



# PHYSICAL EDUCATION

**A textbook for B.A. (General) 3rd year (Semester V & VI)**  
As per the syllabus issued by Panjab University, Chandigarh

- CHAUDHRY
- KANWAR
- HARPREET

**Vishvas**



**B.A.-III**



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As per the syllabus issued by Panjab University, Chandigarh

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# PREFACE

The present attempt of writing this textbook for **B.A. (General) 3rd year semester V and VI as per the syllabus issued by Panjab University, Chandigarh** was motivated by the desire shared by some of the professionals to update and improve the quality of content. This edition has been introduced to include inspiration with a view to refine the existing content. It is hoped that this book will be found useful by the students.

We have tried to present this book in the simplest and easiest vocabulary that caters to the needs of all categories of students. Therefore, the entire book is compartmentalized into two semesters and each semester includes five units on the basis of latest syllabus. We have given quotations, pictorial representations to support and explain our views. This book would expose the readers not only to the basic concept of Physical Education but also impart further knowledge about related concepts.

In spite of great care some errors might have crept in, so we request all who have been engaged in different segments of the field to provide us valuable feedback and constructive criticism, so as to make further improvement in this effort by the authors.

Last but not the least, we want to express our sincere thanks to our teachers for extending their moral support and encouragement.

We are pleased to convey our deep sense of gratitude to Vishvas Publications Pvt. Ltd. for their untiring efforts to bring this book well in time.

Authors



Scan for any suggestion & query

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## About the Authors

### Harpreet Kaur

- Presented Research Papers in International and National Level Conferences and Seminars.
- Publications in International and National level journals.
- Co-author of textbooks in the area of Physical Education and Sports.
- Represented India as player in Softball Asian Championship held at Manila, Philippines.
- Represented GNDU three times in All India Inter-varsity & won Gold Medals in all the three editions.
- Six times Gold Medalist in Senior National Championships.



Harpreet Kaur

### Dr. Sonia Kanwar

- Presented Research Papers in International and National Level Conferences and Seminars.
- Publications in International and National level journals.
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- AIBA qualified referee and judge (In boxing)
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- Officiated in Asian Women Boxing Championship held at Ulanbatar Mongolia.
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Dr. Sonia Kanwar

### Ravinder Chaudhry

- Acted as Photo finish judge and technical official in 11 International Athletics Championship.
- Acted as Manager of Indian Athletics teams 9 times in various International Athletics Championship.
- Author and Co-author of textbooks in the area of Physical Education and Sports.
- Attended IAAF Congress held at Osaka (Japan) in 2007.
- Member of Delegation Team of Athletics Federation of India during the Beijing Olympics held in 2008.
- Represented India in 48th IAAF World congress held in Daegu (Korea) from 24th to 27th August, 2011.
- Member of Delegation Team of Athletics Federation of India during the London Olympics held in 2012.
- **Recent achievements :** Officiated in Asian Junior Athletics Championship held at Vietnam from 3rd to 7 June, 2016.



Ravinder Chaudhry with Sebastian Coe  
Sebastian Coe is a holder of four Olympic medals and eight world records in middle-distance running. Presently he is President of IAAF.

We congratulate **Ravinder Chaudhry**, one of the author of this book for being elected as Vice President, Athletics Federation of India, Hony. Treasurer, South Asian Athletics Federation and member of Road Races and Marathon Committee, Asian Athletics Association.

—Publisher

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# SYLLABUS PHYSICAL EDUCATION

B.A. (General) 3rd year (Semester V & VI)

(As per the latest syllabus issued by Panjab University, Chandigarh)

Max. Marks: 65

Theory Marks : 60

Internal Assessment Marks : 05

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- Various theories of play and their significance in Physical Education and Sports.

#### Recreation

- Meaning, definition, characteristics, aim, objectives and types of recreation and recreational activities.
- Significance of recreation in the modern society.
- Recreation providing agencies.

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- Draw of fixtures of various tournaments.

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- Meaning, aim and objectives of the camp.
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- Importance/significance of an athletics meet.

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#### Postural Deformities

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#### Physical Activities and their effects on various physical parameters and vice versa

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- Meaning and definition of massage.
- Principles/guidelines for massage.
- Types of massage and their benefits.
- Effects of massage on skin, blood circulation, nervous system and muscles.

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- History of the Game
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- Equipment and Specifications
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- Reflex action and Reciprocal Innervations.
- Functional classification of Nervous System.

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- Meaning definition and types of fatigue.
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- Meaning of Blood pressure, Hypertension : Its causes, effects and treatment, exercise and hypertension.

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##### Coach

- Coaching, coaching philosophy, definition of a coach.
- Qualification and characteristics of a coach.
- Responsibilities of a coach.

##### Basics of Table Tennis

- History of the game
- Basic fundamentals
- Equipments and specifications
- Marking/Layout of T.T. Table
- Rules and regulations (Number of players, duration of game, number of officials required and general rules of play)
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# SEMESTER—V

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#### 3.3 Athletics Meet

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## **UNIT-IV**

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- 4.1.1 Meaning, types and importance of a good posture.
- 4.1.2 Causes, preventive and remedial measures of a poor posture.

### **4.2 Postural Deformities**

- 4.2.1 Postural deformities (Kyphosis, Lordosis, Scoliosis and Flat foot), their causes, preventive and remedial measures.

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## **UNIT-V**

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### **5.2 Basics of Cricket**

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## UNIT 2

# PLAY & RECREATION

### 2.1 Play

#### 2.1.1 Meaning and Definitions

Play is an innate tendency which is present in all human beings. Even it is found in animals also. A new born baby exhibits playful activities by kicking, crawling and crying. The tendency of play is present in children as well as in old persons. On the other hand we can say that everybody is familiar with play. Some prefer indoor games while others some prefer outdoor games. On the whole we can say that it is a healthy outlet of surplus energy.

##### Play and work

Work and play are two different things. While doing work, we feel a compulsion whereas play is not a compulsion. Play is voluntary in nature whereas work can be both voluntary and involuntary. We can feel boredom while working but on the other side playful activities make us feel fresh and happy. Play also acts as recreational activity in which we get joy.

Some important definitions of play are :

- (a) **According to Valentine**, "A play is a kind of amusement in the work."
- (b) **According to Stern**, "Play is a voluntary self constrained activity."
- (c) **According to Thomson**, "Play is the impulse to carry out certain instinctive actions."
- (d) **According to Gulick**, "Play is what we do when we are free to do what we like."
- (e) **According to Lazarus**, "Play is an activity which is in itself free, aimless, amusing and diverting."
- (f) **According to Ross**, "Play is joyful, spontaneous and creative activity in which man finds fullest self expression."
- (g) **According to Crow and Crow**, "Play can be defined as the activity in which a person engages when he is free to do what he wants to do."
- (h) **According to Hurlock**, "Play relates to any activity engaged in for the enjoyment it gives, without consideration of the results."
- (i) **According to Mc. Dougall**, "Play is very important for the preservation, growth and development of the organism."

- (j) According to Ryburn, "Play is a way, a means, which is used by the self when the different instinctive urges are trying to express themselves."

### Conclusion of definitions

On the basis of above said quotations we conclude that play is an innate tendency and universal in nature. The playful activities are done in a non-serious and joyful way. The child plays with a sense of freedom, whatever he likes and for as much time as he likes. It is interesting and recreating. Play is also considered as spontaneous and creative activity, it creates enjoyable atmosphere.

### 2.1.2 Various theories of play and their significance in Physical Education and Sports

Why do we play? To answer this question many psychologists have given different views in the form of theories. Some of the important theories are explained below :

- (a) Surplus energy theory
- (b) Anticipatory theory
- (c) Recreational theory
- (d) Recapitulatory theory
- (e) Cathartic theory
- (f) Rivalry theory
- (g) Instinctive theory
- (h) Play is life
- (i) Psycho analytic theory
- (j) Compensatory make belief theory

#### (a) Surplus energy theory

This theory was originated by **German philosopher Schiller**. English naturalist **Herbert Spencer** supported this theory. Later this theory became famous as **Schiller Spencer** theory. He explains that children have surplus energy in them because they are free from all kind of tensions. Therefore the presence of surplus energy tends the children to play. He considers play as a healthy outlet of energy. He took an example of a steam engine. Surplus steam moves out through safety valve, otherwise engine may blast. Similarly he said play is like the valve of the steam engine.

#### Criticism of the theory

This theory can be contradicted because children always like to play even when they are completely tired. It can also be contradicted in case of old people. They have less energy as compared to children but they still have tendency to play.

#### (b) Anticipatory theory

This story was given by Professor **Karl Groose**. He explained this theory in detail in his book, "*The play of man*". He explained that every play of children is anticipatory in character. For example, a female child likes

to play with dolls, household utensils, etc. Whereas, male child likes to play a role of a teacher, a policeman, a driver, etc. He described that the children anticipate their business of life which tend them to play. In other words we can say that play reflects our future.

**According to T. P. Nunn**, "Nature invented play not merely as a means of disposing harmlessly of the young animals superfluous energy, but it is a device for using that energy to prepare him for the serious business of life.

"The children unconsciously prepare themselves for the future vocations of adult life".

#### Criticism of the theory

The little children are too small to think about their future. So how do children anticipate the needs of future? This theory also fails to explain why the adults have the tendency to play.

#### (c) Recreational theory

This theory was given by **Lazarus** of Germany. Later, **Lord Kames** and **G. T. W. Patrick** supported this theory. They gave the opinion that children play to refresh themselves after doing long continuous work. Recreation is a voluntary type of activity which removes fatigue to a great extent. Whenever a child is involved in studies with serious concentration and attention, he often feels psychological fatigue. Therefore, we can say that playful activities provide mental relaxation and amusement.

#### Criticism of the theory

As the children are free from all kinds of tensions like social, economic, mental and physical. Hence, there is no question of mental fatigue. In spite of this, they play. Even the competitive games are played not for the sake of recreation but as rivalry instinct which is essential for it.

#### (d) Recapitulatory theory

This theory was put forward by Professor **G. Stanley Hall**. He explained that the child recapitulates the stages through which human race has passed. During play the child exhibits racial experiences. This theory is just reverse of the anticipation theory. Instead of anticipation, the child recapitulates some of the experiences of primitive time which his ancestors have experienced. The child likes to play the games which resemble ancestral games, like hunting with bows and arrows, hide and seek, tree climbing, stone throwing, etc.

#### Criticism of the theory

This theory cannot explain the following queries:

- (i) Why do children play with modern toys like aeroplanes, videogames, robots, sophisticated guns, etc, which were unknown to the ancestors of primitive times ?
- (ii) This theory is not able to explain that the child involves himself in playful activities which are of his interest. He cannot recapitulate the games which he does not like.

#### (e) Cathartic theory

This theory was advocated by **Aristotle**. The word cathartic is taken from a word 'catharsis' which means cleansing. According to Aristotle, play acts as medicine which provides us the means by which our certain

pent up instincts, feelings and emotions cause tension and anxiety in our mind which can be reduced with play. Emotional arousal like anger, fear, etc. finds expression through play.

**T. P. Nunn while supporting this theory says,** "Man cannot shed altogether the ancient tendencies of cruelty and mischief or vice, but play is at once a means by which the mischief be taken out of them and a means by which they may be transformed into impulses of ethical value."

#### **Criticism of the theory**

This theory has been criticised because it does not explain why children play who have no emotional problem. This theory was also criticised because this theory explains only the psychological aspects, whereas physical effects of play do not provide opportunities for cleansing the pent-up instincts and emotions.

#### **(f) Rivalry theory**

This theory was put forward by **Mc. Dougall**. He explained that the spirit of rivalry, competition and struggle is present in all human beings. This instinct of competition tends us to play. **Mc. Dougall** explained that spirit of competition is most important which develops tendency of play in all human beings. The desire to surpass others finds expression in form of play.

#### **Criticism of the theory**

Although most of the games involve rivalry due to competition but still there are many games which do not involve any competition, e.g. playing with toys and group games.

#### **(g) Instinctive theory**

This theory was also given by Professor **Mc. Dougall**. He explained it in simple words that play is an inborn quality and is a natural tendency within us. He considered play as general innate tendency and hence all children must play.

#### **Criticism of the theory**

Play is a tendency but not an instinct. If it is instinctive then all children should have equal tendency to play but this tendency differs from individual to individual.

#### **(h) Play is life**

This theory is based on philosophical aspect of physical education. This theory was given by **John Dewey**. He explained that play is a natural activity in the period of growth and development. He gave description that the play is closely bound up with growth. A renowned psychologist **Jean Piaget** also supported this theory. He took play as an essence of life.

#### **Criticism of the theory**

This theory fails to explain why the old people play?

#### **(i) Psycho-analytic theory**

This theory was put forward by **Sigmund Freud**. He gave great stress on libido or sexual energy' as the

prime mover of animal behaviour. This theory resembles cathartic theory. It becomes a great danger to the organism when his libidinal energy is not properly channelised. If this energy is denied, tension, frustrations, conflicts, etc., may result. So the play acts as a source to avoid problems related with libidinal energy.

#### **Criticism of the theory**

Libidinal energy is not present in infants and hence this theory is not able to explain why the children play.

#### **(j) Compensatory make belief theory**

This theory was advocated by **Robinson**. He explained that children perform playful activity which they cannot do in actual life. For example, children who cannot drive a car in actual life, plays with horn and steering only. So by the means of play he tries to realize unfulfilled desire in imagination and make beliefs.

#### **Criticism of the theory**

All playful activities are not imaginary.

**Conclusion :** All these theories contain explanation of play. Every theory is not complete and has partial explanation. The play can only be explained by putting all these theories together. Thus in the conclusion we can say that play is anticipatory, recreational, instinctive, recapitulatory in nature.

#### **Significance of Theories of Play in Physical Education & Sports**

In the present age of automatization, play and sports activities have a special significance. In the last five decades, human beings have made tremendous progress in every sphere of life. They have made their life comfortable, lively and smooth with the number of inventions. But, this progress has thrushes upon us inevitable side effects as well. Now, man can perform work easily, without making much efforts. Therefore, it has caused lack of movement in his life style. Due to this many serious problems have been arising. Moreover, the modern age and technological advancement, charged by speed, noise and other stress producing factors, has led to various psychological and physiological disorders. To survive and overcome the present crisis, the need of hour is to groom up physically, mentally, emotionally, socially and intellectually strong and healthy individuals.

The significance of play theories in helping out an individual from various self created problems have been summarized as under:

**(i) Play as a means of self expression :** Every individual has some hidden qualities and emotions. Play activities are effective means to express these hidden traits and emotions. There is nothing more satisfying and fulfilling for children than to be able to express themselves freely without any judgment. Playful activities can help teachers and parents to know more about the child's thinking or feeling. It is important to explore playful activities to express their ideas.

**(ii) Play as a mean for cultural development:** Playful activities are useful for the child's cultural development. These activities provides opportunities to meet people from different communities and culture. They come to know about their customs, culture and life styles. An individual learns to preserve and develop the existing culture.

**(iii) Constructive use of leisure time :** Generally, people do not utilize their leisure time and hence, waste their energy in destructive and useless thought process. Play provides profitable use of their free time by engaging them in activities which are useful for them. It is really an emerging need of hour to channelize the energies of youth towards constructive activities in order to safeguard their future life. Children will learn all the feelings even negative ones and they will be able to handle and direct them easily into positive and creative outlets.

**(iv) Play theories as a means for Physical development :** Physical development is an integral part of an individual's personality. Therefore, special emphasis should be given to this aspect of personality. Play helps in the development of physique and good health through physical activities. It also emphasizes on the development of physiological and fitness related components of an individual.

**(v) Play theories as a means for socialization :** Today, the technological advancement has compelled the children and youth to confine to four walls with their electronic gadgets. This confinement has isolated them from the active participation in the social processes. Play in this emerging need is the best way to move them from this confinement to meet people and help in socialization.

Hence, it can be summarized here that play theories in physical education can be the best means for the all round development of the child. This would help in giving strong foundation to build the strong nation for each and every sphere of global development.

## 2.2 Recreation

### 2.2.1. Meaning, definition, characteristics, aim, objectives and types of recreation and recreational activities

#### Meaning and Definition

Recreational activities are an integral part of our lives. It gives a person relief from the monotonous daily routine which may otherwise lead to problems related to mental and physical health. The word recreation has been derived from Latin word **re-create**, which means to create again or to refresh or to restore. It is an important means which helps in releasing the stress and maintaining equilibrium. Recreation and leisure, these two synonyms have different perceptions.

**According to Fairchild H,** "Any activity pursued during leisure, either individual or collective, that is free and pleasurable, having its own immediate appeal, not impelled by a delayed reward beyond itself, or by an immediate necessity".

**According to Grant Cushman and Allan Laidler,** "Recreation is considered as an activity through which leisure may be experienced and enjoyed but it is also seen as a social institution, socially organised for social purposes."

**According to Richard Kraus,** "Recreation consists of activities or experiences carried on within leisure, usually chosen voluntarily by the participant—either because of satisfaction, pleasure or creative enrichment derived or because he perceives certain personal or social values to be gained from them. It may, also be perceived as the process of participation or as the emotional state derived from involvement."

**According to T.S. Yukic,** "Recreation is an act or experience, selected by the individual during his leisure time to meet a personal want or desire, primarily for his own satisfaction".

**According to Jehir Pigrcus,** "Recreation is considered to be an activity, voluntarily undertaken primarily for pleasure and satisfaction during leisure time".

**Conclusions of Definitions :** Hence, it can be concluded from the above mentioned definitions that recreation is a kind of activity which provides fun, excitement and amusement to restore for further activity.

### Characteristics of Recreation

- (i) Voluntary participation
  - (ii) Participation during leisure /free time
  - (iii) Provides fun, amusement and excitement
  - (iv) Recreation is beneficial reward
  - (v) It should be flexible in nature
  - (vi) Mass participation
  - (vii) Variations in activities
  - (viii) Constructive in nature
- Recreation involves voluntarily participation by an individual, it cannot be forced. A person must engage himself at his own will to participate in recreational activities i.e. "freely chosen".
  - In these activities person involves himself by choice during free time.
  - The most beneficial reward of the recreational activities are fun, amusement and excitement.
  - Recreational activities should be flexible in nature, it can include organized form to unorganized activities or it can be active to passive in nature.
  - Recreational activities especially group activities would be helpful in developing social bonding & community integration.
  - It must include wide range of activities to attract the large number of people from every age & background in the recreational programme.
  - The recreational activities would be beneficial, only if, it provides constructive utilization to the free time.

### Aim and Objectives of Recreation

**Aim:** The ultimate aim of recreation is relaxation of body and mind to restart work.

### Objectives of Recreation

- (a) To Provide Fun, Amusement and Excitement :** It is an essential objective of recreational activities to provide fun, amusement and excitement through participation in recreational activities. Lack of these activities leads to mental stress, depression and other mental disorders. These activities break monotonous daily routine and helps in restoration of energy.

- (b) **To Assist in Developing Mental and Physical Fitness :** To develop mental and physical fitness is also an important objective of recreation. These activities help in developing mental and physical fitness.
- (c) **To Improve Social Interaction:** Man has always been considered as a social being. In group recreational activities an individual learns social behavior. One can learn social qualities like, cooperation, adjustment, group cohesion, sincerity and unity, etc. These activities provide an opportunity to improve social relationship. Moreover it helps to become an active member of society.
- (d) **Bonding with the Nature :** Participation in outdoor activities such as hiking, camping, river rafting, golf, etc. provides ample opportunities to experience nature. They create great bonding with the nature while performing such activities. It creates awareness regarding nature and realization of our responsibilities to conserve this nature for the healthy life.
- (e) **Constructive use of Leisure Time :** Recreation is the best means to spend free time in a constructive manner. A person sitting without any work sometimes may engage in destructive or anti social thoughts. Recreational activities provide diversion to this thought process and helps in the constructive use of this free time.
- (f) **Economic Condition :** Recreational activities are one of the major contributing force for the economic reform of the nation and is responsible for providing millions of jobs in this field of amusement e.g. tourism, health and fitness programs, sports as spectators, etc.

#### **Type of Recreation and recreational activities**

Recreation can be categorized into following categories:

1.	Indoor	Outdoor
2.	Active	Passive
3.	Individual	Group

**Indoor Recreation:** These recreational activities are organized under shed in four walls e.g. home, clubs, community centers or recreation centers, etc. Music, dance, watching movies, billiards, chess, etc., are few examples of indoor recreation.

**Outdoor Recreation :** It is usually known as recreation which is undertaken in natural or semi natural terrain. The amusement and fun from this kind of recreation mainly depends upon the natural resources. e.g. Volleyball, basketball, river rafting, hiking, camping, swimming, cycling, nature walk, etc.

**Active Recreation :** This type of recreation includes activities that an individual gets by directly engaging himself such as dancing, playing the piano, games and sports, etc.

**Passive Recreation:** It requires one to observe various recreational activities such as listening to music, watching TV, football match, etc.

**Group and Individual Recreation:** Recreation may be enjoyed along with thousands of other participants or spectators or may be an intensely solitary experience or may consist a single isolated experience.

#### **2.2.2 Significance of Recreation in the Modern Society**

In today's competitive world, the pace of life has been increasing dramatically. With the advancement of work culture people have become too busy for the never ending demands of life. This rat race has given place to stress and depression in our life. So, recreation has an indispensable significance in our daily routine.



The significance of recreation can be viewed from the following points:

**(a) Helps In Reduction of Stress :** The modern work culture and family responsibilities has given rise to some mental disorders such as mental stress, depression, anxiety, insomnia etc. The most important significance of recreation is to provide outlet to these mental disorders and stabilize the mental health of a person. Hence, it helps in the reduction of stressors and leads to positive health.

**(b) Community Integration :** Recreation especially outdoor activities helps to meet the like-minded people and develops social integration. It gives a platform to enrich social relations and gives an immense feeling to be an important member of society. Group recreational activities helps in developing social qualities such as cooperation, sympathy, brotherhood feeling etc. Such qualities enhance interpersonal social life.

**(c) Health And Fitness :** Recreational activities especially active recreation plays a vital role in good health. These activities have the way to good mental and physical health. It is an excellent medicine for the ailments such as diabetes, hypertension etc. which otherwise cannot be cured by any other manner. So, recreation is considered to be the natural way to stay healthy and fit.

**(d) Economic Benefits :** In modern society recreational activities have broadened the avenues for the recreational industries such as tourism, sports as spectators, health and fitness complexes and services etc. Millions of people became employed in various specialized sectors of recreation service. This, also contributed a lot in the economic development of the country by creating more employment opportunities. So, increasing demand for these services has helped in empowering the economic condition of the nation. On the other hand it helps in creating positive temperament and feeling of relaxation which also improves the productivity of employees that ultimately boosts economic status of the nation.

**(e) Constructive Time Utilization :** In order to prevent the devastating effects of destructive activities it is the best mean to engage in the constructive activities. This would ultimately create healthy civilized society.

**(f) Learn Bonding With Nature :** Mainly all the outdoor recreational activities gives participants ample opportunities to experience nature. The participants come closer to the nature. They create great bonding with the nature while performing such activities.

**(g) To Know the Self :** These activities give an opportunity to spend time with yourself. It provides you an opportunity to know more about yourself deeper. It helps in creating self-confidence to deal with the upcoming challenges.

**Conclusion :** Hence, from the above discussion it can be concluded that recreation has an important place in today's competitive world. Recreational activities lead to healthy and balanced life. The most significant aspect of recreation is to contribute in community through integration and social bonding.

### 2.2.3 Recreation Providing Agencies

Realizing the need of recreation programme, these services are supported by different segments to channelize it into society to provide satisfaction and pleasure. Many recreational activities are organised

by govt. or public sector alone and some voluntary engaged and private group's support this system for the commercial benefits. So, the agencies providing recreation can be categorized on the basis of delivery of services to the different segments of population.

**(a) Public Recreational Agencies :** These agencies are working under state and local level departments that holds the primary motive to provide recreational services to the large number of people without seeking any commercial benefits. It may also include the services of other agencies which offer recreation as a secondary responsibility such as those who are concerned with the social service, education and special population.

**(b) Voluntary or Non-profit Organizations:** These are the government, non-profit agencies which provides recreational service to the mass with multi service programme without seeking commercial benefits. The most popular voluntary organizations are Scouts and Guides, YMCA, YWCA, etc.

**(c) Private Membership Organizations:** These agencies provide recreational services to their own members and somehow helps in the community recreational services. This may include sponsored recreational services to the residents of specific area e.g. community for retired personnels and provides facilities such as swimming pool, sports fitness centers, golf, county club, tennis, etc.

**(d) Commercial Recreational Agencies :** These agencies are privately controlled and managed in order to make profits from these recreational services, in simple terms, it is considered to be the business firm which may include night clubs, movie theater, health fitness centers, etc., The ultimate aim of this agency is to seek financial benefits from the people by providing recreational services.

**(e) Employee Recreational Agencies :** They serve the people who work for the companies or employees by providing recreation as a part of personal benefits linked to other services concerned with employee health and fitness.

**(f) Armed Forces Recreation :** Although, it is considered to be a form of a government sector activity, but its purpose and setting is unique in nature. It is mainly based on the extensive network of the recreation facilities and programme.

**(g) Therapeutic Recreational Agencies :** These agencies include any programme or services designed to meet the therapeutic needs of a person with physical or mental illness, poor health, ageing person, social deviant person expected to aid them in correctional facilities and similar special group of people.

**(h) Institutional Recreational Services :** It include the intramural programmes organised in an institution for their students such as athletics meet, sports clubs, traveling, arts group, it is the form of recreation for the students of college, university and school level.

**Conclusion :** Hence, it can be concluded that recreational activities are important to raise the quality of life in the society. The role of different agencies cannot be over viewed as the creation, maintenance and organization is completely expected to meet the recreational needs of the community. They foster change through collaborative programmes and policies to reach a wide population.

## EXERCISE

### QUESTIONS CARRYING 02 MARKS

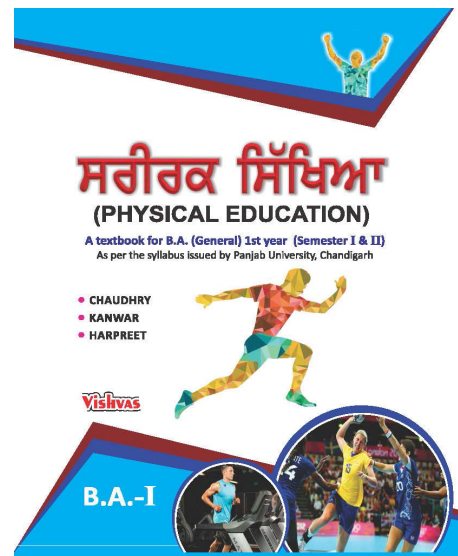
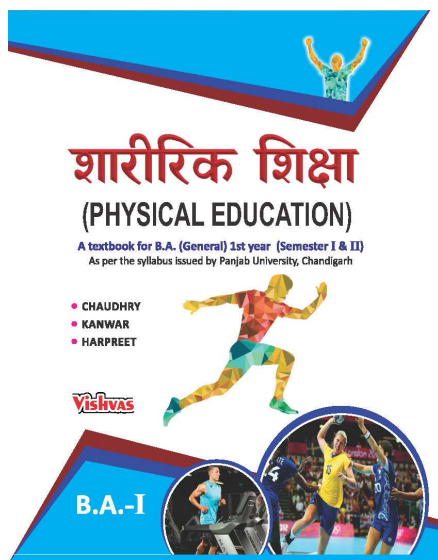
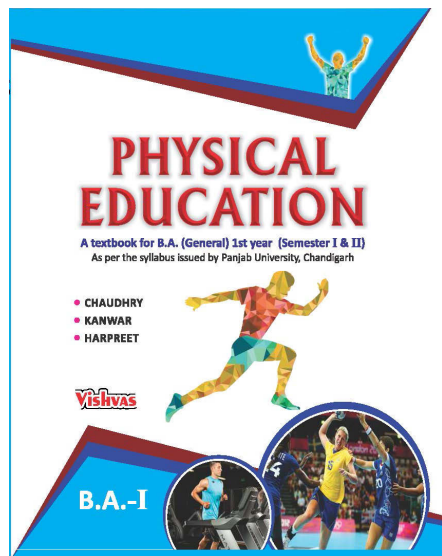
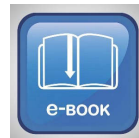
1. Define play.
2. Give any two quotations for defining play.
3. What is the difference between play and work?
4. Enlist any four theories of play.
5. Who gave surplus energy theory of play?
6. Write down the criticism of Anticipatory theory of play.
7. Define recreation.
8. What is the aim of recreation?
9. Write any two objectives of recreation.
10. Explain any two types of recreation.
11. Explain any one recreational activity.
12. Write in brief about significance of recreation.
13. Write about any two recreation providing agencies.

### QUESTIONS CARRYING 12 MARKS

14. Explain the various theories of play.
15. Describe any two theories of play and explain the significance of play in sports.
16. Define recreation and explain its aim and objectives.
17. Write a detailed note on various recreational activities.
18. Elaborate various recreation providing agencies.

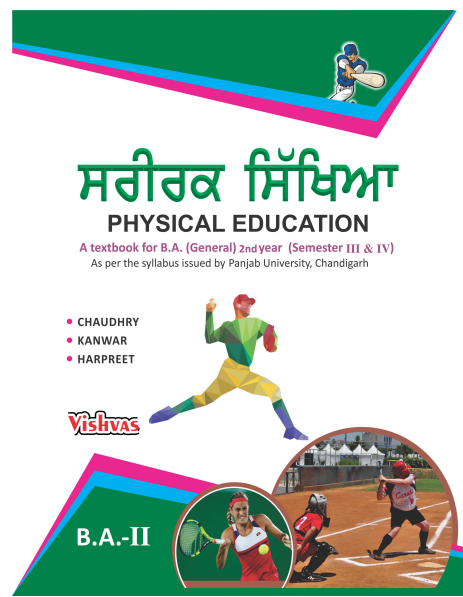
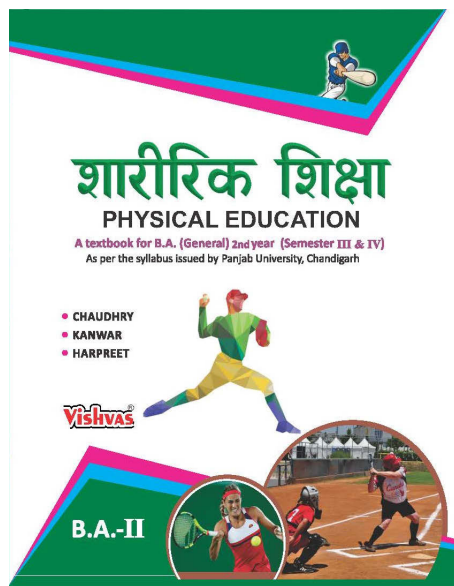
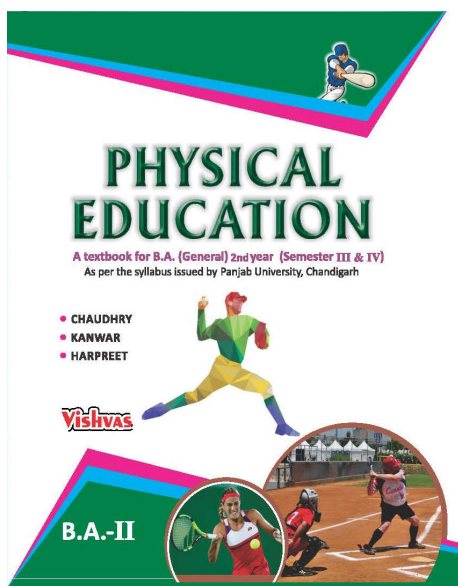
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