

**3<sup>rd</sup> BRICSCESS 2024-New Delhi  
Invited Speaker**



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**Prof. Rajesh Kumar** has obtained his Bachelor degree, Masters degree and doctoral degree in Physical Education from Osmania University, Hyderabad and Diploma in Sports Coaching in Athletics from Sports Authority of India. He is presently working as I/c Director of Physical Education, Osmania University, Hyderabad, T.S. India. He is Visiting Professor, Faculty of Sports Sciences, Universitas Negeri, Yogyakarta, Indonesia in the year 2020. He is the President, International Federation of Physical Education, Fitness and Sports Science Association and Secretary General, Indian Federation of Computer Science in Sports. He is a International Master Athlete participated in the World Masters Athletics Championships held at Finland 2009 and Asian Masters Athletics Championships held at Thailand 2009, Malaysia 2010, Chinese Taipei 2012, Singapore 2016. Bronze Medalist in 5000 M Run in the Asian Masters Athletics Championships held at Bangalore 2006.. He is Indian Athletics Team Coach in the 30<sup>th</sup> World Universiade held at Napoli, Italy from 2<sup>nd</sup> to 14<sup>th</sup> July 2019. Chief Delegation of Osmania University Chess Team in the Asian Universities Chess Championships held at Tagaytay City, Philippines from 26 May to 2 June 2018.. He has participated and Present the papers in the International Conferences at London, China, Istanbul, Mauritius, Thailand, Philippines, Indonesia, Vietnam, Malaysia, Bahrain etc. He has presented more than 100 papers in National and International Conferences and published more than 100 research papers in National and International reputed Journals. 2 Foreign Students and 8 Indian Students Awarded Doctorate Degree in Physical Education, Osmania University under his guidance. He has published and edited many Books. He has Received many Awards such as National and International level from many Organizations.

## **Impact of Physical Activity Programs in the Schools for promotion of Fitness among Students.**

### **Abstract:**

Physical Activity programs for middle and high school in India is helpful to choose the students who are having the talent and can be prepared and give basic foundation of Sports to build the elite sports person. Physical Activity in Schools Plays the main role in the Identification of Talent and Selection of Sport of a Child at School and College level to guide for the correct coaching in becoming the future champions of the country. Sport programs and coaches resort to overemphasizing competition and related sport skills. From a coach's standpoint, there is need for practical, functional, and sequential athlete document that will provide coaches with best practices for the development of strength, flexibility, and stability in their athletes at correct age at school level to develop the motor qualities and skills. This Programme of Physical Education must include movement vocabulary, physical literacy, and athletic movement skills, if athleticism is to be achieved. Physical Activity in the school helps the student to promote his good health, mental development along with the development of sports skills. Hence it is recommended that Physical activity is a basic foundation to build High Performance athlete, along with the mental development, Health development, Social development etc. Physical activity is an essential component of any strategy that aims to the students to have less obesity among childrens. Physical activity implementation in schools is exercise act as a medicine. It is recommended that Physical activity is essential for growth and development of children and youth. Key words: Physical activity, Talent, Sports Programme, Sports skills etc.