

Chapter-1

Planning in Sports

VERY SHORT ANSWER TYPE QUESTION (1 MARKS EACH)

Q1. What is knock-out tournament?

Ans. In knock-out tournament a team gets eliminated at the very first defeat. Only winning teams keep on continuing.

Q2. Explain league tournament?

Ans. In this system of tournament each team plays with the rest of the teams once if the tournament is single league. In double league every team plays twice with the rest of the teams.

Q3. What is 'Bye'?

Ans. It is a privilege given to a team to play directly in the second round. While drawing fixtures on knock-out basis if the no. of participating teams is not being the power of two i.e., - 22, 23, 24 and are odd in numbers. i.e., 5, 7, 9, 11, 12, then bye has to be given to a specific no. of teams/players. A team which is given 'Bye' will not play in the first round.

Q4. Define Intramurals?

Ans. Intramurals = Intra + Murals = Inside + wall within i.e., an activity performed within the walls i.e. within an institution/school/college is called intramurals.

Q5. Define extramurals?

Ans. Extramurals = Extra + Murals = Outside + wall. Extramurals means outside the walls or the campus i.e. when more schools or institutions join together to organise/to participate a competition. It is also known as Extramurals competition.

Q6. What is health run?

Ans. It is organised by sports or health department to raise funds for charity and spread awareness about health and fitness. People of any age can take part in it.

Q7. What is run for Fun?

Ans. It is organised to spread awareness about health and fitness. There is fun and frolic and no competition.

SHORT ANSWER TYPE QUESTION (80 to 90 WORDS)

(3 MARKS EACH)

Q1. Write the advantages & disadvantages of knock-out tournaments.

Ans. Advantages of Knock-out Tournaments

1. Knock-out tournaments are less expensive.
2. It helps in developing the standard of the game, as each team tries to perform at their best to avoid defeat.
3. Within shortest possible time, tournament can be finished.
4. No. of officials required also get reduced to organise such tournaments

Disadvantages of Knock-out Tournaments

1. There are chances of even good enough teams getting eliminated in Ist and IInd round itself.
2. There are chances of weak teams making it to final stages.
3. Viewers interest in the final match may get reduced.

*What is the league tournament ? Write its type of league tournament.

Explain its advantages & distances of league tournaments

Q2. Define league. Explain its types. Write its advantage & disadvantage of league tournament?

Ans. League or Round Robin Tournament

In this system, each team plays with the rest of the teams once if the tournament is single league. In case of double league every team plays with the rest of the team twice. Victory or

defeat does not matter.

Type of League Tournaments

1. Single League Tournament
2. Double League Tournament

Formula for no. of matches in single league $\frac{N(N-1)}{2}$ (N stands for no. of participating teams) E.g. For 12 Teams

$$\frac{12(12-1)}{2} = \frac{12 \times 11}{2} = 6 \times 11 = 66$$

For Double league Tournament

$N(N-1)$

Eg. $8(8-1) = 8 \times 7 = 56$

Advantages of League Tournament

1. Only the strong teams will win.
2. Teams will get enough opportunity to show their performance.
3. Games and sports get more opportunity of publicity.
4. Officials find it easy to choose a team.
5. A team does not have to defeat the other team to play next match.
6. There are no. of opportunity to improve one's own game and performance.
7. Viewers get enough opportunity to see a no. of games.

Disadvantages of League Tournament

1. It takes more time.
2. It is more expensive.
3. Much bigger arrangement has to be made.

4. Repeated defeat demoralise the team and reduces recreation of the spectators.

Q3. Write the procedure of fixtures in league tournaments?

Ans. Procedure of Fixtures in League Tournaments

1. Cyclic Method
2. Staircase Method
3. Tabular Method

1. Cyclic Method

A fixture of 4 teams

$N = 4$

Total no. of matches

$$\frac{N(N-1)}{2} = \frac{4(4-1)}{2} = \frac{4 \times 3}{2} = 6 \text{ matches}$$

No of rounds = $(N-1) = 4-1 = 3$

IR

4 - ①

3 - 2

IIR

3 - ①

2 - 1

IIIR

2 - ①

4 - 3

2. Stair Case Method

6 team

.

3. Tabular Method

Q4. What are the objectives of Extramurals ?

Ans. 1. To improve the standard of sports - By taking part in extra murals the students get gradually more and more technically and tactically equipped.

2. Provides experience to students - Extramurals give many opportunities to students to take part in different tournaments and gain experience.

3. To develop sportsmanship - All the players play together, eat together, live together, it develops the sportsmanship among the players.

4. To provide the knowledge of new rules and regulations and advanced techniques- Through extra murals players get extra knowledge about related activities by meeting new teams and players.

Q5. Define Tournament? Write the types of tournaments?

Ans. A tournament is a competition involving a relatively large number of competitors, all participating in a sport or game.

Types of Tournaments

1. Knock-out Tournament
2. League or Round Robin Tournament
3. Combination Tournament
4. Challenge Tournament

LONG ANSWER TYPE QUESTION (150 to 200 WORDS)

(5 MARKS EACH)

Q1. Explain the principles of Intramurals.

Ans. Local Circumstances

1. It means the favourite games of the school and the area in which the school is located. Availability of play ground and other facilities. Which are suitable for activities & students.

2. Good quality sports equipments and facilities

In order to organise intramurals the sports equipments should be very high quality to avoid the injuries.

3. Interest

The selection of activities should be on the basis of the interest of the students so that the students can enjoy it and it will increase the number of participation in the intramurals.

To maintain the interest, activities should be selected on the basis of students, facilities & society.

4. Budget

Organising intramurals is based on the budget of the school. In case there is sufficient budget it can be organized on a large scale other wise we can organise it within the budget.

5. Time & climatic condition

It is also a very important factor. It should be organized in evening or in the holidays so that the teaching classes are not disturbed.

6. Mass participation

In such competitions winning should not be over emphasized because mass participation is more important. We should see that every student take part and enjoy the sports activities.

7. Medical examination

Medical examination of all the participants should be compulsory. Students having serious health problem an injury should be prevented from participating.

8 Classification of students

On the basis of age, sex, ability, weight, height and strengths of class, students should be classified to maintain the interest in the tournament.

Q2. Explain the objectives of planning.

Ans. There are various objectives of planning which are-

1. **To reduce unnecessary pressure of immediacy** - In hurry a work can not be performed efficiently and smoothly. So to reduce the pressure of immediacy or urgency are the main objective of planning.
2. **To keep control over all the activities** - Planning helps in keeping good control in organizing a tournament as planning and control are connected with each other.
3. **To facilitate proper Co-ordination** - This objective of planning is related to facilitate proper coordination among the various members of committees, formed for to organise the competition.
4. **To reduce the chances of mistake** - A proper planning reduces the chances of mistake and oversights. Planning help to do work in systematic way.
5. **To increase the efficiency** - With a help of a proper planning the sports officials become more efficient. They perform their duties efficiently and effectively because planning provide chance to study their work.
6. **To increase the creativity** - To increase the creativity is another significant objective of

planning. As a matter of fact, a proper planning increases the creativity among the officials, coaches and physical education teachers. In fact planning helps innovative and creative thinking because many new ideas come to the mind of officials when they make on a plan.

7. To enhance the sports performance - Without proper planning it is not possible to improve the performance of a sports person. In fact, training of sports activity of players are useless if it is not well planned.

Q3. Write the meaning of Intramural & write its principles.

Ans. The word 'intramural' means the activity performed within the walls i.e. within the campus of an institute. Such activities are basically organized by school, colleges or other institutes for their students only. Students enjoy such activities the most.

Principles of Intramural

- 1. Interest** - Activities should be of the interest of students & related society.
- 2. Facilities & Infrastructure** available like playgrounds, equipments, gymnasium.
- 3. Cooperation & necessary help** that can be expected from the colleagues for the smooth conduct of game.
- 4. Budgets** - Sufficient budget should be there for its successful organisation.
- 5. Time** - Availability of time & students for conducting the events.
- 6. Winning** - Focus should be on mass participation not on winning or Loosing.
- 7. Medical Examination** - Medical examination for all the participants should be compulsory to avoid injuries.
- 8. Classification of students** - On the basis of age, ability, weight, or class, sex, students should be classified.
- 9. Geographical & climatic condition** should be taken into consideration.

Q4. Define extramurals. Write its objectives & principles.

Ans. Here extra means outside and murals means walls i.e. outside the wall or campus. When one more school or institution joins together to organize the games or sports is called extramural activity. It is also known as interschool competition.

Objectives of Extramurals

1. To improve the standard of sports
2. To provide opportunities to show their skills in various sports activities.
3. To develop experience to students
4. To broadens the base of the sports
5. To provide the knowledge of new rules and regulations and advanced techniques.
6. To develop sportsmanship and fraternity.

Principles of Extramurals

1. Willing Participation - Students Should not be forced to participate.
2. Medical Examination Prior to Participation - Medical examination should be compulsory for all the participants.
3. Arrangement of efficient officials - efficient officials should be arranged well in advanced for smooth organisation.
4. Extramural programmes should be fixed according to the convenience of the players.
5. Winning should not be over emphasized.
6. Good Quality of sports Equipments should be used.

Q5. Explain the meaning of specific sports programme? Write its contribution for society.

Ans. Specific sports programs are those programs of sports which are often not related to the competition. These programs are designed with multiple objectives with their focus on the

well being of an individual. 'The aims of programme is to create awareness among the common people regarding unity & integrity, prevention & protection against various diseases' etc.

Specific Sports Programmes

(i) Sports Day

Sports day is organised in the school once in the year so that the all round development of children could be done. Various physical and recreation activities are conducted on sports day. It is organised by almost each and every school. On sports day every child gets ample opportunities to take part in activity of their choice. Due to these days most of students get experience as organiser as well as administrator. Sports day also provide opportunity to select talent for future.

(ii) Health Run

These programmes are organised by health and sports department to raise the standards of health and also to raise funds for charity. Registration of participants is done in advance and day & time is fixed. There is no age bar. People of any age can take part. There is no competition. These provide significant health benefits. But pre cautionary measures must be taken before participating i.e.: proper sports kit, Health status of individual.

(iii) Run for Fun

This is to create awareness among people to keep fit and healthy. There is fun and frolic while on the run there is no competition. It is commonly organized for arranging funds for charity. It can be perform it in different customs, different age group, children like adults, teenage etc.

Run for Unity

This is to inculcate peace and harmony among the people of different religion or faith. Its purpose may be either National or International brotherhood. Many people from corporate world, film stars and marathon racers from abroad take part. First three position holders get cash awards. It can either be a long distance race or a relay. In relay race, every participant runs a specific distance and gives opportunity to the teammate to participate. So, these runs

bring sense of togetherness among people.

Run for Awareness

Run for awareness is organised to make the masses aware of present problems or any health problem of serious nature like AIDS, SWINE FLU etc. Such 'RUNS' lay stress to remove or prevent the deadly diseases. Its purpose is to raise funds for charity. Participants get a T-shirt after finishing the run. First three position holders get prize. There are different age wise categories.

Q6. Prepare the fixture in knock out & league tournaments.

Ans. Important Points of Knock-out Tournaments

1. Number of all teams taking part.
2. Number of total byes.
3. The number of total teams in each half or quarter.
4. The number of byes in each half or quarter.
5. Number of total rounds.
6. Total no. of matches = Total no. of teams-1.

Method of preparing fixture in Knock-out Tournament

Total no. of matches to be played, can be easily calculated by subtracting 1 (one) from total no. of participating teams i.e. If there are 12 teams ($12-1 = 11$) i.e. 11 matches will be organised.

Team can be easily divided into 2 halves if the total no. of teams is power of 2 i.e.- 2, 4, 8, 16, 32, 64, 128. etc.

If the no. of teams, is different from the above pattern i.e.- 3, 5, 6, 7, 9, 10, etc. byes will have to given. Bye is a dummy team that does not play in the first round.

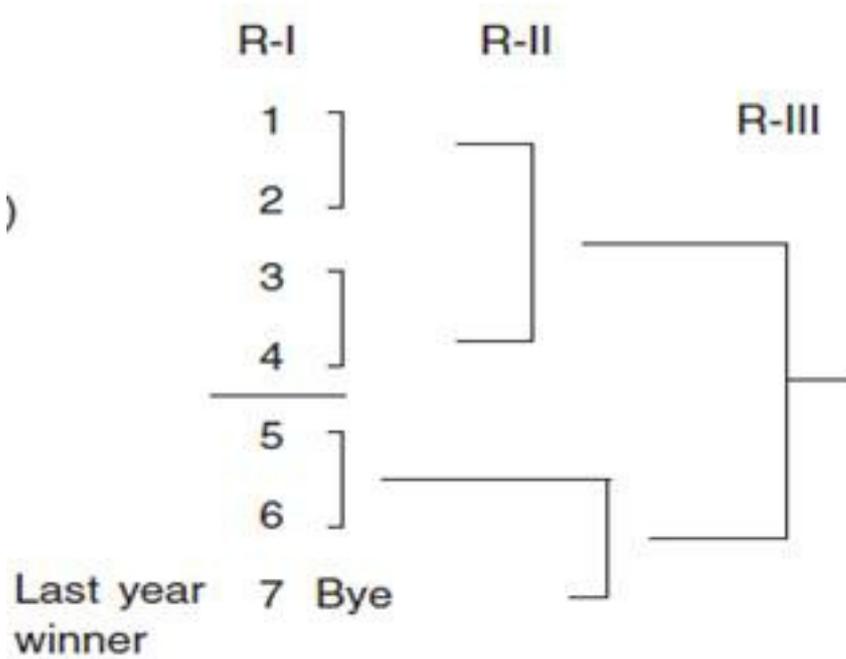
Formula to give bye -

Example I - Total no. of teams = 7, total no. of matches = no. of team-1

Next higher no. which is power of 2 = 8

So, the no. of bye will be = 8-7 = 1 [higher power of 2 - no. of teams]

To divide the teams in two halves



Upper half

$$= \frac{\text{Total no. of teams} + 1}{2}$$

(*N* stands for the no. of teams)

$$= \frac{N+1}{2}$$

Lower half

$$= \frac{N-1}{2}$$

