021).

To address these challenges, educational institutions should consider implementing flexible attendance policies that take into account the travel demands of sports students. Providing alternative learning methods, such as recorded lectures or online coursework, can allow students to access educational materials even when they are unable to physically attend classes. Additionally, establishing support systems, such as academic advisors or tutoring services, can assist sports students in managing their coursework and overcoming the effects of travel-related fatigue.

It is also crucial for institutions to foster a supportive environment that recognizes the unique challenges faced by sports students and promotes their well-being. This can include offering resources on time management, stress reduction techniques, and healthy lifestyle practices to help sports students balance their athletic commitments and academic responsibilities (Suresh et al., 2019).

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### **5.0: Limited Academic Support:**

Sports students may face a lack of specialized academic support tailored to their needs. They require assistance to manage their academic workload, receive personalized tutoring, and access resources that align with their training and competition schedules. Implementing mentorship programs, academic counseling, and designated support staff can significantly benefit sports students and help them navigate the challenges they face. Sports students often encounter a lack of specialized academic support that is tailored to their unique needs and circumstances. They require assistance in managing their academic workload while balancing their demanding training and competition schedules. Without proper support, sports students may struggle to effectively organize their time, prioritize tasks, and maintain academic progress (Prathap, G 2014 and Dauphinee et al., 2019).

Mentorship programs can play a vital role in providing guidance and support to sports students. Pairing them with experienced mentors who understand the challenges of balancing academics and athletics can offer valuable insights, motivation, and advice. These mentors can assist with goal setting, time management strategies and navigating the academic environment. Academic counseling services specifically tailored to the needs of sports students can also be beneficial. Professional counselors can provide guidance on course selection, academic planning, and career development while considering the unique demands of their athletic commitments. This support can help sports students make informed decisions and develop strategies to optimize their academic performance (Mohrman et al., 2008).

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## 6.0: New education policy and Sport:

The new education policy in India, introduced to transform the education system and address the needs of students across various domains, including sports. However, sports students face specific challenges in implementing the new policy and balancing their athletic pursuits with academic requirements. One major difficulty faced by sports students is the limited availability of sports education facilities in universities and colleges. While the new education policy emphasizes holistic development and sports education, the actual implementation of adequate sports infrastructure and resources remains a challenge (National Education Policy 2020).

Another challenge is the lack of flexibility in the academic curriculum for sports students. The new education policy encourages multidisciplinary learning and skill development, but rigid academic structures often make it challenging for sports students to balance their training schedules and academic commitments. Sports students also face difficulties in accessing specialized coaching and training programs within the educational institutions. While the new policy emphasizes the importance of quality sports coaching, the availability of trained coaches and proper training infrastructure is often limited (National Education Policy 2020).

To address these difficulties, it is essential for educational institutions to prioritize the development of sports education facilities, provide flexible academic structures, and establish support systems specifically designed for sports students. Collaborations with sports organizations, implementation of mentorship programs, and dedicated academic counseling services can significantly benefit sports students.

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## 7.0: Conclusion:

The difficulties faced by sports students while implementing new education approaches are multifaceted. To address these challenges, it is crucial for educational institutions, sports organizations, and policymakers to collaborate and develop comprehensive strategies. These strategies should include flexible scheduling options, academic support systems, and recognition of sports achievements within the educational framework. By bridging the gap between sports and education, we can create an environment that fosters both athletic and academic excellence, empowering sports students to thrive in all aspects of their lives.

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