



N.B.K.R. INSTITUTE OF SCIENCE AND TECHNOLOGY (AUTONOMOUS)

HEALTH AND WELLNESS, YOGA AND SPORTS

Department of Physical Education



Unit - 03

Sports

Sport is usually defined as an organized, a competitive and a skillful physical activity which asks for devotion and fair play. Sport is a vigorous physical activity which involves physical exertion and skill, generally played by two teams against each other by following the set number of rules in order to win or defeat other team. Sport not only has physical benefits but it also improves your concentration and makes you more alert and attentive. It helps to enhance the overall personality of an individual and makes him more productive and alert. It also increases your social interaction and develops sportsman spirit in an individual.

The difference between sports and games sports are individually practiced. Games are those sports in which at least two players are involved. Usually all sports and games are further differentiated into:

1. Indoor Sports
2. Outdoor Sports



Indoor Sports

Indoor sports refer to physical activities or games that are played within enclosed structures, typically in controlled environments such as gymnasiums, sports halls, or indoor arenas. These sports are designed to be played indoors, away from external weather conditions. These sports often require specialized equipment and facilities designed to accommodate the specific needs of indoor play.

Examples :

- Badminton
- Table-Tennis
- Boxing
- Chess



Outdoor Sports

Outdoor sports are physical activities or games that take place in outdoor environments, such as natural settings, open fields, parks, or designated outdoor facilities. Unlike indoor sports, outdoor sports are not confined to enclosed spaces and typically make use of the natural elements. Outdoor sports often offer a closer connection to nature and may require different sets of skills and equipment compared to indoor sports.

Examples :

- Cricket
- Hockey
- Volleyball
- Football

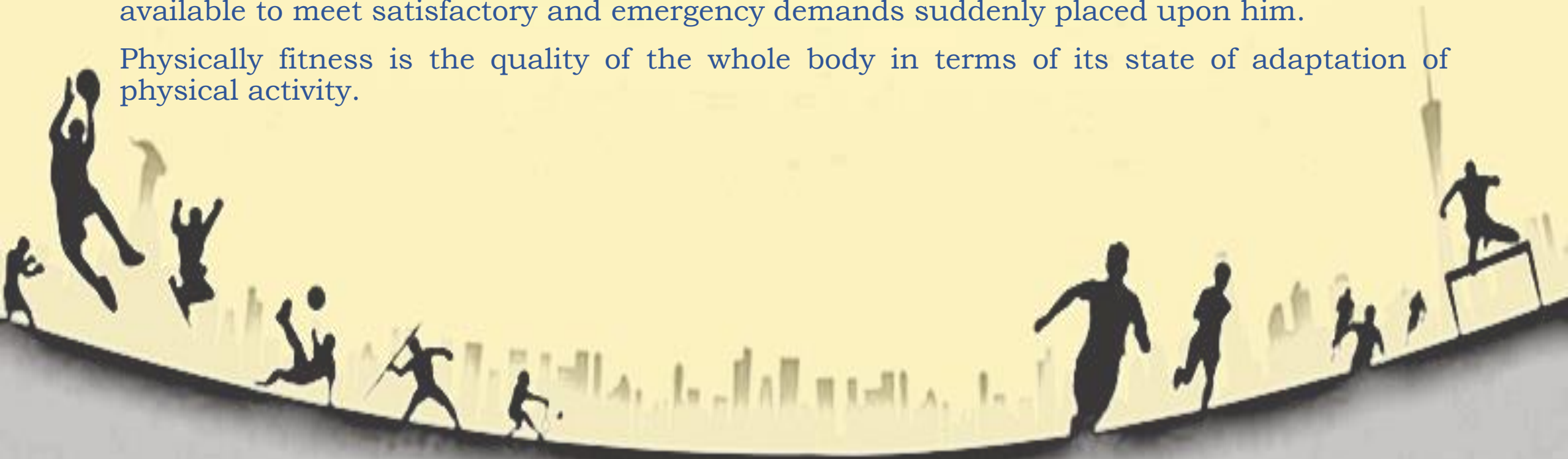


Physical Fitness

Physical fitness implies abilities such as that of resisting fatigue, performing with an acceptable degree of motor ability and being able to adapt to muscular stress. Physical fitness can also be functional specific and emergency requirements.

Physical fitness refers to the organic capacity of the individual to perform normal task of daily living without undue tiredness or fatigue having reserves of strength and energy available to meet satisfactory and emergency demands suddenly placed upon him.

Physically fitness is the quality of the whole body in terms of its state of adaptation of physical activity.



Components of physical fitness

Physical fitness can be the most easily understood by examining these components, or elements or parts. There is widespread agreement that following four elements are basic.

1. Endurance: The ability to deliver oxygen and to tissues and to remove wastes over sustained periods of time. Long runs and swims are the methods employed in measuring this component.
2. Strength: The ability of a muscle to exert force for a brief period of time. For example, upper body strength can be measured by various weight lifting exercises.
3. Speed: The quickness of movement of a limb, whether this is the leg of a runner or the arm of the shot putter.
4. Flexibility: The ability to move joints and use muscles through their full range of motion. The sit and reach test is a good measure of flexibility of the lower back and backs of the upper leg.

Body composition is also considered a component of fitness. It refers to the makeup of the body in terms of lean mass (muscle, bone, vital tissue and organs) and fat mass. An optimization of fat to lean mass is an indication of fitness and the right of exercise will help one to decrease body fat and increase and maintain muscle mass.

Benefits of Physical Fitness

Exercise or fitness is not just for Olympic hopefuls or supermodels. In fact no one never too unfit too young or too old get started. Regardless of age, gender or role in life, one can benefit from regular physical activity. If there is a commitment exercise in combination with a sensible diet can help to provide in overall sense of well-being and can even help to prevent chronic illness, disability and premature death. Some of the benefits of increased physical activity or physical fitness are:

Improved health

- Increased efficiency of heart and lungs
- Reduced cholesterol levels
- Increased muscle strength
- Reduced blood pressure
- Reduced risk of major illness such as diabetes and heart disease
- Weight loss

Improved sense of well-being

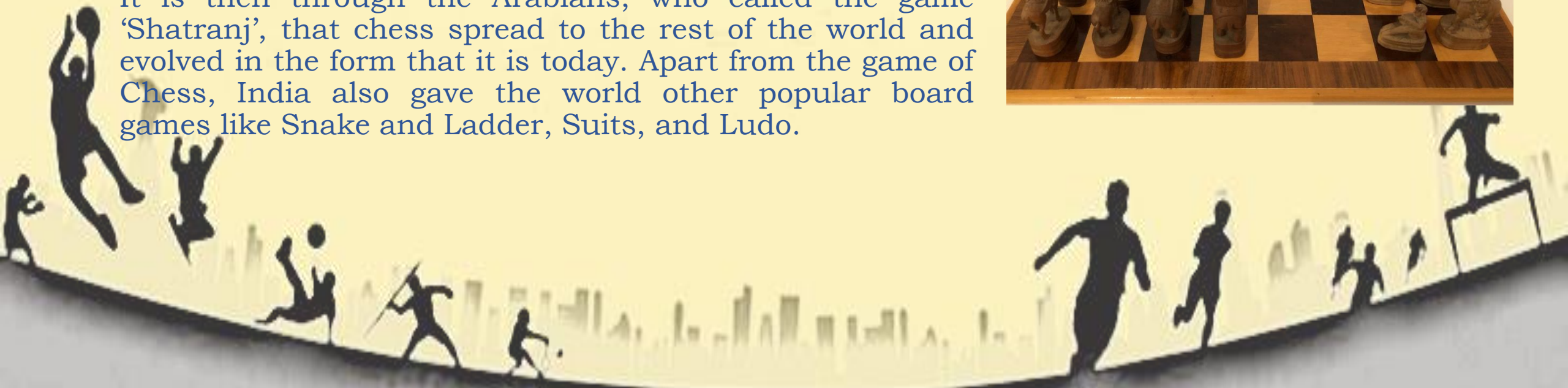
- More energy
- Less energy
- Improved quality of sleep
- Improved ability to cope with stress
- Increased mental sharpness

History of Indian Sports

Chess or Chaturanga

Apart from the concept of zero and the rudimentary theory atoms, India has given a lot many inventions to the world. The most prominent of them is Chess. Known as “Chaturanga” in ancient days, chess was invented by the Gupta Dynasty which lasted from 280 to 550 AD. Chaturanga literally means ‘four divisions’ or ‘four corps’.

It is then through the Arabians, who called the game ‘Shatranj’, that chess spread to the rest of the world and evolved in the form that it is today. Apart from the game of Chess, India also gave the world other popular board games like Snake and Ladder, Suits, and Ludo.



Kabaddi

The nation is also credited with contributing significantly when it comes to on-field sports. It is in ancient India that the world-famous sport of Kabaddi was invented. Although the sport's exact origin still remains disputed, it is believed that Kabaddi was developed in Vedic India. While it is believed that the sport was played fondly by the Yadavas, an ancient community residing on the western side of the country.

A hint of proof can be procured from Mahabharata which contains an account of how Arjuna manages to sneak into hostile areas and take out enemies unscathed. This is very much in line with Kabaddi's gameplay.

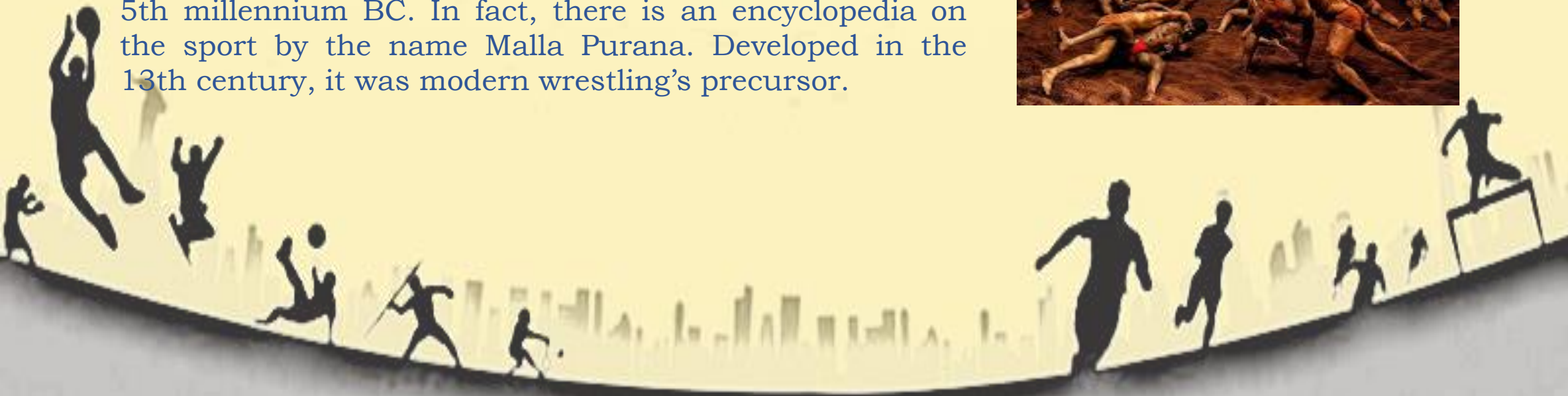
However, despite the conflicting claims, India is still credited to have made increased the sport's popularity by making it a competitive sport.



Wrestling or Pehlwani

Although wrestling is believed to have evolved in ancient Greece and the Roman empire, there is concrete evidence that the sport was also contested in ancient India. In fact, back then, it was called 'Malla-Yuddha'.

It is believed to have been practiced at least as early as the 5th millennium BC. In fact, there is an encyclopedia on the sport by the name Malla Purana. Developed in the 13th century, it was modern wrestling's precursor.



Sports in India during The British Era

In 1721 AD, a bunch of British sailors decided to play a game of cricket on India's western seaboard, Cambay. Cricket became the first English sport introduced in India.

Our elites used to learn cricket in schools before the independence era and the grassroots audience used to replicate it turning the game into religion now. The game of Polo transformed into a rule-based form in Manipur during the 19th century. Later it found its path to Europe & North America in the 21st century.

Mohun Bagan, the oldest football club, was established in 1889 AD. It grew from strength to strength after 1911 when the Bengal crowd reacted to British jibes in a physical culture movement. This led to a win in the Indian Football Association final. India has been a world champion at some point in Cricket, Kabaddi, Chess, Hockey, Wrestling, Billiards & Badminton.

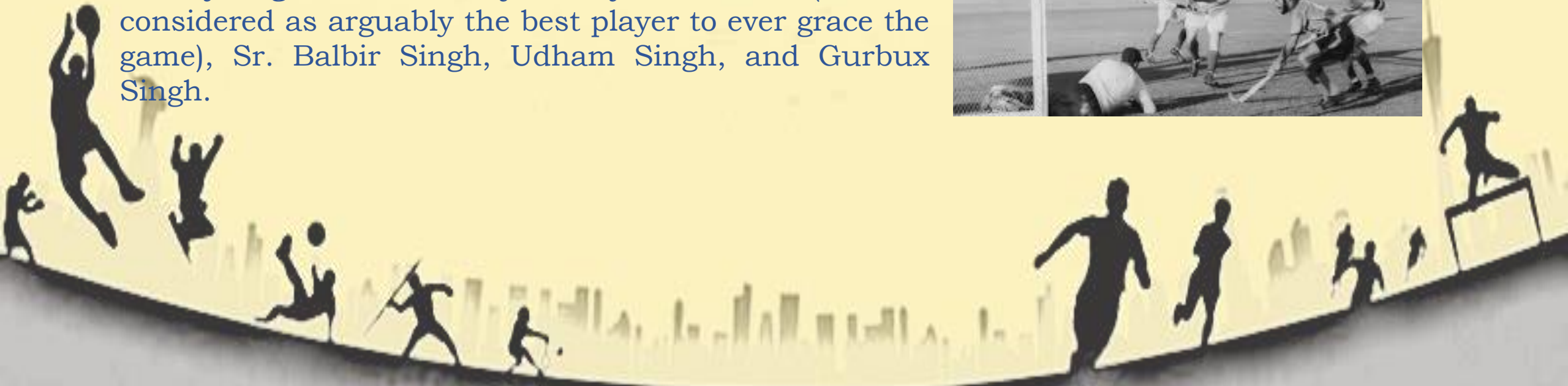
We have won 28 medals since we first competed as a team in the Olympics, 1920. Out of nine gold medals, India won eight of them in field hockey between 1928 and 1980. Field hockey is not our national game as recently pointed by an RTI filing. In fact, India has not declared any sport as the national game.

The history of Indian sports gets the glorious past from the Vedic era. In the Atharva Veda teachings, there are some well-defined values saying, "Duty is in my right hand and the fruits of victory in my left." These resemble the sentiments of the traditional Olympic oath: ".....For the Honour of my Country and the Glory of Sport".

Dominance in Hockey

In the 20th century, India emerged as a Hockey superpower. From its Olympic debut in 1928, the Indian Hockey team went on to dominate the competition for close to 6 decades, winning gold on 8 occasions. India is the only team to have won 6 consecutive Olympic gold medals. The team scored a massive 178 goals during this phase while conceding only 7 goals. No other team in the world has managed to come even close to rivaling such dominance.

Among others, the country has given the world such hockey legends like Major Dhyan Chand (who is considered as arguably the best player to ever grace the game), Sr. Balbir Singh, Udham Singh, and Gurbux Singh.



The Rise of Cricket

In the latter part of the century, however, the downfall of hockey almost coincided with the rise of cricket in India. India won its last Olympic medal, a Gold, in 1980. Three years later, the cricket fever took over the entire nation when Kapil Dev famously lifted the 1983 World Cup (then known as the Prudential Cup '83) in the Lord's stadium.

It would be safe to say that the fever still exists, with the better part of the country closely following the Indian National Cricket team. Since 1983 high, the team has gone on to win another World Cup (2011), a T20 World Cup (2007), two Champions trophies (2002,2013) among other honors. The country has also produced cricketing stars like Sachin Tendulkar, Kapil Dev, Anil Kumble, MS Dhoni, and Virat Kohli among others.



Badminton

Apart from the legendary Prakash Padukone (the first Indian to win the All England Badminton Championships in 1980) followed by Pullela Gopichand (who also won the title in 2001), India did not have much to show for in the world Badminton.

However, this all changed when a 22-year-old Saina Nehwal won a bronze at the 2008 London Olympics, making her the first Indian shuttler to clinch a medal in the coveted competition. That moment is considered as the turning point for the sport's popularity in the country.

A big contribution for the youngster's epic triumph was that of Gopichand and his badminton academy. Over the following years, the badminton bastion would go on to produce world-class talents in the face of PV Sindhu, Srikanth Kidambi, and Parupalli Kashyap, making Hyderabad the country's badminton capital. In 2016, Sindhu won the badminton silver at the Rio Olympics, thereby becoming the first Indian woman to ever achieve the feat.

The player's podium finish opened the floodgates for Badminton in India. Scores of talented young shuttlers like Lakshya Sen, Anura Prabhudesai, and Sameer Verma are now expected to take the baton forward.

Olympic Games

The modern Olympic Games or Olympics are the leading international sporting events featuring summer and winter sports competitions in which thousands of athletes from around the world participate in a variety of competitions. The Olympic Games are considered the world's foremost sports competition with more than 200 teams, representing sovereign states and territories participating; by default the Games generally substitute for any World Championships the year in which they take place (however, each class usually maintains their own records). The Olympic Games are held every four years; since 1994, they have been alternated between the Summer and Winter Olympics every two years during the four-year period.

Olympic Games is an international sports event in which intercontinental and international competitors participate in the sports competitions. Participation in sports help the peoples to know one another and also it provides opportunities to the participant to see each other. It unites countries and continents. The Olympic movement like sport in general by its very nature brings in international understanding and opposes the division of the world, rapprochement and friendship among people of all continents.



Objectives of Olympics

1. To develop interest and competence of life time participation in games and sports and for that purpose.
 - To develop physical and motor fitness i.e strength, endurance speed agility, flexibility balance, accuracy etc.
 - To develop good body mechanics and skills in a variety of dynamic forms of movements applied in games and sports.
 - To develop a fir level of skills to specific major games and track and field events gymnastics and yoga exercises.
2. To develop interest for games and sports as a cultural heritage.
3. To develop social aim.
4. To develop social qualities such as cooperation sympathy team spirit, helpfulness, tolerance, patience and sportsmanship.
5. To develop emotional maturity mental alertness and moral goodness.
6. To develop Psycho somatic unity i.e. unity of the mind and body.
7. To develop motor skills i.e Neuro muscular coordination.

Ancient Olympics

The Olympic Games were held once in four years on the full moon day in the month of August or September at Olympia in Greece in honor of their God Zeus. We cannot definitely state the origin of these games, but these are a few legends which show that these games were in existence from very remote times.

Origin

1. It was believed by the Greeks that there was a wrestling contest between God Zeus and God Kronos for the Possession of Earth. In the contest God Zeus won and in remembrance of the victory of Zeus, the Olympic Games were started.
2. Hercules it is said defeated King Augeas and in honor of his victory he instituted the Olympic Games (Circa 1253 B.C).
3. Peoples won over king Aenomanus in a chariot race and married the latters daughter Hippodemia. As king Aenomaus died in the race itself. Peoples took his kingdom. Peoples was worshipped as a hero and behalf of his death the Olympic games instituted (884B.C)
4. Another version states that Lycurqus, the Great Sparta law giver joined hands with Iphitus of Elis to Urestoreu the Olympic festival in 820 B.C. The version indicates that the games had been run before. Thus these legends clearly show that the Olympic Games had a long past.

Rules/Eligibility for Competition

- i. The participants should be free born Greeks.
- ii. The amateurs were allowed to participate.
- iii. The competition must have had at least 10 months of training prior to their participation in the Olympics the final month being spend at Olympia under the control of the Hellanodikai the official judges of the games.
- iv. They should have no criminal record.

Conduct of the Games

Assembly: Before the start of the games the competitors, their trainers, their fathers, their brothers and the judges assembled in the council house in front of the state of Zeus (God of oaths).

Sacrifice: Sacrificed a pig to Zeus

Oath: All took an oath that they would not resort to any unfair means to secure victory further the competitions took the oath that they had 10 months of training as per Olympic regulations. Thereafter the Olympic judges swore that they would be honest and faith in their decisions.

March Past: The march past took place in which the Trumpeter Officials and the competitors participated. In the courts of the March past as the competitors passed by the Herald announced to the spectators the name of each competitor his father's name and his city and asked whether anyone had any charge to make against him. Silence on the part of the spectators was considered as No Objection for the competitor concerned.

Opening Ceremony: Then the herald proclaimed the opening of the games. The chief judge or some distinguished person addressed the participants. Afterwards the events were conducted the sacred fire was kept burning perpetually at the altar of Zeus.

Events: Originally foot race was the only item in Ancient Olympics and it was conducted in single day. Later on other events were added and they were foot race, chariot race, horse race, pentathlon (Running, long jump, discus throw, javelin throw and wrestling) Boxing Wrestling, pancratiun etc. Because of the addition of more events from time to time, the duration of the games was extended to 5 days.

Awards:

- The Olympic victor was highly honoured. It seems that tripods and other valuable objects were given as prizes to the Olympic victor till the 7th Olympiad.
- Later on the only reward from the judges at the Olympic stadium was a wreath made out of Olive leaves plucked from the sacred Olive tree in the temple of Zeus.

Modern Olympic Games

(From 1896 AD onwards)

For nearly 1500 years since 394 A.D. there were no Olympics. The first efforts towards renaissance of the Olympics in modern times were made by the Greek in 1859 and 1870. The Greeks and Evangelos Zappas a Greek living in Rumania, began working towards the revival of the Olympics long before Coubertin the Frenchman succeeded. Two Olympic games organized by the Greeks in 1859 and 1870 were unsuccessful In 1894 A.D.

Baron Pierre De Coubertin a Frenchman revived the Olympic games. He felt that international unity and brotherhood can be achieved through competitions in sport and games among the youth of the various countries at one place similar to the ancient Olympic Games. He visited various countries and put forth his ideas. His ideas were welcomed and it was decided to hold the first Olympics in Greece. As the ancient site at Olympia was not suitable to conduct the games. Athens in Greece was selected.



Governing Body

1. The international Olympic Committee is the controlling body for the Modern Olympic Games. The I.O.C. is a permanent and self-elected body which has at least one member from a country where there is a National Olympic committee.
2. The members shall elect a president for eight years and he is eligible for reelection.
3. Two Vice presidents shall also be elected for a period of four years who are also eligible for reelection.
4. A small Executive board shall be formed which shall include the president the two Vice presidents and four other members elected for a period of 4 years who shall retire by rotation.
5. The I.O.C fixes the venue for competition draws the rules for competition draws the rules for competition and the general programme for Olympics.

Organization and conduct of the Games

The Olympic Games should be held in the first years of the Olympiad. The games under no pretext can be adjourned to another year. The period of the games shall not exceed 16 days.

Rules of Eligibility of Competition

1. One who is a native or naturalized subject of a member country can alone participate.
2. One who has competed already in the Olympic Games for a nation cannot compete in future Olympic Games for another nation even if he has become a naturalized subject of that nation except in the case of conquest or the creation of a new state ratified by a treaty.
3. Every competitor must be an amateur. This must be certified by the national body controlled that activity and countersigned by the National Olympic committee. In addition each competitor must give a personal declaration that he is an amateur.
4. There is no age limit for a competitor.

Venue

The venue for the Olympic competitions will be fixed by a majority of votes among the members of the international Olympic committee, taking into consideration the claims made by the cities opting to stage the games. Committee from the I.O.C and the respective NOC's (National Olympic Committees) along with the respective international sports federation visits the cities aspiring to hold the games to determine its suitability.

After various committees submit their respective reports to the IOC it takes the final decision through a ballot at a session held in a country, no city of which was a candidate. The selection unless in exceptional circumstances, is made at least six years in advances.

Ancient and Modern Olympics (Comparison)

Ancient Olympics

- The ancient Olympics were conducted once in four years.
- There was the march past of the participants.
- In ancient Olympics Oath was taken by all competitors.
- The competitors who wished to participate in ancient Olympics must be free born Greeks. They should have neither committed any sacrilege against gods nor have any criminal record.

Modern Olympics

- The modern Olympics are conducted once in four years.
- There is the march past of the participants.
- In modern Olympics a leading Athlete of the Host country takes the oath on behalf of the competitors of all nations at the Olympics stadium in front of the Tribune of honour.
- The competitors who wish to participate in modern Olympics shall be the natives or naturalized subjected of a member country.

Ancient and Modern Olympics (Comparison)

Ancient Olympics

- Only Amateurs were allowed to participate.
- The ancient Olympics were held only at Olympia in Greece.
- In the earlier Olympics men and boys participated in competitions in naked form.
- The ancient Olympic games were a religious festival for the Greeks being held in honour God Zeus.
- Sacred fires were burning perpetually in the temple of God Zeus at Olympics.
- Ancient Olympics were conducted for 5 days.

Modern Olympics

- Only Amateurs are allowed to participate.
- The modern Olympics are not held at Olympia but at different cities of the world.
- In modern Olympics competitor have to wear a decent sports costume.
- The modern Olympic games are an international sports gathering with a zeal of patriotism.
- The Olympic fire is lit and kept burning at the stadium till the close the games.
- Modern Olympics are conducted for 16 days.

Asian Games

The Asian Games, also known as Asiad, is a continental multi-sport event held every fourth year among athletes from all over Asia. The Games were regulated by the Asian Games Federation (AGF) from the first Games in New Delhi, India in 1951, until the 1978 Games. Since the 1982 Games, they have been organized by the Olympic Council of Asia (OCA), after the breakup of the Asian Games Federation. The Games are recognized by the International Olympic Committee (IOC) and are described as the second largest multi-sport event after the Olympic Games. Nine nations have hosted the Asian Games. Forty-six nations have participated in the Games, including Israel, which was excluded from the Games after its last participation in 1974. The last edition of the games was held in Hangzhou, China from 23 September to 8 October 2023.

Since 2010, it has been common for the host of the Asian Games to host the Asian Para Games held shortly after the end of the Games. This event is exclusive for athletes with disabilities as with the continental version of the Paralympic Games. But unlike what happens in the Paralympic Games where the host city's contract mentions the holding of both events, the case of Asia does not mention the mandatory holding of both.

Instead, the exclusion of the Asian Para Games from the Asian Games host city's contract means that both events run independently from one other, and may lead to occasions in the future that the two events be held in different cities and countries.



Origin

The Far Eastern Championship Games existed previous to the Asian Games, the former mooted in 1912 for a location set between Japan, the Philippines, and China. The inaugural Far Eastern Games were held in Manila in 1913 with 6 participating nations. There were ten Far Eastern Games held by 1934. The second Sino-Japanese War in 1934, and Japan's insistence on including the Manchu Empire as a competitor nation in the Games, brought China to announce its withdrawal from participation. The Far Eastern Games scheduled for 1938 were cancelled. The organization was discontinued.

Symbol

The Asian Games Movement uses symbols to represent the ideals embodied in the Asian Games charter. The Asian Games motto is "Ever Onward" which was designed and proposed by Guru Dutt Sondhi upon the creation of the Asian Games Federation in 1949. The Asian Games symbol is a bright sun in red with 16 rays and a white circle in the middle of its disc which represents the ever glimmering and warm spirit of the Asian people.

Commonwealth Games

The Commonwealth Games is an international sporting event held every four years in which different teams from Commonwealth countries can participate. Apart from 1942 and 1946, during and immediately after World War II, it has been continuously held since 1930. From 1930 to 1950, it was known as the British Empire Games, but has since been renamed the Commonwealth Games, as athletes from all across the Commonwealth of Nations will take part. The country to host the event the most is Australia, having welcomed athletes five times since the Games began.

Aside from being one of the most famous multi-sporting events in the world, the Commonwealth Games is also one of the most inclusive. Athletes with a disability are considered full members of their national teams, which means the medals they earn are counted with their country's. It is also the first global sporting event to have an equal number of men's and women's events.



Formation

Way back in 1891, a man named John Astley Cooper wrote a letter to The Times newspaper suggesting that a sporting event should be held every four years as a means of 'increasing goodwill and understanding of the British Empire.' His campaigning is what inspired Pierre de Coubertin to reinvent what we now know as the Olympic Games.

However, there was still enthusiasm for an Empire Games. This increased after the Inter-Empire Championship was held in 1911 as part of the Festival of the Empire, to celebrate the coronation of King George V. While the original idea for the Commonwealth Games belonged to John Astley Cooper, the man usually credited as the founder of the Commonwealth Games is Melville Marks Robinson, also known as Bobby Robinson.

The first British Empire Games was held in Hamilton, Canada, in 1930. Eleven countries took part in the Games, which included six sports:

- Athletics
- Boxing
- Bowls
- Swimming and diving
- Rowing
- Wrestling

Participation

Traditionally, a country would have to have some kind of history with the British Empire to become part of the Commonwealth, but that's no longer the case. Essentially, it exists so that different countries can co-operate with each other to advance their development and pretty much any country could join.

Although there are only 54 countries within the Commonwealth, around 72 teams compete in the Commonwealth Games. This is because some dependent states prefer to compete under their own flag. For example, the United Kingdom will compete as the UK during the Olympic Games. In the Commonwealth Games, they'll compete separately as England, Wales, Scotland, and Northern Ireland.

Baton Relay

Similar to the Olympic Torch Relay, the Baton Relay is a relay that travels around the world in the run-up to the Commonwealth Games, finishing when the event begins.

It usually starts at Buckingham Palace. King Charles, as the current head of the Commonwealth, will insert a message into the baton. During the opening ceremony, it will be given back to him, so he can read it aloud. From there, let the games commence!

There is no set distance the baton must travel, but back in 2000, it covered around 60,000 miles and passed through 23 nations!