

A Textbook of

# PHYSICAL EDUCATION

As per the latest syllabus issued by CBSE

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REVISED EDITION  
**2020-2021**

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A Textbook of

# PHYSICAL EDUCATION

As per 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 XII 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.

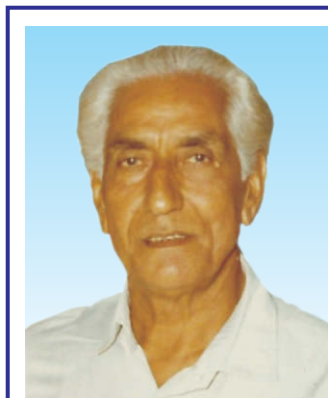
I want to express my sincere thanks to my teachers, friends and Bheeni Chaudhry & Ritwick Chaudhry. I am pleased to convey my deep sense of gratitude to **Vishvas Publications Pvt. Ltd.** for their untiring efforts to bring out this book well in time.

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](http://www.cbse.nic.in)*

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# SYLLABUS

## PHYSICAL EDUCATION

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

Class – XII (Theory)

Max. Marks: 70

### Unit I Planning in Sports

- Meaning & Objectives Of Planning
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- Coordinative Abilities – Definition & types
- Circuit Training - Introduction & its importance

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

Marks: 70

Duration: 3 hrs.

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

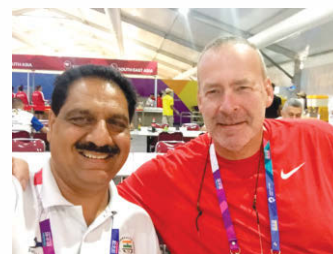
## About the Author

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



## PLANNING IN SPORTS

### 1.1 Meaning and Objectives of Planning

#### MEANING OF PLANNING

In order to get the best results, activity must be planned well in advance. Planning refers to the process of setting goals, developing strategies, outlining tasks and schedules to accomplish the goals. Most important goal of planning is to identify the goals and to formulate the strategies to achieve them.

Planning is also considered as the act of deciding in advance what is to be done. The plans include all aspects of objectives, policies, procedures and programmes.

#### Few definitions of planning are as follows:

**According to Alford and Beatt,** "Planning is the thinking process, the organized foresight, the vision based on fact and experience that is required for intelligent action."

**According to Theo Haimann,** "Planning is deciding in advance what is to be done. When a manager plans, he projects a course of action for further attempting to achieve a consistent co-ordinate structure of operations aimed at the desired results."

**According to Koontz and O' Donnell,** "Planning is an intellectual process, conscious determination of course of action, the basing of decision on purpose, facts and considered estimates."

#### CONCLUSION OF DEFINITIONS

In the conclusion we can say that Planning is an intellectual process of thinking in advance. It contributes positively in attaining the objectives. Basically it is intellectual action to plan in future about the goals and how to reach them effectively.

## PLANNING IN SPORTS

To achieve desired sports performance again proper planning is needed. So planning done in respect of sports training is termed as sports planning. The sports planning is not only limited to sports training but also to functioning of sports federations and other agencies working for sports. Planning is also required to conduct championships.

**According to Harre,** “Planning is an important method to ensure continuous development of personality and sports performance and to enable the sportsman to achieve best performance in the age of high performance”.

## PREPARING A SPORTS PLAN

The following steps are required for making a sports plan:

- (i) Gathering information about activity.
- (ii) Make an overall plan keeping in mind all minutest details. The sports planning must be planned in a way that the peak performance should come at appropriate time of the main competition.
- (iii) Sports planning should include the intensity of training week by week and number of training sessions per week. It should also include evaluation of the training and monitoring process.
- (iv) Identify appropriate training units for each block as appropriate to the phase of development.
- (v) Group the training units for each block into training schedules taking into consideration the number of training sessions the athlete can complete per week, the required training intensity and the phase of development.

Planning about organization of any championship must be done in advance keeping in view all its aspects. For example the planning of championships requires setting up various committees for transport, technical conduct, accommodation, food, medical, etc.

## OBJECTIVES OF PLANNING

The following are the objective of the sports planning:

### A. To Improve Sports Performance

The most important objective of planning is to improve the sports performance. Proper planning leads to better training and yields good results. Planning covers all aspects like physical, technical, tactical preparation of the athlete.

### B. To Organise Sports Competitions Successfully

The success of sports competition largely depends upon planning about that competition well in advance. Games like Olympics starts planning 10-12 years in advance.

### **C. To Run Sports Federations Smoothly**

The working of federation directly effects the performance of sports person. The objective of planning is to make proper annual calendars of the activity. The camps are planned well in advance before they start.

### **D. To Prevent Wastage of Time**

Planning provides definite goals which facilitates to achieve these goals and targets efficiently and effectively in the specified time. Scheduling and proper time management improves productivity.

### **E. To Remove Confusion and Stress**

Proper planning always aim to clarity of the subject. This objective states that proper planning always removes confusion and stress. All properly planned activities lead to better results.

### **F. Protect Existing Facilities**

The proper use of sports and recreational buildings largely depend on the planning. The objective of sports planning is protect and maintain sports infrastructure to train athletes.

## **1.2**

### **Various Committees and its Responsibilities (Pre, during & post)**

The organisation of sports event requires a lot of planning. The planning is executed properly when different committees work together for the smooth conduct of the sports events.

Various committees formed are as under :

#### **A. Technical Committee**

The technical committee is responsible for the technical conduct of the event. This committee is responsible for making draws and conducting the events smoothly. The officials are deputed well in advance so that they may reach in time. The preparation of the field is also looked after by this committee.

#### **B. Finance Committee**

The finance committee is assigned to make budget for the event. The financial working of the games is done by this committee. The committee also works for getting the sponsorship. This committee makes all the payments.

#### **C. Reception Committee**

The reception committee invites the guests and players and also take care of reception of guests and teams.

#### **D. Publicity Committee**

The role of publicity committee is to give the sports event a wide publicity. All the

press releases and press conferences are conducted by this committee. The results are also sent to press by this committee.

#### **E. Accommodation Committee**

This committee is responsible for making arrangements for the stay of players as well as the officials. The accommodation is arranged and booked well in advance as per the expected strength of the participants.

#### **F. Transport Committee**

This committee deals with the transportation of players and officials before, during and after the sports event. The committee must ensure arrival and departure details of the participants to provide hassle-free transport.

#### **G. Prizes Committee**

The prizes are bought by this committee as per the number of expected winners. The mementos are also obtained by this committee.

#### **H. Medical Committee**

Medical committee is formed to provide medical assistance to the participants round the clock. The provision of first-aid at the venues is the major responsibility of the committee.

#### **I. Refreshment Committee**

The refreshment committee is formed to provide refreshment to the participants. The food at the place of stay is also taken care of by this committee.

#### **J. Protest Committee**

In case of protest the members of the jury decide about it.

#### **K. Ceremony Committee**

The ceremony committee is responsible to conduct opening and closing ceremony. This committee is also responsible for prize distribution.

All the committees are formed well in advance so that they can work properly.

These committees perform the work which are categorized under three sub headings:

- A. Pre meet work
- B During meet work
- C. Post meet work.

**(A) Pre Meet Works:** These works are done before the start of tournament. These tasks require lot of planning in a systematic way. These works are generally performed by the physical education teachers of an institution.

- (i) To arrange and plan the schedule of tournament and finalizing the date of tournament.
- (ii) To make arrangements like marking of tournament field for various tournaments and equipment required for the tournament.
- (iii) To plan the budget, finances and other payments etc. and their approval from the higher authorities.



- (iv) To form various committees and arrangement of officials and briefing their duties to various committee members.
- (v) To confirm the number of participants in each event.
- (vi) To arrange medals, trophies and certificates for the prize winners, guests, etc. for the ceremonial function.
- (vii) To arrange refreshment for the players and officials, etc.

**(B) During Meet Works:** The success of a tournament depends upon the smooth systematic follow up of the given schedule. These tasks are mentioned below:

- (i) To check all the arrangements, particularly marking of play field and equipment, etc.
- (ii) To apply the schedule of the events as per given programme.
- (iii) To supervise and direct various committees when in need.
- (iv) It offers number of opportunities for healthy atmosphere of recreation to the students, as students take part in various events according to their interest.
- (v) To supervise and check the smooth functioning of officials.
- (vi) To bring good coordination among different committees.
- (vii) To give refreshment and meals to officials and all the participants.
- (viii) To prepare score sheet and concerned records of the participants.
- (ix) To make announcements and progress of the event.
- (x) To provide first aid to injured athletes if required.

**(C) Post Meet Works:** These works are performed when the scheduled programme of the meet ends.

- (i) To present medals, trophies and certificates to the position holders in prize distribution ceremony.
- (ii) To make press note and overall report of the meet and send it to the concerned ones.
- (iii) To return the borrowed equipment and material to the concerned ones.
- (iv) To complete documents and release the payments of the officials and other payments.
- (v) To collect the records from different committees and winding up of all the things from all concerned.
- (vi) To make the exact report of finances.

### 1.3 Tournament – Knock-Out, League or Round Robin and Combination

#### MEANING OF TOURNAMENT

The tournament is a series of contests in which number of contestants compete and the one that prevails through the final round or that finishes with the best record is declared the winner. Sports tournament is a sporting competition in which contestant play series of games to decide the winner.



## IMPORTANCE OF TOURNAMENTS

Tournaments not only gives an opportunity to display skills which the players have acquired in training, but also determine the achievement. They have following advantages:

### A. To Decide the Best

The tournaments always reach to a conclusion and decide the ranking of the performance. They decide the winner.

### B. To Display the Achievement

The tournaments give opportunity to players to show their abilities and skills to others.

### C. Recreation

Tournaments are very challenging and provide recreation to the spectators. This does not only provide amusement to spectators but also to the participants.

### D. Development of Social Qualities

Many social qualities are learnt through the participation to the tournaments. A person learns qualities like tolerance, cooperation, group cohesion, sympathy, discipline, punctuality and confidence. How a person loses a tournament is more important than winning. Taking defeat in a positive way always improves nature of the player. That is why **Hubbard said**, “A cheerful loser is the winner.”

### E. Development of Unity among Diversity

In spite of the fact that our nation and even whole world has so many diversities but tournaments provide them equal platform to perform. This develops unity. The bigger games like Olympics have the goal to contribute to building a peaceful and better world by educating youth through sport practiced without discrimination of any kind. The Olympic spirit requires mutual understanding with a spirit of friendship, solidarity and fair play.

### F. Revenue Generation

Now-a-days tournaments gather lot of sponsors and this generates revenue for the organizers.

## TYPES OF TOURNAMENTS

There are many methods of conducting tournaments. It depends on the following reasons:

1. Number of participating teams
2. Nature of activity
3. Available number of grounds/courts





4. Number of days to finish the tournament
5. Number of officials available
6. Financial condition of the organizers
7. Total time to conduct one match

The various types of tournaments are detailed as under :

### **A. Knock-out Tournament**

This type of tournament is also known as elimination tournament. In this type of tournament losers are eliminated in successive rounds and winners continue to play till the winner is decided.

#### **Advantages of Knock-out Tournament**

1. The expenditure for organizing knock-out tournament is less as number of matches is less.
2. Fewer days are needed to complete the tournament.
3. Less number of officials are needed.
4. The fear of elimination tends the players to exhibit their best.
5. The knock-out tournament is more challenging because once a team loses is out of tournament.

#### **Disadvantages of Knock-out Tournament**

1. Some times better teams are eliminated in the first round.
2. In case of inclement climate or poor playing conditions the better team may not qualify for the next round.

### **B. League or Round Robin Tournament**

The league tournament is also known as round robin tournament. In this type of tournament all teams play each other team irrespective of winning or losing.

#### **Advantages of League Tournament**

1. Since there is no early elimination, the better teams reach to win.
2. Every team gets sufficient time to exhibit its performance.
3. These tournaments take long time and lot of matches are played and spectators can enjoy more.
4. Selectors get better opportunity to watch the performance of each player as all teams play equal number of matches.
5. In case of any untoward incident if the match has to abandon, both the teams are given one score each.



### Disadvantages of League Tournament

1. League tournament require more time.
2. Since the number of matches is more, the cost also increases.
3. More officials are required.
4. More ground/courts are needed.

### C. Combination Tournament

The league and knock-out tournaments can be joined to have combination tournament which can be done by the following methods:

**(a) League cum Knock-out :** In this type of tournament, all the teams play league tournament and the best four or eight teams are given knock-out fixture and the winner is decided.

**(b) Knock-out cum League :** After conducting knock-out tournament up to quarter finals, the rest of the teams play league matches to decide the winner.

When tournament is played in different zones and at different locations then following types of combination tournaments are conducted:

**(c) Knock-out cum Knock-out :** In case of knock-out matches played in four zones (may be more zones) and are held at different locations, the best two teams of each zone are selected to play again a knock-out tournament to decide the winners.

**(d) League cum League :** In case of league matches played in four zones (may be more zones) and are held at different locations, the best two teams of each zone are selected to play again a league tournament to decide the winners.

## 1.4 Procedure to Draw Fixtures — Knock-Out (Bye and Seeding) and League (Staircase and Cyclic)

### FIXTURE

All the competitors or teams are given information about the matches through a flow chart after deciding about the type of tournament. This is known as fixture. In fixture the following information must be given:

- (i) Time and date of every match
- (ii) Venue of every match
- (iii) With whom match is scheduled

It carries information of all the matches till the final is completed.



## KNOCK-OUT (BYE AND SEEDING)

### BYE

**Meaning of Bye :** A bye, in a tournament mostly refers to the practice of allowing a player or team to advance to the next round without playing first round of the tournament.

**Number of Byes to be allotted :** When the number of teams contesting in the knock-out tournament is not a power of two like 3, 5, 6, 7, 9, 10, 11, 12, 13, 14, 15, 17, 18, 19, 20, 21, 22, 23, 24, 25 and so on, the bye is given in the first round. The number of byes is determined by subtracting the number of teams from next round to power of two like 2, 4, 8, 16, 32 and so on.

**Methods of giving Byes :** Generally the sequence of teams is allocated by the draw of lots. However the last year's last four teams are kept apart. The winner team is kept at the bottom and a runner up team is kept at the top. Even number of byes are given in the half in which even number of teams are there and odd number of byes are given in the half in which odd number of teams are there. While giving bye the method is adopted;

1. First bye is given to team which is placed in the bottom of the lower half.
2. Second bye is given to team which is placed in the top of the upper half.
3. Third bye is given to team which is placed in the top of the lower half.
4. Fourth bye is given to team which is placed in the bottom of the upper half.

Like this the byes are given in the same manner.

**Number of matches :**  $(N-1)$  for example if 20 teams are participating then 19 matches  $(20-1=19)$  will be played.

**Formula of Bye :** Power of two – No. of Teams

or

$$2^n - \text{No. of Teams}$$

Where n is nearest power of two of No. of Teams

**Allocation of teams in upper and lower half :** When the number of teams is even the two halves are equal. But when the number of teams is odd then upper half is bigger. If 21 teams are participating then the upper half will have 11 teams and lower half will have 10 teams.

Distribution of Teams in Quarters				
No. of teams	Ist Quarter	2nd Quarter	3rd Quarter	4th Quarter
28	7	7	7	7
29	8	7	7	7
30	8	8	7	7
31	8	8	8	7
32	8	8	8	8
33	9	8	8	8
34	9	9	8	8
35	9	9	9	8



The following information is also put in bracket :

Team 1  
 Date : 23.1.2018  
 Time : 4.00 P.M.  
 Venue : Ground 1  
 Team 2

**Example of fixture when 9 teams are participating**

Number of participating teams: 9

Number of matches  $N - 1 = 9 - 1 = 8$  matches

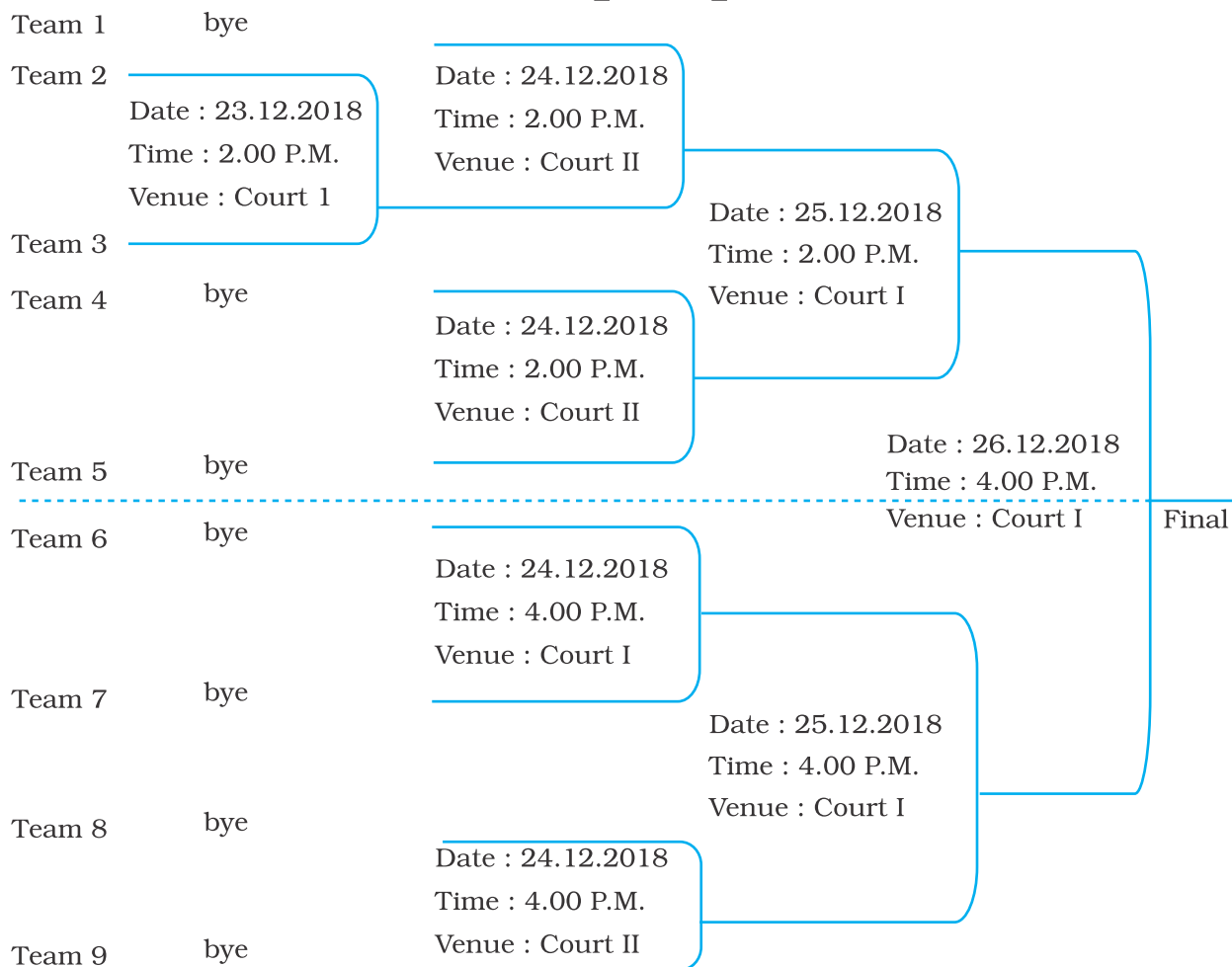
Number of teams in upper half:  $\frac{N+1}{2} = \frac{9+1}{2} = \frac{10}{2} = 5$  teams

Number of teams in lower half:  $\frac{N-1}{2} = \frac{9-1}{2} = \frac{8}{2} = 4$  teams

Number of byes:  $16 - 9 = 7$

Number of bye in upper half =  $\frac{\text{Bye}-1}{2} = \frac{7-1}{2} = 3$  bye

Number of bye in lower half =  $\frac{\text{Bye}+1}{2} = \frac{7+1}{2} = 4$  bye



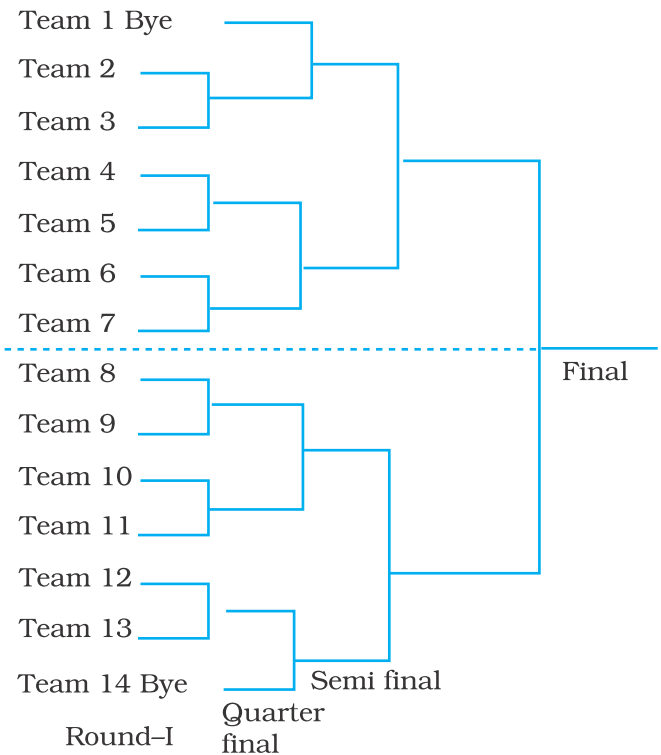
### Example of fixture when 14 teams are participating

Number of teams participating: 14

Number of teams in upper half: 7

Number in lower half: 7

Number of byes:  $16-14=2$



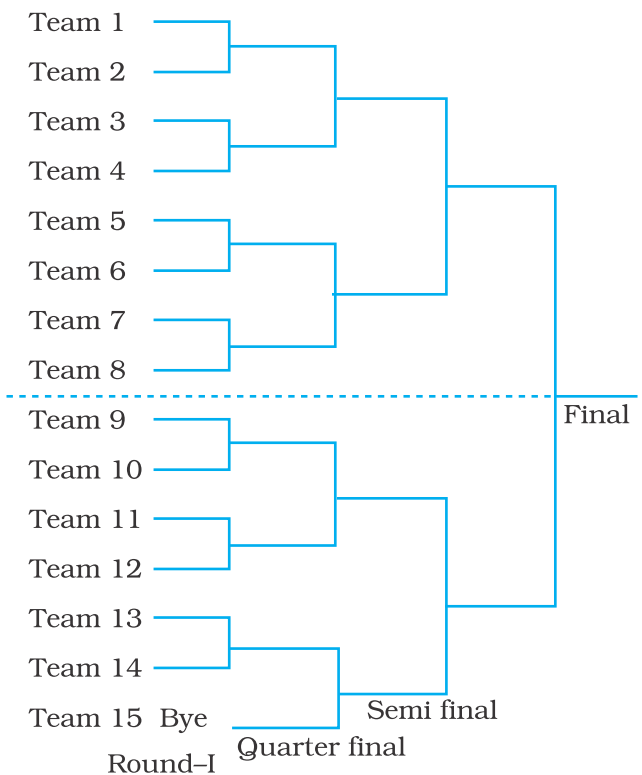
### Example of fixture when 15 teams are participating

Number of teams participating: 15

Number of teams in upper half: 8

Number in lower half: 7

Number of byes:  $16-15=1$

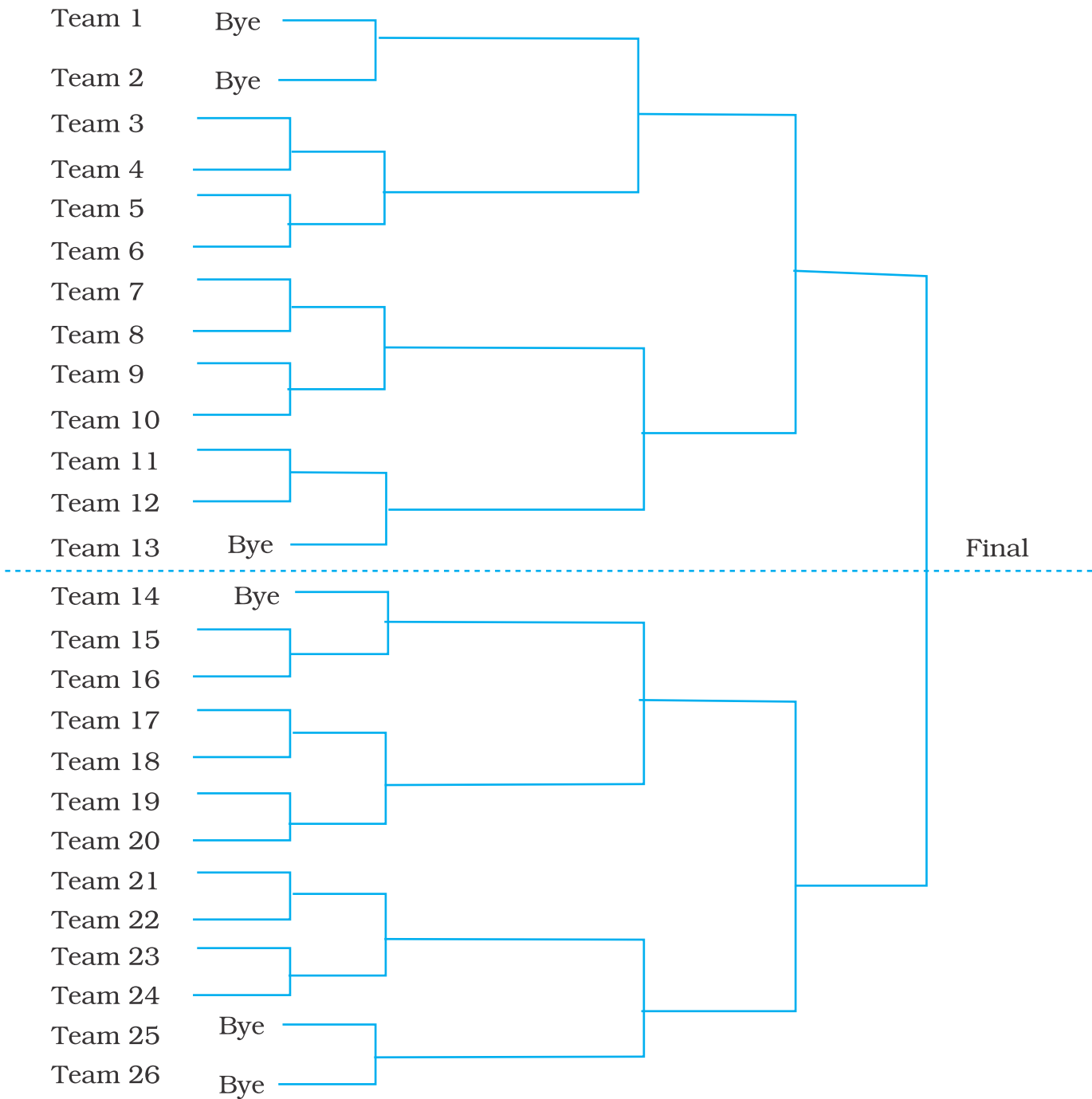




When the number of teams is more.

**Example of fixture when 26 teams are participating**

- Number of teams participating = 26
- Number of teams in 1st half = 13
- Number of teams in 2nd half = 13
- Number of bye = 6
- Number of byes in Ist Half = 3
- Number of byes in 2nd Half = 3



When the number of teams is more.

**Example of fixture when 27 teams are participating**

Number of teams participating = 27

Number of Byes =  $32 - 27 = 5$  Bye

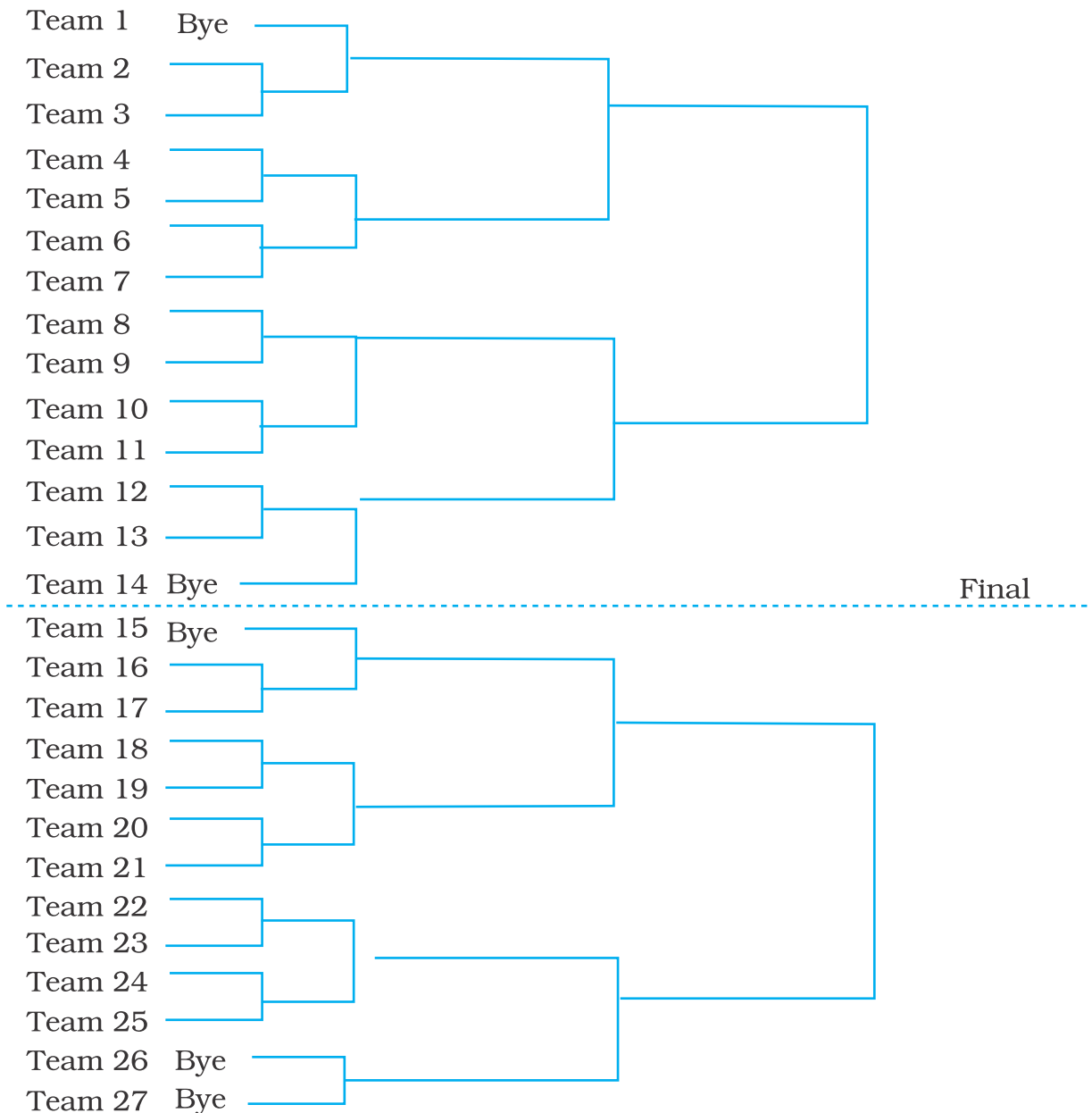
Number of Matches =  $N - 1 = 27 - 1 = 26$  Matches

Number of Teams in upper half =  $\frac{N + 1}{2} = \frac{27 + 1}{2} = \frac{28}{2} = 14$  Teams

Number of Teams in lower half =  $\frac{N - 1}{2} = \frac{27 - 1}{2} = \frac{26}{2} = 13$  Teams

Number of byes in upper half =  $\frac{\text{Bye} - 1}{2} = \frac{5 - 1}{2} = \frac{4}{2} = 2$  Bye

Number of byes in lower half =  $\frac{\text{Bye} + 1}{2} = \frac{5 + 1}{2} = \frac{6}{2} = 3$  Bye





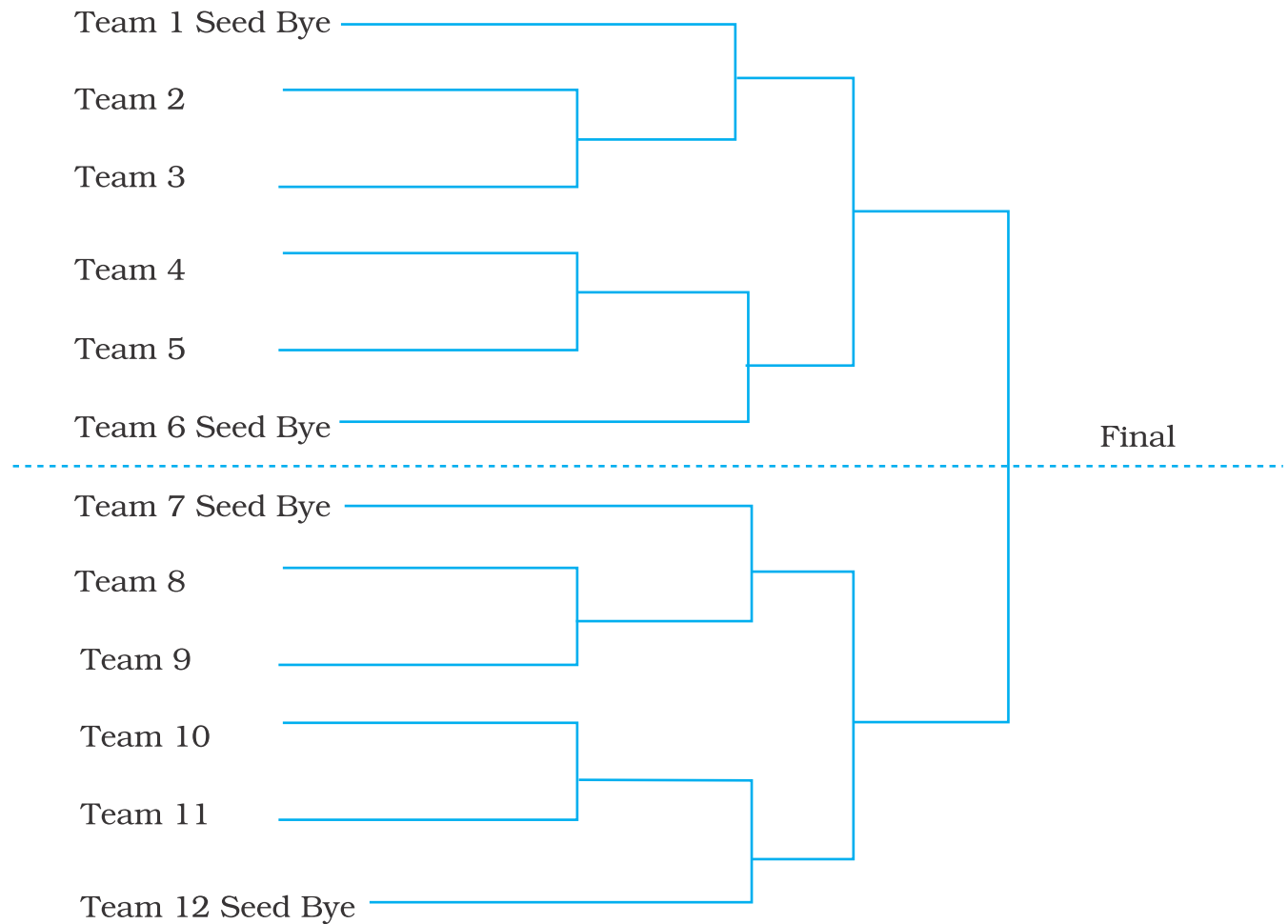
**SEEDING**

Some teams on the last year's performance are the given seeding. First four seed teams do not meet before semifinal. But in few tournaments these seeding teams can directly play in quarter final, that's why they are called special seed fixture or special seed tournament.

**Example of 12 Teams :**

No. of team participating : 12

No. of Matches :  $N - 1 = 12 - 1 = 11$  Matches



**LEAGUE (STAIRCASE AND CYCLIC)**

The league tournament is also known as round robin tournament. In this type of tournament all teams play against each other team irrespective of winning or losing. The number of matches played in league tournament is calculated by the following formula:

$N(N-1)/2$  for example, if the number of participating teams is 9 then there will be 36 matches.  $[9(9-1)]/2=36$



The fixture of league tournament is drawn in following two ways:

### Staircase Method

In this method the teams have matches just similar to a staircase.

#### Example of 5 teams participating

1-2			
1-3	2-3		
1-4	2-4	3-4	
1-5	2-5	3-5	4-5

#### Example of 8 teams participating

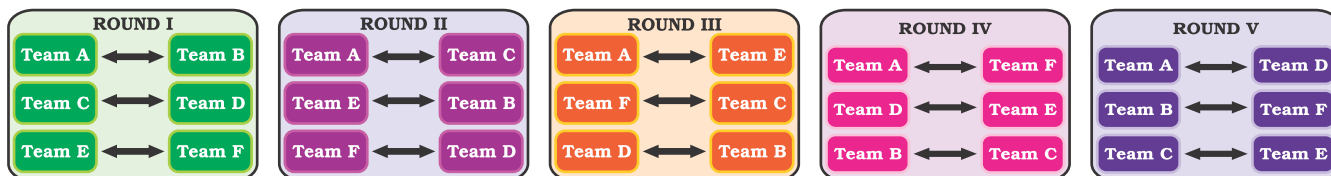
1-2							
1-3	2-3						
1-4	2-4	3-4					
1-5	2-5	3-5	4-5				
1-6	2-6	3-6	4-6	5-6			
1-7	2-7	3-7	4-7	5-7	6-7		
1-8	2-8	3-8	4-8	5-8	6-8	7-8	

### Cyclic Method

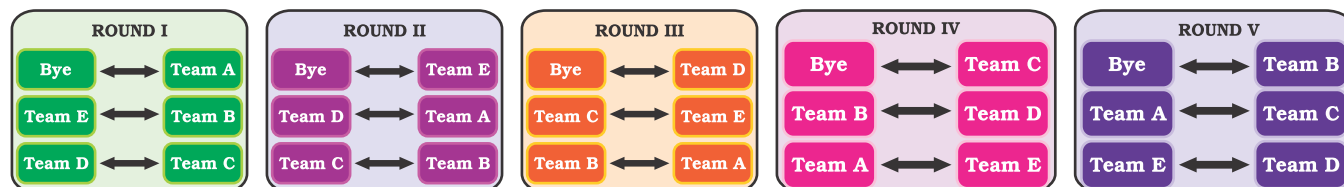
In this method, one team is kept fixed and other teams are moved clock-wise. When the number of teams is even, no bye is given but if the number of participating teams is odd, one bye is given in each round.

This can be better understood by the following examples:

#### Example of fixture when 6 teams are participating.



#### Example of fixture when 5 teams are participating.



### Scoring of League Matches

The scoring is done as per the details given below:

Winner of the match = 2 points

Draw = 1 point

Losers of the match = 0 point

The points are added for all the played matches. The team which scores the maximum is declared as winner. In case of bi-tie the team which defeated the other team is declared as winner. If three or more teams are tied, then the position is decided by calculating goal average.

There are two methods of declaring the winners in the league tournament and are explained ahead.

**British Method :** In this method the percentage of points are calculated as per the formula given below:

$$\text{Percentage of points} = \frac{\text{Total points obtained}}{\text{Maximum possible points}} \times 100$$

For example the team has played 8 matches and won five matches, lost two matches and drew 1 match, the percentage of point will be calculated as below:

$$\text{Percentage of points} = \frac{11}{16} \times 100 = 68.75\%$$

**American Method :** In this method the percentage of points are calculated as per the formula given below:

$$\text{Percentage of points} = \frac{\text{Number of matches won}}{\text{Total number of matches played}} \times 100$$

For example the team has played 8 matches and won five matches. The percentage of point will be calculated as below:

$$\text{Percentage of points} = \frac{5}{8} \times 100 = 62.50\%$$

## 1.5 Intramural and Extramural—Meaning, Objectives and its Significance

### MEANING OF INTRAMURAL

The Intramural sports are recreational sports organised within same geographic area. Intramurals are fun, recreational, social and competitive on-campus sports activities. The term Intramural is derived from the latin word *intra muros* which means within walls. The teams compete within walls of the institution, e.g., inter-class tournament within the college or institution. Generally, intramural tournaments are organised within college campus to promote competition and fun among the students of the institution. The intramural tournaments promote voluntary participation and competition within the same institution.

### OBJECTIVES OF INTRAMURAL

The objectives of intramurals are as follows:

#### A. To Promote Mass Participation

To provide opportunity to all the students to display their skills in spite of their weak abilities. All students cannot excel in sports so the students who are weak in sports are also given a chance to improve.

#### B. To Develop Socialization

With the participation to the intramurals the students develop lot of social qualities like sincerity, honesty, discipline, cooperation, sympathy and brotherhood.

#### C. To Provide Recreation

Intramurals provide recreation to the students. Most of the activities are full of fun. This provides an opportunity for the relaxation from strenuous school work.



### D. To Help in Talent Finding

There are many students who are talented and are not able to exhibit their talent. So intramurals provide opportunity for them to show their talent.

### E. To Develop Sportsman Spirit

Intramural always develop sportsman spirit among the students. Teaching students the value of good sportsmanship goes a long way in shaping their characters. The students are inspired to play hard and play fair, and to adhere to the principles of the game in all.

### F. To Provide Opportunity to Learn New Skills

The intramurals give an opportunity to the students to many new skills. Since intramurals include variety of activities so it becomes more interesting to learn.

## SIGNIFICANCE OF INTRAMURAL

1. The overall personality of the students is developed with the participation in intramural competitions.
2. The social virtues are developed through the participation in the intramural competitions.
3. The intramural activities develop the physical fitness of students.
4. The organisation of intramural activities helps the students to learn about the conduct of various games.
5. The intramural tournaments create recreational atmosphere among the teachers and students and it helps in relieving stress among the students.
6. These activities develop the leadership qualities in students.
7. Intramural activities bring out the hidden talent of the students.

## MEANING OF EXTRAMURAL

The Extramural Tournaments are carried on outside the bounds of an institution or community. After the intramural tournaments, the teams participate outside the boundary walls of the institution.

The extramural can be characterised into three following types:

- (a) **Friendly Matches:** One institution can play with other institution for practice and both the teams get exposure of competition.
- (b) **Restricted Competition:** In this kind of extramural tournaments, limited teams participate. They may be inter-college or inter-university competitions.
- (c) **Open Competition:** In this competition, any person can participate. This type of tournament is not restricted to one kind. Any player from any institution or department can participate. The state or national championships come under this category.



The main aim of extramural is to develop the feeling of brotherhood and unity at large.

### OBJECTIVES OF EXTRAMURAL

The objectives of extramurals are as follows:

#### A. To Improve Sports Standard

Extramural activities promote sports standard as students play with others than the students of their institution.

#### B. To Develop Confidence

By playing with other institutions the level of confidence increases. Even competition fever is also reduced.

#### C. Feeling of Brotherhood

The objective of extramural competition is to develop unity among diversity. They also develop feeling of brotherhood and togetherness among the players.

#### D. Better Exposure

The exposure of extramural competition helps the players to play in different situations. This reduces competition stress that is caused due to competition instinct.

#### E. To know more techniques

This objective states that to help players to play outside the institution will help them to know more about advanced and different techniques of the games.

### SIGNIFICANCE OF EXTRAMURAL

1. They provide opportunities to institutions to play at different locations. This helps in displaying their capabilities.
2. The practice matches help in correcting the faults and this leads to develop techniques and tactical qualities of the players.
3. The spectators have great influence on the performance of the players. The Extramural competitions help in developing confidence and encouragement in spite of the bad behaviour of the spectators.

## 1.6 Specific Sports Programme (Sports Day, Health Runs, Run for Fun, Run for Specific Cause and Run for Unity)

### SPORTS DAY

Sports days are organized in the institutions to provide recreation to the students. Mainly competitive sporting activities are included in sports day. Particularly in



schools, the sports day becomes more charming as they do competitions among the houses of the school. However for younger children running a race becomes more challenging and they get enjoyment. Mostly athletics events are main feature of sports day. But many institutions include many games also. This is not only confined to schools but also in colleges, universities and may be any department.

The activities for sports day are included on the basis that they are easy and thrilled with fun. For example running can be easiest for everybody instead of any tougher activity like skating. Mostly, relay races are great charming activities. These activities develop leadership qualities. Many activities like three legged races, obstacle races and sack races are also included.

**National Sports Day :** National Sports is celebrated throughout India every year on August 29. India celebrates this day to honour the legendary hockey player, Major Dhyan Chand Singh on the day of his birth anniversary. Dhyan Chand was worldwide known for his magical hockey skills. All educational institutions, universities and sports institutes and various sports departments celebrate national sports day. Generally this day is celebrated by conducting number of sports events and other programmes to promote the sport in the country.

On this day various sports awards like Arjuna Award, Rajiv Gandhi Khel Ratna Award, Dronacharya Award are presented to sportsmen of the country who excel at the international level. These awards are given by President of India. The celebration of this day is held in the Rashtriya Bahvan.

## HEALTH RUNS

Running is the simplest and most accessible mode to achieve fitness and good health. It does not require much time and equipment. Running for just 20 minutes daily is enough to keep oneself fit. Regular running has the following benefits:

### A. Reduces Cardiovascular Diseases

As the running strengthens the heart, it results in better blood circulation in the body. This reduces blood clot formation and also lowers cholesterol. Running also prevents the stiffening of arteries that comes with age.

### B. Reduces Heart Rate and Blood Pressure

The basal heart rate is decreased due to regular running that results due to increased endurance. The blood pressure is also reduced.

### C. Running Lowers the Risk of Breast Cancer

Many studies revealed that regular running reduces the risk of breast cancer. It may suppress the secretion of estrogens and progesterone which have been linked to breast cancer.



### **D. Running Improves the Immune System**

It is found that most of the runners rarely get sick, and the reason is that running boosts the immune system. Running also prevents the natural decline of immunity that occurs due to age.

### **E. Running Prevents Diabetes**

Running burns glucose or calories, which helps in preventing glucose levels from rising too high. This doesn't mean that diabetics don't still need insulin, but they may be able to use lower amounts. Running also improves blood circulation, which commonly deteriorates with diabetes.

### **F. Running Develops Respiratory System**

During running, the muscles require a quick delivery of oxygen. The more you run, the more efficient respiratory system develops and breathing becomes easier. The running helps to live longer and feel happier. It helps in preventing the heart disease, cancer, diabetes and strengthens the immune system. The physical strength and emotional well-being developed by running leads to a vibrant, happy and long life.

### **RUN FOR FUN**

Running for fun always has a strong message behind it. Most of the people run marathon in a fun and the masses are educated to follow the message.

### **RUN FOR SPECIFIC CAUSE**

Many specific causes give rise to hold the marathon. The aim of these runs is to raise funds and help the people. Like in Canada groups organise the marathon for raising funds and later they spend on projects like developmental priorities including primary education, gender specific programmes, sustainable agriculture, peace building, and environmental improvement projects. Running for cause may make you realise that your steps can help someone else to reach their goal. Run for charity is very famous in the world. People run for cause and that helps in collecting funds which are spent on helping needy people.

### **RUN FOR UNITY**

This kind of mass running generates the feeling of unity. Thousands of people from Mumbai participated in the city's annual marathon in the memory of the November terrorist attacks. The event, with the theme of peace and unity was held. An estimated 30,000 people participated in the event, including many Mumbai celebrities ranging from corporate heads to film stars. Like this run for unity has strong impact.



# EXERCISE

## MULTIPLE CHOICE QUESTIONS CARRYING 01 MARK

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

1. What is planning?
  - (a) Deciding in advance what is to be done
  - (b) Motivating the training
  - (c) Thinking about past
  - (d) Meeting with students
2. What is role of technical committee?
  - (a) Responsible for accommodation
  - (b) Responsible for prize distribution
  - (c) Responsible for technical conduct
  - (d) Responsible for transport
3. What is elimination tournament?
  - (a) League tournament
  - (b) Combination tournament
  - (c) Knockout tournament
  - (d) League cum Knock out tournament
4. How many byes are given in a knockout tournament when 13 teams are participating?
  - (a) 8
  - (b) 1
  - (c) 6
  - (d) 3
5. If 20 teams are participating in a knockout tournament then how many matches will be conducted?
  - (a) 17
  - (b) 18
  - (c) 19
  - (d) 20
6. How many byes are given in a league tournament when 8 teams are participating?
  - (a) 0
  - (b) 1
  - (c) 2
  - (d) 3
7. In knockout tournament if 31 teams are participating then how many teams will be in 4th quarter?
  - (a) 5
  - (b) 6
  - (c) 7
  - (d) 8



8. Intramural is derived from which latin word?
- (a) Intra muros (b) Intra culos  
(c) Intra folous (d) None of the above
9. What do you mean by intramural tournament?
- (a) Inter School (b) Inter Class  
(c) Inter District (d) None of the above
10. Other name of Round Robin tournament
- (a) Knock out (b) Challenge  
(c) Leauge (d) None of the above
11. Objectives of Planning
- (a) To improve sports performance (b) To create awareness  
(c) To develop harmony (d) To obtain physical fitness
12. Role of finance committee
- (a) To receive teams  
(b) To look into infrastructure  
(c) To deal with opening and closing ceremony  
(d) To see about finance
13. Advantages of Knock of tournament
- (a) Less number of official required  
(b) Every team gets sufficient time and play with every one  
(c) All teams are given equal score  
(d) None of the about
14. Formula for giving bye
- (a) Power of 1 – Number of teams (b) Power of 2 – Number of teams  
(c) Power of 3 – Number of teams (d) Power of 4 – Number of teams
15. When National sports day is celebrated
- (a) 15th August (b) 26th January  
(c) 1st May (d) 29th August

### QUESTIONS CARRYING 03 MARKS

1. Write the advantages of league.
2. Explain the cyclic method of league tournaments.
3. Discuss the objectives of Intramural tournaments.
4. Describe Extramural competitions.
5. Explain the advantages of intramural tournaments.
6. Explain run for awareness.





7. 'Run for unity'. Discuss.
8. What causes for runs?
9. Describe Pre Meet work.

### QUESTIONS CARRYING 05 MARKS

1. Draw a fixture of 14 teams participating in the knockout tournament.
2. Draw fixture of 28 teams participating in the knockout tournament.
3. Draw a fixture of 7 teams participating in the league tournament.
4. Draw the fixtures for 7 teams participating using tabular method.
5. Define Intramural competitions. How they are organized?
6. What are the various principles of Intramural tournaments?
7. Describe the various committees for the organization of sports event.
8. Explain health runs.
9. Describe the advantages of health runs.
10. Explain pre, during and post responsibilities of various committees.

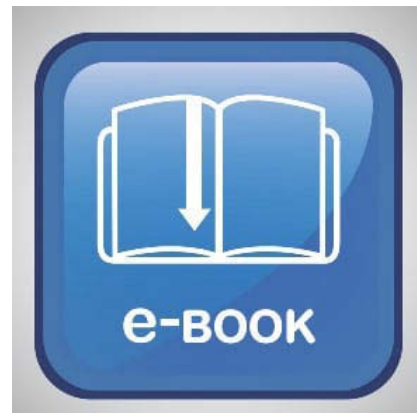
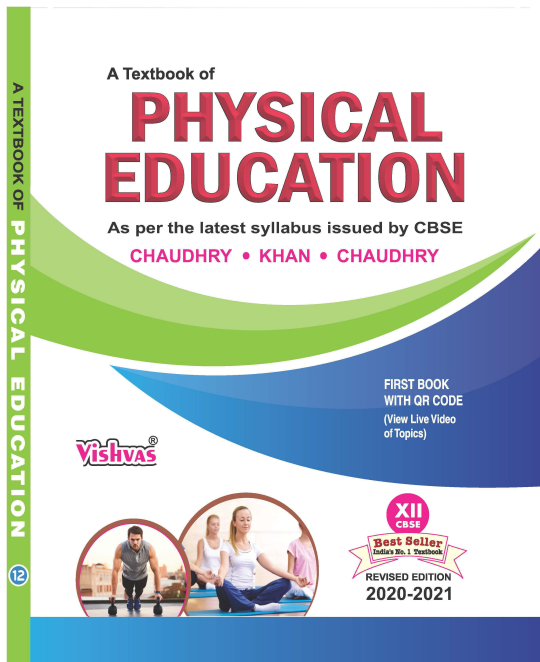
### Try yourself

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. .... | 13. .... | 14. .... | 15. .... |         |

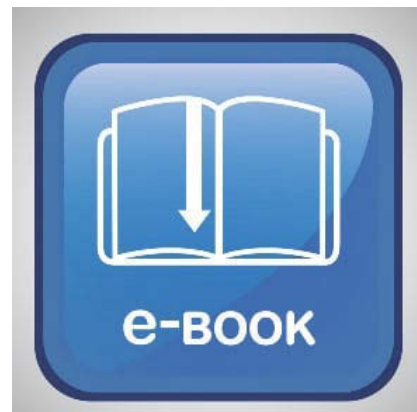
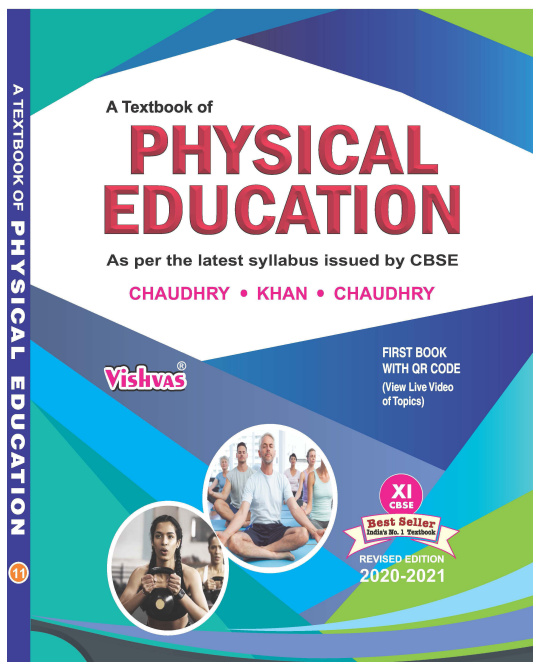
Match your answers from Page No. 205 to 207 of the book

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