CHAPTER-1
PLANNING IN SPORTS

Q.1- What is the planning ?
Ans: Planning is the primary function of management. It is essential because planning sets the basis for organizational structure and evaluation. It is important to establish a sound planning foundation. Such an approach depends on the organization’s view of sports and its role in the community. This view or philosophy can often be ascertained by examining the overall goals and purposes of the organization.

Q. 2- Write any five objectives of planning ?
Ans: (i) Planning enables to become proactive rather than reactive to clarity in organizational purposes and direction.
(ii) It initiates and influences outcomes in favour of the organization.
(iii) It exerts more control over its destiny deciding where it wants to be in the future.
(iv) It adopts a systematic approach to change and reduce resistance to change.
(v) It improves Financial performance and helps use resources effectively.

Q. 3 – Write down various committees responsibilities ?
Ans: (i) Publicity committee
(ii) Reception committee
(iii) Transportation Committee
(iv) Boarding and lodging committee
(v) Ceremony committee
(vi) Committee for officials
(vii) Ground equipment committee
(viii) Refreshment committee
(ix) Announcement committee
(x) Committee on entries and programmes

Q.4- What do you mean by tournament ?
Ans: Tournament are essential and most important part of physical education curriculum. It is the series of sports in which a team finally wins and rest of the teams lose the matches. Before organising a tournament, it is very important to prepare a good plan. There are various methods to organize a tournament. To select the best
method depends upon various factors such as what is the number of participating teams. Nowadays tournaments are held according to set rules and regulations.

**Q.5 – What is importance of tournament? Explain in brief?**

**Ans:** **Importance of Tournament:** Tournaments are important in the field of sports. The tournaments are not only significant to the players but to the coaches and physical education teachers also.

(i) Development of sports skills: By participating in tournaments sportspersons do not develop only technical skills of the sports but also the tactical skills.

(ii) Helpful in selection of players: On the basis of tournaments, good players can be selected by observing their performance in a tournament.

(iii) Popularity and publicity of sports: Tournaments are helpful in publicizing the sports. It creates interest in that sport.

(iv) A source of recreation: Sports tournaments provide ample recreation to the spectators.

(v) Development of social qualities: Social traits such as tolerance, sympathy, cooperation, group cohesion etc, are developed among participants through sports tournaments.

(vi) Development of national and international integration: Sports tournaments are helpful in developing national integration as well as international unity and brotherhood.

**Q.6 – Enlist the various types of tournaments?**

**Ans:** There are four types of tournaments, which are mentioned below:

1. Knock-Out Tournament
2. League or Round Robin Tournament
3. Combination Tournament

**Q.7 – What is the Knock-out Tournament?**

**Ans:** In this tournament only the victorious team is allowed to play further matches until one team emerges as winner. In this type of tournament a team which is once defeated automatically gets eliminated from the tournament. It means that second opportunity is not given to the defeated team. Opportunities are given to the winning teams or players.

**Q.8 – Briefly explain the advantages and disadvantages of knockout tournament?**

**Ans:** **Advantages of Knock-out Tournaments:**

(1) Minimum number of officials are required in organizing such type of tournaments

(2) Owing to less number of matches, it requires less time to complete the tournament.

(3) The knock-out tournaments are less expensive because the team, which gets defeated, is eliminated from the competition.

**Disadvantages of knock-out Tournament:**

(1) Spectators may not have enough interest in the final match.

(2) There may be many chances of elimination of good teams in the first or second round. So, good teams may not reach into the final round.

(3) There are maximum chances of weak teams to enter into the final round.
Q.9 – What is League or round robin tournament?

Ans: In league tournament, each team plays with every other team at least once if it is single league tournament but in case of double league tournament each team plays match with every other team at least twice. In such type of tournaments, every team plays without any consideration of winning or defeat in a match.

Q.10 – Briefly explain about types of league tournament?

Ans: League Tournament is of two types:

(a) Single League Tournament
   In single league tournament, each team plays with every other team once and number of matches is determined with the help of this formula:
   \[ \frac{n(n-1)}{2} \]
   Here ‘n’ means the number of teams participating in a tournament, for example, if 10 teams are taking part in a tournament, the number of total matches will be held as given below:
   \[ \frac{10(10-1)}{2} = \frac{10(9)}{2} = \frac{90}{2} = 45 \text{ matches} \]

(b) Double League Tournament
   In double league tournament every team plays with every other team twice.
   The number of matches is determined with the help of this formula:
   \[ n(n-1) \]
   If 9 teams are taking part in a double league tournament, the total number of matches will be held as given below:
   \[ 9(9-1) = 9(8) = 72 \text{ matches} \]

Advantages of League tournament:
(1) A team need not wait to win other for playing a match.
(2) Appropriate opportunities are available to the players to improve their performance.
(3) The spectators also get good opportunity to watch the game for many days. Only strong or deserving team gets victory in the tournament

Disadvantages of League Tournament:
(1) It is costly and requires more time.
(2) It requires more arrangements for sports officials and teams.
(3) Most of the teams become psychologically down due to their defeat again and again. In such a situation, these teams become unable to show good performance.

Q.11 – What is Combination Tournament?

Ans: Combination tournaments are conducted when the matches are to be played on group basis or zonal basis. As a matter of fact, these tournaments depend on the suitability of the activity, the number of participating teams and the areas and distance from which they come to participate.

Q.12 – Briefly explain about types of combination tournament?

Ans: There are four type of combination tournament:
1. **Knock-out cum knock-out:** In this type of tournament the total number of teams are divided in four equal zones. First of all the teams of each zone play on knock-out basis. In this way, a team becomes the winner from each zone. All the four winner teams again play their matches on knock-out basis. The team that wins in the final becomes the winner of inter zonal tournament.

   **Example:** Zonal Tournament on knock-out basis

<table>
<thead>
<tr>
<th>Zone A</th>
<th>Zone B</th>
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   Winner A

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<tr>
<th>Winner-B</th>
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<tbody>
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<td>1</td>
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</table>

   Inter Zonal Tournament on Knock – out basis

   Winner A
   Winner B
   Winner C
   Winner D

2. **League Cum League**

   In this type of tournament total number of teams are divided in four zones. All the teams play their matches in their respective zones on league basis. One team from each zone becomes the zonal winner. It is called zonal or group tournament. After that all the zonal winner teams again play the matches on league basis and one team becomes the winner of inter zonal or group tournament.

   **Example:** Group or Zonal Tournament – On League Basis

<table>
<thead>
<tr>
<th>Zone ‘A’</th>
<th>Zone ‘B’</th>
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<tbody>
<tr>
<td>1 – 2</td>
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</table>

   Winner – A

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<thead>
<tr>
<th>Winner – B</th>
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<td>1 – 2</td>
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</tbody>
</table>

3. **Knock-out cum League**

   All the teams are divided in four zones. First of all the teams play their matches in their respective zones on knock-out basis and one team becomes the winner from each zone. After that the four winner teams again play their matches on league basis and one team becomes the winner of inter group or zone tournament.

   **Example:** Group or Zonal Tournament on knock-out basis

<table>
<thead>
<tr>
<th>Zone A</th>
<th>Zone B</th>
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<tbody>
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<td>2</td>
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</table>

   Winner A

<table>
<thead>
<tr>
<th>Winner B</th>
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</thead>
<tbody>
<tr>
<td>1</td>
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<td>2</td>
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</tbody>
</table>
Inter Group or zonal tournament on League Basis

4. League cum Knock-out Tournament
All the teams are divided into four zones. All the teams play their matches in their respective zones on league basis. One team from each zone or group becomes the winner. It is called zonal tournament. After that the four winner teams play their matches on knock-out basis and one team becomes the winner of inter group or zonal tournament.

Example: Group or Zonal Tournament on League Basis

Inter Group of Zonal Tournament on Knock-out Basis

Q. 13 – What is bye?
Ans: A bye, in sports and other competitive activities, most commonly refers to the practice of allowing a player or team to advance to the next round of playoff tournament without playing.

Q. 14 – What is seeding?
Ans. Seeding is done to overcome the drawback of single knock out tournament. Seeding is the procedure by which good teams place din fixtures in such way that stronger teams do not meet each other at very beginning of tournament. Seeding can be done only if the standards of teams are known before the tournament.

Q.15 - What is special seeding ?
Ans: In this form of fixtures the seeded players are brought straight away to quarterfinals or semifinals. Though the method is unfair yet the outstanding players can’t stay for a longer period at a particular place. In this form of draw the other formalities of draws are not taken as seriously as in knock out tournament.

Q. 16 – What do you mean by Intramural? Elucidate the significance of Intramural.

Ans: In simple term, Intramural means “A game for each and each for a game”, Intramural competitions are the competitions conducted within the students of the same institution. Or in the other words, these activities are organized only for the students of a school or campus. No student of other school can take part in these activities. Intramural competitions are the best means to motivated all the students of an institution for participating in the games and sports.

Significance-
1. Intramurals are very significant for physical, mental, emotional and social development of students.
2. These programmes also lay stress on moral and ethical values of students.
3. Intramurals are necessary for the development of health of children.
4. These programmes are also important to calm down the fighting instinct of children.
5. These programmes refresh the children and make them agile.

Q. 17 – Explain any six objectives of Intramural.

Ans: 1. To provide opportunities for the students to organize and conduct competitions.
2. To provide an experience to participants in competitive sports.
3. To provide an opportunity for leadership and fellowship.
4. To provide an opportunity to develop group spirit.
5. To provide an atmosphere for joy, fun and pleasure of playing one’s favourite game in a competitive situation.
6. To provide an opportunity to maintain better physical and mental health though recreative and competitive situation.

Q. 18 – What do you mean by extramural? Elucidate the significance of extramural.

Ans: Extramural competitions are inter-college, inter-school, inter-institution competitions separately for each game and sport. The intramural programme takes pride in allowing its participants to take part in extramural competitions at state, regional national and international levels in various sports and games.

Significance

1. Through extramural completions, the standard of sports performance can be enhanced. Especially the losers can make strenuous efforts to improve their sports performance in next extramural competition.
2. Extramurals are essential to provide appropriate knowledge of new techniques of sports. The teams, which do not have appropriate as well as advanced techniques of various sports and games, can get such knowledge by participating in extramurals.
3. Extramural competitions enhance the chances for the students of various schools to participate in sports. May schools, who do not take part in such competitions, are motivated and consequently such schools tend to participate in extramurals.
4. Extramurals are essential for making and implementing the programmes of physical education more effective. Extramurals also help in broadening the base of sports.
Q. 19 – Explain any five objectives of extramural.

Ans: 1. To Develop brotherhood, fraternity and friendship among participating institutions.
2. To enhance the participation opportunity to talented students to develop and exhibit their potential fully and achieve excellence.
3. To bring laurels to the institution by registering victory in highest number of events.
4. To encourage social interaction amongst teams.
5. To provide fun, recreation and joy to the greatest possible manner.

Q. 20 – What do you mean by Specific sports programmes? Explain any three.

Ans: Specific sports programmes are such programmes of sports which are not usually related to completions. These sports programmes have various objectives such as creating awareness among people regarding unity, health and diseases like AIDS, Swine flu, etc. and raising funds for charitable institutions or organizations. Such programmes may be organized for the promotion and maintenance of health among people.

1. Health Runs
2. Run for Fun
3. Run for Unity

Health Runs

Health runs are organized almost every part of the world. In India, health run is organized in almost every state to make people health conscious. Health run does not require any specific preparation. Health runs are organized by health department, sports department or social organizations. Usually their purpose is to ameliorate the standard of health in a country along with the raising of funds for charity.

For health runs the requirement is only a pair of shoes and light clothes, there is no competition in it but registration of participants is performed in advance. The date and time is also fixed will in advance. There is no age limit in health runs and the distance course of running is also fixed up.

Run For Fun

These kinds of runs are organized by the various organizations for the people of all ages. Run for fun is more related to have fun and frolic during running. Run for fun is a friendly race that involves either road running or cross country running taking part for their own enjoyment and recreation rather than competition. It is organized to raise funds for a charity. The sponsors only deduct the organizational expenditure. Run for the fun can include novel categories such as wearing costumes and age categories for adults, teenagers and children.

Run For Unity

Run for fun is organized by different nations by their central governments, state governments, sports federations and institutions etc. to create a feeling of unity among the people. The purpose of run for unity may be national and international integration. It may be in the form of relay race of long distance. Every participant runs some distance. In the form or relay, they feel united. It may be in the form of marathon race as it is usually organized in Mumbai. A lot of people participate in this race from corporate world, film stars and marathon runners from other countries. The cash prize is given to the first three position holder. Such runs promote harmony, peace and solidarity among people of different religions.
Q.1 – What do you mean by adventure sports?
Ans: Adventure Sports are the activities which often involve speed, height, a high level of physical exertion and highly specialized gear or spectacular stunts.

Q.2- Mention any six objectives of adventure sports?
Ans: (i) Adventure sports activities create awareness among public to conserve and protect wildlife.
(ii) Adventure sports activities create the sense of proper use of forest resources and to avoid deforestation.
(iii) Adventure activities make concrete effort to minimize pollution factors and uplift natural environment.
(iv) These sports allow and encourage creativity in the innovation of new maneuvers and in the stylish execution of existing techniques.
(v) These sports are helpful in developing mental and physical fitness. Such sports involve fitness skills.
(vi) Adventure sports provide the participants a positive and healthy channelization for their abundant energy and enthusiasm.

Q.3 – What is camping?
Ans: Camping is an outdoor recreational activity. The campers leave urban area, their homes/region and enjoy nature while spending time outdoors, usually at a campsite.

Q.4- Discuss the material required and safety measures needed for camping?
Ans: **Materials or Equipment Required for camping:**

<table>
<thead>
<tr>
<th>Hammer</th>
<th>Sunglasses</th>
<th>Fire Starter</th>
</tr>
</thead>
<tbody>
<tr>
<td>First aid kit</td>
<td>Plastic Bags</td>
<td>Clothes</td>
</tr>
<tr>
<td>Insect Repellent</td>
<td>Knife</td>
<td>Compass</td>
</tr>
<tr>
<td>Emergency blanket</td>
<td>Hiking boots</td>
<td>Rain Coat</td>
</tr>
<tr>
<td>Tent</td>
<td>Sunscreen</td>
<td>Flashlight</td>
</tr>
<tr>
<td>Sufficient amount of food articles</td>
<td>Rope, Torch</td>
<td>Axe</td>
</tr>
</tbody>
</table>

**Safety Measure for Camping:**

1. Maintain the cleanliness around the camp site.
2. Make sure to extinguish fire completely.
3. Don’t walk after dark.
4. Do not approach dead animals, they could be prey left for a later meal.
5. Camp in groups and make enough noise.
6. Keep your camp clean and store food and garbage in double plastic bags.
7. Keep small children close to the group, preferable in plain sight just ahead of you.
Q.5 – What is rock climbing?

Ans: Rock climbing is a style of sports climbing that relies on permanent anchors fixed to the rock. It contrasts with traditional climbing in which fixed anchors are avoided and climbers place removable protection as they climb.

Q.6 – Elaborate the material requirement and safety measures for rock climbing.

Ans: **Materials or Equipment Required:**

- A helmet
- Belay devices
- Belaying Gloves
- Chalk Bag
- Good quality climbing shoes
- A rope

- Tapes for fingers to avoid abrasions
- Tight fitting clothings
- Webbing
- A Harness
- Carabineers

**Safety Measures**

1. Before starting climbing always check knots.
2. If you are a beginner, then go for rock-climbing with high top shoes with midsole.
3. Learn the use of basic equipment of rock climbing like rope, etc.
4. Don’t forget to carry a route map of the region where you are going for rock climbing.
5. A person must go for complete medical check up, so as to know whether he is completely fit for rock climbing or not.
6. A person must follow the advise of his instructor properly; otherwise he could face any mishapening.

Q.7 – What is trekking? Discuss various types of trekking.

Ans: Trekking refers to travel by foot through remote destinations that are in most cases inaccessible and unknown to visitors.

Trekking is mainly of four kinds:

1. **Easy Trekking:** This type of activity is for beginners, and basically involves the view of colorful horizons or sight of beautiful nature.
2. **Moderate Trekking:** Moderate trekking is more challenging than easy trekking. It is performed on medium to slightly higher altitudes. The individuals doing this type of trekking should be energetic.
3. **Strenuous Trekking:** This type of trekking requires strenuous physical efforts. It is basically done on high altitude regions, and is suitable only for those who have some previous experience of trekking.
4. **Difficult Trekking:** Fourth type of trekking is done on steep slopes. Generally, professional or experienced trekkers do this type of trekking. This type of trekking requires high level of precision, skill and endurance by the trekker.

Q.8 – Explain the material requirement and safety measures for trekking.

Ans: **Materials and equipment Required:**

1. Water bottle, pan, rope, safety kite, soap
2. Food material and cooking utensils.
3. Clothing as per requirement of your stay.
4. First aid box.
5. Chalk.
6. Paper dishes, safety pins.
7. Tent mattress
8. Sleeping baggage/bag.

Safety Measures

1. Plan the number of days of your adventurous trekking according to the climate and your budget.
2. The persons suffering from heart and lung ailments should not go for trekking because they may fall prey to acute mountain sickness.
3. Don’t forget to check your medical fitness and carry your routine and emergency medicines.
4. Carry necessary things to protect yourself from sun burning or snow blindness.
5. Wear proper footwear so that you don’t slip while trekking on mountains.
6. Don’t eat leaves, flowers etc, while trekking. They may be poisonous.

Q.9 – What is river rafting?

Ans: Abundance of rivers in the mountains makes India a world-class destination for river rafting. It is a sport for those who are fascinated by nature and a desire to be part of it. Some of the rivers where rafting is possible in India are the Ganges, Indus, Teesta and the Beas.

Q.10 – Elaborate the material requirement and safety measures for river rafting.

Ans: **Materials or Equipment Required**

1. Helmet, shoes and socks
2. Flash light
3. Sunscreen lotion
4. Personal medication
5. Life jacket or vest
6. Waterproof bags
7. A swim suit
8. Additional clothing’s (T-shirts, shorts)

**Safety Measures**

1. You should have enough capabilities as a swimmer.
2. You should avoid to go for river rafting alone.
3. A good quality unsinkable raft with an independent inflatable compartment.
4. A life jacket to be worn by each rafter.
5. Subheading Grades of River Rafting.
6. A waterproof bag for clothes, shoes, etc.
7. A watertight box for camera, etc.

Q.11- What is mountaineering?

Ans: Mountaineering is an adventurous sport that combines climbing and hiking up mountains or mountain terrains. An individual who wishes to get involved in this sport needs to have tremendous endurance, strength, agility and mental patience. There is no doubt that mountaineering is a strenuous and dangerous activity but
even then it is also thought that it is a reward to have the view of rare and wonderful sights after reaching at the summit. There are three basic forms of climbing which depend on the tack condition.

Q.12 – Mention the material requirement and safety measures for mountaineering.

Ans: **Material or Equipment Required:**

1. Sleeping bag
2. Inflatable pad
3. Ice axe, hammer
4. Crampons with 12 spikes
5. Harness with adjustable leg loops
7. Climbing helmet
8. Ski or trekking poles
9. Snow shoes
10. Mountaineering shoes and socks

**Safety Measures:**

1. Dehydration is common occurrence at higher mountains. So drink water frequently.
2. Before going for mountaineering ensure that you are in good physical condition. Indeed you should have good physical fitness.
3. Be aware of your surroundings and be mindful of fellow mountaineers.
4. Before going for mountaineering your must go for weather forecast.
5. Carry your personal medicines and first aid kit while going for mountaineering.

Q.13 – What are renewable resources?

Ans: Natural resources are those sources which may be obtained continuously year after year for the satisfaction of human needs, such as land water and plants. These recourses do not exhaust. They have the capacity to regenerate themselves. Water agriculture, fish and trees are some examples of replenishable resources.

Q.14 – What do you mean by non-renewable resources?

Ans: These resources are those which once mined and used cannot be regenerate. As for example, coal and natural oil are such non-replenishable because once they are mined and use, they cannot be renewed. In fact, all mineral resources are limited in quantity, which can neither be increased nor renewed. Coal, mineral oil, iron-ore are non-replesihable resources.

Q.15 – Discuss in detail about the use of natural resource.

Ans: There are various natural resources such as water, coal, fossil fuel, natural gas, forest, air etc. which are being used persistently by human beings. It is our great responsibility to use these natural resources in appropriate way. We must use them wisely. Many natural resources can be identified which are not used properly by human beings.

Some of these natural resources are mentioned below:
**Water**: Water is the most important natural resource which should be used properly. If we see wastage of water everywhere which can be avoided simply by providing training to educate people? They should use minimum water for daily needs such as cleaning utensils. Cleanliness, flushing in toilet, irrigating the garden plants, in irrigating the fields and in industries etc.

**Forest**: Forests are not used properly because there is uncontrolled felling of forests. In fact there is deforestation at large scale. There are various causes plantation, over-grazing, dam projects, mining, firewood, commercial purposes, adventure sports and tourism etc.

**Natural Gas**: There are several households which use natural gas for heating water in their homes. For heating water, solar water heater can be used. Hydro-power can be used for heating water. In such a way, the use of natural gas can be minimized.

**Fossil Fuels**: On earth there is limited amount of fossil fuels hence, if it is not used properly it can get over. The coming generations will have to face a number of problems. So for proper use of fossil fuels some renewable sources such as solar energy, gas, and water energy may be used for cars and other vehicles.

Q.16 – What do you mean by Conservation of surrounding or environment?

Ans: Conservation of environment simply implies the sustainable use as well as the management of natural resources. It does not mean that use of natural resources should be stopped. In fact, the aim of conservation of environment is the balanced and appropriate use of natural resources so that neither the environment is affected nor the coming generations are deprived of them. Conservation of natural resources usually focuses on the needs and interest of human beings, such as, the biological, economic, cultural and recreational values.

Q.17 – Explain about conservation of water energy, food and forests.

Ans: **Conservation of forests**

1. More and trees should be planted.
2. Avoid overgrazing of grass land by animals.
3. Paper comes from trees. Thus, make attempts to use recycled paper. Do not waste paper.

**Conservation of Energy**

1. Switch off bulbs, tube-lights, fans and other electric appliances when not in use.
2. Other sources of energy, like solar energy, wind energy, etc. can also be used.
3. Solar cookers, solar water heaters etc. can be used instead of LPG, coal or kerosene.

**Conservation of Water**

1. Close taps when not in use. Do not keep the water taps open while washing, cleaning and brushing teeth.
2. Do not dump waste material into rivers or other water bodies.
3. Factories should not dump hazardous or poisonous material on land or in water bodies. This makes water (even ground water) poisonous.

**Conservation of Food**

1. Foodgrains should be properly stored and protected from rodents.
2. Excessive use of pesticides should be discouraged.
Q.18 – Mention about the suggestions for conservation of surroundings or environment to the persons related to adventure sports.

Ans: Persons involved in adventure sports, like camping, rock-climbing, trekking, river rafting etc. can also contribute to conserving the environment, in the following ways.

1. Do not cut trees, herbs etc. during expedition.
2. Do not wash clothes, bathe or urinate near river banks.
3. Do not throw plastic bottles, politeness or other such material in mountains or valleys.
4. During activities like camping, do not leave the waste scattered on the ground. Instead, use a dustbin.
5. Do not leave any non-biodegradable waste product while participating in adventure sports.
6. During activities like rafting, many people throw various things in water for fun. However, this should be avoided, as it pollutes the water.

Q.19 – Explain the meaning of leadership in detail.

Ans: Leadership is needed in every profession. In field of Physical Education, leadership is also required to ensure continuous growth and vitality of profession. To be a successful leader one must possess foresight, drive, initiative, self-confidence and personal integrity. It is the ability to build up confidence and zeal among people and to create and urge in them to be led. Different situations may demand different types of leadership.

According to Durlin, R, “Leadership is the exercise of authority and making of decisions.”

Alford and Beaty say, “Leadership is the ability to secure desirable actions from a group of followers voluntarily, without the use of coercion (force).”

Q.20 – Explain the process for creating leaders through physical education.

Ans: The leaders in the field of physical education have both type of qualities i.e., innate qualities and acquired qualities. Through the programmes of physical education the acquired qualities can be created and developed successfully. So, the leadership can be created, developed through physical education programmes up in large extent.

Now sports scientists could be traced during the period to think in terms of psychological training. During the period 1900-1920, the athlete and the trainer approach started after 1920, when professional trainers and systematically trained physical educators appeared on the scene. Before that, the processes and procedures of athletic training were never debated or discussed in a formal manner in science labs. Only experience in hand was the guiding factor for both the athlete and trainer.

The age of Scientific Approach to the training for sports began in 1940 and during the period upto 1960 observed remarkable improvement in policies and practices. It attributed a lot not only towards the enhancement of human performance but also to attain recognition as a subject in the educational institution.

Q.21 – Explain nature and characteristics of leadership.

Ans: An analysis of the definitions cited above explores the nature and characteristics of leadership as stated below:

1. Leadership is neither bossism nor synonymous with management.
2. It exists only for the realization of common goals.
3. It involves readiness to accept complete responsibility in all situations.
4. Leadership is the function of stimulating the followers to strive willingly to attain objectives of the profession/group.

5. Leadership is a process of influence. It means a good leader will always strive to influence the behavior, attitude and beliefs of his subordinates.
SPORTS AND NUTRITION

Q.1 – What is nutrition?
Ans: Nutrition is a branch of science which refers to all the processes by which an individual gets his food. Nutrition is defined as the science of food and its relationship to health.

Q.2 – What is balanced diet?
Ans: A balanced diet is that which contains a proper amount of each nutrient. A balanced diet is the diet that contains adequate amounts of all the necessary nutrients required for healthy growth and activity.

Q.3 – What are macro-nutrients?
Ans: Those nutrients which are needed in the body in large amount like carbon, hydrogen and oxygen elements are called macro-nutrients. To take these nutrients, we take lots of carbohydrates, proteins, etc.

Q.4 – What is micro-nutrients?
Ans: Those nutrients which are required in less quantity or in traces like zinc, sulphur and copper are called micro-nutrients.

Q.5 – Describe the non-nutritive components of diet.
Ans: Water is an important element of balanced diet. It makes up to almost 70% of our body weight. Life process cannot occur without water. Functions:

(i) In the digestive system, water helps to break down complex food metabolism.
(ii) Water transports foods, wastes and gases through the body.
(iii) It keeps body cool though transpiration.

Q.6 – What do you mean by anorexia nervosa? Explain the causes and management of anorexia in detail.
Ans: Anorexia nervosa is a psychological disorder in which a patient has a distorted body image and an irrational fear of becoming overweight; therefore, they deliberately try to lose weight.

Anorexia is of two types: purging type of anorexia and Restricting type of anorexia.

(a) **Purging type of anorexia:** Body weight is reduced due to vomiting or by taking laxatives.
(b) **Restricting type of Anorexia:** Due to restricting calories, individual’s body weight is lost.

**Causes of anorexia:** There may be various factors, and some of them are mentioned below:

**Social Factors:** Social pressures to remain thin can lead to anorexia. If an individual wants to participate in gymnastics or modeling, these professions demand to remain thin. In some cases, parents criticize their children’s bodies and appearance. This act of parents can lead the children towards anorexia.

**Biological factors:** Biological factors are also cause of anorexia. If a female with anorexia has an offspring, that offspring is many times more likely to develop anorexia.

**Psychological factors:** The affected people with anorexia are usually perfectionists. They do what they are told. They excel in everything they do and focus themselves on pleasing others. But on the other hand they feel helpless inadequate and valueless. They never feel good enough.
Symptoms of Anorexia

1. The individuals with anorexia are usually afraid of gaining weight.
2. They follow dieting strictly despite being thin. They eat only-calorie foods. They avoid taking fats and carbohydrates in their diet.
3. Such individuals just pretend to eat. They hide or throw away food to avoid eating. They make excuses to get out of meals. They can be heard of saying that they had a huge lunch or dinner or they are having some digestive problems.
4. The individual also with anorexia usually refuse to eat in public places or party. If they eat, they eat in ritualistic ways e.g., chewing food and spitting it out etc.
5. There is a rapid and drastic weight loss of the affected individual without any medial cause. The weight loss may be up to 15 percent of body weight.
6. Such individuals have a feeling of fat however they are underweight. They have a feeling that they have excess fat deposited on their abdomen, hips and thighs.
7. The affected individuals with anorexia usually take diet pill, laxatives or diuretics. At any cost they remain eager to reduce their body weight.
8. They want to burn their calories more and more. Hence they do excessive exercise. Even when they are injured or ill, they definitely continue their exercise programme.

Prevention of Anorexia

Following points can be taken care of for prevention of anorexia:

1. They should say no to teasing or the teenagers should have concept that it is wrong to say hurtful things about another children’s body sizes.
2. Fitness comes in all sizes. We must provide the knowledge to children about their genetics and body size.
3. Stay away from the persons, places and activities which are related to anorexia.

Management and Treatment of Anorexia

For proper management and treatment the following points should be followed:

1. Generally there are no medicines to treat anorexia effectively. However, antidepressants can help in treating other mental disorders such as depression or anxiety which are related to anorexia.
2. Realize it that you have a problem of anorexia. Admit it that your relentless pursuit of thinness is out of your control.
3. Individual psychotherapy can provide help to the affected person in dealing with the behavior and thoughts that lead to anorexia. He can gain a healthier self-esteem and learn positive ways to cope up with distress.