

A Textbook of

PHYSICAL EDUCATION

As per the latest syllabus issued by CBSE

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XI
CBSE

Best Seller
India's No. 1 Textbook

REVISED EDITION
2020-2021

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A Textbook of

PHYSICAL EDUCATION

A textbook written according to the latest syllabus issued by CBSE

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Every country needs healthy citizens. This aim can only be achieved through Physical Education. The aim of Physical Education is to develop physical, moral, social and emotional factors. This is an important milestone for the citizens who seek to acquire this knowledge and who learn to apply it for their betterment.

This book '**A Textbook of Physical Education**' is written as per the revised syllabus for the students preparing for class XI examination. The language of the book is very simple and lucid. I have tried my best to insert clear diagrams for better understanding. The book has been written according to the revised syllabus issued by CBSE, Delhi.

The book has been divided into **ten units**. Each chapter deals with the subject in detail. I have also given quotations to support and explain my views. Exercises have been given at the end of each chapter. It is earnestly hoped that this book will be found useful by the students. In spite of great care some misprints might have crept in, so kindly bear with me. I will try to correct them in my next edition.

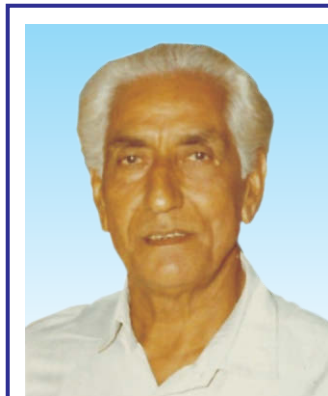
I want to express my sincere thanks to my teachers, friends and Bheeni Chaudhry & Ritwick Chaudhry. I am pleased to convey my deep sense of gratitude to **Vishvas Publications Pvt. Ltd.** for their untiring efforts to bring out this book well in time.

I would like to dedicate this book to Late Dr. G.S. Chaudhry, *Ex-Chairman, Dept. of Phy. Edu. & Ex-Director Sports, K. U., Kurukshetra*

Any suggestions for further improvement of this book will be gratefully acknowledged.

Author

Dedicated to



Late Dr. G.S. Chaudhry
(1925 – 1988)
Ex - Chairman, Dept. of Phy. Edu. &
Ex-Director Sports, K. U., Kurukshetra

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In spite of our sincere efforts, there might have crept in some deficiencies in the preparation of this book for which the Authors and Publisher should not be held responsible. However, constructive suggestions for further improvement of this book will be highly appreciated and looked forward in our subsequent editions. For latest update in syllabus and marking scheme visit : www.cbse.nic.in

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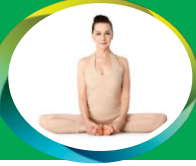
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SYLLABUS

PHYSICAL EDUCATION

(As per latest syllabus issued by CBSE for Session 2020–21)

Class – XI (Theory)

Max. Marks: 70

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- Competitions in various sports at national and international level
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- Yoga for concentration & related Asanas (Sukhasana; Tadasana; Padmasana & Shashankasana, Naukasana, Vrikshasana (Tree pose), Garudasana (Eagle pose)
- Relaxation Techniques for improving concentration –Yog-nidra

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Suggested Question Paper Design - Physical Education (Code No. 048) - Class XII (2020-21)

Marks: 70

Duration: 3 hrs.

SN.	Typology of Questions	Marks
1	Remembering: Exhibit memory of previously learned material by recalling facts, terms, basic concepts, and answers. Understanding: Demonstrate understanding of facts and ideas by organizing, comparing, translating, interpreting, giving descriptions, and stating main ideas	43
2	Applying: Solve problems to new situations by applying acquired knowledge, facts, techniques and rules in a different way.	16
3	Analysing and Evaluating: Examine and break information into parts by identifying motives or causes. Make inferences and find evidence to support generalizations. Present and defend opinions by making judgments about information, validity of ideas, or quality of work based on a set of criteria. Creating: Compile information together in a different way by combining elements in a new pattern or proposing alternative solutions.	11
Total		70

About the Author

We congratulate **Ravinder Chaudhry**, author of this book for his contribution in the field of Athletics. Presently he is **Vice President, Athletics Federation of India**. After passing ATO exam held at Jakarta in 2004 he has become the Asian Athletics Official. **He has acted as International Photo Finish Official in following Championship games as under :**

- 9th SAF Games Islamabad (Pakistan) 2004
- West Asian Games (Doha 2005)
- 10th SAF Games Colombo (Srilanka) 2006.
- Asian Junior Athletics Championships (Macau China 2006)
- Doha Asian Games (Doha 2006)
- 3rd Asian Indoor Athletics Championship (Doha 2008)
- 1st Asian Youth Games held at Singapore 2009
- 18th Asian Athletics Championships Guangzhou, China and attended
- Acted as International Photo Finish Judge at 16th Asian Games held in Guangzhou in 2010.
- 1st Asian Youth Athletics Championship (Doha 2015)
- 2nd Asian Youth Athletics Championship, Bangkok, Thailand in 2017.
- 20 Km Asian Race Walking Championship, Nomi (Japan) in 2018.
- 3rd Asian Youth Athletics Championships, Hong Kong in 2019.

He was the manager/observer of Indian Athletics team in the following Championships :

- 15th Asian Athletics Championships Manila (Philippines) 2003
- Busan International Competition Busan (Korea) 2003
- 11th World Athletics Championship Osaka, Japan
- He also attended IAAF Congress held at Osaka (Japan) in 2007.
- Beijing Olympics 2008 at China as observer (athletic).
- Manager Indian Athletics team 12th World Athletics Championship Berlin, Germany 2009.
- Manager Indian Athletics team for Asian Athletics Championship held in Japan in 2011
- Represented India in 48th IAAF World congress held in Daegu (Korea) in 2011.
- Manager Indian Athletics team for Asian Indoor Athletics Championship, Kobe, Japan in 2012.
- Manager Indian Athletics team for World Athletics Championship, Beijing in 2015.
- Member of Delegation of Athletics Federation of India for London Olympics, held in 2012
- Member of Delegation of Athletics Federation of India for Rio Olympics held in 2016.
- Attended Asian Athletics Association Road Races and Cross Country Committee meeting held in Tokyo, Japan) in 2017.
- Manager Indian Athletics team for Commonwealth Games, Gold Coast, Australia in 2018.
- Manager Indian Athletics team for Asian Games, Jakarta, Indonesia in 2018.
- Manager Indian Athletics team for Asian Championship, Doha, Qatar in 2019.



Ravinder Chaudhry with Mr Uwe Hohn, the only Javelin thrower in the world to throw a javelin more than 100 m



Ravinder Chaudhry with Neeraj Chopra who won Gold medal in Gold Coast Commonwealth Games and Jakarta Asian Games in the year 2018



Team leader - Indian Athletics team at Asian Games Jakarta



Ravinder Chaudhry with Padmashree P T Usha at Asian Games Village, Jakarta

Publisher

UNIT 1

CHANGING TRENDS AND CAREER IN PHYSICAL EDUCATION



1.1 Meaning & Definition of Physical Education

Meaning & Definition of Physical Education

The meaning of physical education is always misunderstood. It is an education which develops harmonious growth and development of the child. It develops all the powers of an individual-physical, mental, moral as well as social.

According to Comenius, “Education is the development of the whole man. The ultimate end of man is happiness with God.” So physical education is considered as education of the body which enables an individual to grow and develop fully. Physical activities are the educational tools that promote optimum growth and development. Physical education is not only doing physical activities but also related with health education, recreation, anatomy physiology, psychology and sociology.

Some Important Definitions of Physical Education

According to Charles A. Bucher, “Physical education is an integral part of the total education process and has as its aim the development of physically, mentally, emotionally and socially fit citizen through the medium of physical activities which have been selected with a view to realizing these outcomes.”

According to Irwin, “Physical education is a programme of physical activities that develops health in youth through various organic systems of the body; develops skills in physical activities which has implication for enjoyment, emotional development, recreation and the optimum development of the human organism.”



According to H.C. Buck, "Physical education is the part of general education programme, which is considered with growth, development and education of children through the medium of big muscle activities. Physical activities are the tools. They are so selected and conducted as to influence every child's life physically, mentally, emotionally and morally."

According to Delbert Oberteuffer, "Physical education is the sum of those experiences which come to the individual through movement."

According to J.P. Thomas, "Physical education is the education through physical activities for the development of total personality of the child and its fulfilment and perfection in body, mind and spirit."

According to Clark.W.Hetherington, "Physical education is that phase of education which is concerned, first, with the organization 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 leadership of the activities so that the educational process may go on without growth handicaps."

According to C.C. Cowell, "Physical education is the social process of change in the behaviour of human organism, originating primarily from the stimulus of big-muscle play and related activities."

According to J.F. William, "Physical education is the sum of man's physical activities selected as to kind and conducted as to outcomes."

According to J.B.Nash, "Physical Education is that field of education which deals with big muscle activities and their related responses."

According to Cassidy, "Physical education is the sum of the changes in the individual caused by experiences centering in motor activity."

According to Nixon and Cozens, "Physical education should be defined as that phase of the whole process of education which is concerned with vigorous muscular activities and related responses and with the modifications in the individual resultant from these responses."

According to Marshal & Rees, "Physical education is but one aspect of the larger problem of education in general, and any system which divorces, or tends to divorce, the physical from the moral and intellectual aspects of life, is thoroughly unsound."

According to Sharman, "Physical Education should help to develop skills and attitudes which will be conducive to the wise use of leisure time and provide opportunities for emotional control, living according to acceptable social standards and self expression."

According to Brownhill and Hagman, "Physical education is the accumulation of wholesome experiences through participation in large muscular activities that promote optimum growth and development."

According to AAHPER, "Physical education is the way of education through physical activities which are selected and carried on with regard to values in human growth, development and behaviour."



CONCLUSION OF DEFINITIONS

Physical education is the integral part of the general education which promotes harmonious growth and development. Through vigorous muscular activity a person modifies his behaviour. A person becomes physically, mentally, socially and emotionally adjusted within the society. Through physical activities a person improves and strengthens his body which is essential for leading a fruitful life. It promotes efficient functioning of the body.

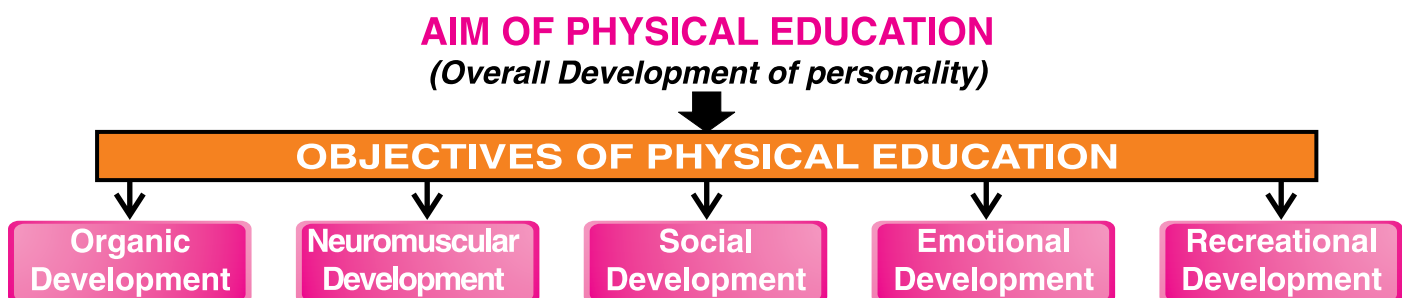
1.2 Aim & Objectives of Physical Education

Physical education is considered essential part of education because it helps in achieving the aim of general education. Physical education helps in developing certain qualities in an individual which make him efficient for any kind of learning.

According to National plan of Physical education and recreation, "The aim of Physical education must be to make every child physically, mentally and emotionally fit and also to develop in him such personal and social qualities as will help him to live happily with others and build him up as a good citizen."

The aim of Physical education is generalised purpose. In 1964, **William said,** "Physical education should aim to provide skilled leadership, adequate facilities and ample time that will afford an opportunity for the individuals or groups to act in situations that are physically wholesome, mentally stimulating and satisfying, and socially sound."

So, Aim of Physical Education is considered as wholesome development of personality. Aim is always considered as difficult task but when it is achieved it becomes objective. Aim of Physical Education has many objectives.



The objectives of Physical Education can be listed in following ways:

According to Clarke W. Hetherington

- (a) The organisation of child's life as indicated in big muscle activities
- (b) Social outcomes
- (c) Development of instinctive mechanism



- (d) *Development of intellectual mechanism*
- (e) *Development of Neuro-muscular mechanism*
- (f) *Development of organic power*

According to J.B. Nash

- (a) *Organic development*
- (b) *Neuro-muscular development*
- (c) *Interpretive development*
- (d) *Emotional development*

According to Irwin

- (a) *Physical*
 - (i) *Health*
 - (ii) *Development of skill in physical activities*
 - (iii) *Physical growth and development*
- (b) *Social development*
- (c) *Emotional development*
- (d) *Recreational development of skills in recreational activities*
- (e) *Intellectual development*

The various objectives of Physical education are as under:

(a) Development of Organic fitness: The first and primary objective of physical education is to develop good physique. Through physical training the efficiency of organic systems like respiratory system, circulatory system, digestive system, endocrine system, muscular system and neuro-muscular system improves. These organic developments lead to the development of physical fitness components. The physical fitness includes strength, speed, flexibility, agility and endurance. Physical fitness enables a person to perform vigorous activities. Generally physical fitness and good health are considered same but it is wrong. A healthy person may be physically unfit because he may be lacking in any component of physical fitness. Regular vigorous exercise also increases the efficiency and capacity of an individual to lead a fruitful life. Therefore vigorous physical activities should be done for the physical growth and development.

(b) Development of Neuro-Muscular Coordination: Brain and body are two separate things but are interdependent. The development of neuro-muscular skills develop the ability of various activities like, running, jumping, throwing, catching, etc. It develops control and balance of the body. It also leads to the development of reflexes. A person becomes quick in his action, he reacts quickly to the sensory stimulations. The development of neuro-muscular co-ordination leads to efficient and graceful movements with little expenditure of energy.



(c) Social Development: The next objective of Physical education is towards the social development. Physical education aims to develop personality of the individual.

According to H.J. Eysenck, *“Personality is the more or less stable and enduring organisation of a person’s character, temperament, intellect and physique, which determine his unique adjustment to the environment.”*

Through participation in physical activities many qualities like confidence, obedience, temperament, sincerity, sacrifice, impartiality, feeling of friendliness, co-operation, self control, etc., are developed. These developments promote the sociability and forms a healthy society.

(d) Development of Habits: Many habits are developed through physical education. It aims to develop healthy habits relating to sleep, food, personal hygiene and exercise.

(e) Emotional Development: Physical education makes a person emotionally balanced. The word emotion is derived from the Latin word ‘Emovere’ which means to stir up.

According to L.D. Crow and A. Crow, *“Emotion is an effective experience that accompanies generalized inner adjustment and mental physiological stirred-up states in the individual, and that shows itself in his overt behaviour.”*

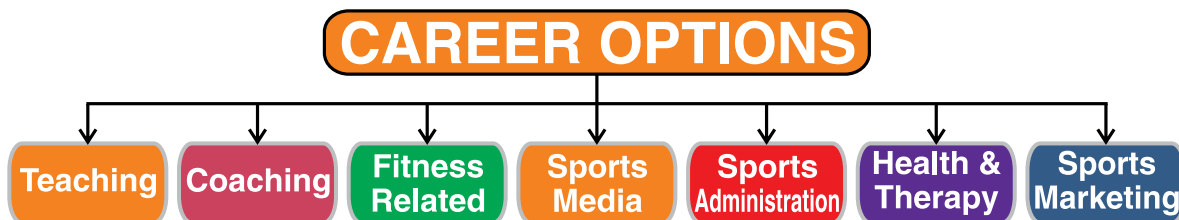
Through participation in physical activities man learns about emotional behaviour. He knows how to react in the society. An emotionally balanced individual reacts wisely when he is emotionally aroused.

1.3

Career Options in Physical Education

Physical Education is the study and practice of recreational activities, physical fitness, healthy lifestyle issues, and sports and interpersonal skills. In old days Physical education was confined to only teaching and coaching in Schools, Colleges and Universities. The Physical Education personnel were limited to games and sports but now it has vast area. A Physical Education professional may be a teacher, a trainer, a sports specialist or a scientist whose primary responsibilities address health and physical fitness. Apart from Physical activities, the specialized training in the field of Physical Education has many career avenues like sports management, sports media, sports medicine, biomechanics, designing, testing sports equipment, etc. The other specialized branch like exercise physiology helps in getting employment in health clubs, hospitals and rehabilitation centers, etc.

The following flow chart explains the major branches of career options in Physical Education:



(A) Teaching as Profession

The Physical Education is required to be taught to every individual irrespective of age. So the Physical Education teacher as a profession is in great need all over the world.

In India Physical Education is taught at many levels and accordingly teachers are appointed.

(a) Trained graduate teachers/ D.P.Es in Schools: The Trained graduate teachers are required for junior schools and they are assigned to teach games and sports to keep young kids fit. Physical drills/ Calisthenics/ Rhythmics/ minor games are taught by Trained Graduate Teachers.

(b) Postgraduate Teachers/Lecturers in Schools: The Postgraduate Teachers/Lecturers in Schools teach Physical education in Theory and Practical classes. Many developments like Physical, Mental, Emotional and Social developments are taught by these personnels in senior schools. Many allied branches like Health education are integral part of Physical education curriculum.

(c) Lecturers at College level: The Physical Education in India has become very popular at college level. Every college has Lecturer in Physical education who teaches and organises Physical activities at college level.

(d) Lecturers at Universities: The Lecturers at Universities teach Postgraduate classes of Physical education. They also teach practical and theory for these professional classes. For Higher studies following branches have a career to teach :

- (i) Biomechanics
- (ii) Kinesiology
- (iii) Sports Anthropometry
- (iv) Sports Psychology
- (v) Sports Medicine
- (vi) Philosophy of Physical Education
- (vii) Research methodology in Physical Education
- (viii) Exercise Physiology
- (ix) Sports Sociology
- (x) Sports Nutrition



(B) Coaching as Profession

Physical Education is a different field of coaching. The coaches can opt games as per their previous experience as a player in that game. There are several games played in the world and every game requires specialised coaching. After doing Diploma of coaching in a particular game, a person gets job as a coach of that game.

(C) Fitness Expert as Profession

Now-a-days everybody has become fitness conscious. A fitness expert can have specialisation in any of the following fields:

- (i) Aerobics Trainer
- (ii) Calisthenics expert
- (iii) Rhythmic Expert
- (iv) Yoga Instructor
- (v) Weight training expert



(D) Sports Media

All over the world sports is keenly watched. So lot of people work in the area of Sports journalism. The following are the branches for which a person can opt as a career:

- (i) Sports journalist for print media like newspapers
- (ii) Sports journalist of Electronic media working for Television
- (iii) Sports Photographer (still and video)
- (iv) Commentators (for radio and TV)
- (v) Sports Magazine writers

(E) Sports Administration

Due to increase in number of competitions and sporting events, need of sports Administrators is felt. There can be following opportunities to opt as career:

- (i) Manager for Competitions
- (ii) Manager for Sports clubs

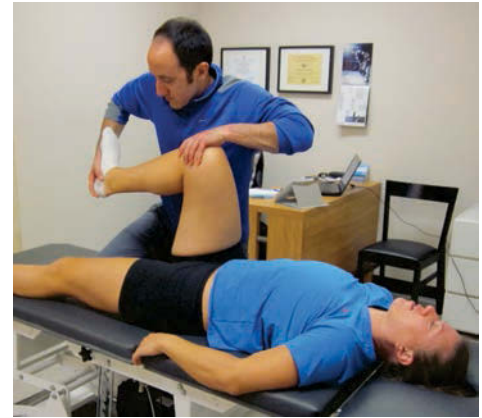


- (iii) Manager for Swimming pools
- (iv) Director of Intra and extra murals
- (v) Manager of various stadiums for their maintenance and functioning.
- (vi) Tours/ Trekking managers
- (vii) Working as manager of professional sports clubs.
- (viii) Director/Assistant Director with Universities.
- (ix) Director/Assistant Director with State Departments.

(F) Health Related Instructors & Therapists

Health hazards are on the increase due to rapid increase in pollution and industrialization. Even lack of exercise, health awareness and obesity related problems are on the rise. A person can get into his career by working in weight control clubs, spa clubs, dance clubs, etc.

Physiotherapy is also in great demand, as for rehabilitation you need physiotherapist who works to regain the former fitness. Even injuries also require physiotherapist to restore fitness. The role of masseurs is also important in the field of sports.



(G) Sports Marketing

Due to glittering world, lot of money is spent on the conduct of championships. Since millions of rupees are spent on sports competitions so it requires a special person to deal in this field. Financial advisors and marketing professionals can work for getting more money into sports. To collect money and maintain expenditure, lots of people are required.

1.4 Competitions in Various Sports at National & International Level

India has an extraordinary custom of games, and is extraordinarily impacted by the British nearness in India in the eighteenth and nineteenth century. Cricket is without a doubt the most famous game. But even then there are numerous different games that are played by many individuals.

India has also hosted many sporting events such as the Asian Games in 1951 and 1982, Cricket World Cup in 1987, 1996 and 2011, Hockey World Cup in 1982, 2010 and 2018 and Commonwealth Games in 2010.

India is participating in Olympic Games since 1900. Norma Pritchard took two silver medals in athletics in 1900 summer Olympics held in Paris.



COMPETITIONS AT NATIONAL LEVEL

The competitions at national level are organised in two ways which are explained below:

(a) Individual Competitions

All State Sports federations conduct the various Nationals for Sub Junior, Junior, Youth and Senior National Championships annually under the aegis of National Sports Federations.

Few sports have started their league tournaments where professional players play the competitions. Pro Kabaddi, Hockey India League, National Football league, etc.

(b) Multi-discipline Competitions

In India the following multi discipline competitions are organised:

- (i) **Khelo India Games:** The first edition of Khelo India School Games are organised in collaboration with the School Games Federation of India (SGFI) and the National Sports Federations (NSFs). The second edition of Khelo India was renamed as Khelo India Youth Games. Khelo India Youth Games are organised in the age category of under-17 and under 21 years. It is not restricted to schools only and now College and University students can also participate in this competition.
- (ii) **School National Games:** National School games has a vision to provide a robust, vibrant and holistic physical education and school sports activity that will engender excellence in school sports sector in India. SGFI has aim to develop the character and personality amongst the school athletes. The SGFI competition is held annually.
- (iii) **National Games:** The National games were earlier known as Indian Olympic Games. These were organised by any state under the aegis of Indian Olympics Association. First Indian Olympic Games were held in Lahore in 1924. Till 1938 VIII Indian Olympic games were held and after this they were renamed as National Games. The last edition of National Games was held at Kerala in 2015.

COMPETITIONS AT INTERNATIONAL LEVEL

The competitions at International level are organised in two ways which are explained below:

(a) Individual Competitions

All National Sports federations conduct the various International Competitions Junior, Youth and Senior Championships under the aegis of World body.

(b) Multi-discipline Competitions

- (i) **Asian Games :** The Asian Games is a multi-disciplinary sports event held once in every four years. Athletes from all Asian countries participate in this event. The Asian Games are recognised by the International Olympic Committee. The last edition of Asian Games was organised by Indonesia.
- (ii) **Commonwealth Games :** The Commonwealth Games are an international multi-sport event involving athletes from the Commonwealth of Nations. The event was first held in 1930 and the last edition of Commonwealth Games was held in Gold Coast, Australia. It is held after every four years.



(iii) Olympics: The Olympic Games are leading international sporting events featuring summer and winter sports competitions in which thousands of athletes from around the world participate. The Olympic Games are considered the world's foremost sports competition with more than 200 nations participating. The Olympic Games are held every four years. First modern Olympic games were held in 1896 at Athens.

1.5 Khelo-India Program

INTRODUCTION

The Khelo India Games were introduced to develop the sports culture in India at the grass-root level. The aim was to popularise all the Indian sports as well. The aim clearly states to establish India as a great sporting nation. 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 few 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 inaugural Khelo India Games were named as the Khelo India School Games. These games were held from 31st January to 8th February 2018 in New Delhi. The event was inaugurated by Hon'ble Prime Minister, Narendra Modi. In the age category of under 17 years, 16 disciplines were contested in the competition. They included Archery, Athletics, Badminton, Basketball, Boxing, Football, Gymnastics, Hockey, Judo, Kabaddi, Kho-Kho, Shooting, Swimming, Volleyball, Weightlifting and Wrestling.

The event got much popularity as 5,000 students from 29 states and 7 Union Territories participated. Basically Khelo India scheme aims to encourage sports in the country.

The second edition of Khelo India School Games was held as Khelo India Youth Games from January 9 to January 20, 2019 in Pune, Maharashtra.

Vision

Development of sports culture to achieve sporting excellence in the country.



Mission

Mainly holistic development of children and youth community is the major concern of Khelo India Scheme. This scheme helps to develop social integration, gender equality, healthy lifestyle and economic opportunities. The development of sports at international level will be a great national pride.

Objectives of Khelo India

- (a) To create inspirational value amongst budding players in the country. There is no dearth of sporting talent in our nation. The budding athletes need encouragement to excel in the field of sports.
- (b) To create platform for talent identification. The main objective of the Khelo India is to identify the talent at all levels. Once the talent is found, training can be given to excel in the field of sports.
- (c) To benchmark technical conduct of the game with international standards. The technical conduct must be at par with International standards. Special emphasis will be given to improve the technical conduct.

Components of Khelo India

The following are the components of Khelo India:

- (a) **Development of Play field.** This component includes preparation of a national inventory of playfield and sports infrastructure by Government of India and development of playfields at various state and district levels.
- (b) **Community Coaching Development.** The significance is given for skill development and certification system for sports coaching. At the grass-root level the Physical education teachers must be educated and trained for coaching.
- (c) **State Level Khelo India Centers.** This involves supporting better utilisation of sports infrastructure in relation to the States/Union Territories.
- (d) **Annual Sports Competitions.** Annual sports competition must be organised to provide platform for children to exhibit their talent of sports. Under the scheme, the Central Government organises the following National level competitions, i.e., Khelo India National School Games and the Khelo India National University Games.
- (e) **Talent Search and Development.** For the selection of the prize winners for the scheme, a talent identification committee is instituted to spot and identify talent with the help of globally accepted scientific methods.
- (f) **Utilisation and Creation of Sports Infrastructure.** The aim is to provide sports infrastructure and its utilisation across the nation.
- (g) **Physical fitness of school going children.** This component aims to develop physical education curriculum by adding physical activities in the schools. A method will be made available to measure the physical fitness levels of children.



- (h) **Support to regional and national sports academies.** This component takes care of providing resources under Public Private Partnership.
- (i) **Development of Sports for Women.** More significance will be especially for women participating in sports. The emphasis on sports disciplines where women participation is limited will be encouraged.
- (j) **Development of sports for children with special needs.** The children with special needs will be given more opportunities to train and compete in the sports. Sports Authority of India will be creating sports infrastructure for persons with disabilities.
- (k) **Sports for Peace and Development.** Under the Special Package for J&K, the Government of India is providing funds of up to ₹ 200 crores for enhancement of sports facilities in the State.
- (l) **Promotion of rural/indigenous sports in the country.** To spread sporting culture in the country significance will be given to rural games.

Organisational Structure of Khelo India

Khelo India games will be organised by the following committee members:

S. No.	Person/Designation	Position in the Committee
1.	Secretary (Sports)	Chairperson/ Co-Chairperson
2.	Director General SAI	Member
3.	Jt. Secretary (Development), Department of Sports, GOI	Member
4.	DDG Khelo India	Convener
5.	Principal Secretary (Sports & Education), State Government of the Host State	Member
6.	Secretary (SAI)	Member
7.	IOA representative	Member
8.	President/Secretary General Association of Indian Universities	Member
9.	Director (Sports), MYAS, GOI	Member
10.	President/Secretary General School Games Federation of India	Member
11.	Any other person(s) nominated by the Chairperson	Member



EXERCISE



MULTIPLE CHOICE QUESTIONS CARRYING 01 MARK

There are four options. Write one of them as correct answer.

1. What is the aim of Physical Education?
 - (a) Growth and development
 - (b) Healthy lifestyle
 - (c) Overall development of personality
 - (d) None of the above
2. Which is not an objective of Physical Education?
 - (a) Organic development
 - (b) Social development
 - (c) Emotional development
 - (d) Technical development
3. Development of Neuro-muscular coordination is in-between
 - (a) Brain and body
 - (b) Brain and bones
 - (c) Body and stomach
 - (d) None of the above
4. The fitness expert cannot have specialisation of
 - (a) Aerobics trainer
 - (b) Rhythmic expert
 - (c) Calisthenics expert
 - (d) Sports Journalism
5. Sports administration cannot have opportunity to opt as career
 - (a) Manager of competitions
 - (b) Manager of sports clubs
 - (c) Manager of school
 - (d) Manager of Swimming pool
6. When India hosted first Asian Games?
 - (a) 1949
 - (b) 1950
 - (c) 1951
 - (d) 1952
7. Which city hosted Hockey world cup in India in 2018 ?
 - (a) Pune
 - (b) Bhubaneswar
 - (c) Chennai
 - (d) Hyderabad
8. First Indian Olympic Games were held in
 - (a) Lahore
 - (b) Karachi
 - (c) Delhi
 - (d) Mumbai
9. The last edition of National Games was in
 - (a) 2015
 - (b) 2016
 - (c) 2017
 - (d) 2018
10. The inaugural Khelo India Games were held from
 - (a) 31st January to 8th February 2018
 - (b) 21st January to 9th February 2018
 - (c) 27th January to 10th February 2018
 - (d) 31st January to 11th February 2018



11. In first Khelo India Games the competition was held in
(a) 15 disciplines (b) 16 disciplines
(c) 17 disciplines (d) 18 disciplines
12. The second edition of Khelo India School Games was held at
(a) Pune (b) Bangalore
(c) Delhi (d) Guwahati

QUESTIONS CARRYING 03 MARKS

1. What do you mean by Physical Education? Explain with the help of two quotations.
2. Write any three objectives of Physical Education.
3. Explain any three career options in Physical Education.
4. Write about individual competition at national level.
5. Elaborate about multi-discipline competitions at national level.
6. Describe about individual competition at international level.
7. Write about multi-discipline competitions at international level.
8. Write about National Games.

QUESTIONS CARRYING 05 MARKS

1. Define Physical Education and explain its aim and objectives.
2. Explain the career options in the field of Physical Education.
3. Elaborate various competitions organised at International level.
4. Write about various competitions organised at National level.
5. Explain Khelo-India Program.

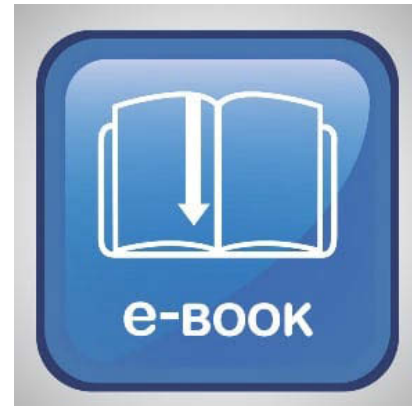
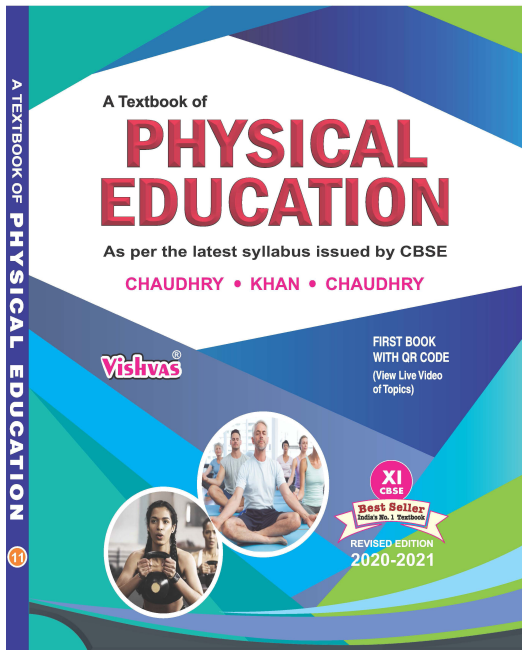
Try yourself

Write the correct answers of MCQ's in the space provided for each.

1. 2. 3. 4. 5. 6. 7. 8.
9. 10. 11. 12.

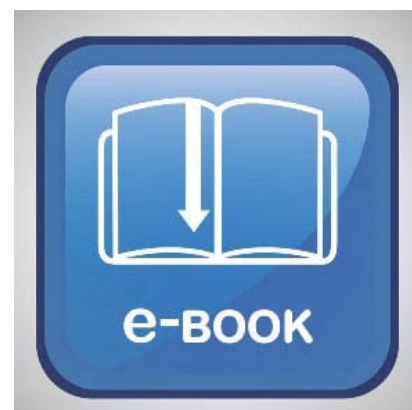
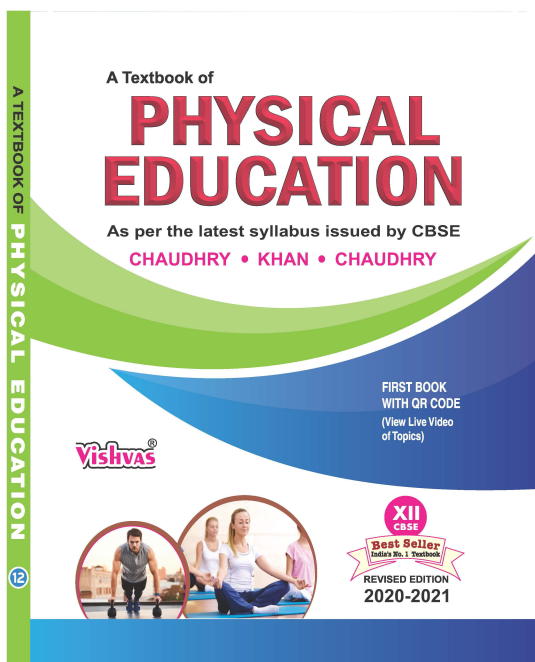
Match your answers from Page No. 172 to 174 of the book.

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