

UNIT-6

Physical Activity and Leadership Training

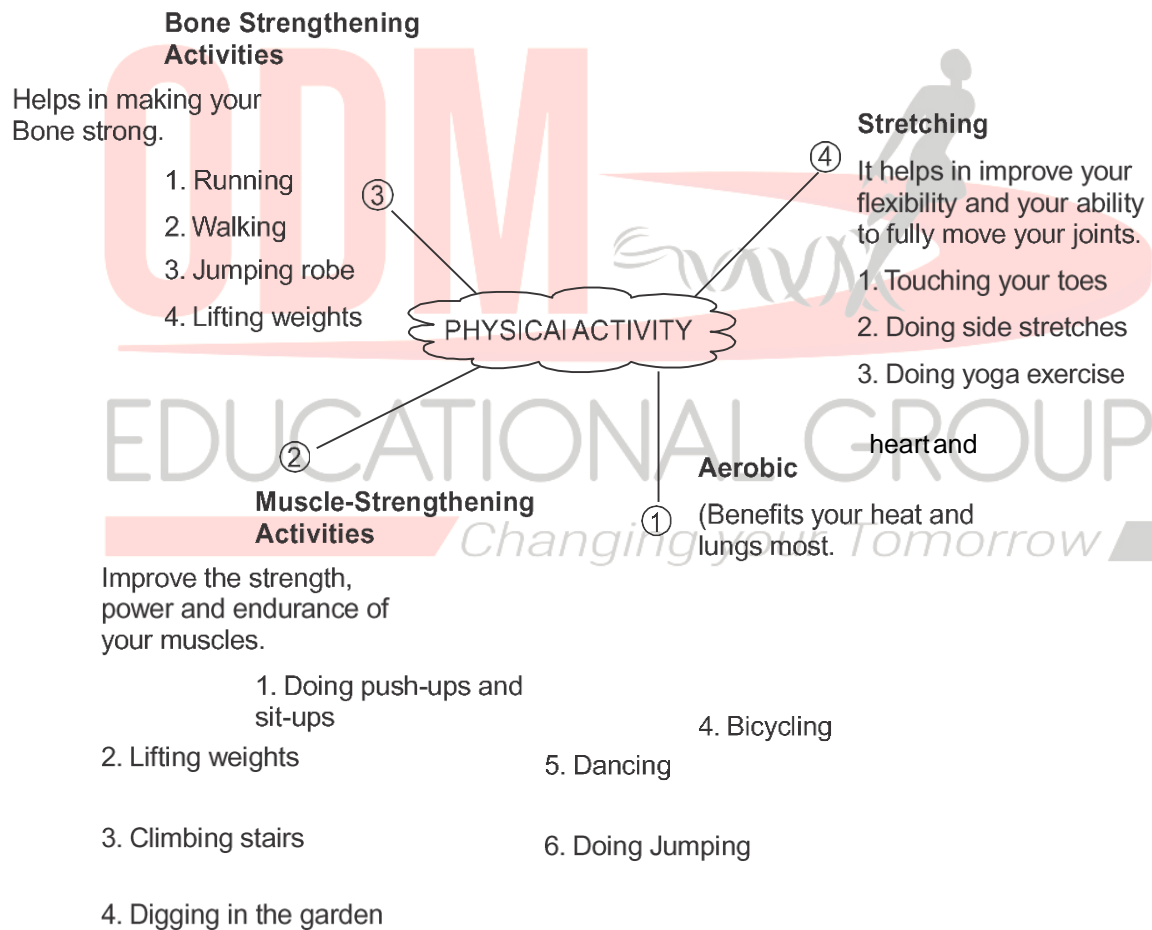
“Introduction to physical activity and leadership training”.

Physical Activity

Physical activity simply means movement of the body that uses energy.

The four main types of physical activities are—

1. Aerobic
2. Muscle–strengthening
3. Bone –strengthening
4. Stretching



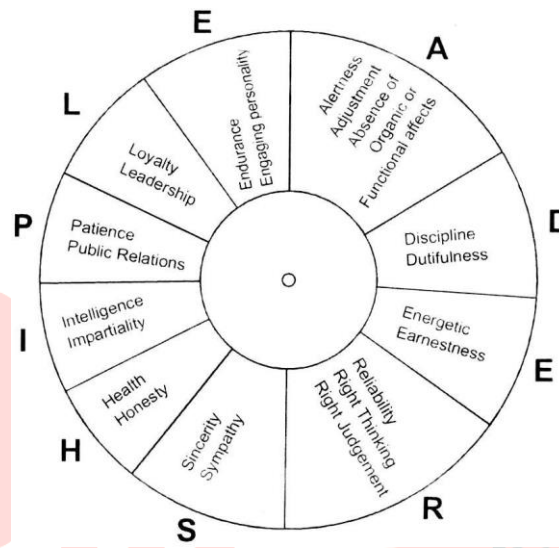
:-Leadership

Leadership can be described as the ability of an individual to influence, motivate, and enable others to contribute toward the effectiveness and success of an organization or a group of which they are members.

: -Leader – A person who can bring about change, therefore, is one who has the ability to be a leader.

Or

A person or thing that holds a dominant or superior position within its field, and is able to exercise a high degree of control or influence over others.



Qualities of a Leader

1. Awareness — As the leader of a team awareness is a key. A leader should be aware of different scenarios.
2. Passionate – The leader should be passionate enough to motivate other players.
3. Energetic
4. Friendliness and affection
5. Decisiveness
6. Technically skilled
7. Intelligent
8. Teaching skill
9. Creative
10. Interest in Research

Leadership: Leadership is the quality of a person to lead others in a family, society, tribe, group, or country.

Role of a leader in Sports

1. Organizer—A good leader in sports is a good organizer in organizing different sports events.
2. Motivator—A leader in sports understands his students and their mental needs. So, he plays the role of a good motivator.
3. Guardian—A good leader plays the role of guardian. A good leader understands the personal problem of an athlete and provides solution for the problems.
4. Teacher—A good leader in sports performs the role of a teacher by helping participants in developing teaching techniques, educate them and improve their range of styles.
5. Psychologist—A good leader plays the role of a psychologist. He knows the mental skills and toughness of their players.
6. Role model—As leader, you should be able to set a role model.

Creating leaders through physical education

Creating leaders through physical education we can make leaders through physical education by adopting the following approach—

1. Give various responsibilities of an event
 - i. Provide leadership training
 - ii. Provide regular opportunity to improve
 - iii. Recognize their achievement by facilitating them at different forms.
 - iv. Have faith and confidence in your students if they are defaulter.

Adventure Sports

Changing your Tomorrow ▲

Meaning: Adventure sports are such type of sports, which involve extraordinary speed, height, physical exertion, and surprising stunts.

Objectives of Adventure Sports

Aim: the main aim of adventure sports is to provide a carefully planned stimulating environment which will help each individual and excellent foundation for creative learning and independence.

Objectives:

- Thrill, excitement and fun.
- Exposure to nature.
- Self-assessment.

- Overcome fear and develop self confidence
- Enhancement of decision-making power.
- Canalizing energy.
- Stress buster.
- Information and knowledge enhancement.
- Development of positive attitude toward life.
- Build concentration.
- Encouragement of social relationship and teamwork.
- Develop motor and cognitive skills, creative learning.
- Inculcate values amongst children.

Types of Activities

Camping: Camping means going away temporarily to a place having temporary accommodation. It is like going away from home to a new home (camp) with limited facilities. There are various types of camping such as scout camp, N.C.C. Camp, N.S.S. Camp, Sports camp, adventure camp and social camp etc.

Rock Climbing

Rock climbing is a sport in which participants climb up, down or across a natural rock or artificial rock face. In rock climbing, the objective or goal of a climber is to reach the end point or summit of a predetermined route without falling. There are different types of climbing such as Aid climbing, free climbing, trad or traditional climbing "Sport climbing top rope climbing free soloing and bouldering.

Trekking

Trekking means going on a long and difficult journey, especially on foot. Its course often includes journey over mountainous regions and woods. Types of trekking

- a) **Easy trekking:** The individuals specially the beginners are offered easy treks.
- b) **Moderate trekking:** Moderate trekking are slightly difficult and challenging than easy treks.
- c) **Strenuous trekking:** Strenuous trekking a lot of physical effort energy and determination is required.
- d) **Difficult trekking:** Such type of trekking is suitable only for real adventure seekers.

River Rafting: River rafting is another adventure sport. It is a river journey undertaken on a raft or boat made of inflatable material. The difficulty of river rafting is from grade I to VI

Mountaineering: Mountaineering is another type of adventurous sports prevailing all over the world. It is one of

the finest outdoor opportunities available to the lovers of high places. Mountaineering is an adventurous sport that combines climbing and hiking up mountains or mountain terrains.

Surfing: is a surface water sport in which the wave rider, referred to as a surfer, rides on the forward or deep face of a moving wave, which is usually carrying the surfer towards the shore. Waves suitable for surfing are primarily found in the ocean, but can also be found in lakes or in rivers in the form of a standing wave or tidal bore. However, surfers can also utilize artificial waves such as those from boat waves and the waves created in artificial wave pools.

A sport resembling hang gliding, in which a person jumps from an aircraft or high place wearing a wide, rectangular, storable parachute.

Paragliding is the recreational and competitive adventure sport of flying partakers; lightweight, free-flying, foot-launched glider aircraft with no rigid primary structure.

The pilot sits in a harness suspended below a fabric wing comprising a large number of inter connected baffled cells.

Safety Measures During Adventure Sports Camping

Camping

Safety Measures: Camping sight, must be plain and clean, never approach wild, animals always be alert and aware of your surroundings, look out for snakes, spiders and other creatures, protect your eye, maintain discipline, careful around water, pay attention to weather condition etc.

Rock Climbing

Safety Measures

1. Choose appropriate venue.
2. Find an experienced mentor.
3. Always check harness and all equipment.
4. Check your knot.
5. Do not cross your legs etc.

Trekking

Safety Measures: An experience group leader required to ensure your trekking route, use ankle boots, always trek in group, keep sufficient food, know about flora and fauna of your route etc.

Mountaineering

Safety Measure: Mountaineering must be followed by an experienced guide, all safety measures of camping, climbing, and trekking must be followed, be cautious of avalanche etc.

River-Rafting

Surfing

Safety Measures: Read and obey the signs. Don't swim directly after meal. Don't swim under the influence of drugs or alcohol. Always swim under supervision or with a friend. Always swim or surf at places patrolled by surf lifesavers or life guard.

Paragliding

Safety Measures: Paragliding safety includes four items:

- 1. Preparation—(a)** Gather information about the weather forecast, the actual wind conditions, the site etc.
(b) Maintain your equipment with regular inspection and monitoring.
- 2. A Good Launch**
A good launch requires keeping the legs down until well clear of the hill.
- 3. Reaching the landing zone with sufficient altitude for an approach.** During the flight, the number one goal should be to make sure and reach the Landing Zone (LZ) with enough altitude to assess wind conditions and plan a safe approach.

A good Landing — Landing in the LZ into or mostly wind is the priority

Safety Measures during Physical Activities

Almost anybody can safely take up walking and light to moderate exercise is usually fine for healthy adults with no troublesome symptoms. It is wise to talk to a doctor if you have any questions about your health or plan to start more vigorous workouts, especially if you haven't been active recently.

Tips for avoiding injuries during physical activities-

1. Take 5 to 10 minutes to warm up and cool down properly.
2. Plan to start slowly and boost your activity level gradually.
3. Listen to your body. Hold off on exercise when you are sick or feeling very fatigued.
4. Drink plenty of water during physical activity.
5. Choose clothes and shoes designed for your type of exercise. Replace shoes every six months as cushioning wears out.
6. Exercising vigorously in hot, humid conditions can lead to serious overheating and dehydration. Slow your pace when you feel exhausted.

7. Dress properly for cold - weather workouts to avoid hypothermia.

Safety Measures to Prevent Sports Injuries

You can reduce the risk of sports injuries if you adopt these safety measures—

1. Warm up thoroughly by gently going through the motions of your sport and performing slow, sustained stretches.
2. Wear appropriate footwear.
3. Tape or strap vulnerable joints, if necessary.
4. Use the appropriate safety equipment, such as mouth guards, helmets and pads.
5. Drink plenty of fluids before, during and after the game.
6. Try to avoid exercising in the hottest part of the day, between 11 am and 3 pm.
7. Maintain a good level of overall fitness, particularly in the off season (in the months between playing seasons for a sport.)
8. Cross-train with other sports to ensure overall fitness and muscle strength.
9. Ensure training includes appropriate speed and impact work so muscles are capable of the demands of a game situation.
10. Don't exert yourself beyond your level of fitness, gradually increase intensity and duration of training.
11. Use good form and technique.
12. Cool down after sport with gentle, sustained stretches.
13. Allow adequate recovery time between sessions.
14. Have regular medical checkups.





