



Mount Abu Public School

H-Block, Sector-18, Rohini, New Delhi-110085 India

Unit - 1

Changing Trends And Career in Physical Education

- ✍ 1.1 Meaning and Definition Physical Education
- ✍ 1.2 Aim and Objectives of Physical Education
- ✍ 1.3 Career Options in Physical Education
- ✍ 1.4 Competitions in Various Sports at National and International Level
- ✍ 1.5 Khelo India Programme.

1.1 **Meaning and Definition of Physical Education**

Physical Education is composed of two words 'Physical' means body and 'Education' means modification of behaviour thus means Education through the medium of physical Activities. It aims on overall development of human being through participating in various games and sports activities. Modern Physical Education was started in 18th century in Germany. Where Physical Education was an integral part of School Curriculum, Since then many changes have taken place and various aspects have emerged with time.

1.1 **Definitions of Physical Education:**

In fact the basis of physical education is difficult and very broad with changing time, its meaning also kept changing. Following time, its meaning: According to Charles A Bucher, "physical education is an integral part of total education process and has its aim in the development of physically, mentally, emotionally and socially fit citizens through the medium of physical activities which have been selected with a view to realize these outcomes."

"Physical education is the sum of changes in the individual caused by experience which can bring in motor activity."

1.2 **Aims and objectives of Physical Education :**

Physical education has been defined in different ways by experts and institutes in this field. These are as follows:

"Physical education is that phase of education which deals with big muscle activities and their related responses." —J.B. Nash

"Physical education is that phase of education which is concerned, first, with the organisation and leadership of children, in big muscle activities, to gain the development and adjustment inherent in the activities according to social standards, and second, with the control of health or growth conditions naturally associated with the leadership of the activities so that the educational process may go on without growth handicaps." —Clark W. Hetherington

"Physical education is an integral part of the total educational process and has as its aim the development of physically, mentally, emotionally, and socially

fit citizens through the medium of physical activities which have been selected with view to realising these outcomes.” — Charles A. Bucher

“Physical education is education through physical activities for the development of the total personality of the child to its fullness and perfection in body, mind and spirit.” —Central Advisory Board of Physical Education and Recreation

1.2 Aim and Objectives of Physical Education:

Aim is the ultimate one, i.e., all-round development of an individual. The means and ways we adopt to achieve our aim are called objectives and those are:

Physical development
Social development
Spiritual development

Mental development
Emotional development

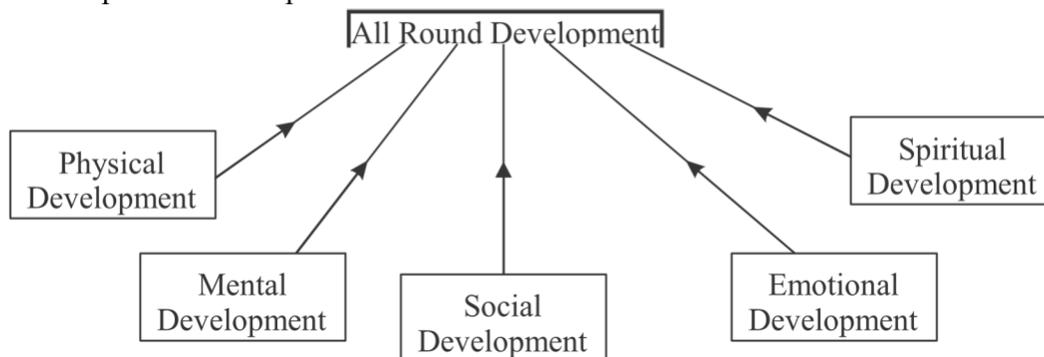


Fig. Aim and Objectives of Physical Education Objectives :

1. **Physical Development:** The main objective of physical education is physical development. Physical education is related to several physical activities. When we do any physical activity, it effects our different body systems— blood circulation, respiratory system, muscular system, digestive system, etc. It results in the development of the size and shape of organs. It is helpful to make body healthy and strong. If our body systems are fine and healthy, only then we

shall be able to do our work efficiently and be safe from several disease like high blood pressure,

diabetes, obesity and arthritis. For e.g., Running increases the heart rate which helps the blood to flow efficiently through the whole body.

2. **Mental Development:** This objective is related to mental development. There should be some activities in physical education which keep our brain alert and concentrated. Now-a-days, physical education is not related to physical exercises only but it also includes rules of game, principles, structures of body, personal cleanliness, etc. These physical activities sharpen the brain. By taking part in physical activities a person learn to tackle various situations. During sport many situations occur in which player takes his/her self-decision. So, this results in their mental development and decreases the stress level.
3. **Social Development:** This objective of physical education is related to social skills which are helpful in coordination. During a competition, players of different region come together on single platform. So, they learn cooperation, support, respect, good sportsmanship, etc. through these skills, players can make their nation healthy and strong.
4. **Emotional Development:** The objective of physical education is to make an individual emotionally develop through physical activity. A man is endowed with different emotions like happiness, jealousy hope, despair, joy, fear, loneliness, weal and woe, etc, If they do not control these emotions, thes there will be no place for them in the society, which can be harmful for them. Physical education programme develop these emotions and teach us to control them.
5. **Spiritual Development:** The objective of physical education for an individual is to reflect time to evaluate their experiences to allow them to build a positive mindset and promote progression.

1.3 Career Options in Physical Eduecation

The opportunities in the field of physical education were teaching and training only till 1990. There are ample employment opportunities for people in the field of physical education due to increase in interest towards training and increase in number of activites. Ther are two types of career options in physical education. The first kind is related to teaching and training of physical education. These are called traditional careers also. The second kind is related to the careers when emerge out of it related to health, management, sports performance and media. Their descriptions are as follow:

1. In Teaching Sector	2. In Training Sector (Coaching)	3. In Health/Fitness related Sector	4. In Performance relatd Sector	5. In Media Sector
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<input type="checkbox"/> At Primary level	<input type="checkbox"/> In Schools, Colleges, University	<input type="checkbox"/> Sports Fitness Trainer Medicine <input type="checkbox"/> Sports Dietician	<input type="checkbox"/> Professional Players	<input type="checkbox"/> Sports Journalism <input type="checkbox"/> Book Author
<input type="checkbox"/> At Middle	<input type="checkbox"/> In Various Sports Institution	<input type="checkbox"/> Sport Psychology	<input type="checkbox"/> Sports Planning Officer	<input type="checkbox"/> Sports Photography
<input type="checkbox"/> At Secondary level	<input type="checkbox"/> Industrial Recreation	<input type="checkbox"/> Sport Nutritionist	<input type="checkbox"/> Sports Management	<input type="checkbox"/> Sports Broad-casting
<input type="checkbox"/> At College and University level	<input type="checkbox"/> Sports Facility Management	<input type="checkbox"/> In Gyms as Athletic Trainer	<input type="checkbox"/> Recreational Sport Management	<input type="checkbox"/> Sports advertising (Sports equipments marketing)
<input type="checkbox"/> Teaching at other Professional Institution	<input type="checkbox"/> Administration	<input type="checkbox"/> Health/Fitness Industry	<input type="checkbox"/> Performance	<input type="checkbox"/> Sports Industry

Competition in Various Sports at National and International Level

Introduction

India is home to a diverse population playing many different sports. Field Hockey is the most successful sports for India at Olympics in which India has won eight Olympic gold medals. Cricket is most popular sport in India. Kabaddi is most popular indigenous sport in the country. Other popular sports in India are Athletics, Badminton, Judo, Football, Basketball, Chess, Shooting, Wrestling, Boxing, Tennis, Squash, Weightlifting, Gymnastics and Table Tennis. Some indigenous sports like Kho-Kho and Kabaddi are very popular. Some other sports were originated in India Such as Chess, Leg Cricket, Snooker. etc. are also very popular.

The National Games of India is a national domestic sports event organisation which has been held in the country since 1924 and for developing multisports culture in India. Khelo India School Games, an event for Under-17 School Kids, had been started from 2018 as its first edition.

Political responsibility for sport in India is with the Ministry of Youth Affairs and Sports, which is headed by a cabinet minister and managed by National Sports Federations. The only major exception is the BCCI which is the administrative body of Cricket but not a NSF. Presently, there are more than 70 recognised National Sports Federations (NSF).

Sport Authority of India, the field arm of the ministry, supports and nurtures talent in youth and provides them with requisite infrastructure, equipment, coaching, facilities and competition exposure. Sir Dorabji Tata with the

support of Dr. A.G.. Noehren established the Indian Olympic Association (IOA) in 1927. IOA is responsible for the Indian continents participation in the Olympic Games, Commonwealth Games, Asian Games and South Asian Federation Games. Each Olympic and Non-Olympic Sport has a federation at the national level.

Major Responsibilities of National Federations

1. To Select the National Teams.
2. To recommend the Indian Olympic Association (IOA) for official sponsorship.
3. To participate in games conducted under the auspicious of the International Olympic Committee (IOC), Olympic Council of Asia (OCA), Commonwealth Games Federation (CGF) and South Asian Games (SAG) Federation
4. To supervise the conduct of State Associations under them.
5. To promote the sport and maintain the decorum of the game.
6. To ensure coordination among state sports.
7. To prepare budget for respective sports.
8. To recommend the names for awards like Rajiv Gandhi Khel Ratna Award, Arjuna Award and Dronacharya Award for excellence in sports.
9. To elect the governing body at regular period.
10. To follow the latest rules of international federations.

List of International Competitions

In the sport of athletics. international competitions between national teams can be distinguished into four main types:

- Multi-sports events, commonly referred to as Games, where athletics events form part of wider sporting programme.
- World championships. the primary competitions where all nations may compete.

Governing Body	Prominent Players	Major Competitions
Archery Association of India (AAI) Established In: 1973 Current President: B.V.P. Rao Headquarter: New Delhi	<input type="checkbox"/> Sanjeeva Kumar Singh <input type="checkbox"/> Limba Ram <input type="checkbox"/> Deepika Kumari <input type="checkbox"/> Dola Banerjee Rahul Banerjee	Olympics, World Championships, Asian Games, SAF Games, National Games, Khelo India, AUI India NTERU Hivesity
Athletics Federation of India (AFI) Established in: 1946 Current President: Mr. R. Dille Sumarwalla Headquarter: New Delhi	<input type="checkbox"/> Sanjeeva Kumar Singh <input type="checkbox"/> Milka Singh <input type="checkbox"/> Shiny Abraham <input type="checkbox"/> P.T. Usha <input type="checkbox"/> Jinson Johnson <input type="checkbox"/> Bobby George <input type="checkbox"/> Tintu LUKKA <input type="checkbox"/> Dutee Chand <input type="checkbox"/> Neeraj Chopra	Olympics, W.C., CWG, Asian Games, SAF Games, National Games, K.I.G. All India Inter-University
Basketball Federation of India (BFI) Established In: 1950 Current President: K. Govindraj Headquarter: New Delhi	<input type="checkbox"/> Satnam Singh <input type="checkbox"/> Amritpal Singh <input type="checkbox"/> Yadwinder Singh <input type="checkbox"/> Geethu Anna Jose <input type="checkbox"/> Akhanksha <input type="checkbox"/> Prashanti Singh	World Championships, NBA American Games, Asian Olympic Games, CWG, Games, National Games, Khelo India, AIIU
Badminton Association of India (BAI) Established In: 1934 Current President: Himanta Biswa Sarma Headquarter: New Delhi	<input type="checkbox"/> Saina Nehwal <input type="checkbox"/> Syed Modi <input type="checkbox"/> P.V. Sindhu <input type="checkbox"/> Chetan Anand <input type="checkbox"/> Pullela Gopichand <input type="checkbox"/> Aparna Popat <input type="checkbox"/> Prakash Padukone <input type="checkbox"/> Srikanth Kidambi <input type="checkbox"/> Jwala Gutta <input type="checkbox"/> Ashwini Ponappa <input type="checkbox"/> Parupalli Kashyap	Olympics, World Ranking tournaments, Asian CWG, SAF, Premier Badminton League, All India, Thomas Cup, Uber Cup (women), Sudirman Cup, Mixed Teams.

S.No.	Name of Game
	Archery
	Athletics
	Basketball
4.	Badminton

Asian	Olympics, W.C., Games, Boxingchampionship, SAFCWG. National GoldenGlovesChangionship
<input type="checkbox"/> VijenderSingh <input type="checkbox"/> MaryKom <input type="checkbox"/> Akhil Kumar <input type="checkbox"/> HawaSingh <input type="checkbox"/> Vikas KrishanYadav <input type="checkbox"/> Pinki Rani <input type="checkbox"/> Manish Kaushik	
<input type="checkbox"/> Sunil Cheetri <input type="checkbox"/> BhaichungBhulia <input type="checkbox"/> I.M. Vijayan <input type="checkbox"/> AditiChauhan <input type="checkbox"/> OinamBembem Devi	FIFAWorld Cup,FIFAconfederationcup UFFAChampionship, cup, Santosh Trophy Asian
<input type="checkbox"/> DipaKarmakar <input type="checkbox"/> Ashish Kumar	Olympicsworld championshipsAsian Games.CWG. SAFG, PacyicRim Championship,PAnAMERICANChampion KIG,National
<input type="checkbox"/> Dhyan Chand <input type="checkbox"/> Savita Punia <input type="checkbox"/> Dhanraj Pillay <input type="checkbox"/> RaniRampal <input type="checkbox"/> Sandeep Singh <input type="checkbox"/> Sardar Singh <input type="checkbox"/> DilipTirkey <input type="checkbox"/> MandeepSingh	Olympics, worldchampionshipAsiamCup SAFG,CWG,Beighton CUP,AGA KHAN CUPmarugappagold hocueyup,Nehru Halicl kheyoindia lague
<input type="checkbox"/> CawasBillrmoreia <input type="checkbox"/> AkramShah <input type="checkbox"/> GarimaChaudhary <input type="checkbox"/> Sandep Byala <input type="checkbox"/> TonChianDevi <input type="checkbox"/> NavjotChana <input type="checkbox"/> SushilalIkmabam	Olympics,worldGames, SAFG,CWG,Asian Games EunopianJudoChampionship,Judo prix, PANAMERICANUDO CHAMPIONSH

	Boxing	Boxing Federation India) Established In: 1925 Current President: Ajay Singh Headquarter New Delhi
6.	Football	All India Football Federation (AIFF) Established In: 1937 Current President: Praful Patel Headquarter New Delhi
	Gymnastics	Gymnastics Federation of India (GFI) Established In: 1952 Current President: Narender Batra Headquarter New Delhi
	Hockey	Indian Hockey Federation (IHF) Established In: 1928 Current President: Mohd. Mushtaque Ahmad Headquarter: New Delhi
9.	Judo	Judo Federation of India (JFI) Established In: 1965 Current President: Pratap Singh Bajwa Headquarter New Delhi

10.	Kabaddi	AmatureKabaddiFederation ofIndia(AKFI) Established In:1937 CurrentPresident: BirendiaPrasadBaishya Headquatter:New Delhi	<input type="checkbox"/> Anup Kumar <input type="checkbox"/> Abhilasha Ma <input type="checkbox"/> KamamMaheshwari <input type="checkbox"/> Kunjurani Devi <input type="checkbox"/> PoonamYadav <input type="checkbox"/> Satish Shivalingam <input type="checkbox"/> VikasThakur <input type="checkbox"/> Gurdeep Singh <input type="checkbox"/> RaviKumar	Asian Games,Kabaddiworld cups,Pro kabaddileague, federation cups,National GamesK.I.Games
11.	Kho-Kho	Kho-KhoFederation ofIndia(KKFI) Established in:1959-60 CurrentPresident: RajeevMehta Headquarter NewDelhi	<input type="checkbox"/> Satish Rai <input type="checkbox"/> Sarika kale <input type="checkbox"/> Pankaj Malhotra <input type="checkbox"/> MandakiniMajhi <input type="checkbox"/> Praveen Kumar <input type="checkbox"/> ShabeerBapu	NationalChampionstip, Nehru goldlup fedeciation lup
12.	Shooting	NationalRifleAssociationof India(NRAI) Established in:1951 CurrentPresident : Sh. RavinderSingh Headquarter NewDelhi	<input type="checkbox"/> Rajyavardhan SinghRathod <input type="checkbox"/> Abhinav Bindra <input type="checkbox"/> Jitu Rai <input type="checkbox"/> Apurvi Chandela <input type="checkbox"/> JaspalRana <input type="checkbox"/> Gagan Narang <input type="checkbox"/> Manu Bhakat <input type="checkbox"/> Heena Sandhu	Olympics,world championship, Asian Games, CWG,SAF Games, National Games, KheloIndia Games
13.	Wrestling Games KIG	Wrestling Federationof India(WFI) Established in : CurrentPresident:BrijBhushan SharanSingh Headquarter NewDelhi	<input type="checkbox"/> YogeshwarDutt <input type="checkbox"/> Babita Phogat <input type="checkbox"/> Sushil Kumar <input type="checkbox"/> BajrangPoonia <input type="checkbox"/> Pooja Dhanda <input type="checkbox"/> Vinesh Phogat <input type="checkbox"/> Geeta Phogat <input type="checkbox"/> Dara Singh	Olympics, WorldChampionships Asian Games, CWG,SAFGames <input type="checkbox"/> Sakshi MalikFederation Cup, National
14.	Volleybal	Volleyball Established in:1951 CurrentPresident: S. Vasudevan Headquarter: Bangalore	<input type="checkbox"/> Jimmi George <input type="checkbox"/> Gurinder Singh <input type="checkbox"/> G.E. Sridharan <input type="checkbox"/> A. RamanaRao <input type="checkbox"/> Tom Joseph <input type="checkbox"/> Shyam SundarRao <input type="checkbox"/> Nirmal Saini	Olympics,World Championship, Asian Games, CWG,SAFGames, FederationCup, NationalGames,KIG
15.	Weightlifting	IndianWeightliftingFederation(IWLF) Established in:1935 CurrentPresident: BijendraPrasadBaishya Headquarter NewDelhi :	<input type="checkbox"/> S.MitabChanu <input type="checkbox"/> Sanjita Chanu <input type="checkbox"/> Swati Singh <input type="checkbox"/> Kavita Devi <input type="checkbox"/> KamamMaheshwari <input type="checkbox"/> Kunjurani Devi <input type="checkbox"/> PoonamYadav <input type="checkbox"/> Satish Shivalingam <input type="checkbox"/> VikasThakur <input type="checkbox"/> Gurdeep Singh	Olympics, WorldChampionship, Asian Games, CWG,SAFGames, FederationCup, NationalGames,KIG

RaviKumar

- Continental or regional championships, between nations of a specific geographical area.
- Competitions where the invited nations or athletes have a shared language, religion, ethnicity, occupation or political allegiance.

Competition

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Event	1st Held	Level of Competition	Participants
Olympic Games	1896	World games	Worldwide
Worldwide Championships	1983	World championships	Worldwide
World Indoor Championships	1985	World indoor championships	Worldwide
Universiade	1959	University games	Worldwide (college athletes)
Military World Games	1995	Military games	Worldwide (military athletes)
World Military Track & Field Championship	1941	Military championships	Worldwide (military athletes)
Asian Games	1951	Continental games	Asia
Asian Indoor Games	2005	Continental indoor games	Asia
Pan American Games	1951	Continental games	Americas
African Games	1965	Continental games	Africa
European Games	2015	Continental games	Europe
European Championships	1934	Continental championships	Europe
European Indoor Championships	1966	Continental indoor championships	Europe
South American Championships	1919	Continental championships	South America
Asian Championships	1973	Continental championships	Asia

African Championships	1979	Continental championships	Africa
Oceania Championships	1990	Continental championships	Oceania
Mediterranean Games	1951	Regional games	All nations bordering the mediterranean sea
Event	1st Held	Level of Competition	Participants
Pan Arab Games	1953	Regional games	Arab World nations
Commonwealth Games	1930	Regional games	Commonwealth of Nations
Centrai American and Caribbean Games	1926	Regional games	Central American and Caribbean nations
East Asian Games	1983	Regional games	East Asian nations
South Asian Games	1953	Regional games	South Asian nations
Southeast Asian Games	1959	Regional games	Southeast Asian nations
Island Games	1985	Regional games	European islands and other small territories
Games of the Small States of Europe	1985	Regional games	Small states of Europe
Meaccabiah Games	1932	Ethnoreligious games	Jewish athletes and israeli athletes (including Arab Israelis)
Lusophony Games	2006	Language games	Portuguese speaking nations
Jeux de la Francophonie	1989	Language games	French-speaking nations
Central American and Caribbean Games	1967	Regional championships	Central American and Caribbean nations

Caribbean Championships			Caribbean nations
North American, Central American and Caribbean Championships	2007	Regional championships	North American, Central American and Caribbean nations
Ibero-American Championships	1983	Regional championships	Ibero-American countries
Pacific Conference Games	1969	Invitational championships	Five Pacific-coast countries (later invitational)
FAJR Indoor Championships	1992	Regional championships	Asia
World Deaf Athletics	2008	World championships	Worldwide

Khelo India Program

Introduction

The importance of sports and fitness in one's life is invaluable. Playing sports inculcates team spirit, develops strategic and analytical thinking, leadership skills, goal setting and risk taking. A fit and healthy individual leads to an equally healthy society and strong nation.

Sports is an extremely important component for the overall development of our nation. India, in the last five years has made steady progress in the field of sports. This tremendous potential needs to be showcased at a global platform. It's time we inspire young talent, give them top notch, infrastructure and training of the highest level. We need to inculcate a strong spirit of participation in sports that enables players to demonstrate their true potential. Only then can India realise its dream of becoming a sports super power.



The Khelo India Program has been introduced to revive the sports culture in India at the grass-root level by building a strong framework for all sports played in our country and establish India as a great sporting nation.

To accomplish the above objectives, Khelo India Program has been divided into 12 verticals, namely-

Khelo India Program

- (i) Play field development
- (ii) Community coaching development
- (iii) State level Khelo India centres
- (iv) Annual Sports Competitions
- (v) Talent search and development program
- (vi) Utilization and Creation/Upgradation of Sports Infrastructure
- (vii) Support to National/Regional/State Sports Academics
- (viii) Physical fitness of school children
- (ix) Sports for Women
- (x) Promotion of Sports amongst people with disabilities
- (xi) Sports for peace and development
- (xii) Promotion of rural and indigenous/tribal games

Talented players identified in priority sports disciplines at various levels by the high powered committee will be provided annual financial assistance of “INR 5 Lakh per annum for 8 years”.

Khelo India school games, which are a part of the Khelo India Program, are first being held from 31st January to 8th February, 2018 in New Delhi. Under-17 athletics have been invited to participate across 16 disciplines, which are as follows:

- | | | |
|------------------|------------------|--------------------|
| (i) Archery | (ii) Athletics | (iii) Badminton |
| (iv) Basketball | (v) Boxing | (vi) Football |
| (vii) Gymnastics | (viii) Hockey | (ix) Judo |
| (x) Kabaddi | (xi) Kho-Kho | (xii) Shooting |
| (xiii) Swimming | (xiv) Volleyball | (xv) Weightlifting |
| (xvi) Wrestling | | |

Khelo India Program meaning play India youth games, held annually in January or February, are the national level, multidisciplinary grassroot games in India's held for under-17 years school students. Every year best 1000 students will be given an annual scholarship of INR 5,00,000 for 8 years to prepare them for the international sporting events.

First event	2018
Occur every	– Annually
Last event	2019
Headquarters	– New Delhi

Purpose – Grassroot level talent hunt

In First Khelo India games small state of Haryana (102 medals including 38 gold, 26 silver and 38 bronze) which is considered a sports powerhouse was the top team in 2018, followed by Maharashtra (111 medals including 36 gold) and Delhi (94 medals including 25 gold).

History

On 31st January, 2018 the Prime Minister Narendra Modi, inaugurated Khelo India school games at the opening ceremony based on Guru-Shishya tradition held at Indira Gandhi Stadium, New Delhi.

Selection Criteria

Only selected school kids below the age of 17 years are eligible to compete in the individual sports. Top 8 sports person from the school games federation of India's National School Games. 4 nominations from federation, one from Central Board of Secondary Education, one from the host state and one from the organising committee will be selected. For Archery, Badminton and Shooting, the top 16 from the National School Games, 8 nominations by the federation, one from CBSE, one from host slate, one from organising committee, and 6 from wild cards will be selected.

Aim of the Khelo India Program

“To make popular the rural, indigenous and the Tribal sport/Games to disseminate information and pique the curiosity of the present generation about these games and also to encourage children and youth to take up these games in a major way, paving way for their mainstreaming. Objectiveness of Schemes

To encourage, promote and popularize the indigenous sports and games and those played in the rural and tribal areas of the college

KINDLY WATCH THE VIDEO FOR BETTER UNDERSTANDING:

[PHYSICAL EDUCATION CHAPTER 1](#)

<https://youtu.be/OEuHsdW0pos>

ASSIGNMENT

Objective Type Questions (1 Marks Each)

- Q.1. "Physical Education is the sum of changes in an individual caused by experience centring motor activity" Who said this?
(a) Prince martin (b) Millions
(c) Charls A.Butchar (d) Cassidy
- Q.2. "Physical Education is the sum of men's physical activities selected as to kind and conducted as to outcomes" who said this?
(a) C.C.Covel (b) Charles A Butcha
(c) Williams (d) J.B. Nash
- Q.3. How many objectives of physical Education are there?
(a) Four (b) Five
(c) Three (d) Six
- Q.4. What is the aim of physical Education?
(a) Physical development (b) Motor development
(c) Mental Development (d) All Round development
- Q.5. Sports management is based upon. ..?
(a) Efficient and Talented officials (b) Smart and clever officials
(c) Weak and Greedy officials (d) None of these
- Q.6. For A Reporter what Qualities are desired most?
(a) Sweet Speaking skills (b) Soft Speaking skills
(c) Excellent Speaking skills (d) Beautiful Personality
- Q.7. What is the scope of Coaching?
(a) Social Parks (b) Sports Clubs (c) Hotels
(d) All of the above
- Q.8. Thomas cup is Related to which Game?
(a) Hockey (b) Judo
(c) Badminton (d) Football
- Q.9. Where was first khelo India Games held?
(a) Mumbai (b) Delhi
(c) Hyderabad (d) Kolkata
- Q.10. Which state of India stood just in khelo India Games in 2018?
(a) Delhi (b) Punjab
(c) Kerala (d) Haryana.
- Q.11. How many sports discipline are there in khelo India Games?
(a) 12 (b) 14
(c) 16 (d) 18

Q.12. When was the first khelo India Games held?

(a) 2016

(b) 2018

(c) 2017

(d) 2019

Short Answer Type Questions (3 Marks)

Q.13 What do you mean by sports journalism?

Q.14. What do you mean by Health related careers?

Q.15 What is the objective of physical education?

Q.16 Discuss the teaching career in physical education.

Q.17 Write a note on career in book writing?

Q.18 Write a note on career in sport Industry?

Long Answer Type (5 Marks)

Q.19 What is physical education? Explain the aim and objectives of physical education.

Q.20 Write a short note on the following :

(i) Book Publishing

(ii) Sports Photography

Unit - 2

Olympic Value Education

- ↳ 2.1 Olympics, Paralympics and Special Olympics
 - ↳ 2.2 Olympic Symbols, ideals, Objectives and Value of Olympism
 - ↳ 2.3 International Olympic Committee
 - ↳ 2.4 Indian Olympic Association
- 2.1. Olympic, Paralympic and Special Olympics

Olympics

History Reveals that Ancient olympics were held in the honour of god zues, at city of olympic around 776 BC as the part of Religious festivals. Representative of whole Greek used to gather at dympia and exhibit their unity during ancient olympic games.

The revival work of the games wad undertaken by Barron Piere Decubation who is also know as father of olympics. Que to their hard efforts the just modern olympic Games held in 1896 at Athens Greece and Since then these game are held every four years. The Nest olympics are scheduled for 2020 at Tokyo, JAPAN.

Paralympics

The wore paraolympics is compositions of two words para and olympics. The word 'Para' has been derived from preposition of Greek which means beside or along side which means that the paraolympics are the parallel games to the olympics and illustrate how the two movements assist side by side. These events are held for the person with range of disabilities, including musde impaired, impaired range of movements, limb deficiency, Leg length differences, short stature, hypertonia vision impalement.

This is similar to Olympic game for disabled sports person in 1960 first time it was organized in Rome. The head quarter of international para Olympic is situated at

Born, Germany. The international para Olympic is responsible for organizing summer and winter Olympic games. At present it comprises of 176 National Para Olympic Committees.

Special Olympics

Special Olympics is the world's largest sports organisation for children and adults with intellectual disabilities and physical disabilities providing year round training and competitions to 5 million athletes and unified sports partners in 172 countries. Special olympics competition are held every day all around the world in including local, national and regional competitions, adding upto more than 1 Lakhs events a year. like International paraolympic committee the special olympic Organisation is recognised by IOC called International special olympic committee. The major special olympic world Games is a major event put on by the special olympics. These games alternate between summer and winter games, in two year cycles recurring every for the year. First special olympics held on July 20, 1968 at Chicago.

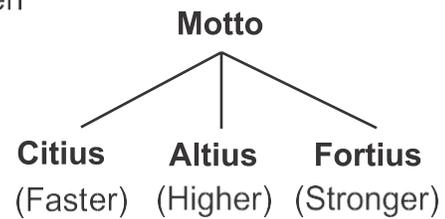
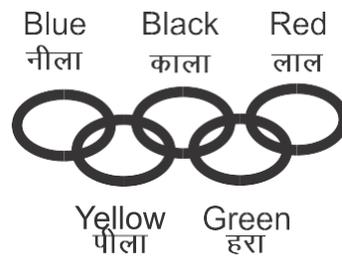
Summer Olympic Games

The Summer Olympic Games or the Games of the Olympiad first held in 1896, is an international multi-sport event that is hosted by a different city every four years. The most recent Olympics were held in Rio de Janeiro, Brazil. The International Olympic Committee organises the games and oversees the host city's preparations. In each Olympic event, gold medals are awarded for first place, silver medals are awarded for second place, and bronze medals are awarded for third; this tradition began in 1904. The Winter Olympic Games were created due to the success of the Summer Olympics.

Eighteen countries have hosted the Summer Olympics. The United States has hosted four Summer Olympics (1904, 1932, 1984, 1996), more than any other nation, and Great Britain has hosted three Summer Olympics (1908, 1948, 2012). All in London. Four cities have hosted two Summer Olympics: Athens (1896, 2004), Paris (1900, 1924), Los Angeles (1932, 1984), and Tokyo (1964, 2020). Tokyo is the first city outside of the Western world to host the Summer Olympics multiple times.

Olympic Symbols

The Olympic symbol was created and designed by Pierre de Coubertin himself. He created the Olympic flag which is of a milky white texture in the background with five inter-linked rings of different colours. The rings symbolize the union of five continents and the meeting of the athletes from all over the world at the Olympics. The five colours are Blue, Black, Red, Yellow & Green. They represent America, Africa, Australia, Asia and Europe respectively.



Olympic Motto

Olympic motto is made from three Latin Words.

Objectives of Olympics

- (a) To generate the sense of loyalty, brother hood and team spirit among the participants.
- (b) To bring the attention of the world community to understand the values of the programmes of physical education.
- (c) To Promote amateurism among the sport men.
- (d) To remove the barriers of caste, creed, religion and colour.
- (e) To develop good habits among sports persons.
- (f) To encourage moral values and unbiased behaviour through sports.

Olympic Values

If we look at the objectives of Olympic games, we come to learn that Baron De Coubertin wanted to develop values through Olympic games. The following values can be developed through Olympic movement:

1. Brotherhood: Olympic movement is instrumental in developing brotherhood when players of different countries play together, come together, sit together, dine together—they develop unity among themselves. Thus brotherhood develops.
2. Impartial game: The Olympic games provide opportunities for impartial games. These games are based on justice. So. each player and each team should be judged fairly. Rules and regulations should be applied to each and every team. There should be no partiality towards a specific team or player. The sports officials should be true to their words and actions. “Live by code or get out”—such slogans should be raised.
3. No discrimination: According to the suggestion of Mr. Coubertin, there should not be any discrimination on the basis of caste, colour and creed. Olympic games promote the spirit of brotherhood and try to abolish discrimination. The players of different countries, cultures, tradition, and caste—take part. They should not treated unfairly. The players forget their background or roots and they help promote Olympic values. But exceptions are always there. In 1972, Olympic games in Munich, Israeli players were killed ruthlessly. In 1936, Berlin Olympic Jesse Owens bagged four gold medals but on the grounds of racial discrimination. Adolf Hitler refused to honor Jese Owens, some countries have vested interest

in these games. They want to prove that they are a better than the other countries. But it can't be stated that Olympic movement has failed to promote values, we should have positive outlook so that values may be promoted through Olympic movement.

4. Friendship: Olympic movement presents such opportunities as instrumental in developing friendship not only among players but also among countries. Players of different countries come to take part in Olympic games. When they get together, they become friends. Even when there is tension going on between two countries, they come close to one another through Olympic games.
5. Respect: This value motivates the players to show sportsman spirit. Every player should retrospect and also respect the opponents, rules of game and environment.
6. Values: friendship, brotherhood, unbiased sports and partiality free: It can be said that Olympic plays an important role in development of these values but a dark side of Olympics is also seen. Many countries participate in Olympics just to show their superiority on other countries. This is also a downfall of these values that many countries of the world boycotted 1980 Moscow Olympics and 1984 Los Angeles Olympics. The Olympic movement fails to develop the above said values. There should a positive thinking towards these values so that these values can be developed.
7. Excellency: This value motivates a person to give the best performance on field and outside the field.

2.3 International Olympic Committee

The headquarters of Olympic Committee is situated at Lausanne, Switzerland. It was formed on 23 June, 1894 by Pierre, Baron De Coubertin. This committee is comprised of 105 active members and 32 honorary members. Its first president was a Greek named Demetrius Vikelas.

This committee once every four years holds summer and winter modern Olympic games. This committee organized the first summer Olympic games in 1896 in the Greek city Athens. And the first winter Olympic games were organized in 1924 in

Chamonix. France. Till 1992, summer games, to help space the planning of the two events two years apart from each other. The first summer youth Olympic Games were organized in 2010 in Singapore, whereas the first youth winter Olympic games were organized in 2012 in Innsbruck, city in Austria.

Governing Council

In International Olympic Committee, there are members of different countries. In present there are 15 members which constitute 1 President, 4 Vice-Presidents, and 10 Executive Board Members. They are as follows:

1. President: The President of International Olympic Committee is chosen by the members of this committee. The President tenure is for 8 years. After the expiry of his tenure his period can be extended once only for four years.
2. Vice-President: International Olympic Committee has four VicePresident. They too are chosen by the member of International Olympic Committee. Their tenure is for 4 years. After the expiry of their tenure they can be chosen again if the members desire so.
3. Executive Board: The Executive Board in chosen by the members of different countries in a secret ballot. The Executive Board of International Olympic Committee is held responsible for the administration of International Olympic Committee and the management of its affairs.

Functions of International Olympic Committee

IOC does different functions which are as follows:

- (i) The venue where the Olympic games will be organized is decided by this committee.
- (ii) To elect the new members, proper functioning of sports programmes, and selection of host city. (iii) The promotion of sports/games, (iv) Fight against doping.

- (v) Making rules and regulation for the smooth functioning of games.
- (vi) To encourage the different organizations for the support by social and economical way to the players.
- (vii) It encourages and supports the promotion of ethics in sports as well as in education of youth through sports.
- (viii) To motivate the culture and education combined along with sports, (ix) Fight against political or commercial abuse of sports and athletes.
- (x) Encouraging and supporting the promotion of women in sports at all levels.
- (xi) Acting against any form of discrimination affecting the Olympic movement.
- (xii) To motivate the development of sports.
- (xiii) Taking action in order to strengthen the unity and to protect the independence of the Olympic movement.

Indian Olympic Association

Indian Olympic Association was founded in 1927. Sir Dorabji Tata and Dr. Noehren became the founder President and Secretary General respectively. Sir Dorabji Tata was also the first member of IOC. Its members are chosen once every four years. This committee is comprised of a president, 9 Vice Presidents, 6 Secretaries, one Honorary Treasurer. Apart from this, 12 representatives of national sports committee and the representative of State Olympic Committee are also included. After some time. Sir Dorabji Tata resigned from his post. After that Shri Bhupinder Singh. Maharaja of Patiala became the President. India participated for the first time in 1928 Amsterdam Olympic games and won Gold in Hockey. From that time onwards IOA is working continuously for Olympic movement.

IOA is responsible for the participation in Olympic games and some other games such as—Asian games. Commonwealth games etc. All sports federations work to help IOA.

Objectives of Indian Olympic Association

The objectives of Indian Olympic Association are mentioned below:

- (i) Development and promotion of the Olympic movement.
- (ii) Enforcement of all rules and regulation of the International Olympic Committee and Indian Olympic Association.

- (iii) To be the official organizations in complete form and whole charge of all the matters related to Olympic event.
- (iv) Promotion and encouragement of the physical, moral and cultural education of the young people of the nation so that their character can be developed.
- (v) Admitting the membership of the state Olympic Association and national sports federation for which submission of their annual reports and audited statement of accounts are necessary. These documents should be deposited to the IOA for information.
- (vi) To be a government organization and control the related matters.
- (vii) To undertake with assistance of national sports federations the financial management, transportation, maintenance and welfare of teams from India taking part in the Olympic games and other games which are organized under the patronage of IOC.
- (viii) To suggest the names of selected participants to participate in Olympic games.
- (ix) To take disciplinary action against any federation for misbehavior or any other undesirable activity bringing discredit to the country.
- (x) In cooperation with the National Sports Federation/Associations IOA organizes and control selection, training, coaching of the teams that will represent India.
- (xi) To enforce and defend the exclusive rights of the association to use the Olympic flag and Olympic insignia.
- (xii) To organize national and international competitions.
- (xiii) To remove the discrimination of caste, religion, color and area etc.
- (xiv) To apply the code of conduct of World Anti-Doping Agency.

Functions of Indian Olympic Association

- (i) To promote Olympic movement.
- (ii) To organise the games at national and international level.

(iii) To give names and to support the players to participate at interactional level. (iv) To synchronize between different federations and Indian government.

(v) To make a healthy relationship amongst the different state federations. State Olympic Associations and National Federations and Associations.

KINDLY WATCH THE VIDEO FOR BETTER UNDERSTANDING

<https://youtu.be/KI0KPJbpx4Q>

ASSIGNMENT

Objective Type Questions (1 Marks Each)

Q.1. The Paralympic games are organised after the completion of:

- (a) Asian Games (b) SAF Games
(c) Olympic Games (d) Common wealth Games

Q.2. IOC was formed in

- (a) 1886 (b) 1884
(c) 1892 (d) 1880

Q.3. Ancient olympic Games were organised in the honour of god.

- (a) Hercules (b) Theonosis
(c) Posedon (d) Zues .

Q.4. How many rings olympic symbol has

- (a) Three (b) Two
(c) Five (d) Four .

Q.5. Where is the headquarters of IOC.

- (a) Newyork (b) Switzerland
(c) Paris (d) France

- Q.6. Who is the first president of Indian olympic Association (IDA)
- (a) Sir Dorabji tata
 - (b) Jawaharhal Nehru
 - (c) Sardas vallabh Bhai Patel
 - (d) M.K. Gandhi

Q.7. When was IOA Established

- (a) 1937 (b) 1935
(c) 1925 (d) 1927

Q.8. When was the first special olympics held.

- (a) 1966 (b) 1968
(c) 1970 (d) 1972

Q.9. Who is known as the father of modern olympics?

- (a) Prof Jigaro kano (b) Sir Dorabji Tata
(c) P.B.D. Coubertin (d) Jocr Rogges

Q.10. Where 2020 olympics are scheduled

- (a) Los angles (b) India
(c) Maxico (d) Tokyo

Short Type Question (3 Marks Each)

Q.11. Briefly explain the development of values through Olympic movement?

Q.12. What is Olympic Oath?

Long Type Questions (5 Marks Each) Q.13.

Give a brief account of the ancient Olympic Games.

Q.14. Give the important function of International Olympic Association.

Q.15 Describe the formation and objectives of Indian Olympic association

Unit - 3

Physical Fitness, Wellness and Lifestyle

- ✍ 3.1 Meaning and Importance of Physical Fitness, Wellness and Lifestyle
 - ✍ 3.2 Components of Physical Fitness and Wellness
 - ✍ 3.3 Components of Health Related Fitness
- 3.1 Meaning and Importance of physical fitness, wellness and lifestyle

Physical fitness: Physical fitness means the capacity to do the routine work without any fatigue or exertion and after doing the work the person has power to do some more work and recovery is quicker.

Wellness: Wellness is the capacity of an individual by which he leads a balanced life.

Lifestyle: A way of life or style of living that reflects the attitude and values of a person or group. Importance of Physical fitness, wellness and lifestyle

Importance of Physical Fitness

1. To live a long and healthy life: A physically fit person not only lives a healthy life but also a longer life.
2. To increase the energy, power and capacity of the body: A physically fit person can do his routine work without undue fatigue. The strength and capacity is increased because of internal energy due to which he can perform extra curricular task after finishing the routine work. For e.g.- entertainment, aerobics, dance, gardening, etc.
3. To reduce the probability of getting a disease: Due to the physical fitness, important parts of the body, such as heart, lungs and brain remain strong and there is a less probability of getting disease because of the continuous activity of these parts.
4. For strong and active muscular and skeletal system: Due to the physical fitness, a person can do any physical activity with ease, posture is maintained, muscles and bones stay strong, joints and muscles have flexibility and body posture looks toned and attractive.

5. To increase the memory and recall capacity of mind: Physical fitness also affects the mind of a person. A physically fit person has higher recall capacity and memory.
6. To improve mental health: Physical fitness improves mental health as well. It leads to increase in self confidence and positive body image.
7. To get rid of excess fat: Due to the physical fitness, a person is always active. Due to this activeness, the fat in the body continuously get converted into energy which does not allow the fat to accumulate in the body.
8. To live a happy life: Physical fitness is also necessary for enjoyment and happiness of mind. A fit person remains happy and joyful which increases his self-confidence and positive body image.

Importance of Wellness

1. To live a high quality life: Wellness increases the quality of life of a person. A capable and healthy person can experience more enjoyment by participating in games and sports and working with other people.
2. To achieve the maximum growth and development: Wellness is helpful in growth and development of a person. The growth and development of a healthy person can happen easily without any diseases.
4. To be a good citizen: A capable person knows how to balance his rights and duties because of which he can become a good citizen of the country.
5. To live a stress-free life: If a person is physically and mentally fit, then the negative thoughts like stress, tension and anxiety cannot affect him. If the negative thoughts come, then he can manage these emotions very well. These people are capable of living a balanced life.
6. To enjoy the life: A capable person has the full knowledge of his physical, mental, spiritual and social capabilities. That's why a capable person lives his life joyfully. Wellness is important for enjoying the life and happiness of mind.
7. To be an active member of the society: Wellness provides the opportunities to a person to attach with the society and the environment. A capable person actively participates in the social activities. Wellness

motivates the moral behaviour of a person which is very important to live in the society.

Importance of Healthy Lifestyle

1. **Increases the Level of Physical Fitness:** Physical fitness helps in better coordination with muscles so that there may be an increase in flexibility, tolerance, etc. of the body. This makes a person's life simple and easy and a lot of improvement takes place in the quality of life.
2. **Increases Longevity:** Healthy lifestyle leads to have a healthy body. It helps delay the old age quite late. The risk of diseases can be minimized and a man's age lengthens.
3. **Prevents Cardio-Vascular Disease:** Healthy lifestyle protects our body from cardio-vascular diseases. It leads to a reduction of extra fat from our body. Thus the heart becomes strong. It leads to improve the blood circulation in the body.
4. **Helps in Reducing Depression:** Due to healthy lifestyle the level of hormones leading to the regularity of the state of body increases. As a result the person is at a minimum risk of plunging into depression.
5. **Increases Energy Level:** Due to healthy lifestyle a person feels more energized and rejuvenated. As a result, he can do most of the work devotionally and successfully.
6. **Increases Self-Confidence:** Due to healthy lifestyle a person develops more awareness and self-confidence and it also helps in building mental toughness.
7. **Helps in Coping with Stress:** Due to healthy lifestyle one's psychological strength gets a boost. It leads to a reduction in stress, pressure and worry. So, it helps in developing mental health as well.
8. **Improves Posture:** Healthy lifestyle improves an individual's posture and as a result into the minimum risk of getting hurt. Improved posture helps in making body beautiful.

We can say that healthy lifestyle keeps our body away from cancer, diabetes, blood pressure, etc. It also leads to an increase in a person's self-confidence and also contributes various diseases like positively to an all-round development of an individual.

3.2 Components of Physical Fitness and Wellness

Components of Physical Fitness

For the overall development of fitness. It is necessary to know the different kinds of fitness required for specific programmes. Physical fitness can be divided into three main areas:

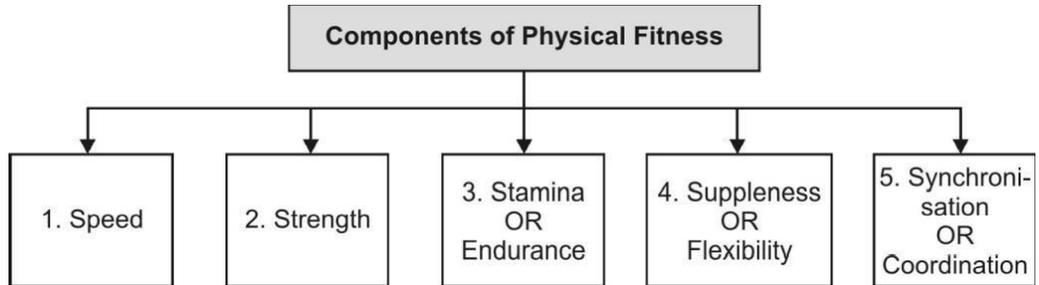
- Skill Related Fitness
- Health Related Fitness
- Cosmetic Related Fitness

The difference between three categories of fitness is given below:

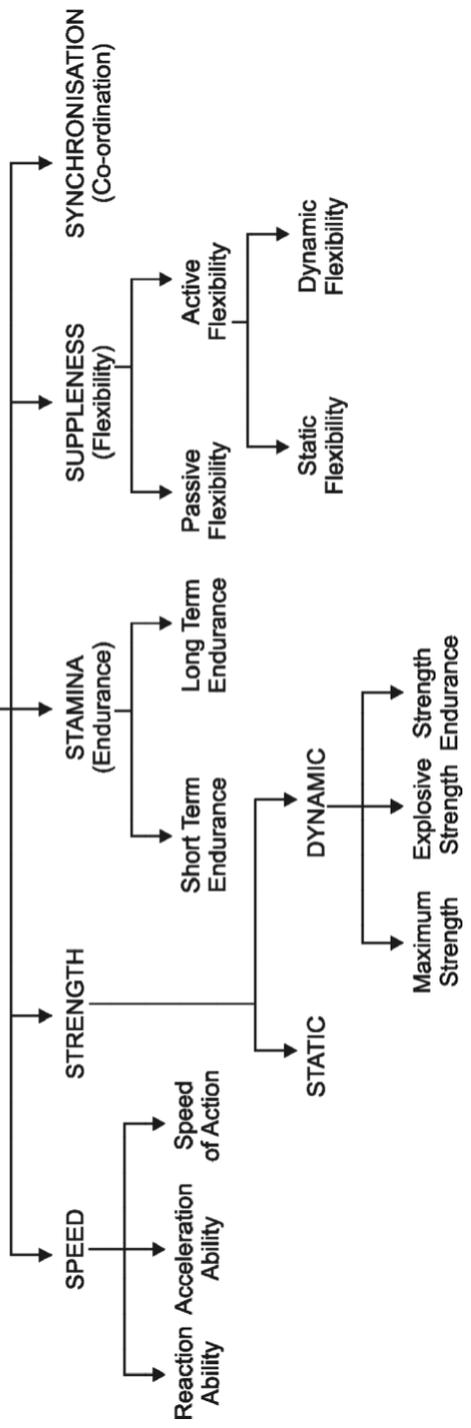
Skill Related Fitness	Health Related Fitness	Cosmetic Related Fitness
Important in the performance of specific functional motor tasks.	Ingredient in the national public health agenda.	For many people, looking good is an important outcome of fitness activities.
Important in sport performance and in certain kinds of job performance that require physical skill and strength.	Important for prevention and remediation of disease and illness, both physical and mental.	Looking fit is in and looking strong is an important part of looking fit. This is true for both men and women.
Being able to carry out the special skills that are a necessary part of certain sports or activities that can help in becoming physically fit involve one or more parts of skill related fitness. It is more functional and specific.	It applies to everyone and is a general concept. Each should achieve and maintain certain levels of health fitness to stay as healthy as possible throughout a lifetime and to improve the quality of life.	Cosmetic fitness is fine as long as it takes place in an educational environment where acceptance of different body shapes is the norm or the criteria.

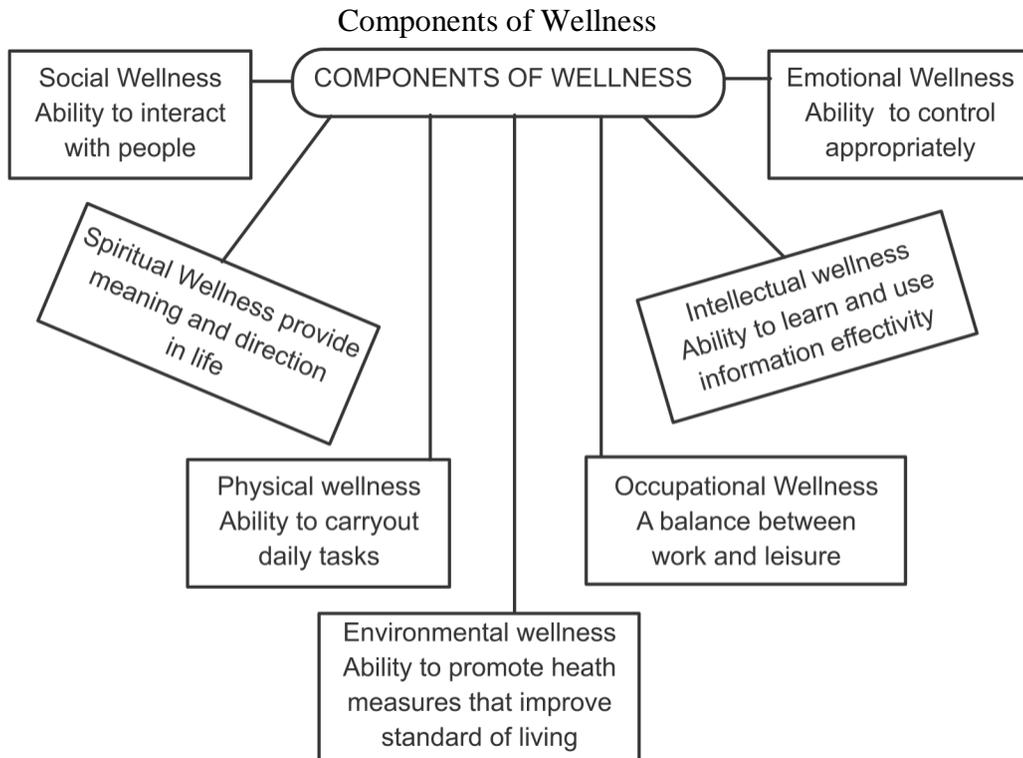
Physical fitness has five components; which measures the physical fitness of a person. Various experiments have been conducted to measure the physical fitness

of a person. Various exercises have done to develop these components. The five components of physical fitness may also be called by 5 'S' of Physical Fitness which are as follows:

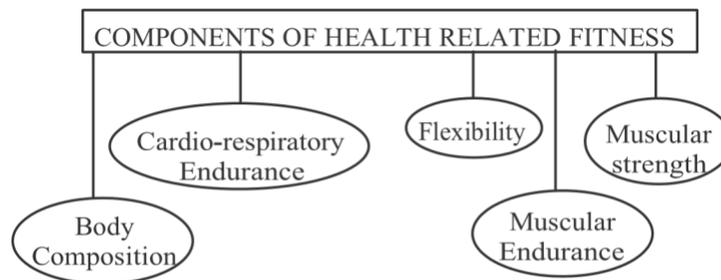


COMPONENTS OF PHYSICAL FITNESS (SKILL RELATED)





3.4. Components of Health Related Physical Fitness



ASSIGNMENT

Objective Type Questions (1 Marks Each)

Q.1. How many components do physical fitness have?

(a) Five

(b) Four

(c) Three (d) Six

Q.2. What is the another name of synchronisation?

(a) Speed

(b) Coordination

(c) Strength

(d) Endurance

- Q.3. What is the suppleness called in another words.
 (a) Speed (b) Strength
 (c) Endurance (d) Flexibility
- Q.4. The percentage of fat, bone, water and muscle in human body is called.
 (a) Muscular endurance (b) Muscular strength
 (c) Body composition (d) Flexibility
- Q.5. The ability to overcome resistance for longer duration is called:
 (a) Speed (b) Strength
 (c) Endurance (d) Flexibility
- Q.6. The ability of body to execute movements with greater amplitude or range is called:
 (a) Stength (b) Flexibility
 (c) Body composition (d) Stamina
- Q.7. The ability to overcome resistance is called:
 (a) Muscular stength (b) Muscular Endurance
 (c) Flexibility (d) Body composition
- Q.8. The aim of heath related fitness is to prevent.
 (a) Power (b) Way
 (c) Capacity (d) Diseases

Short Type Question (3 Marks Each)

- Q.9 Briefly explain the importance of wellness.
- Q.10 Describe the importance of healthy positive lifestyle.
- Q.11 Discuss 'healthy diet' as a component of positive lifestyle. Long Type

Questions (5 Marks Each)

- Q.12 Enumerate the factors affecting physical fitness and wellness in detail.
- Q.13 How can health threat be prevented through lifestyle change? Discus in detail:
- Q.14 Explain the component of physical fitness.
- Q.15 Narrate the components of positive lifestyle in detail.
- Q.16 Describe the components of wellness?

Q.17 Enlist the different components of Health related fitness and explain them in detail?

Unit - 4

Physical Education and Sports for CWSN

- ✍ 4.1 Aims and objectives of adaptive physical education
- ✍ 4.2 Organisations promoting adaptive sports (Special Olympic Bharat, Paralympics, Deaflympics)
- ✍ 4.3 Concept of Inclusion, its need and implementation
- ✍ 4.4 Concept of Inclusion, its need and implementation
- ✍ 4.5 Role of various professionals for children with special needs (counsellor, occupational therapist, physical education, physical education teacher, speech therapist and special education)

Aims and Objectives of Adaptive Physical Education

To identify the disabled children so many programmes have been conducted by the government. Some of these are corrective physical education, remedial physical education, physical therapy, corrective therapy development physical education and individual physical education.

Adaptive Physical Education is a modified program of games, sports and other development activities that is suited to the interest. Capacities and limitations of students and individuals with special needs. It is created for students with special needs so they can also enjoy the experience of sports and recreations. Every school has students who are differently abled and require special service to be able to realise their maximum potential. Objectives:

1. Through medical checkup
2. The programme based on Interest and capacity of the students.
3. Easy environment
4. Proper equipment should be provided.
5. Teaching strategies based on students level
6. Rule should be easy.

Integrated Physical Education : Concept and Principles : Under this one must have the knowledge of different sub topic and other utility, so that the students could be trained properly. The knowledge of integrated physical education will promote the fitness and willingness of the individuals. It will help in designing high quality programmes.

Adaptive Physical Education : Concept and Principles there are many children who suffer from various types of disabilities like mental retardation, deafness, blindness, speech impairment etc. For such children and special programme may be organized, so that physical, musical cognitive, social and emotional abilities can be developed in them.

Principles : For successful implementation of adaptive physical education certain principles may be kept in mind such as medical examination interest and capacity of the students, appropriate equipment, proper environment, specific instructional strategies etc.

Special Olympic Bharat

This organization prepares the progress with physical and mental disability for special Olympic. At national level, they are trained to participate in 24 single and

team games by the sports authority of India. This organization was established in 2001 as per the act of 1982.

Paralympics

This is similar to Olympic game for disabled sports person in 1960 first time it was organized in Rome. The head quarter of international para Olympic is situated at Bonn, Germany. The international para Olympic is responsible for organizing summer and winter Olympic games. At present it comprises of 176 National Para Olympic Committees.

Deaflympics

The 'Deaflympics' are games for deaf athletes. Previously they were called the International games for the Deaf. These games are organised by "The International committee of sports for the Deaf" since the first event and they are sanctioned by International Olympic committee. The deaf olympion can not be guided by sounds for example, the starter gun, bullhorn commands or referee whistles. The Deaflympics were held in paris in 1924 and were also the first ever international sporting events for athletes with disability.

The Deaflympic wintergames, was added in 1949. The games began as a small gathering of 148 athletes. Now these games are grown into a global movement.

To qualify for the games, athletes must have a hearing loss of atleast 55db in their "better ear".

Hearing aids, cochlear implant and the like are not allowed to be used in competition.

Deaflympions can not be guided by sounds so alternative methods are used to address the athletes. For example the football referees wave a flag instead of blowing a whistle, on the track races are started by using a light, instead of using a starting pistol.

Host cities (summer)	Year
Sofia, Bulgaria	August 2013
Samsun Turkey	July 2017
Host cities (Winter Deaflympics)	March 2015
Khanty mansiysk Russia Torino Italy	2019
Concept and need of Integrated Physical Education	

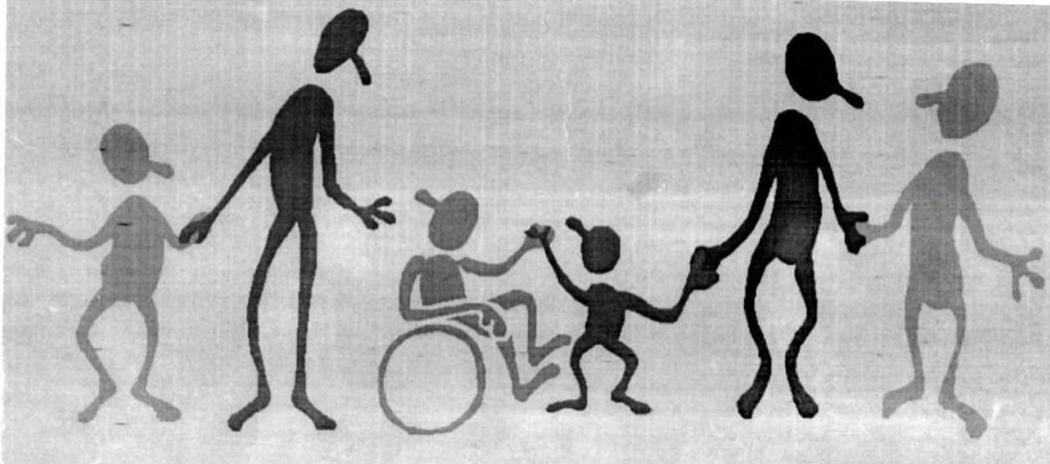
Integrated Physical Education using physical activities and games to teach other subjects. This is a new concept in the field of Physical Education. Research and studies have shown that integrating two or more subjects in areas can stimulate the interest of students and hence promote the learning of each subject. Teachers are

increasing conducting activities both side and outside the classroom to teach various concepts of Science, Social science and Mathematics.

Integrated physical education is a comprehension concept. It is not only limited to physical activities, games and sports but has become a complete discipline within the past two decades the knowledge in this field has increased tremendously. Due to research works, various subdisplines such as sports sociology, sports Biomechanics, Sports medicine, sports pedagogy, Exercise Physiology, Sports Psychology, Sports Philosophy and sports management, etc. Integrated physical education lays emphasis on multidisciplinary learning ith the integration of its subdisciplines.

Integrated physical education provides opportunities for students to see new relationships, to transfer what they have learnt from are setting to the next and to reinforce learning in various ways.

This knowledge of integrated physiucal education would be able to help in the fitness, health and wellness of all individuals. High quality physical education programmes can be prepared with the help of integrated physical education.
Concept of Inclusion





4.4 b. **Need of Inclusion**

Inclusion in physical education helps the students with disabilities to increase their social skills and in making friends.

A child feels that he/she also belongs to the entire group of class so a feeling of belongingness is developed.

Inclusion helps a child to increase his/her motor skills and experience success with peers.

Inclusion Implementation

To make inclusion work, general classroom teachers, support specialist, parents and students themselves must work together to create the best educational environment possible.

With knowledge of inclusive practices and strategies, teachers can manage, classrooms that encourage learning and discovery among all students, regardless of physical abilities.

School principals must cooperate and share the message that all staff members, not just special education teachers, are expected to be involved in education children with disabilities.

Inclusion also requires specially trained staff. Since classroom teachers need training and ongoing support to effectively teach many types of learners, they must meet regularly with inclusion specialists.

School Counselor

Special education counsellors work with special need children in elementary school, middle schools and high schools to ensure they have the support services they need in order to achieve their highest potential in the areas of academics, personal and social and career development.

Occupational Therapist

The goals of occupational therapy for a child are to improve participation and performance of a child and all the child's "occupation" like self care, play, school and other daily activities.

The occupational therapist will assess the child and modify the environment, or the way of doing a task to promote a better participation and independence.

Physical Education Teacher

Physical education program plays a very progressive role in improving cognitive functions and academic performance. Social skills and collaborative team work can also be enhanced through the different programs of physical education.

The physical education teacher helps in executing these programs.

Physiotherapist

Physiotherapist the best known therapist who work with children with special needs. They use exercises to help their patients and keep the best possible use of their bodies. They also try to improve breathing to prevent the development of deformities and to slow down the deterioration caused by some progressive diseases.

Speech Therapist

Speech therapist is known by many names like speech language pathologist, speech pathologist and speech teacher. They work with children with a variety of delays and disorders spanning from mild articulation delays to more complex disorders such as autism, down syndrome, hearing impairment, motor speech disorders and other developmental delays.

Speech teacher helps your child with speech, talking and communication.

Special Education Teacher

Special education teachers work in classrooms or resource centers that only include students with disabilities. Students with disability may attend classes with general education students also known as inclusive classrooms. special education teacher's duties vary by the type of setting they work in, student disabilities and teachers.

KINDLY WATCH THE VIDEO FOR BETTER UNDERSTANDING:

<https://youtu.be/8iKKAvsCKUY>

ASSIGNMENT

Objective Type Questions (1 Marks Each)

- Q.1. The head quarter of paralympics is at
(a) Paris (b) New york
(c) Germany (d) Denmark
- Q.2. Deaf lymics started in
(a) 1924 (b) 1960
(c) 1947 (d) 2001
- Q.3. Cochlear implant is not allowed in
(a) Special olympics (b) Deaflymics
(c) Asian games (d) olymic games
- Q.4. Speech therapist helps a child in
(a) Grooming (b) Communication
(c) in hancing mobility (d) playing
- Q.5. "Let me win. But if I cannot win, let me be brave in the attempt". In which game this oath is taken?
(a) Special olympic Bharat (b) Paralympic
(c) Deaflymipic (d) Asian games
- Q.6. 'Spirit in motion' is the motto of
(a) Paralympic (b) Special olympic Barat
(c) Common wealth games (d) Deaflympic

- Q.7. What is the motto of deaflympic?
 (a) Spirit in motion (b) Per ludos aequalitas
 (c) Cetus, altius fortius (d) Let me win brane in my attempt
- Q.8. In clusion is needed to....
 (a) Social development of CWSN
 (b) To incerease motion skills (c) To improve academic performance (d) All of these.
- Q.9. Name the teacher who is specially trained to work with CWSN....
 (a) Physical education teacher (b) Physiotherapist
 (c) Principal (d) Special educator
- Q.10. Whisles or guns are not used in these games...
 (a) Common heath (b) Deaflympic
 (c) Paralympios (d) Spcecal olymic

Question for 3 Marks (60 Words)

- Q.11 Describe the principles of integrated and comprehensive physical education.
 Q.12 Write a note on special Olympic Bharat?
 Q.13How can we implement inclusive education in physical education? Question for 5 Mark (150 Words)
- Q.14 Which principles are required to be followed to make the adapted physical education effective? Explain.
 Q15 What is the concept of Inclusion.
 Q16 What is the role of school counsellor in special education? Q.17
 What is the need of inclusion in physical educaton?
- Q.18. What is the contribution fo special education teacher in developing education plans for special need children?
 Q19.What is the role of a Physical Education teacher for children with special needs.
 Q20 What is the role of speech language pathologist for special need children?

Unit - 5

Yoga

✍ 5.1 Meanig and Importance of yoga.

✍ 5.2 Elements of Yoga

✍ 5.3

✍

Introduction- Asanas, Pranayama, Meditation and yogic keriyas

5.4 Yoga for concentration and related Asanas –

(Sukhasana, Tadasana, Padmasana, Shashank asana, Naukasana,
Vrikshasana(Tree pose), Gasudasana (Eagle pose)

✍ 5.5 Relaxation Techniques for improving concentration - Yog Nidra

YOGA

Meaning and Importance of Yoga :

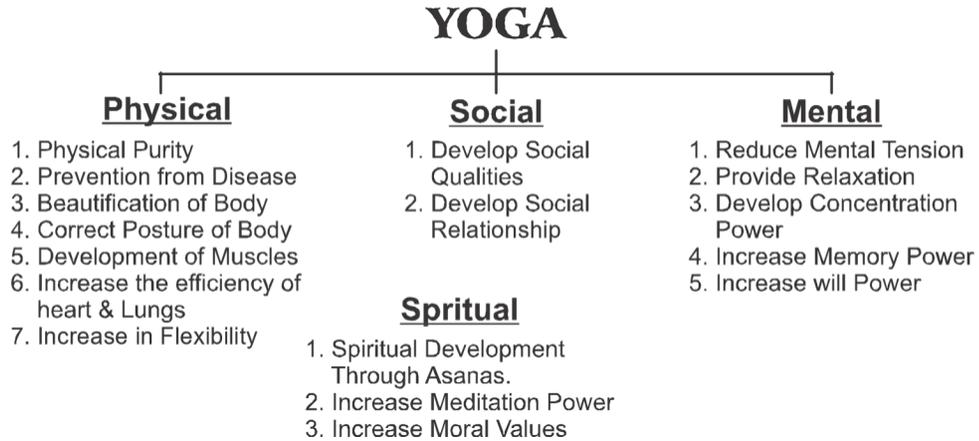
5.1 Meaning

The term yoga is derived from a Sanskrit word 'Yuj' which means join or union. In fact joining the individual self with the divine or universal spirit is called yoga. It is a science of development of man's Consciousness.

Patanjali - "Checking the impulse of mind is yoga". Maharishi

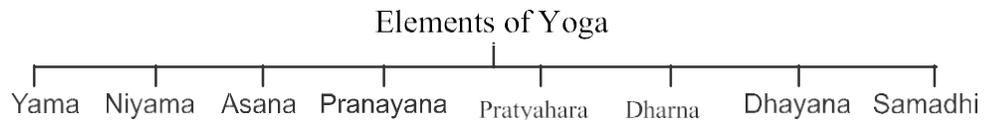
Ved Vyas - "Yoga is attaining the pose".

In Bhagwat Gita, Lord Krishna says, "Skill in action or efficiency alone is yoga. Importance of Yoga :



5.2 Elements of Yoga

The main aim of yoga is to control over the mind. This is Possible only follow to eight fold Paths or eight steps also know as "Ashtang Yoga". This system was Developed by Maharashi Patanjali.



5.3 Introduction to Asanas, Pranayam, meditation & yogic Kriyas

Asana: According to Patanjali Means "Sthiram Sukham Asanam" i.e. that possible which is comfortable and steady."

Pranayama: The word Pranayama is comprised of two words "Prana Plus Ayama" Prana means life force and Ayama means control. In this way pranayama means "The control or regulation of Prana"

Improve Concentration Power	Correct Body Posture	Rehabilitation of Injuries
Increase Flexibility	Improve Breathing System	Improve Heart & digestive System function
Improve Overall Health	Reduce Fatigue	Active All Body Systems

5.4 Yoga for Concentration and Related Asanas (Sukhasana, Tadasana, Padmasana, Shashankasana, Vrikshasana, Garudasana and Naukasana)

We all know about the amazing health benefits of Yoga, but the greatest thing amongst all is that Yoga works on changing our internal make-up.

According to a recent study conducted at the university of Ellinois at Urbana Champaign, practicing Yoga daily for 20 minutes can improve brain function and actually focus better on daily task at hand.

Yoga helps in improving concentration and focus by calming the mind and getting rid of distracting thoughts.

Here are 5 easiest effective Yoga asanas you need to try to boost concept rating and jump start your brain.

1. Tadasana (Mountain posa)
2. Vrikshasana (Tree pose)
3. Savasana (Corpse pose)
4. Padmasana (Lotus pose)
5. Bhramari Pranayama



SUKHASANA

Sukhasana or the easy sitting pose is one of the simplest pose for meditation suited for all beginners. Sukhasana comes from the Sanskrit work 'Sukham' which can mean 'comfort', 'easy', 'joyful', 'pleasure', etc. Sukhasana can be done by all age groups.

SUKHASANA THE EASY SITTING POSE



TADASANA (MOUNTAIN POSE)

This asana is like the base or the mother of all asanas, from within the other asanas emerge.

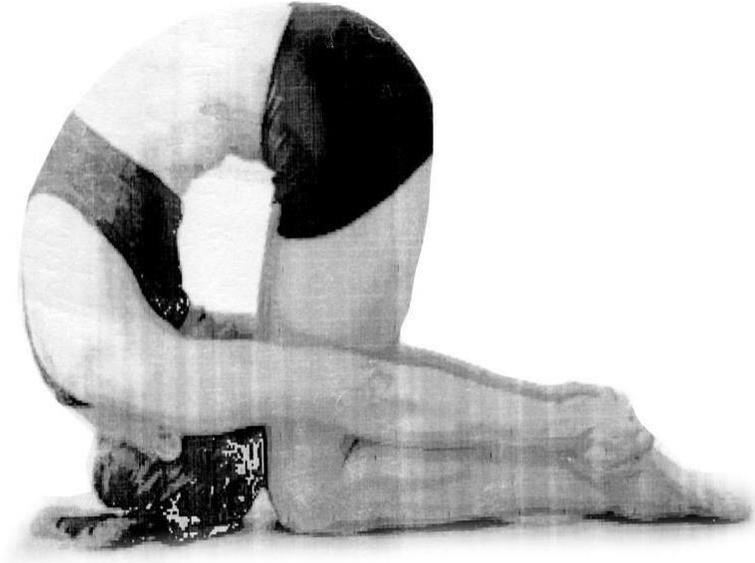
Tadasana increases the levels of oxygen in the spinal cord and frontal part of the brain”.

It improves concentration and boosts energy.

The word ‘Tada’ is come form the sanskrit word, which menaing is ‘palm tree’ or another meaning is mountain and meaning of asana is posture or ‘seal’ so this asana is called Tadasana. Tadasana is the begining and ending asana of Surya Namaskar according to Ashtang Yoga.

This is the best exercise to increase the height.

Shashankasana

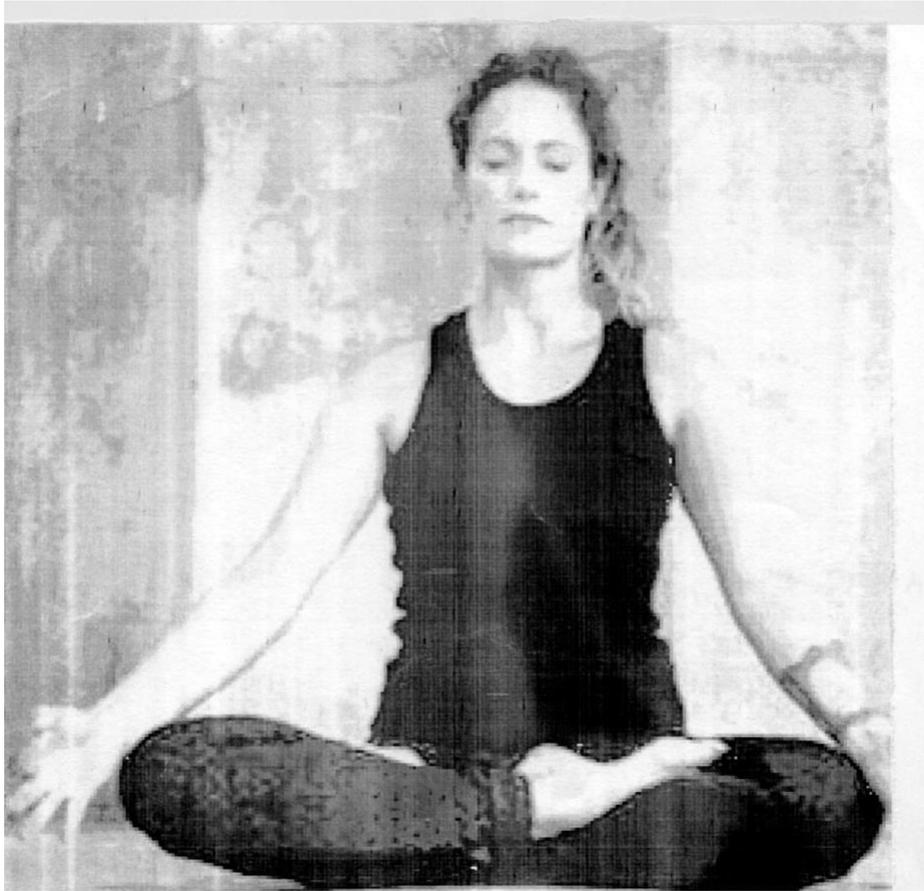


Shashankasana (Hare Pose)

The Sanskrit name for Hare pose is Shashankasana. The meaning of 'Shashank' is moon. Shashank itself is made up of two words 'shash' meaning 'hare, and 'ank' meaning 'lap'.

The Shashankasana pose is said to benefit the practitioners by helping in calming the nerves and providing a feeling of tranquility. The Shashankasana is similar to a sitting hare, from which it derives its name.

PADMASANA (LOTUS POSE)



Padmasana (Lotus Pose)

The word Padmasana is a Sanskrit word which means "lotus flower" so it's also known as the "Lotus pose". It is so called because of the lotus-like formation which is made by our legs during this asana. Another name of Padmasana is "kamalasan". The word Kamal is a Hindi word which means a lotus flower. It is a yogic exercise in which one crosses the legs while maintaining a straight posture. It is an important position for meditation.

Naukasana

Naukasana comes from the two Sanskrit words 'nauka' which means 'boat' and 'asana' meaning 'posture' or 'Seal'. It is a posture in which our body takes the shape of a boat.

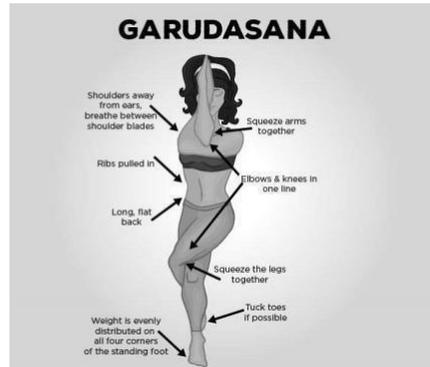
If you have always had a problem losing the extra paunch in your stomach area, then this asana is food for those who wish to reduce belly fat as well as to tone the abs.

Naukasana is one of the few yoga poses that can be performed lying both on the stomach (prone position) and back (supine position.)

Vrikshasana or Tree pose

It is a balancing asana. It is one of the very few standing poses in medieval hatha yoga, and remains popular in modern yoga.

The name comes from the Sanskrit words *vrksha* meaning 'tree' and *asana* meaning 'posture'. This posture replicates the graceful, steady stance of a tree. Unlike most yoga poses, the tree pose requires keeping one eye open in order to maintain body balance.

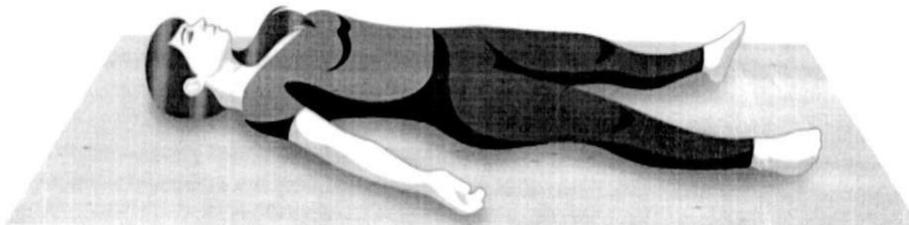


Garudasana

Garudasana or eagle pose is a standing balancing asana in modern yoga. The name was used in medieval hatha yoga for a different pose.

Garuda - the mythic 'king of the birds,' the vehicle of Vishnu. The word is usually rendered into English as "eagle," though according to one dictionary the name literally means "devourer," because Garuda was originally identified with the "all-consuming fire of the sun's rays".

5.5 Relaxation Technique for Improving Concentration (Yog-Nidra)



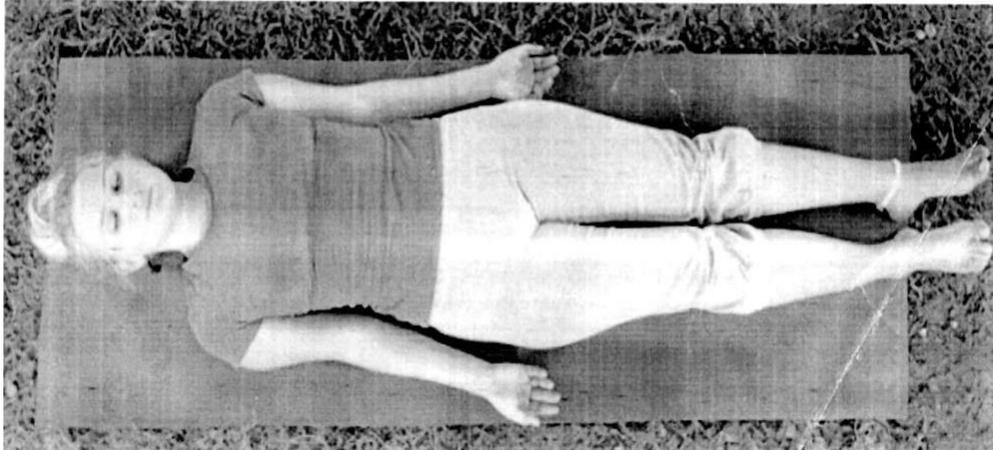
A yoga routine provides deep restoration to your body and the mind. And to make your practice more effective, it's ideal to end your yoga sequence with yoga nidra (yogic sleep). In yoga nidra, we consciously take our attention to different parts of the body and relax them.

Simply described as effortless relaxation, yoga nidra is an essential end to any yoga pose sequence. Yoga postures 'warm up' the body; yoga nidra 'cools it down'.

Yoga practices increase the energy levels in the body.

Yoga Nidra helps conserve and consolidate this energy and relax the entire system, preparing it for pranayama and meditation. It is, therefore, important to keep aside sufficient time for yoga nidra after yoga postures.

Relax Yourself With Yoga Nidra - As Restorative As Sleep



KINDLY WATCH THE VIDEO FOR BETTER UNDERSTANDING:

<https://youtu.be/eGV7Pq9PVUM>

ASSIGNMENT

Objective Type Questions (1 Marks Each)

- Q.1. Who is the writer of 'yogsutra'?
- (a) Vedyas (b) Baba Ramdev
(c) Swami vivekanand (d) Maharshi patanjali
- Q.2. The components of yoga are
- (a) Four (b) Six
(c) Eight (d) Two
- Q.3. Which of the following is not a part of yama?
- (a) Satya (b) Aprigrah
(c) Asteya (d) Santosh
- Q.4. The components of pranayama are
- (a) Three (b) Two

(c) Five

(d) Seven

Q.5. Which is the eighth limb of Ashtany yoga?

(a) Dhyana

(b) Dharana

(c) Samadhi

(d) Pratayahara

Q.6. Which of the following is not a body building Asanas?

(a) Dhanurasana

(b) Ehakrasana

(c) Mayurasana

(d) Savasana

Q.7. The number of yogic kriyas are

(a) Four

(b) Five

(c) Six

(d) Three

Q.8. Which of the following asana is also called 'hare pose'?

(a) Padmasana

(b) Tadasana

(c) Shashankasana

(d) Halasana

Q.9. Complete stability of mind is known as

(a) Samadhi

(b) Pratayahara

(c) Dharana

(d) Dhyana

- Q.10. Which of the following is helpful in increasing height?
(a) Padmasana (b) Tadasana
(c) Halasana (d) Sukhasana
- Q.11. Which of the following asana is helpful in controlling diabetes?
(a) Vrksasana (b) Mandukasana
(c) Vajrasana (d) Garudasana
- Q.12. Which of the following is related in developing the character of a person?
(a) yama (b) Niyama
(c) Pratyahara (d) Dharana

Short Type Question (3 Marks Each)

- Q.13 What is the role of yoga in sports?
Or Importance
of yoga? Describe it?
- Q.14 What is the role of meditation in sports?
Or
Importance of meditation? Describe it? Q.15
What is Yog Nidra?
- Q.16 What are the benefits of Yog Nidra?
- Q.17 How to get ready for a Yoga Nidra.
Or
What are the preparations on the part of performer before doing Yog Nidra?
- Q.18 Explain the procedure of Padmasana.
- Q.19 Write the procedure, benefits and Precautions of Sukhasana.
- Q.20 Explain in detail the procedure, precautions and benefits of Shashankasana.
- Q.21 What is the procedure, precautions and benefits of Tadasana? Long
- Answer Type Questions (5 Mark Each)
- Q.22 Explain the benefits of Yog Nidra in detail.

Q.23 What is the procedure to do a perfect Yog Nidra?

Q.24 Write down the steps, procedure, benefits and precautions of Vrikshasana.

Q.25 Explain in detail the procedure, benefits, and precautions while performing Garudasana (Eagle Pose).

Unit - 6



Physical activity and Leadership Training

- ✍ 6.1 Leadership Qualities and Role of a Leader
- ✍ 6.2 Creating Leaders through Physical Education
- ✍ 6.3 Meaning, Objectives and Types of Adventure Sports
(Rope climbing, Tracking, River Rafting, Mountaineering, Surfing, and Paragliding)
- 6.4 Safety measures to Prevent Sports Injuries.

Introduction to Physical Activity and Leadership Training

6.1a Physical Activity

Physical activity simply means movement of the body that uses energy.

The four main types of physical activities are—

1. Aerobic
2. Muscle – strengthening
3. Bone – strengthening
4. Stretching

Bone Strengthening Activities

Helps in making your Bone strong.

1. Running
2. Walking
3. Jumping rope
4. Lifting weights

③



Stretching

It helps in improve your flexibility and your ability to fully move your joints.

1. Touching your toes
2. Doing side stretches
3. Doing yoga exercise

④

②

Muscle-Strengthening Activities

Improve the strength, power and endurance of your muscles.

1. Doing push-ups and sit-ups
2. Lifting weights
3. Climbing stairs
4. Digging in the garden

Aerobic

heart and

①

(Benefits your heart and lungs most.)

1. Running
2. Swimming
3. Walking
4. Bicycling
5. Dancing
6. Doing Jumping

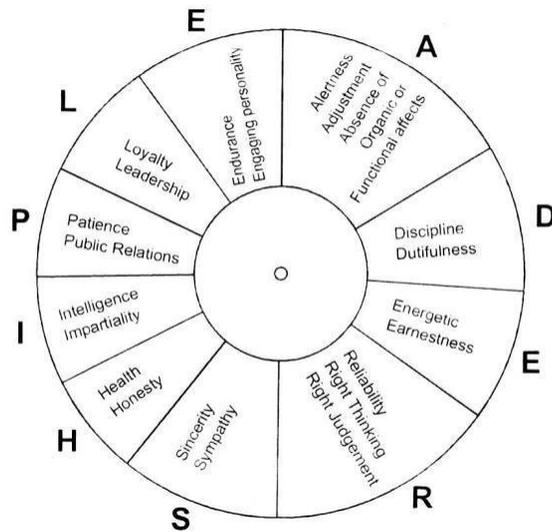
6.1 (b) Leadership

Leadership can be described as the ability of an individual to influence, motivate, and enable others to contribute toward the effectiveness and success of an organization or a group of which they are members.

Leader – A person who can bring about change, therefore, is one who has the ability to be a leader.

Or

A person or thing that holds a dominant or superior position within its field, and is able to exercise a high degree of control or influence over others.



6.1(c) Qualities of a Leader

1. Awareness — As the leader of a team awareness is a key. A leader should be aware of different scenarios.
2. Passionate – The leader should be passionless enough to motivate other players.
3. Energetic
4. Friendliness and affection
5. Decisiveness
6. Technically skilled
7. Intelligent
8. Teaching skill
9. Creative
10. Interest in Research

Leadership: Leadership is the quality of a person to lead others in a family, society, tribe, group, or country.

LEADERSHIP

TRAITS

- Loyalty
 - E — Empathy
 - A — Accountability
 - D — Duty & Determination
 - E — Energy & Encouragement
 - R — Respect
 - S — Selflessness
 - H — Honorable and humble
 - I — Integrity & Innovation
 - P — Passion for and pride in work
- Be a Leader!

6.1 (d) Role of a leader in Sports

1. Organiser—A good leader in sports is a good organiser in organizing different sports events.
2. Motivator—A leader in sports understands his students and their mental needs. So, he plays the role of a good motivator.
3. Guardian—A good leader plays the role of guardian. A good leader understands the personal problem of an athlete and provides solution for the problems.
4. Teacher—A good leader in sports performs the role of a teacher by helping participants in developing teaching techniques, educate them and improve their range of styles.
5. Psychologist—A good leader plays the role of a psychologist. He knows the mental skills and toughness of their players.
6. Role model—As leader, you should be able to set a role model.

6.2 Creating leaders through physical education

Creating leaders through physical education we can make leaders through physical education by adopting the following approach— 1. Give various responsibilities of an event

2. Provide leadership training
3. Provide regular opportunity to improve
4. Recognize their achievement by facilitating them at different forms.
5. Have faith and confidence in your students if they they are defaulter.

6.4 (a) Adventure Sports

Meaning : Adventure sports are such type of sports, which involve extraordinary speed, height, physical exertion, and surprising stunts.

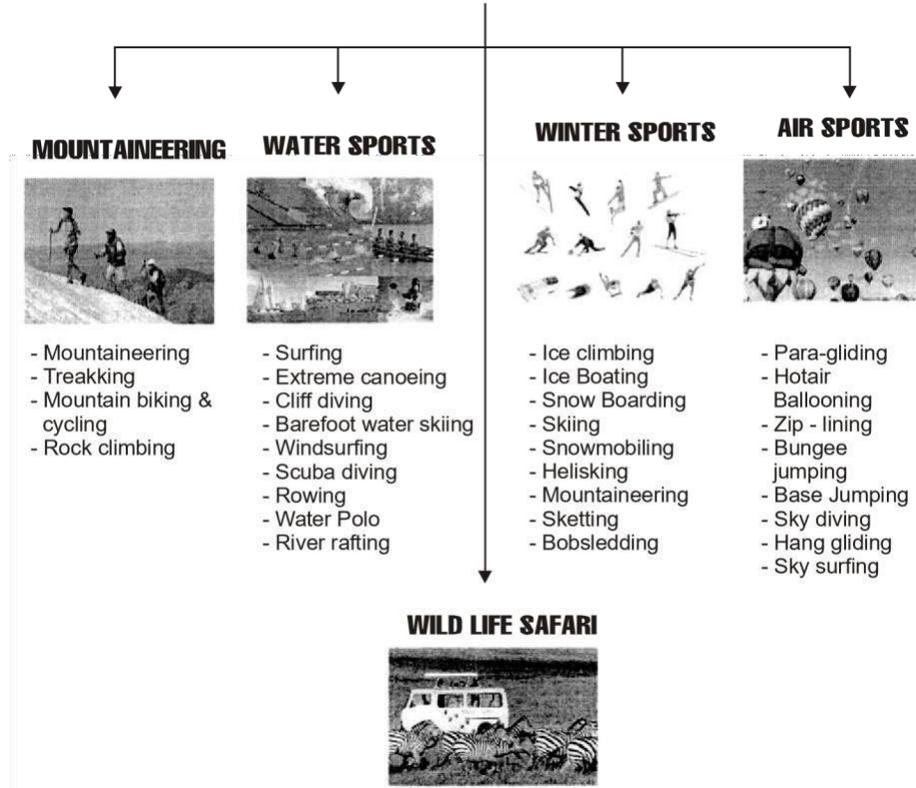
6.3 (b) Objectives of Adventure Sports

Aim: the main aim of adventure sports is to provide a carefully planned stimulating environment which will help each individual and excellent foundation for creative learning and independence.

Objectives:

- Thrill, excitement and fun.
- Exposure to nature.
- Self assessment.
- Over come fear and develop self confidence — Enhancement of decision making power.
- Canalizing energy.
- Stress buster.
- Information and knowledge enhancement.
- Development of positive attitude toward life.
- Build concentration.
- Encouragement of social relationship and teamwork.
- Develop motor and cognitive skills, creative learning.
- Inculcate values amongst children.

Types of Adventure Sports



Types of Activities

Camping: Camping means going away temporarily to a place having temporary accommodation. It is like going away from home to a new home (camp) with limited facilities. There are various types of camping such as scout camp, N.C.C. Camp, N.S.S. Camp, Sports camp, adventure camp and social camp etc.

Rock Climbing

Rock climbing is a sport in which participants climbs up, down or across a natural rock or artificial rockrose. In rock climbing, the objective or goal of a climber is to reach the end point or summit of a prejudiced route without falling. There are different types of climbing such as Aid climbing, foreclosing, trade or traditional climbing “Sport climbing top rope climbing free soloing and bewildering.

Trekking :

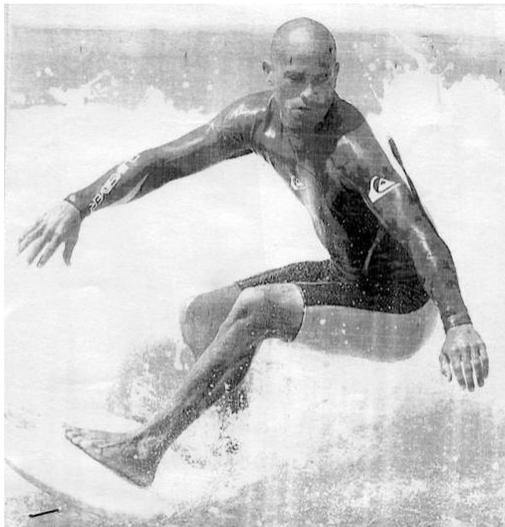
Trekking means going on a long and difficult journey, especially on foot. Its course often includes journey over mountainous regions and woods. Types of trekking

- a) Easy trekking : The individuals specially the beginners are offered easy treks.
- b) Moderates trekking : Moderates trekking are slightly difficult and challenging than easy treks.
- c) Strenuous trekking : Strenuous trekking a lot of physical effort energy and determination is required.
- d) Difficult trekking : Such type of trekking is suitable only for real adventure seekers.

River Rafting :

River rafting is another adventure sport. It is a river journey under taken on a raft or boat made of inflatable material. The difficulty of river rafting is from grade I to VI

Mountaineering : Mountaineering is another type of adventurous sports prevailing all over the world. It is one of the finest outdoor opportunities available to the lovers of high places. Mountaineering is an adventurous sport that combines climbing and hiking up mountains or mountain terrains.



Surfing is a surface water sport in which the wave rider, referred to as a surfer, rides on the forward or deep face of a moving wave, which is usually carrying the

surfer towards the shore. Waves suitable for surfing are primarily found in the ocean, but can also be found in lakes or in rivers in the form of a standing wave or tidal bore. However, surfers can also utilize artificial waves such as those from boat waves and the waves created in artificial wave pools.

Paragliding



A sport resembling hang gliding, in which a person jumps from an aircraft or high place wearing a wide, rectangular, storable parachute. Or

Paragliding is the recreational and competitive adventure sport of flying partakers; lightweight, free-flying, foot-launched glider aircraft with no rigid primary structure.

The pilot sits in a harness suspended below a fabric wing comprising a large number of inter connected baffled cells.

6.3 (d) Safety Measures During Adventure Sports

Camping

Safety Measures: Camping sight, must be plain and clean, never approach wild, animals always be alert and aware of your surroundings, look out for snakes,

spiders and other creatures, protect your eye, maintain discipline, careful around water,, pay attention to weather condition etc.

ROCK CLIMBING

Safety Measures

1. Choose appropriate venue.
2. Find an experienced mentor.
3. Always check harness and all equipment.
4. Check your knot.
5. Do not cross your legs etc.

TREKKING

Safety Measures

Safety Measures : An experience group leader required to ensure your trekking route, use ankle boots, always trek in group, keep sufficient food, know about flora and fauna of your route etc.

MOUNTAINEERING

Safety Measures

Safety Measure : Mountaineering must be followed by an experienced guide, all safety measures of camping, climbing, and trekking must be followed, be cautious of avalanche etc.

River Rafting Safety Measure: Don't go for river rafting alone. Swimming ability is required.

Wear life vest and helmet. Check equipment for defects. Raft only in day time.

Surfing

Safety Measures: Read and obey the signs. Don't swim directly after meal. Don't swim under the influence of drugs or alcohol. Always swim under supervision or with a friend.

Always swim or surf at places patrolled by surf lifesavers or life guard.

Paragliding

Safety Measures: Paragliding safety includes four items:

1. Preparation—(a) Gather information about the weather fore cast, the actual wind conditions, the site etc.
(b) Maintain your equipment with regular inspection and monitoring.
2. A Good Launch
A good launch requires keeping the legs down until well clear of the hill.
3. Reaching the landing zone with sufficient altitude for an approach. During the flight, the number one goal should be to make sure and reach the Landing Zone (LZ) with enough altitude to assess wind conditions and plan a safe approach.
4. A good Landing — Landing in the LZ into or mostly wind is the priority.

6.3 (e) Safety Measures during Physical Activities

Almost anybody can safely take up walking and light to moderate exercise is usually fine for healthy adults with no troublesome symptoms. It is wise to talk to a doctor if you have any questions about your health or plan to start more vigorous workouts, especially if you haven't been active recently.

Tips for Avoiding Injuries during Physical Activities

1. Take 5 to 10 minutes to warm up and cool down properly.
2. Plan to start slowly and boost your activity level gradually.
3. Listen to your body. Hold off on exercise when you are sick or feeling very fatigued.
4. Drink plenty of water during physical activity.
5. Choose clothes and shoes designed for your type of exercise. Replace shoes every six months as cushioning wears out.
6. Exercising vigorously in hot, humid conditions can lead to serious over heating and dehydration. Slow your pace when you feel exhausted.
7. Dress properly for cold - weather workouts to avoid hypothermia.

6.4 Safety Measures to Prevent Sports Injuries

You can reduce the risk of sports injuries if you adopt these safety measures—

1. Warm up thoroughly by gently going through the motions of your sport and performing slow, sustained stretches.
2. Wear appropriate footwear.
3. Tape or strap vulnerable joints, if necessary.
4. Use the appropriate safety equipment, such as mouth guards, helmets and pads.
5. Drink plenty of fluids before, during and after the game.
6. Try to avoid exercising in the hottest part of the day, between 11 am and 3 pm.
7. Maintain a good level of overall fitness, particularly in the off season (in the months between playing seasons for a sport.)
8. Cross-train with other sports to ensures overall fitness and muscle strength.
9. Ensures training includes appropriate speed and impact work so muscles are capable of the demands of a game situation.
10. Don't exert yourself beyond your level of fitness, Gradually increase intensity and duration of training.
11. Use good form and technique.
12. Cool down after sport with gunnel, sustained stretches.
13. Allow adequate recovery time between session.
14. Have regular medical check ups.

KINDLY WATCH THE VIDEO FOR BETTER UNDERSTANDING:

<https://youtu.be/9xfMXvF1WuY>

ASSIGNMENT

Objective Type Questions (1 Marks Each)

- Q.1. Which of the following is not a physical activity?
(a) Dancing (b) Gardening
(c) Domestic work (d) Reading a book
- Q.2. Which of the following is not a quality of a good leader?
(a) Cooperative (b) Organisational ability
(c) Attractive personality (d) Richness
- Q.3. Another name of adventurous sports is—
(a) Risk-taking game (b) Adventure related game
(c) Thrilling game (d) All of the above
- Q.4. Which of the following sport is not related to air?
(a) Paragliding (b) Free-flying
(c) Bungee Jumping (d) Rock Climbing
- Q.5. Which of the following is a water sport?
(a) River Rafting (b) Skate boarding
(c) Trekking (d) Sky-diving
- Q.6. Riding on the forward or face of a moving wave is called:
(a) Surfing (b) Paragliding (c) Rock climbing
(d) Scuba-diving
- Q.7. Sports injuries can be prevented by:
(a) Keeping the body hydrated (b) Proper diet
(c) Using of common sense (d) All of the above
- Q.8. Which of the following is not an adventurous sport.
(a) Surfing (b) Para-gliding

(c) Bungee jumping

(d) Rock climbing

Q.9. Types of Trekking are

(a) One

(b) Three

(c) Five

(d) Four

Short Answer Type Questions (3 Marks Each)

Q.10 Is physical activity increase the quality of life. If yes, then how?

Q.11 Explain the three qualities of a leader in sports.

Q.12 What is trekking and explain the types of trekking.

Q.13 Explain the safety measures during surfing.

Q.14 Explain the safety measures during paragliding.

Q.15 What are the safety measures during mountaineering?

Long Answer Type Questions (5 Mark Each)

Q.16 What are do's and don'ts for Adventure Activities?

Q.17 How adventure sports helps to inculcate the quality of leadership? or

How does leadership quality develop through participation in physical education?

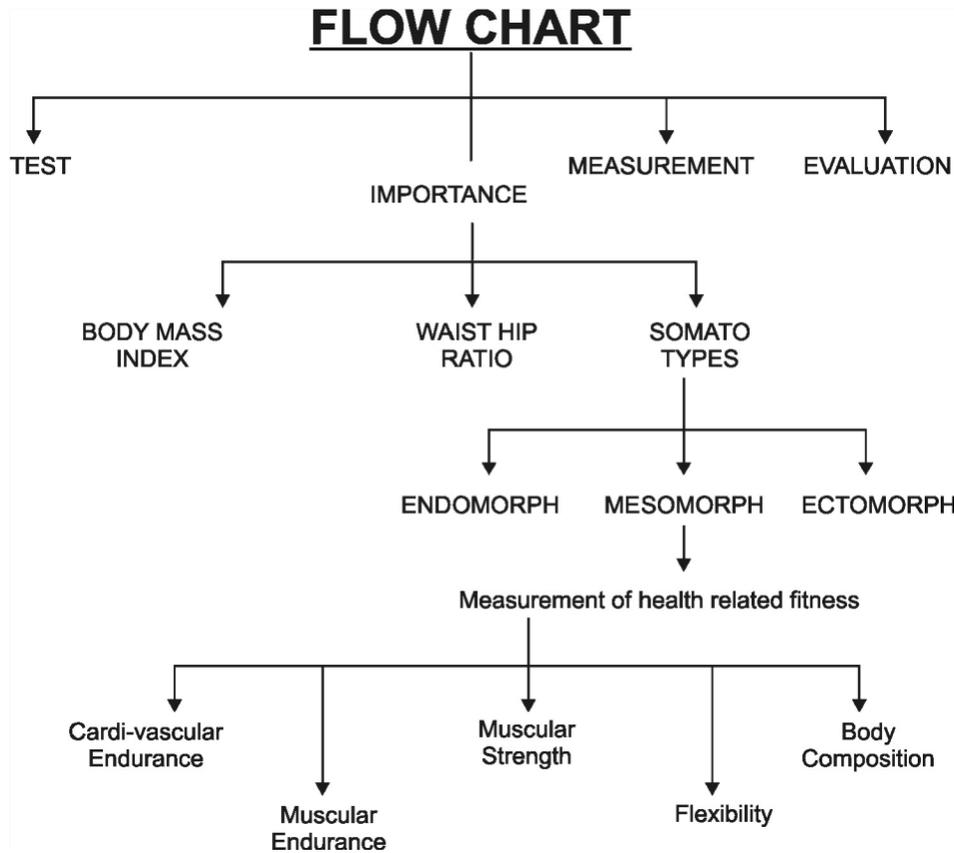
Q.18 What are the objective of adventure sports? or

How adventure sports helps in achieving the objectives of physical education?

Unit - 7

Test, Measurement & Evaluation in Sports

- ✍ 7.1 Definition of Test
- ✍ 7.2 Definiton of Measurement
- ✍ 7.3 Definition of Evaluation
- ✍ 7.4 Importance of Test, Measurement and Evaluation
- ✍ 7.5 Calculation of B.M.I and Waist-Hip ratio
- ✍ 7.6 Somato-Types (Endomorph, Mesomorphy & Ectomorphy)
- ✍ 7.7 Measurement of Health Related Fitness



7.1 Test

“A test is a tool which is used to evaluate the skill, knowledge, capabilities or aptitudes of an individual or a group.”

OR

“A Test is a tool which is used to evaluate the quality, performance and reliability of the task completed by a person.”

7.2 Measurement:

“Measurement is a collection of data and information about certain skill or level of fitness of an individual by using test and relevant techniques.”

OR

“Measurement is about the collection of data about performance or task completed by a sports person by using a test.”

OR

“Measurement refers to the process of administering a test to obtain quantitative data.”

7.3 Evaluation

“It is a systematic determination of a subjects merit, worth and significance, using criteria governed by a set of standards.”

OR

“It is the process of education that involves collection of data from the products which can be used for comparison with the preconceived criteria to make judgement.”

7.4 Importance of Test, Measurement and Evaluation in Sports

- To frame the objectives.
- To help the selection of player.
- To help the evaluate the learners.
- To evaluate the teaching programme.
- To know the capacities and abilities of players.
- To study the need of the participants.
- Help to conduct the research.
- Help to Achieve Aims and Objectives.
- Help to prepare norms and standards.
- Help to predict in advance the performance potentials of player.
- To help the individual game classification of player.

7.5 a) Body Mass Index (BMI)

BMI of any individual can be calculated with the help of the following formula.

$$\text{Body Mass Index (BMI)} = \frac{\text{Body weight}}{\text{Height} \times \text{Height}} \text{ or}$$
$$= \frac{\text{Body weight (in Kg)}}{\text{Height} \times \text{Height (in Metre)}}$$

Here the weight of the individual's is measured in kilograms and the Height of that individual is taken in meter.

Example 1: Calculate the BMI of a male person whose body weight is 80 kg and his height is 1.60 m. Also state the category in which he falls?

Solution:

Body weight = 80 kg
 Height = 1.60 m

$$\text{Weight (in Kg) BMI} = \frac{\text{Weight (in Kg)}}{\text{Height} \times \text{Height (in Metre)}}$$

$$\square 31.25 = \frac{80}{1.60 \times 1.60} = \frac{80 \times 100}{16 \times 16} = \frac{8000}{256} =$$

He falls obesity type I.

BMI Table BMI

is categorized below:

Category	BMI
Under weight	< 18.5
Normal weight	18.5–24.9
Over weight	25.0–29.9
Obesity class I	30.0–34.9
Obesity class II	35.0–39.9
> 40.0	Obesity class II

7.5(b) Waist Hip Ratio (W.H.R.)

Waist-hip ratio is defined as the measurement of waist circumference divided by Hip circumference.

It is used as a risk factor assessment tool for heart diseases, Hypertension and Type-II diabetes. Excess body fat is considered a risk factor of deceases.

$$\text{Waste hip ratio (W.H.R.)} = \frac{\text{Waist circumference (in inches)}}{\text{Hips circumference (in inches)}}$$

BMI	Waist-Hip Ratio (Males)			Waist-Hip Ratio (Females)		
	< 0.85	0.85–1.0	□ 1.0	□□ 0.70	0.70–0.85	> 0.85
20 to < 25	Very low	Low	Moderate	Very low	Low	Moderate
25 to < 25	Low	Moderate	High	Low	Moderate	High
30 to < 25	Moderate	High	Very high	Moderate	High	Very high
35 to < 25	High	Very high	Very high	High	Very high	Very high

□ 40	Very high					
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Example 2: If an individual (male) waist circumference measurement is 30 inches and hip circumference measurement is 44 inches. Then calculate his waist hip ratio.

Also state the category of his health risk. Solution:

$$\text{Waist circumference} = 30 \square$$

$$\text{Hip circumference} = 44 \square$$

$$\begin{aligned} \text{W.H.R.} &= \frac{\text{Waist circumference}}{\text{Hips circumference}} \\ &= \frac{30}{44} \square 0.68 \end{aligned}$$

It means the individual (male) is not at health risk. In case of male if the W.H.R. Is more than 1.00, than he is at the health risk.

Example 3: If the waist circumference measurement of a female is 30 inches and her hip circumference measurement is 32 inches. Then calculate her W.H.R.

Solution:

$$\text{Waist circumference} = 30 \square$$

$$\text{Hip circumference} = 32 \square$$

$$\begin{aligned} \text{W.H.R.} &= \frac{\text{Waist circumference}}{\text{Hips circumference}} \\ &= \frac{30}{32} \square 0.93 \end{aligned}$$

In case of female, if the W.H.R. Is more than 0.85, she is at the health risk. Therefore above W.H.R. of a female is under very high health risk.

7.6 Somato Types (Endomorph, Mesomorph, Ectomorph)

Somata types means human body shape and physique type.

According to W.H. Shielding, human beings can be classified into three extreme body types i.e.

1. Endomorphy: People with endomorph body structure have rounded physique. Their excessive mass hinders their ability to compete in sports. Suitable games weight lifting and power lifting.

2. Mesomorphy: People with mesomorphy body structure have thick bones and muscles with rectangular shaped body. They have larger and broader chest and shoulders can be top sports person in any sport.
3. Endomorphy: These realism person because their muscles and limbs are elongated. They have flat chest and have less muscle mass. They have less strength but dominate endurance sports.

7.8 Measurement of Health Related Fitness

Health related fitness is related with the development and maintenance of fitness components that can increase the level of health through prevention and remedies of various diseases. Health related fitness enhance one's ability to function efficiently and maintain a healthy life-style.

In this way, it can be said that health related fitness is very significant for all the individuals through our life.

There are following components of health related fitness.

1. Body composition
2. Cardiorespiratory endurance.
3. Flexibility
4. Muscular Endurance
5. Muscular strength

1. Body composition: The body composition means the amount of fat-free body weight. It is well known that a high percentage of body fat in relation to the total body weight is harmful and may lead to be obesity. From the health point of view, the normal percentage of body fat for young men and women should not exceed 15 and 25 percent, respectively. Various methods for measuring body composition can be used by individuals, such as under water weighing, skin fold measurements and anthropometric measurements.

It means that for health related fitness an individual should have ideal body weight and fat percentage.

2. Cardiorespiratory endurance: It is the maximum functional capacity of the cardiorespiratory system to carry on the work or physical activity involving large muscle group over an extended period.
3. Flexibility: It is the range of movements of joints. It is important for all individuals in daily life. It can be classified into passive flexibility and active flexibility. Active flexibility can be further classified into: Static flexibility and dynamic flexibility.

Flexibility can be measured with help of sit and reach test.

4. Muscular Endurance: Muscular endurance is the ability of a muscle or group of muscles to repeat muscular contractions against a force or to carry on contraction over a maximum period.

It can be measured by the number of sit-ups your can do correctly. It also measured by weight lifting etc.

5. Muscular strength: It is the maximum amount of force that can be exerted by a muscle or muscle group against a resistance during a single contraction.

It can be measured by pull-ups, weight lifting and push ups etc.

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https://youtu.be/DTNfa6h_mMo

ASSIGNMENT

Objective Type Questions (1 Marks Each)

Q1. Which of the following body type like a pear shape?

- (a) Endomorph (b) Mesomorph
(c) Ectomorph (d) None of the above

Q.2. Which of the following body type like a round shape?

- (a) Endomorph (b) Mesomorph
(c) Ectomorph (d) None of the above

Q.3. Which of the following body type like a slim shape?

- (a) Endomorph (b) Mesomorph
(c) Ectomorph (d) None of the above

Q.4. Which of the following body type person good for weight lifting activity?

- (a) Endomorph (b) Mesomorph
(c) Ectomorph (d) None of the above

Q.5. Which of the following type of people good for adventure activity?

- (a) Ectomorph (b) Mesomorph

- (c) Endomorph (d) None of the above

Q.6. Which of the following body type of people good for gymnastic activities?

- (a) Endomorph (b) Mesomorph
(c) Ectomorph (d) None of the above

Q.7. What is the full form of B.M.I.?

- (a) Body Management Index (b) Body Mold Index
(c) Body Mass Index (d) Body Motivation Index

Q.8. Which one of the following formual of calculation of BMI?

- (a) $\frac{\text{Weight of body}}{\text{Height of body}^2}$ (b) $\frac{\text{Weight of body}}{\text{Length of body}}$
(c) $\frac{\text{Weight of body}}{\text{Weight of body}}$ (d) $\frac{\text{Weight of body}}{(\text{Height of body})^2}$

Q.9. Which of the following formual of calculation waist hip ratio?

- (a) $\frac{\text{Circumference of waist}}{\text{Circumference of hip}}$ (b) $\frac{\text{Circumference of hip}}{\text{Circumference of waist}}$
(c) $\frac{\text{Circumference of hip}^2}{\text{Circumference of hip}}$ (d) None of the above

Q.10. What is the range of healthy body mass index?

- (a) 20–25 (b) 25–30
(c) 18.5–24.9 (d) 30.0–34.9

Short Answer Type Questions (3 Marks Each)

Q.11 Explain the procedure of measuring Somato Types in brief.

- Q.12 What do you mean by BMI ? Write down the scale of BMI.
- Q.13 Enlist the different health related fitness components. Explain any one component measurement procedure?
- Q.14 Calculate the BMI of a male person whose body weight is 70 kg and his height is 1.70 m. Also state the category in which he falls?

Long Answer Type Questions (5 Marks Each)

- Q.15 Explain any four importance of test, measurement & evaluation in detail?
- Q.16 Enlist different of health related fitness components. Explain any three of them in detail?
- Q.17 What is the difference between Endomorph and Mesomorph types of personalities?

Unit - 8

Fundamentals of Anatomy and Physiology and kinesiology in Sports

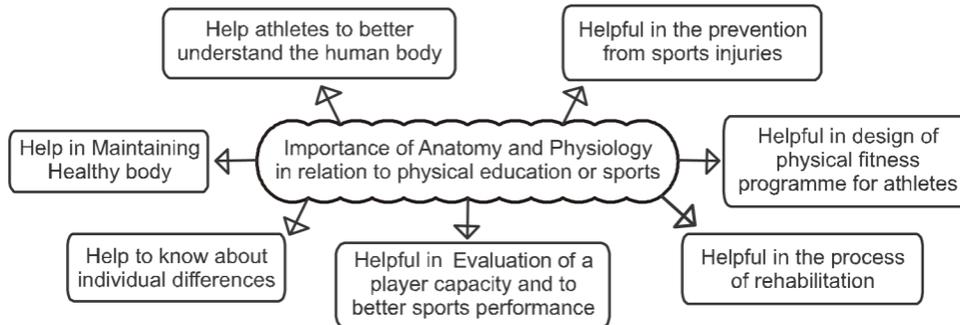
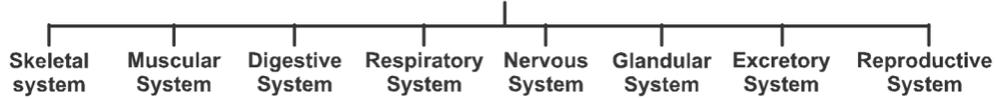
- ✍ 8.1 Defination and importance of Anatomy, Physiology and Kinesiology
- ✍ 8.2 Functions of skelatel system, classification of bones and Types of joints.
- ✍ 8.3 Properties and Functions of muscles
- ✍ 8.4 Function and structure of Respiratory system and circulatroy system
- ✍ 8.5 Equilibrium Dynamic and Static, centre of Gravity and its application in sports.

8.1 **Anatomy** : Anatomy is a branch of biology that deals with the study of body structure of organism which includes then systems, organs and tessues.

Physiology: Physiology is the branch of biology that deals with the functions and activities of living organisms and their parts, including all physical and chemical processes.

Kinesiology: Kinesiology is the study of human or non-human movements, performane and functions by applying the science of biomechanics, anatomy, physiology, psychology and neuroscience.

Main Systems of Human Body

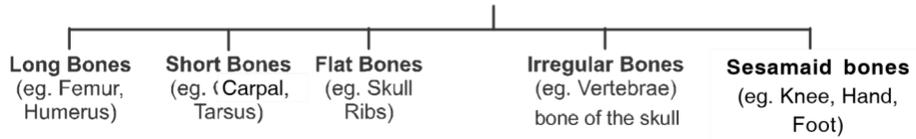


8.2 **Skeleton System:** This is the bony frame work of body consisting of numbers of bones. Total bones in human body are 206.

Functions of skeleton system



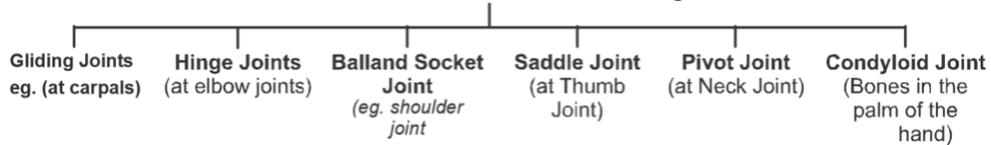
Classification of Bones



Types of Joints

1. **Immovable Joints:** These joints are fixed and do not move e.g.. Skull Joint
2. **Slightly Movable Joints:** The movement of such joints is very limited e.g.. Inter-vertibrations.
3. **Freely Movable Joints:** Such joints are freely movable.

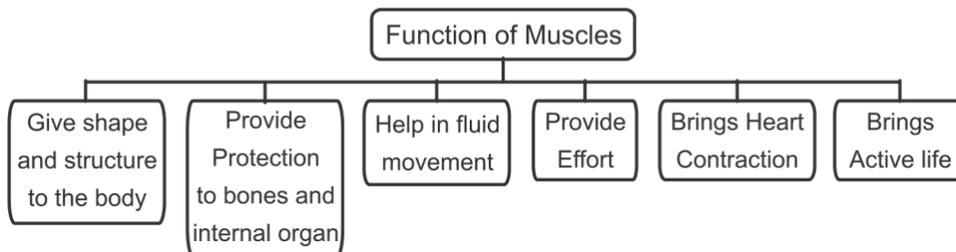
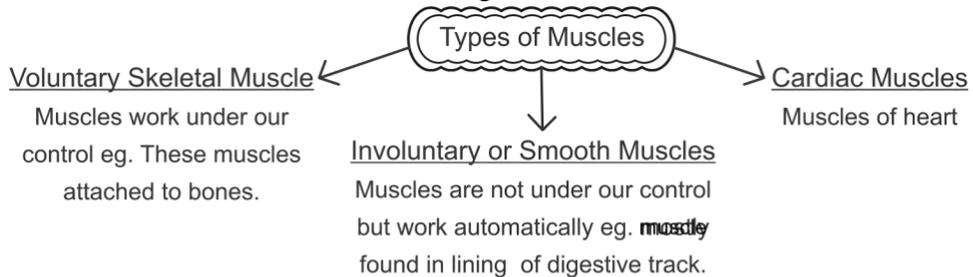
Joints are divided into six categories



8.3 Muscular System : Properties of Muscles

Definition of Muscle : Muscle is the tissue composed of fibers capable to effect bodily movement or muscle is the body tissue that can contract to produce movement.

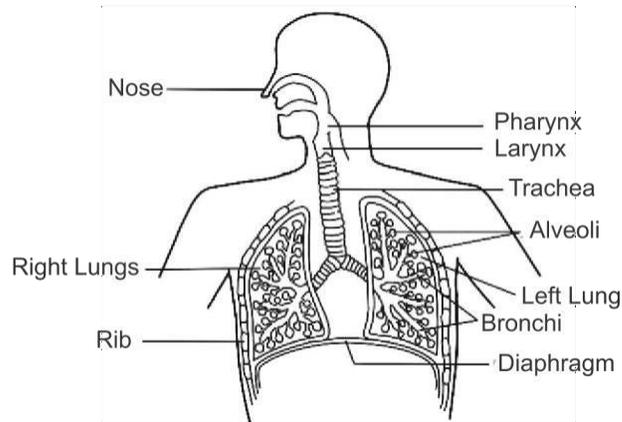
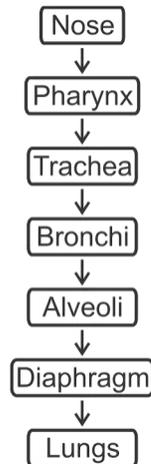
1. Excitability—Excitability is the ability of a muscle to activate. If the excitability of the muscle is greater, its force, velocity and indurance will also be greater.
2. Contractibility—Contractibility is the ability of the muscle to shorten forcibly when it is simulated adequately. The muscle changes its shope when stimulated.
3. Extensibility—Extensibility is the ability of the muscle to be stretched or intended. The muscle fibers shorten while contracting. But they can be streched, then beyond their resting length when relaxed. If muscle tissue could not stretch, you would not have the mobility you have.
4. Elasticity—Elasticity is the ability of the muscle tissue to return to its normal resting length to return to its normal resting length and shape after being stretched. If the muscle tissue does not have elasticity, it would remain as its stretched length.



Structure of Muscle : Every muscle fibre made up of very large number of microscopic threads called myofibril. Each myofibril consists of protein molecules called Actin and myosin.

8.4 Structure and functions of Respiratory system and circulatory system:

- Respiratory System: The Respiratory system regulates the exchange of gases. Structure of the respiratory system involves the following organs in human beings



Types of Respiration

1. External Respiration
2. Internal or Tissues Respiration

Functions of Respiratory no System

- To provide oxygen to blood
- Removal of waste products from the body e.g.. CO₂
- Maintain body temperature
- It affects circulation of blood

Structure of Heart and introduction of circulatory system

Circulatory System : Circulatory system serves the function of transporting materials in the body. It consist of heart and blood vessels (arteries, veins, capillaries)

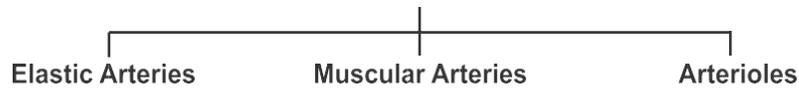
Heart:The human heart is a hollow cone-shaped muscular organ. It is a pumping system inside the body.

Structure of Heart: The heart is divided into four chambers. A septum divides it into a left and right side. Each side is further divided into an upper and lower chambers. The upper two chambers called auricles and the bottom chambers are ventricles.

Function of Heart :
 • Systemic Circulation
 • Pulmonary Circulation

Arteries - Arteries are blood vessels that take blood away from the heart, except for pulmonary artery, which carries deoxygenated blood from the heart to the lungs.

Classification of Arteries



- Veins : Veins are blood vessels that return blood to the heart.
- Capillaries : Exchange of material take-place in capillaries.
- Blood : Blood is a special mixture of fluid which acts as a medium of transporting nutrients and gases from one part of body to another.
- Heart Rate : It is number of pumping of heart in one minute.
- Stroke Volume : It is the volume of blood pumped by heart in one beat. It is approximately 80 ml per beat in normal adult, whereas trained players have 100 ml per beat as stroke.
- Cardiac Output : Stroke volume x heart rate. It is 5 to 6 liters at basal level.
- Blood Pressure : It is the force exerted by the blood on the walls of the blood vessels
- Second Wind : The breathlessness caused due to prolonged exercise is removed automatically by our body. It is called as second wind.
- Oxygen Debt : The amount of oxygen taken by an athlete during the recovery period after strenuous activity is called oxygen debt.

8.5 Equilibrium : DYNAMIC AND STATIC AND CENTER OF GRAVITY AND ITS APPLICATION IN SPORTS

Equilibrium : It is defined as a state of balance or a stable situation, where opposite forces cancel each other out and where no changes are occurring.
Types of Equilibrium

- (i) Dynamic Equilibrium : It is the balance of the body during movement.
- (ii) Static Equilibrium : Dynamic stability is a balance of the body during its rest or stable position.

Or

Static equilibrium is when the centre of gravity is in a stable position.

GUIDANCE PRINCIPLES TO DETERMINE THE DEGREE OF STABILITY

1. Broader the base, greater the stability.
2. Lower the centre of gravity, higher the stability
3. When the body is free in the air, if the head and feet moves then hips help move up and vice-versa.
4. Body weight is directly proportional to stability.

Centre of gravity : Centre of gravity is that point in a body or system around which its mass or weight is evenly distributed or balanced and through which the force of gravity acts. The centre of gravity is fixed, provided the size and shape of the body do not change.

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ASSIGNMENT

Objective Type Questions (1 Marks Each)

- Q.1. Anatomy is the study of—
- (a) Application of the Principles
 - (b) Study of movement
 - (c) all systems of humanbody and their mutual relationship
 - (d) structure, shape, sire and weight of all the organs of the body

- Q.2. It provides protection to vital organs of the body— (a) Respiratory system (b) Muscular system
(c) Skeletal system (d) Cardiovascular system
- Q.3. Sesamoid bones are found in—
(a) Shoulders (b) Patella
(c) Wrist (d) Thigh
- Q.4. This joint facilitates turning and twisting movements—
(a) Hinge joint (b) Pivot joint
(c) Gliding joint (d) ball and socket joint
- Q.5. Ball and Socket joint is situated at—
(a) shoulder (b) wrist
(c) neck (d) knee
- Q.6. Contractability is one of the properties of the—
(a) skeleton (b) muscle
(c) Respiration (d) blood
- Q.7. Number of bones in an-adult human body are approximately—
(a) 215 (b) 210
(c) 218 (d) 206
- Q.8. Alveoli are situated in the—
(a) Bone marrow (b) heart
(c) Lungs (d) voluntary muscles.
- Q.9. It is the volume of blood pumped out by the heart in one beat—
(a) stroke volume (b) tidal volume
(c) cardiac output (d) oxygen debt
- Q.10. Stroke volume \times heart rate =

- (a) heart rate
- (b) second wind
- (c) tidal volume
- (d) cardiac output

Q.11. Which is the main artery of circulation of pure blood to the body—

- (a) pulmonary
- (b) Aorta
- (c) trachea
- (d) sarcolemma

Q.12. Fast twitch fibres are of which colour—

- (a) white colour
- (b) red colour
- (c) blue colour
- (d) skin colour

Q.13. Which is the function of heart from the following—

- (a) Systemic circulation
- (b) Pulmonary circulation
- (c) Regulation of heart beat
- (d) All of these

Q.14. Which of the following is a symptom of second wind—

- (a) faster breathing
- (b) suffocation in the chest
- (c) none of the above
- (d) all the above

Q.15. Which of the following is a function of respiratory system— (a)
to regulate blood pressure

- (b) to produce sound
- (c) to produce RBC
- (d) to produce control and movement of the body

Q.16. Static stability is important in—

- (a) shooting
- (b) football
- (c) volleyball
- (d) Judo

Q.17. It is a point in body around which the weight is evenly distributed—

- (a) Dynamic equilibrium
- (b) Static equilibrium
- (c) Centre of gravity
- (d) Buoyancy

- Q.18. Which of the following will have greater stability—
(a) Spiking position in (b) Standing start for 1500 m race (c) stance of a golfer
(d) tackling in football.

SHORT ANSWER TYPE (60 WORDS - 3 MARKS)

- Q.19. Explain structure of the muscle with the help of a diagram.
- Q.20. Explain external and internal respiration.
- Q.21 Define the phenomenon of second wind. What are its causes and symptoms?
- Q.22 What are the functions of respiratory system?
- Q.23. Explain the functions of heart.
- Q.24 Write down the main functions of muscles
- Q.25 Write difference between slow twitch fibre and fast twitch fibre.
- Q.26 What is static equilibrium?

LONG ANSWERS QUESTIONS (150 WORD CARRYING 5 MARKS)

- Q.27 What are the functions of blood?
- (i) Q.2 What are the functions of skeletal system?
- Q.28 Explain the structure of heart with the help of diagram.
- Q.29 Explain different types of joints in human body.
- Q30. Write in detail about classification of bones.
- Q.31 Elucidate the importance of anatomy and physiology in the field of sports.
- Q.32. Explain in detail the principle of stability and its uses in sports.

Unit - 9

Psychology and Sports

- ✍ 9.1 Definition and Importance of Psychology in Physical Education & Sports.
- ✍ 9.2 Define and differentiate between growth and development
- ✍ 9.3 Development Characteristics at different stages of Development
- ✍ 9.4 Adolescent Problems and Their Management

9.1 (a) **Psychology**: Psychology is the study of mind and behaviour.



9.1. (b) **Sports Psychology** : Sports Psychology is an applied Psychology involving applications of psychological principles to the field of physical education and sports.

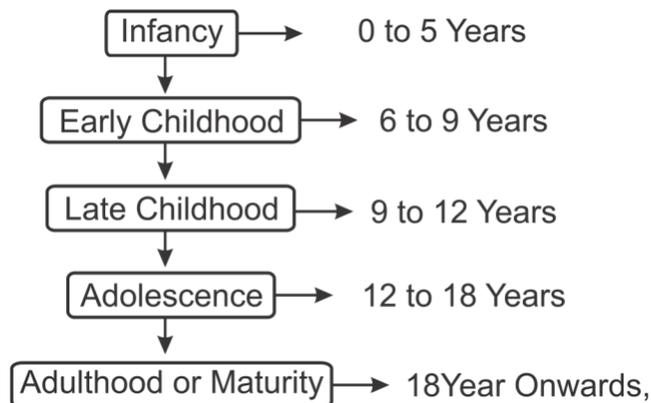
9.1. (c) Importance of sports psychology



9.2. **Growth and Development:** The term 'growth' means the growth of parts of the body, may be in size, height and weight.

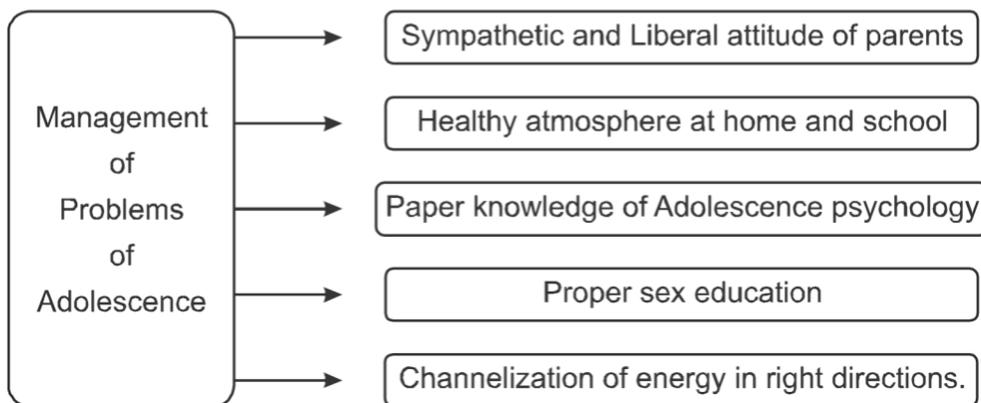
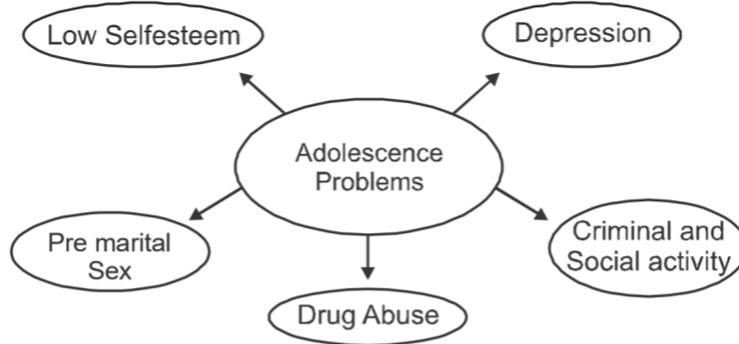
Development can be defined as progressive series of changes in an orderly coherent pattern.

9.3. Different stages of growth and development 5 stages of growth and development :



9.4. **Adolescence**, Problems of Adolescence and Management of Problems of Adolescents

Adolescence : Adolescence is the period of change from childhood to adulthood



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ASSIGNMENT

Objective Type Questions (Marks Each) Q.1.

What is the meaning of 'Psyche'?

- (a) Soul
- (b) Behaviour
- (c) Environement
- (d) Science

Q.2. What is not come under growth?

- (a) Increase in Height
- (b) Increase in Weight
- (c) Increase in size
- (d) Increase in obestiy

Q.3. What is the meaning of development.

- (a) Change in structure of body? organ
- (b) Change in size
- (c) Change in maturity
- (d) All of the above

Q.4. Adolescent age is—

- (a) 12 to 18 years
- (b) 13 to 18 years
- (c) 9 to 18 years
- (d) 10 to 18 years

Q.5. In the childhood, Individual's behaviour in most influenced by—

- (a) Community
- (b) School
- (c) Peer group
- (d) family

Q.6. The cuase of frustration among sports person is—

- (a) Result of own performance
- (b) Normally due to mismatched level of aspiration and ability
- (c) Result of good performance

(d) Natural outcome of competitive sport

Q.7. How is psychology defined today?

- (a) The science of behaviour and mental processes
- (b) The science of human behaviour and mental processes
- (c) The science of mind
- (d) The study of motivation, emotion, personality, adjustment and abnormality

Q.8. Who is regarded as the father of psychology?

- (a) Sigmund Freud
- (b) Ivan Pavlov
- (c) John B. Watson
- (d) Wilhelm Wundt

Q.9. When catching a ball, your hand knows when to grip because?

- (a) Your Parasympathetic nervous system is active
- (b) Alpha waves are being generated by your brain
- (c) Participating muscles receive efferent signals from the brain
- (d) Afferent signals inform your hand that the ball is about to make contact.

Short Answers Question for 3 Marks (60 Words)

Q.10 Mention the importance of sports psychology.

Q.11 Describe any two developmental characteristics of adolescence

Q.12 Highlight the differences between growth and development Q.13.

Describe the developmental characteristics during early childhood.

LONG ANSWER TYPE QUESTION (150 WORDS) 5 MARKS

Q.14 Explain any four problems of adolescents

Q.15 Discuss methods adopted for management of adolescent problems in details:

Unit - 10

Training and Doping in Sports

- ↳ 10.1 Meaning & Concept of Sports Training.
- ↳ 10.2 Principles of Sports Training.
- ↳ 10.3 Warming-up & limbering down.
- ↳ 10.4 Skill, Technique & Style.
- ↳ 10.5 Concept & classification of doping.
- ↳ 10.6 Prohibited Substances & their side effects.
- ↳ 10.7 Dealing with alcohol and substance abuse.

10.1 Meaning and concept of sports training

Training has been referred to as a systematic exercise of effort for a considerable time, to develop ability to face greater load, specially for competitions. Sports training provides the other with the basic means to adapt to his particular stressor, through controlled exercise. This adaptation on the part of an athlete's body answered, that his body is prepared for a greater load, This process is called training.

Concept of Training : Training for achieving something of for competition is not a new idea, with the passage of time, more time and efforts are being devoted to training of preparation for competitions, with the invention of new techniques every now and then in the field of athletics, weight training methods has shown very encouraging results.

Training for any game or event has become very technical and a scientific approach is needed to get the desired results.

10.2 Principles of Sports Training

The principles of sports training are as following :

1. Principles of continuity
2. Principle of over load
3. Principle of Individual Differences
4. Principle of general and specific preparation
5. Principle of progression
6. Principle of specificity

7. Principle of variety
8. Principle of warming up and cool down
9. Principle of rest and recovery.
10. Warming up and Limbering Down

10.3 **Warming up:** It is a short term activity carried out prior to any severe or skilled activities. Warming up is an essential before a competition. Through such a workout we try to bring the group of muscles expected to take part in the activity to follow. It is primarily preparatory activity in which physiological and Psychological preparation of an athlete is done for the main activity.

Types of Warm up: (1) General Warm-up
(2) Specific warm-up Limbering

down or cooling down :

At the end of the training session or competition, athletes are normally advised to cool down. This is done normally in the shape of a light but continuous activity such as jogging or walking for some time at the end of the event. Such an activity after the competition of an event is called limbering down or cooling down.

10.4 SKILL, TECHNIQUE AND STYLE

(i) Skill is an element of performance that enables the performer to do a large amount of work with little effort. The apparent visible ease of muscular work indicates a skillful movement or performance. In other words it can be said that skill is the ability to do something well. Skill that are unnatural and complex can be learned more easily if the different elements in the movements can be separated and learned by parts.

(ii) Technique

It means the way of doing a particular task scientifically. This way of doing a thing should be based on scientific principles and be effective in achieving an aim. It is a basic movement of any sports or event. We can say that a technique is the way of performing skill.

(iii) Style

It is the manner of doing something that is characteristics of a particular person or pattern. It may or may not be based on sound principles. A style of doing a movement, if perfect, looks graceful and appealing. It is an individual's expression of technique in motor action, therefore each sports

person due to his specific physical and biological capacities realize the technique in different way. symptoms of over load and how to over come it.

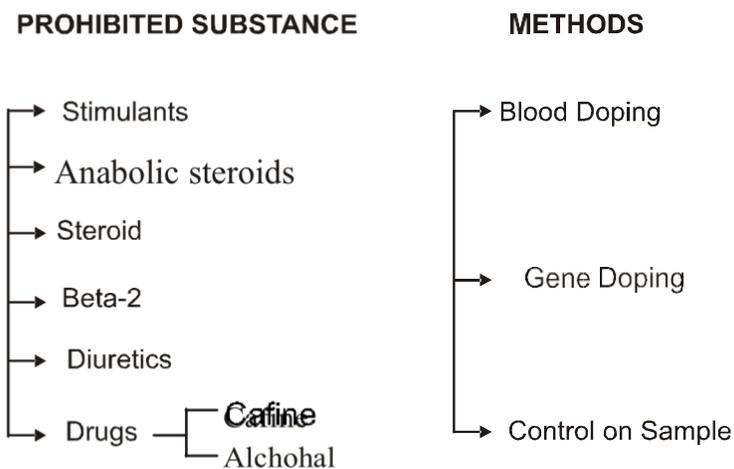
10.5 (a) **Meaning of Doping** : When an athlete uses banned substances or methods to improve performance in sports it is called as doping.

Example: Drugs and steroid used.

(b) Concept of Doping : ‘Doping’ is the word, which is used in the field of sports, when athletes use prohibited substances or methods to unfairly improve their sporting performance. In general way, doping is the use of performance enhancing substance or methods by sports person to gain an advantage over their competitors. In fact, some sport person take illegal substance to enhance their performance. The activity is known as doping.

The use of banned performance enhancing drugs in sports is commonly referred to as doping. The use of drugs are considered unethical by most international sports organisations. The anti doping authorities state that using performance enhancing drugs goes against the ‘‘spirit of sports’’.

Prohibited Substances Methods



Doping Controlling Agencies-

WAdA-World anti doping agency

NADA-National anti doping agency.

10.6 Prohibited Substances and Methods

S.No	Substances	Side effects
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1	Stimulants	Cause Insomnia, anxiety and aggression. It directly effects the central Nervous system (CNS) and cardio vascular system.
2.	Narcotics	Loss of balance and co-ordination, cause drowsiness, vomitting, Constipation. It may cause fainting.
3.	Anabolic Steroids	Can cause blood pressure, Sudden heart Attack, Mood swing, aggression depression. It may also cause baldness and impotency in males,
4.	Beta Blockers	Reduces endurance, headache and weak digestion
5.	Cannabinoids	Reduces concentration and co-ordination, reduces lung capacity.
6.	Diuretics	Causes dehydration, drowsiness and mineral imbalance.
7.	Beta-2 Agonists	Cold hands, insomnia, depression etc.

10.7 Dealing with alcohol and Substance abuse: Intoxicants are the substance, used for the purpose of Intoxication by the individuals. Those, who use intoxicants, lose their balance of mind or becomes unconscious. The individual who uses, intoxicants becomes habitual very easely. Nicotine, alcohol, Herion, LSD, Cocaine, connabis and morphines etc are the main examples of introxicants. The person who take these intoxicants everyday, not only loses his physical, ental and also loses memoryh. themself and family but also burden on the nation, because they can not give their contribution in he developement of their nation.

1. Alochal: In the modern era there is highly increasing trends of alcohol. Some of the doctors said that if small quantity of alcohol is consumed it help in digestion,

but if it is consumed in large quantity it has bad effects on our health. It also stimulates the nervous system. If it takes a large quantity, it makes the consumer semi-conscious or even unconscious.

Effects of alcohol: There is no doubt that alcohol has many bad effects not only on the individuals but on his/her family and society also. Its effects can be studied under two sub-heads.

- (i) Effects on individual
- (ii) Effects on family and Society

- I. Effects on Individual: These are certain bad effects of alcohol on individual.
 - (a) Effects on Nervous system: Brain and nerves of the individual become weak. Neuro-muscular co-ordination decreases, concentration power declines. Reaction time of such individual increases.
 - (b) Effects on digestive system: It has bad effects on the organs of the digestive system. Membranes of digestive organs become fatty. The digestive juices, which help in digestion, are produced in less quantity.
 - (c) Effects of Muscular system: The extension and contraction capacity of the muscles become less. These muscles are not able to exert maximum force.
 - (d) Effects on excretory system: Alcohol also affects the organs of the excretory system. These organs lose their efficiency and consequently waste products like acid phosphate, lactic acid etc, are deposited in the body. These waste products are not removed from the body. Failure of kidneys is common in such people. Liver is usually damaged by alcohol.
 - II. Effects on family and Society: Family of an alcoholic is always disturbed. If the economic condition of the family is not good even then the individual arranges the money for alcohol by hook or by crook. They are unable to maintain the standard of their families. The family life becomes hell. These alcoholic people can not contribute anything to their country or society. Such people are a burden on society.
2. Drug Addiction: It is realised by all that drug abuse in our country is increasing day by day. It is resulting in suicidal deaths from overdose. People suffering, divorce, reduced working efficiency and loss to the society. These are a number of drugs which if taken persistently for a prolonged period. An individual can become addicted to these drugs. This habit is termed as 'drug addiction'. Alcohol, Nicotine, LSD, Heroin, cocaine and are endangering the youth of our country.

Sportmen also take drugs such as steroids, amphetamines, beta-blockers, Diuretics and erythropoietin. They take such drugs for one or the other reason.

Some take these drugs for body building, for reducing weight and for muscle growth. Other take such drug for fast movement endurance, removal of pain and fatigue.

The civil effects of drugs could be stridiad earlier topic of doping.

10.8 Methods to deal with substance abuse and Alcohol

Alcohol and substance abuse are treatable conditions that can be overcome with the help of treatment specialists. The following methods can be applied to deal with alcohol and substance abuse –

1. Ask for help – You can take help from your parents, teachers, counselor, or doctor – you can get rid of the problem if you seek proper help.
2. Detoxification – It helps the affected person to stop taking the harmful substances as quickly as possible. Detoxification may involve gradually reducing the dose of the drug.
3. Behavioural therapy – The therapist can help in coping with your drug cravings. He can suggest strategies to avoid alcohol and drugs. Behaviour therapy helps the individuals to manage their thought pattern essentially controlling negative thought patterns that leads to alcohol and substance abuse.
4. Motivational enhancement therapy
In This process, a therapist helps a patient to tap into their personal motivations to resist drug use.
5. Inform your friends about your decision to stop using drugs or alcohol – so that they also help you to get rid of this bad habit.
6. Remain away from your friends who sell and use substances.
7. Involve your self in different hobbies to distract your self from indulging in substance abuse.
8. Talk to your family and good friends when craving occurs. They will help you in distracting you.
9. Medication: Medicine also helps to curb cravings. But medicine combined with counselling gives better results.

KINDLY WATCH THE VIDEO FOR BETTER UNDERSTANDING:

https://youtu.be/DTNfa6h_mMo

ASSIGNMENT

Objective Type Questions (Marks Each)

- Q.1. Alcohol Stimulate the—
(a) Muscular system (b) Digestive system
(c) Nervous system (d) Excretory system
- Q.2. Woman who take_____tend to masculinize?
(a) Beta-blockers (b) Amphetamines
(c) Diuretics (d) Steroids
- Q.3. Which of the physical method of doping is—
(a) Stimulants (b) Steroids
(c) Gene doping (d) None of the above
- Q.4. Which substance help in increasing oxygen in the body—
(a) Blood doping (b) Gene doping
(c) Homologous doping (d) Autologous doping
- Q.5. Which substance is help in increasing strength of the musles in the human body.
(a) Homologous doping (b) Autologous doping
(c) Blood doping (d) Gene doping
- Q.6. Which of the one is the performance inhancing substance—
(a) Blood doping (b) Gene doping
(c) Narcotics (d) Auto Logous doping
- Q.7. What is the full form of 'NADA'
(a) National Auto doping Agency (b) Natural Anti doping Academy
(c) National Anti drugs Agency (d) National Anti doping Agency
- Q.8. What is the full from of 'WADA'
(a) White Anti doping Agency (b) Wide Anti doping Academy

- (c) World Anti doping Agency (d) None of the above

Q.9. “Taking of prohibited or banned substances is called _____”

- (a) Steriods (b) Alcohol
(c) Doping (d) Autologous doping

Q.10. Which is a short term activity carried out prior to any severe activity?

- (a) Skill (b) Technique
(c) Limbering down (d) Warming-up

Q.11. Which is the short term activity carried out after the severe activity?

- (a) Technique (b) Warming-up
(c) Limbering down (d) None of the above

Q.12. How many types of warming-up ?

- (a) 3 (b) 4
(c) 10 (d) 2

Short Answers Question for 3 Marks (60 Words)

Q.1 What is meant by limbering down ? Explain the beneficial effects of limbering down.

Q.2 What are the Physiological reasons in support of warming up?

Q.3 Write down the guiding principles of warming up in brief.

Q.4 Explain the principles of sports training ?

Q.5 Make a list of performance enhancing substances and describe any two?

Explain the blood doping

Q.6 How does Beta-Blockers affect the sports performance.

Long Question [150 words] 5 Marks

Q.1 Write down the method of warming up in detail

Q.2 Explain in detail the classification of skills.

Q.3 Explain in detail the side effects of the use of banned or prohibited substance is sports.

Q.4 What are the side effects of prohibited substances?

Q.5 What are the physical methods of doping? Define methods prohibited in sports.