

CHAPTER 03

Physical Activity and Leadership Training

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Physical education and its activities ensures the growth and development of many qualities including intelligence, firm determination, cooperation, etc. One of these qualities essential to the field is leadership.

Introduction to Leadership

Leadership is defined as “the activity of inspiring people to perform and engage in achieving a goal.” It means to lead a group of people or an organisation in reaching a particular target.

Leadership is a unique skill that cannot be taught but can be learned through observing others. It means to have a clear vision and then aligning and motivating others in the fulfilment of that vision.

According to **Cohen**, “Leadership is the art of influencing others to their maximum performance to accomplish any task, objective or project.”

According to **Richards and Engle**, “Leadership is about articulating visions, embodying values and creating an environment within which things can be accomplished.”

According to **Field Marshal Montgomery**, “Leadership is the capacity and will to rally people to a common purpose together with the character that inspires confidence and trust.”

These definitions of leadership reveals that the main essence of a leader is the personality which comprises of the following elements

- **Creating** a vision for the future.
- **Inspiring and motivating** people to reach that vision.
- **Managing** by making plans for the fulfilment of that vision.
- **Building** a team to achieve that vision.

A leader, thus, has the ability to provide positive influences on the lives and behaviours of others. He/She possess the qualities that inspire, guide and mentor people in reaching a common goal.

In the field of physical education, the quality of leadership is essential not only to build a good athlete but also for the overall development of the athlete as a person.

Qualities of a Leader

A leader is a person who gathers support and cooperation from his/her colleagues, subordinates or team members. He/She possess certain qualities *i.e. personal* as well as *professional*, that are necessary in the field of physical education.

The qualities possessed by a leader includes

1. **Self Awareness** Leaders must possess a vision along with knowledge about their own strengths and weaknesses, knowledge about skills and complete information about the vision.
2. **Determination and Dedication** Leaders should have the confidence to meet the challenges with firm determination and dedication. He/She should be devoted to the profession and must be able to face even the worst situations.
3. **Intelligence** Wisdom is very important for a leader to develop intuition and insight for future events. A leader should be intelligent enough to find out all possible solutions for a complex set of problems.
4. **Strong Interpersonal Skills** A leader must be social. He/She should possess essential social qualities such as cooperation, brotherhood, sympathy, empathy, respect etc. He/She must have the ability to interact and work harmoniously with all team members.
5. **Decision-making** A leader of physical education should be able to take decision spontaneously. He/She should be able to look at the problems logically and must take decisions at the right time.
6. **Energy and Enthusiasm** A leader should be energetic and enthusiastic. He/She should be able to motivate and excite the players to give their best to the game.
7. **Good Health and High Motor Capacity** A leader in physical education should have good health and high motor fitness. He/She must display all the components of physical fitness such as strength, speed, endurance, flexibility, etc.
8. **Effective Communication Skills** Communication is an essential and integral part of positive leadership. A leader must be able to convey his/her thoughts and ideas clearly to the players. It plays a very effective role in teaching and coaching process.
9. **Impartiality** A good leader must be economically balanced. He/She should see everyone as equal, should be moral and should not participate in any kind of partiality.
10. **Creative** A leader in physical education must be creative. He/She must be able to produce new techniques and ideas that may be needed in this field.
11. **Teaching Skills** A leader in physical education, must have deep knowledge of various teaching skills to efficiently transfer his/her knowledge.
He/She should also be capable of using and understanding the body language, gestures, expressions, etc.

12. **Good Personality** A leader must have a good personality. He/She should have good physical, mental and social qualities which helps to influence his/her followers.

Role of a Leader

An able leader has the capability to take his team and organisation to new heights. Thus, the role of a leader is very important in the field of physical education. Following are the main roles of a leader

1. **Guidance and Counselling** The role of a leader is to mentor as well as guide the team members and counsel them from time to time so that they do not forget the vision.
He/She should understand his/her students and their mental needs to not only provide help but also motivate them towards achieving the personal as well as the common goal.
2. **Representation** The role of a leader is to represent the team or the organisation at different places such as in competitions, seminars, conferences etc.
He/She is the spokesperson of the team who communicates the feelings and problems of the team to the higher authorities and works for their benefit. An effective representation increases the confidence of the entire team.
3. **Integrate Goals** The role of a leader is to integrate the individual goals with that of the organisation or team. In this way, a leader brings people closer to work for a common goal or a common purpose.
4. **Support and Cooperation** The leader, with his intelligence, maturity and pleasing personality, helps the team members by providing them support and increasing cooperation.
He/She leads all the matters related to discipline and settles all the internal differences. He/She controls the internal relationship within a team and makes all efforts to raise the morale of the team.
5. **Decision Maker** The role of a leader is to take strategic decisions for the success of the team as well as develop plans to realise those decisions.
6. **Team Builder** An important role is to make an impressive team that consists of people with different talents so that the team members assist each other instead of competing with each other.
7. **Organiser** A good leader in sports is also a good organiser. He/She not only organises any group event that may take place, but also plan the ways in which a team/athlete may achieve its goal. He/She has a thorough and vivid knowledge to lay out the plan.

8. **Executor** A good leader makes sure that the plans are executed well. It is his/her responsibility to make sure that the objectives of the group are put well into all the affairs. He/she makes sure that the execution take place efficiently and with care.
9. **Exemplary** A good leader acts as an example for his/her team. He/She sets up an example of top norms of conduct, character and idealism. He/She shows all those qualities within himself/herself that he/she wants his/her team to gain or learn.

Adventure Sports

Adventure sports also called as *action sports*, *aggro sports* and *extreme sports* is a popular term for certain activities perceived as having a high level of inherent danger. These activities are usually outdoor sports which involves certain intense actions involving speed, height, etc., that creates an adventurous atmosphere.

In these games, sports person go through unlimited thrill, excitement, entertainment and adventure.

Generally, adventure sports can be understood as the sports that involve extraordinary speed, scaling height, physical exertion and sometimes life-threatening stunts. However, a very clear and precise definition of the term has yet not been found.

According to **Dr. Rhonda Cohen**, “An adventure sport is a competitive (comparison or self-evaluative) activity within which the participant is subjected to natural or unusual physical and mental challenges such as speed, height, depth or natural forces and where fast and accurate cognitive perceptual processing may be required for a successful outcome.”

As explained by the **Living Dangerously Website**, the phrases ‘adventure sport’ or ‘extreme sport’ are used to classify certain activities that feature a high level of danger. According to them, “These activities often involve speed, height, a high level of physical exertion, and high specialised gear or spectacular stunts.”

Adventure sports have been best defined as “Outdoor sports or activities in which the participants competes in a natural environment, more against themselves than against others.”

Objectives of Adventure Sports

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

As adventure sport is more of an individual sport rather than a team sport, it essentially focuses on the development and growth of an individual.

Its objectives are as follows

1. **To Develop Self-confidence** By overcoming the fear and experiencing the thrill, one can develop self-confidence. Individuals who participate in adventure sports compete against themselves and therefore have a great sense of achievement when they reach their goal.
2. **To Build the Concentration** In these sports, a person has to be very alert and attentive all the time. Hence, a person develops a habit of extended attention and concentration.
3. **To Develop Mental and Physical Fitness** Adventure sports involves fitness skills like jumping, climbing, swimming, etc. These activities then help in building mental and physical fitness.
4. **To Improve Social Relations** During participation in adventure sports, qualities like sympathy cooperation, helpfulness, adjustment, sincerity, patience, are developed between two individuals.
5. **To Have a Bond with Nature** Most of the adventure sports are outdoor activities which give enough opportunities to experience nature. A result of this exposure to nature, makes an individual bond with the nature so that he/she not only learns to respect it but also learns to cherish it.
6. **To Face the Challenges Against any Odd Situations** These sports enhance one’s capacity to face odd situations with courage and determination.
7. **Proper Use of Abundant Energy** Adventure sports provide the participants a positive and a healthy channelisation of their energy and enthusiasm. Such use of energy is beneficial for the holistic development of the individual.
8. **To Provide Amusement and Excitement** It is the vital objective of adventure sports to provide amusement, excitement, exhilaration, recreation, and enjoyment.

Types of Adventure Sports

Various types of adventure sports are as follows

Rock Climbing

Rock climbing is an activity in which participants climb up, down or across natural rock formations or artificial rock walls.

The goal is to reach the summit of a formation or the end point of a pre-defined route without falling. To successfully complete a climb, one must return to the base of the route safely.

As one of the most dangerous adventurous sports, rock climbing requires strong mental control, agility, flexibility, endurance and various coordinative abilities such as coordination, balance, etc.

For the safe and secure completion of routes, knowledge of proper equipments and its usage along with climbing techniques is must. Even with utmost care, it is an accident prone sport.

Due to the length and extended endurance required in the sport, accidents are more likely to happen on descent than on ascent, especially on the larger multiple patches.

Apart from being an entertaining sport, various rock climbing competitions are also organised all around the world.

These competitions have the objective of either completing the route in the quickest possible time or attaining the farthest point on an increasingly difficult route.

Further, because of the wide range and variety of rock formations around the world, rock climbing has been separated into several different styles and kinds, such as aid climbing, free climbing, bouldering, free soloing, top rope climbing, trad climbing, sport climbing, etc.

Safety Measures During Rock Climbing

The following safety measures should be taken before and while taking part in this activity

- Don't climb higher than you are supposed to.
- Put the harness on the body correctly, so that you do not get tangled in the rope if you fall.
- If you are new to rock climbing, belay (*i.e.* fix a running rope round a rock to secure it) with an experienced climber.
- Use the right equipment like shoes, ropes, slings, etc.
- Practise falling away from the rock wall (so you do not hit any rocks on the way down). You will fall sometimes, especially if you want to get better.
- Take small breaks in between attempts. Give yourself a chance to recover before climbing again.
- Practise correct technique. Many new climbers try to hang with their fingers and elbow; this technique wastes energy and isn't effective.
Your arms should be used for shifting weight, not trying to hold yourself up with a tight grip.
- Watch experienced climbers to help you improve your own technique and climbing safety.

Trekking

Trekking can be defined as a form of walking, undertaken with the specific purpose of exploring and enjoying the scenery.

It is essentially a long walking journey that usually takes place on trails in areas of relatively unspoiled wilderness, especially the mountains.

In other words, trekking is a journey on foot to remote regions where there may be no proper road and modes of transport.

It is to be kept in mind that trekking is not an easy task to do. Infact, it requires a lot of courage and confidence alongwith a strong physique.

It is also known as **backpacking** in America, **Tramping** in New Zealand and **Hiking** in India.

Trekking involves carrying bag with all the things that may be required for a journey of more than a day. This can include food, water, bedding, shelter, clothing, stove, cooking kit, etc.

Trekking is all about enjoying a great walking holiday of either overnight hikes or extended hikes of many days.

As a physical sport, it helps not only in building self-confidence but also improves the general health of an individual, especially the cardiovascular system.

Types of Trekking

Based on its difficulty level, trekking may be of four types which are as follows

1. **Easy Trekking** This kind of trekking is generally done by beginners. It does not include any kind of difficult high-altitude climbing. In other words, it includes easy climbing.
2. **Moderate Trekking** Treks that are slightly difficult and challenging, come under this category. It requires more energetic climbers, as it usually takes longer than 10 days of walking up and down.
3. **Strenuous Trekking** This type of trekking needs a lot of physical effort, energy and determination. Such trekking requires a previous experience in mountain walking, as treks involve walking to high altitude about 5,000 m.
4. **Difficult Trekking** This is the type of trekking that includes walking up to some very steep altitudes. The participants of this kind of trekking must have enough experience as well as endurance to take this trek, as it generally extends over one month.

Safety Measures During Trekking

The following safety measures should be taken before and while taking part in this activity

- Avoid trekking during the rainy season or during bad weather. Before starting, check the weather report for the area where you are going and prepare yourself or your group (if any) accordingly.
- Take all the required materials like water, matchbox, food items, rope, sleeping bag, tent, etc.
- To avoid insect bites, wear full sleeve shirts and full pants.
- Wear proper footwear so that you do not slip while trekking in hilly areas. Do not eat leaves, flowers etc. found on the wayside, as they may be poisonous.
- Take along a multi-pocket carry bag which is large enough to carry all the essential items.
- It is suggested that you use trekking stick for better and efficient trekking.

River Rafting

River rafting or white water rafting is the challenging recreational outdoor activity of using an inflatable raft to navigate a river or any other water body.

This is often done on 'white water' (meaning different degrees of rough and harshly flowing water), in order to thrill and excite the passengers on the raft.

This activity as a leisure sport, became popular in the mid-1970s, evolving from individuals paddling 3 metre rafts with double-bladed paddles to multi-person rafts propelled by single-bladed paddles and steered by a tour guide at the stern. It is considered an extreme sport and can even be fatal.

The modern raft is an inflatable boat consisting of very durable, multilayered rubberised (hypalon) or vinyl (PVC) fabric with several independent air chambers.

It is usually propelled with ordinary paddles and typically holds 4 to 12 persons.

Rafts come in different forms like

- A symmetrical raft steered with a double-bladed paddle at the stern, which is the most common one used in Europe and Australia.
- An asymmetrical rudder-controlled raft.
- A symmetrical raft with central helm (oars) and stern mounts with the oar frame located at the rear of the raft.

Based on how demanding the paths of the rivers are, river rafting has been classified into grades ranging from I to VI. These are as follows

- **Grade I** The river has flat water but potentially with small waves. The path is clear of obstacles, or has very few obstacles to manoeuvre around. This type is generally enjoyed by the beginners.
- **Grade II** The river may have some waves or rough water with little obstruction in the form of rocks. It requires guidance for safe navigation.
- **Grade III** It is the most common route including normal waves, rocks with a clear passage downstream. However, careful manoeuvring, prior experience and strong paddling skills under an experienced guide are required.
- **Grade IV** The river has many irregular sized large waves and obstacles including rocks. This grade should not be performed without any prior experience and the presence of an experienced guide.
- **Grade V** The rivers have large and irregular waves, with many obstructions in the forms of large rocks. It requires very careful and precise manoeuvring. Only the individuals with advanced training and experience should participate at this level.

- **Grade VI** The river has huge waves. This level is very tough and thus requires great physical endurance and mental toughness. At this level, the individuals may face any injury or even death.

Safety Measures During River Rafting

The following safety measures should be taken before and while taking part in this activity

- Never go on this activity alone. Always have a team of people in the raft.
- All participants must have adequate capabilities as swimmers, in case of an accident.
- Always wear a life vest and helmet while participating in this activity.
- Before starting, check all the equipments to ensure everything is okay. Particularly check the dinghy / raft for any cracks and proper air level.
- If any participant feels tired, he should not drag his paddle in the water, as it might hit a rock in the river.
- Drink plenty of liquids before, during and after the rafting activity, as this activity makes you dehydrated.
- End your rafting before darkness falls; if it is getting dark, don't go for this activity.

Mountaineering

Mountaineering, also referred to as 'mountain climbing' or 'Alpinism' in Europe, is the sport of climbing or ascending a high mountain.

Often confused with rock climbing and hiking, mountaineering differs from these sports. This adventurous sport is a combination of the skills required in hiking as well as rock climbing.

Also, the mountains generally have a mixed terrain with the presence of rock, ice and snow, so climbers need to be able to navigate through a wide variety of conditions.

Depending on the case, mountaineering may involve using technical equipment and combining a series of related skills.

Climbing mountains embodies the thrills produced by testing one's courage, resourcefulness, strength, ability, and stamina to the utmost in a situation of inherent risk. In fact, this adventurous sports challenges an individual's capabilities and skills.

Besides reaching a summit, the main objective of a mountaineering trip lies on overcoming safely every hazard along the route.

For most climbers, the pleasures of mountaineering lie not only in the 'conquest' of a peak but also in the physical and spiritual satisfactions brought about through intense personal effort, ever-increasing proficiency, and contact with natural grandeur.

Safety Measures During Mountaineering

The following safety measures should be taken before and while taking part in this activity

- Before each excursion, look at the latest weather forecast for the area and keep your eye open for any changes in the weather.
- Assess your fitness level objectively and choose a suitable mountain to climb.
- Before starting, check all the equipment to ensure everything is okay, particularly the safety equipment, like ropes and slings, climbing boots, protective clothes for cold weather etc.

Surfing

Surfing is a surface water sport in which the wave rider, referred to as a surfer, rides on the forward part or face of a moving wave on the surface of the water, which is usually carrying the surfer towards the shore.

In other words, a surfer waits for an ocean, river or man-made wave and then glides across the wave until it breaks and loses its energy.

The ultimate goal of surfing is to ride and progress with a moving wave using a surfboard.

According to many historians, surfing had been a sport in Hawaii, even before Christopher Columbus sailed in 1492. These ancient surfers generally used wooden boards that were up to 18 feet (5.5 m long).

Today, surfing is a popular adventurous sport in many countries including Australia, Brazil, France, etc.

The boards used for surfing today are made of a strong, lightweight plastic called polyurethane and fibreglass.

These boards fall under two categories

1. **Short Board** Board under the length of 7 feet (2 m) with a width of about 20 inches (51 cm) and a thickness of 2 inches (5 cm) is called short board. It weighs from 6-8 pounds (2.5-3.5 kgs).
2. **Long Board** Board with the length of more than 7 feet with a width of 23 inches (5.8 cm) and a thickness of 2.5 inches (6 cm) is called long board. It weighs from 15-17 pounds (7-8 kgs).

All forms of surfing requires sharp reflexes to stay balanced. Surfers should be able to anticipate what breaking a wave will do. Many surfers train their bodies by running and body building for the different categories of surfing.

Types of Surfing

The various categories of surfing are as follows

1. **Stand-up Surfing** The modern-day definition of surfing most often refers to stand-up surfing. In this, a surfer rides a wave by standing up on a surfboard. It is the most popular and easiest method of surfing.
2. **Body Boarding** In this form of surfing, a surfer rides a wave on a body board (full body length board), either lying on the belly, on a dropped knee, or standing up.
3. **Knee Boarding** This is a type of surfing done from a kneeling position, usually on a small, wide, blunt-nosed board. People doing this form of surfing prefer it because of the increased sensation of speed that comes from riding closer to the water surface.
4. **Surf Matting** This is also called Mat surfing. It is a type of surfing performed on a soft, inflatable, rectangular surf mat consisting of four pontoons stuck together. It is suitable for beginners, so children start learning surfing with it.
5. **Body Surfing** In this, the wave is surfed without a board, using the surfer's own body to catch and ride the wave. It is considered by some to be the purest form of surfing, but it is the most difficult form which requires much practice.
6. **Tow-in Surfing** In this, a motorised boat tows the surfer into the wave front, helping the surfer match a large wave's speed, which is generally a higher speed than what a self-propelled surfer can produce. Thus, it is the safest form of surfing for beginners.

Safety Measures During Surfing

The following safety measures should be taken before and while taking part in this activity

- Make sure you warm up before surfing. This may include a general body warm-up followed by suitable stretches.
- Take lessons from an approved surfing training agency to learn appropriate skills, techniques and water safety if you haven't surfed before.
- Use the correct surfing equipment, like a surfboard with nose guards (to minimise injury risk) and a wetsuit for buoyancy, sun protection and to prevent any injuries.
- Follow surfing etiquette, meaning that respect the rights of other surfers in the water. There is not enough room on a wave for more than one surfer; otherwise collisions, injury and conflict between surfers can occur.

Paragliding

Paragliding is the recreational and competitive adventure sport of flying paragliders *i.e.* a lightweight, free-flying, foot-launched glider aircraft with no rigid primary structure.

A paraglider is a foot launched, ram air, airfoil canopy that is flown and landed solely on the energy of the wind, gravity and the pilot's muscle power.

In other words, the pilot or the individual is suspended through a harness attached to a fabric that acts like a wing.

Wing shape is maintained by the suspension lines, the pressure of air entering vents in the front of the wing, and the aerodynamic forces of the air flowing over the outside.

This sport consists of only 3 equipments, *i.e.* the harness, a wing and a helmet that weighs less than 20 kgs, which can be easily packed into a bag and carried around.

Despite not using an engine, paraglider flight can even last many hours and cover many hundreds of kilometres (in rare cases), though flights of one to two hours and covering some tens of kilometres are normal.

By skilful exploitation of sources of lift, the pilot may gain height, often climbing to altitudes of a few thousand metres.

Safety Measures During Paragliding

The following safety measures should be taken before and while taking part in this activity

- Practise for increasing endurance and physical strength, as it will make the sport more enjoyable for you.
- Enhance your ability by taking your glider to a field and work on your ground handling.
- Gain knowledge about techniques by searching websites, reading blogs as well as books on the sport. They will give you knowledge about the basics, flying, weather and also about first aid.
- Weather is the most important constraint to manage even for people with a high level of experience. It is always important to watch the forecast from a reliable source before leaving for paragliding.
Wind is the main factor and a strong and straight wind can turn out to be very disastrous.
- Look for a good paragliding site. Visibility and accessibility of the site are important. Irregular and rough landings may lead to fractured bones.
- Go for paragliding spots with visible wind indicators to assist you on which direction to take.

Safety Measures to Prevent Sports Injuries

Sports is one of the most effective physical activities that provide innumerable health benefits. It improves physical coordination, fitness, mood, sleep habits, etc.

It also helps in reducing stress and depression, boosting your self-confidence and maintaining a healthy weight.

There are so many choices of sports that one can choose from like basketball, football, baseball, volleyball, badminton, etc.

However, as human beings, we are not immune to certain injuries. While participating in sports or games, an individual is always at risk of sport injuries.

Hence, ensuring safety is essential in preventing any sports related injury. It is important that we take care of our body in performing sports and even fitness-related activities.

There are various tips or methods that help in preventing any sport injuries.

These tips or methods are as follows

1. **Wear Protective Gear** One cannot tell if he/she will encounter accidents or emergencies in the middle of the game. Hence, he/she should always be ready. Wear protective gears, equipment, and devices that will protect him/her from unexpected injuries.
This includes mouth guards, helmets, gloves, protective pads, proper shoes and other equipment. Also, he/she should make sure to wear equipment suited to his/her age.
2. **Warm-up** Warming-up is a must before engaging into sports. It prepares the body, mind, and heart for the training or the sports. Warming-up gradually raises the heart rate, warms muscles and connective tissues, improves the mobility and promotes functionality of all individuals' body movements.
It also allows entry of oxygen to the muscles, tendons, ligaments and flexible joints which reduces the risk of injury.
3. **Take Rest** It is extremely important that one should always listen to his/her body. When he/she engage in sports, he/she must remember that learning or training is a slow process. Fatigue often lead to sports injuries. Hence, take breaks and give the body proper rest.

4. **Improve Technique** Based on the principles of biomechanics, the most effective way of improving oneself performance is by improving his/her techniques. His/Her physical built is just a small factor in his/her performance. The coordination of his/her body movements is important in performing well in different kinds of sports.
5. **Keep Hydrated** Our body is composed of 60% of water. When we exercise or we do sports, we lose this water in the form of perspiration. Thus, we need to gain this water through proper hydration. According to sports dietitians, water is essential in maintaining blood volume, regulating body temperature and allowing muscle contractions. Apart from water, hydrating drinks that are rich in electrolytes are recommended for athletes.
6. **Cool Down** If warming-up is important, cooling down is also essential. After working out or training, you have to spend at least 10 minutes of performing gentle

exercises that will return your heart rate to a normal pace.

By cooling down, you are allowing your body to remove excess wastes and allow the flow of oxygen and nutrients into your muscles.

7. **Know the Rules of the Game** You need to have proper knowledge of the mechanics and rules of the sports. These rules are made to prevent athletes from acquiring injuries.
8. **Eat Healthy** Diet and proper nutrition are important for athletes. A good nutrition plan is the foundation of an effective fitness program. The demands of sports and exercise on the body mean that you should replace all the energy and nutrients consumed by eating healthy food. For athletes, it is important that they eat regular, well-balanced meals to fuel their training or sport. They should also take protein to promote muscle health.

Chapter Practice

PART 1

Objective Questions

• Multiple Choice Questions

1. Which of the following is not an element of leadership?

(a) Creating (b) Managing
(c) Building (d) Teaching

Ans. (d) Teaching is not an element of leadership. Leaders create new ideas, manage people and build relations with team members.

2. Which of the following is not a quality of a leader?

(a) Good personality
(b) Pride
(c) Passion, determination and dedication
(d) Good communication skills

Ans. (b) Pride is not a quality of a leader. Leaders should have attractive personality, they should be dedicated and determined. They should have good communication skills.

3. Arun is made the group leader of a mountaineering expedition. On the first day he told about all the group activities to his team. Arun and his group members executed all the plans nicely.

Which among the following is the role of a leader?

(a) Planning for the group
(b) Logical decision making
(c) Be a representative of his team
(d) All of the above

Ans. (d) The role of a leader is to make plans for the whole group, to take logical decisions on behalf of the group and the leader is also a representative of his team. So, Arun is a good group leader.

4. The main objective of adventure sports is

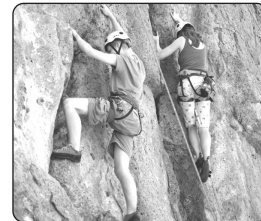
(a) To carefully provide an environment that helps an individual to create a base for learning and independence.
(b) To develop self worth and self confidence while being in the lap of nature.

(c) To aid a holistic development of an individual.

(d) To direct the abundant energy towards a proper aim.

Ans. (a) The main objective of adventure sports is to carefully provide an environment that helps an individual to create a base for learning and independence.

5. Which safety measure is used for the adventure sport shown in the below image?



(a) Fix a running rope
(b) Do not eat wayside leaves or flowers
(c) Always wear a life jacket
(d) Keep close watch on visible wind indicators

Ans. (a) Fixing a running rope around the waist of the climber is a safety measure used for this adventure sport.

6. Adventure sports are activities that are risky and involve some sort of danger. They are performed in natural environment and do not harm the nature. These type of sports have become very popular.

Which of the following is not an adventure sports?

(a) Handball (b) Scuba diving
(c) Skiing (d) Rock climbing

Ans. (a) Handball is not an adventure sport. It is played by two teams. Scuba diving, skiing and rock climbing are adventure sports.

7. In rock climbing, the hands serve the purpose of

(a) hanging properly
(b) being stable while holding the rocks
(c) shifting weight
(d) None of the above

Ans. (c) In rock climbing, the hands serve the purpose of shifting weight.

- 8.** You and your friends planned for camping to countryside near a lake. You have carefully planned for the outing and packed all the essentials.

Which of the following is not an equipment needed for trekking?

- (a) Sleeping bag
- (b) Ropes
- (c) Surfing board
- (d) Mountain axe

Ans. (c) Surfing board is not an equipment needed for trekking. Sleeping bag, ropes and mountain axe may be required in it but surfing board is not needed in trekking.

- 9.** River rafting is divided into grades on the basis of

- (a) roughness of river
- (b) type of boat
- (c) level of experience of participants
- (d) None of the above

Ans. (a) River rafting is divided into grades on the basis of roughness of river. i.e. some where the river water flows slowly and some where it is very fast.

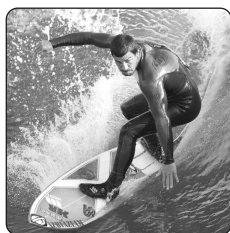
- 10.** What is the European name of the sport shown in the image below?



- (a) Rock climbing
- (b) Alpinism
- (c) Mountaineering
- (d) Surf Mating

Ans. (b) The European name of the sports shown in the image is Alpinism as Alps mountains are present in Europe. Mountaineering is done on these mountains.

- 11.** Identify the adventure sports shown in the image.



- (a) Trekking
- (b) Rock Climbing
- (c) Surfing
- (d) River Rafting

Ans. (c) The adventure sports shown in the image is surfing. It is a water sport.

- 12.** The pilot or the individual is suspended through a harness attached to a fabric that acts like a wing. Wing shape is maintained by the suspension lines. The sport consist of only three equipments i.e, the harness, a wing and a helmet.

The adventure sport that is described here is.....

- (a) Surfing
- (b) Sky diving
- (c) Paragliding
- (d) Sailing

Ans. (c) The adventure sport that is described here is paragliding. It is a recreational and competitive adventure sport.

- 13.** Match the following.

List I	List II
A. Moderate trekking	1. Experienced trekkers
B. Difficult trekking	2. Beginners
C. Easy trekking	3. Trekkers with experience and endurance
D. Strenuous trekking	4. Energetic trekkers

	A	B	C	D		A	B	C	D
(a)	4	3	2	1	(b)	1	4	3	2
(c)	3	1	4	2	(d)	4	2	1	3

Ans. (a) The correct match is A-4, B-3, C-2 and D-1.

- 14.** Match the following.

List I	List II
A. River Rafting	1. Climbing boots
B. Paragliding	2. Life Jacket
C. Mountaineering	3. Helmet
D. Surfing	4. Body suit (wet)

	A	B	C	D		A	B	C	D
(a)	1	4	2	3	(b)	3	1	4	2
(c)	2	3	1	4	(d)	4	1	2	3

Ans. (c) The correct match is A-2, B-3, C-1 and D-4.

• Assertion and Reasoning

Directions (Q. Nos. 1-4) Each of these questions contains two statements, Assertion (A) and Reason (R). Each of these questions also has four alternative choices, any one of which is the correct answer. You have to select one of the codes (a), (b), (c) and (d) given below.

Codes

- (a) Both A and R are true and R is the correct explanation of A
- (b) Both A and R are true, but R is not the correct explanation of A
- (c) A is true, but R is false
- (d) A is false, but R is true

1. Assertion (A) Leadership is a unique skill that cannot be taught but can be learned through observing others.

Reason (R) Every individual has leadership quality.

Ans. (c) The assertion is true as leadership can be learnt by observing others. It is a skill that is acquired. Reason is false as every person do not have leadership qualities. Thus, A is true, but R is false.

2. Assertion (A) A leader has a capacity to change the society.

Reason (R) Leaders helps in guiding people on the right path.

Ans. (a) Assertion is true as a leader has power and the ability by which he can make followers. Thus, he can change the society. Reason is true as leaders also act as guide to show the right path to the people. Reason correctly explains assertion. Thus, both A and R are true and R is the correct explanation of A.

3. Assertion (A) A good leader in sports is also a good organiser.

Reason (R) The role of a leader is to integrate the individual goal with that of the organisation or team.

Ans. (b) Assertion is true as a good leader organises the activities also so leader is an organiser too. Reason is also true as a true leader integrates individual goals with that of the team or organisation. Reason donot explains assertion. Thus, both A and R are true, but R is not the correct explanation of A.

4. Assertion (A) Adventure games do not improve social relation.

Reason (R) Surfing is a famous adventure game.

Ans. (d) Assertion is false as adventure games actually improves social relation. It helps in mixing with people. Reason is true as surfing is a famous adventure sports. It is done on waves. Thus, A is false, but R is true.

• Case Based MCQs

1. The main aim of physical eduction is overall development of a student. Through the participation in physical education programmes, the qualities of a student can be developed. Organising trips, camps and similar activities in natural environment helps in developing the latent abilities in students.

(i) Which of the following takes place through physical education?

- (a) Growth
- (b) Development
- (c) Emotional stabality
- (d) All of these

Ans. (d) Through physical education, proper growth and development of a person along with emotional stablity takes place in an individual.

(ii) Physical education helps in developing which of the following qualities?

- (a) Determination
- (b) Intelligence
- (c) Dedication
- (d) All of these

Ans. (d) Physical education helps in developing the qualities of determination, intelligence, dedication etc. It makes a person physically and mentally strong.

(iii) Camping is part of which adventure sports?

- (a) Trekking
- (b) Surfing
- (c) Paragliding
- (d) All of these

Ans. (a) Camping is part of the adventure sports 'trekking'. In trekking, people walk for long distances.

2. Surfing is a sport of riding on the waves in the standing position. Sometimes surfers like to surf in lying position also. Raman is a surfer, he has done surfing in the Arabian sea. Now, he is a lifeguard on the beach and also coaches young surfers. Based on this information answer the following questions.

(i) Which of the following is a necessary item needed for surfing?

- (a) Wet suit
- (b) Sun glasses
- (c) Paddle raft
- (d) Helmet

Ans. (a) Wet suit is a necessary item needed for surfing. It provides protection while wet.

(ii) The surf board is made up of which material?

- (a) Iron
- (b) Aluminium
- (c) Fibreglass
- (d) Thick cloth

Ans. (c) The surf board is made up of fibreglass. It is very lightweight and strong material.

(iii) Surfing activity can be done in _____ .

- (a) Oceans
- (b) Seas
- (c) Rivers
- (d) All of the above

Ans. (d) Surfing can be done in oceans, seas or rivers. Thus, option (d) is the correct answer.

PART 2

Subjective Questions

• Short Answer (SA) Type Questions

1. What is the importance of leadership in sports?

Ans. Leadership is referred to as the activity of inspiring people to perform and engage in achieving a goal. In sports, leadership is very important because sports requires a clear objective, a definite goal and team spirit. A person with leadership skills builds a strong team and gives a clear vision which helps the teammates to focus on the target.

Creating a clear vision helps to fix a definite goal and achieve it. For instance, in a hockey match, leadership skills shown by the team captain will help the team to focus on scoring goals and achieving success.

2. Why are strong interpersonal skills required in a leader?

Ans. Interpersonal skills means the ability to communicate and interact well with people. For a leader, it is important to possess strong interpersonal skills so that there is proper interaction with the other members of his team. This helps in increasing cooperation, building support and motivating teammates. A leader has to work harmoniously with others; for that effective communication is needed. A leader with strong interpersonal skills brings success for his team.

3. Briefly explain any three objectives of adventure sports.

Ans. Three objectives of adventure sports are as follows

- (i) **To develop Mental and Physical Fitness** Adventure sports involves fitness skills like jumping, climbing and swimming etc. These activities thus help us building mental and physical fitness.
- (ii) **To Improve Social Relations** During participation in adventure sports, qualities like sympathy, cooperation, helpfulness, adjustment, sincerity, patience, are developed between two individuals.
- (iii) **To Provide Amusement and Excitement** It is the vital objective of adventure sports to provide amusement, excitement, exhilaration, recreation and enjoyment.

4. Enlist the safety measures that should be taken while rock climbing.

Ans. The safety measures that should be taken while rock climbing are as follows

- Don't climb higher than you are supposed to.
- Put the harness on the body correctly, so that you do not get tangled in the rope if you fall.

- If you are new to rock climbing, belay (i.e., fix a running rope round a rock to secure it) with an experienced climber.
- Use the right equipment like shoes, ropes, slings etc.
- Practise falling away from the rock wall (so you do not hit any rocks on the way down). You will fall sometimes, especially if you want to get better.

5. Define rock climbing. Why is it considered as a dangerous sport?

Ans. Rock climbing is an activity in which participants climb up, down or across natural rock formations or artificial rock walls with the objective of reaching the summit of a formation or the end point of a pre-defined route without falling.

Rock climbing is considered a dangerous sport because knowledge of proper climbing techniques and usage of specialised climbing equipment is crucial for the safe completion of routes.

The duration and length of climb may be too tiring and high level of endurance is required otherwise it may lead to accidents.

6. Differentiate between rock climbing and trekking on basis of their nature.

Ans. The differences between rock climbing and trekking are as follows

Rock Climbing	Trekking
Rock climbing is an activity in which participants climb up, down or across natural rock formation or artificial rockwalls.	Trekking is a form of walk, undertaken with the specific purpose of exploring and enjoying the scenery.
The goal is to reach the summit of a formation or the end point of a pre-defined route without falling.	It involves carrying bag with all the things that may be required for a journey of more than a day.
This activity can be done only after practice as it involves climbing techniques.	This can be done by anyone even old people as it involves walking.

7. What are the safety measures that should be used while trekking?

Ans. The following safety measures should be used in trekking

- Avoid trekking during the rainy season or during bad weather. Before starting, check the weather report for the area where you are going and prepare yourself accordingly.

- Take all the required materials like water, matchbox, food items, rope, sleeping bags, etc.
- To avoid insect bites, wear full sleeve shirts and full pants.
- Wear proper footwear so that you do not slip while trekking in hilly areas.
- Do not eat leaves, flowers etc found on the wayside, as they may be poisonous.
- Take along a multi-pocket carry bag which is large enough to carry all the essential items.

8. What are the different types of raft used in river rafting? Also describe the modern raft.

Ans. Three different types of rafts are used in river rafting. They are as follows

- A symmetrical raft with a double bladed paddle.
- A symmetrical rudder-controlled raft
- A symmetrical raft with central helm and the stern mounted with the oar frame located at the rear of the raft.

Three modern raft used in river rafting is an inflatable boat consisting of very durable, multilayered rubberised (hypalon or vinyl) PVC fabric with several independent air chambers. It is usually propelled with ordinary paddles and typically holds 4 to 12 persons.

9. Write a short note on the adventure sports of mountaineering.

Ans. Mountaineering, also referred to as 'mountain climbing' or 'Alpinism' in Europe, is the sport of climbing or ascending a high mountain.

Often confused with rock climbing and hiking, mountaineering differs from these sports. The adventurous sport is a combination of the skills required in hiking as well as rock climbing.

Also, the mountains generally have a mixed terrain with the presence of rock, ice and snow, so climbers need to be able to navigate through a wide variety of conditions.

Besides reaching a summit, the main objective of a mountaineering trip lies on overcoming safely every hazard along the route.

Depending on the case, mountaineering involves using technical equipment and combining a series of related skills.

It tests one's courage, resourcefulness, cunning, strength, ability and stamina to the utmost in a situation of inherent risk.

10. What safety measures should be followed while mountaineering?

Ans. The safety measures followed while mountaineering are as follows

Before each excursion, look at the latest weather forecast for the area and keep close watch on local weather changes.

Check all the equipments, ropes, slings, boots, protective clothes and gears. They should be in proper condition.

Eat right amount of food and monitor your fitness levels before starting any mountaineering expedition.

Put on proper warm clothes and shoes according to the terrain.

Carry some high energy giving foods and water.

Drink plenty of liquids to avoid dehydration.

11. What should be the dimensions of long and short boards in surfing?

Ans. The longboards used in surfing have a length of more than 7 feet. Its width should be 23 inches (58 cm) and the thickness of 2.5 inches (6 cm). The average weight of a long board should be 15-17 pounds (7-8 kg).

The short board used in surfing should have a length of 7 feet (2 m), width of about 20 inches (51 cm) and a thickness of 2 inches (5 cm). The short board should weigh from 6 to 8 pounds (2.5 – 3.5 kgs). Both long and short boards are made up of strong but lightweight plastic called fibreglass or polyurethane.

12. Enlist three safety measures while surfing.

Ans. Surfing is a surface water sport in which the wave rider, referred to as a surfer, rides on the forward part or face of a moving wave on the surface of the water, which is usually carrying the surfer towards the shore.

The three safety measures are as follows

- Use the correct equipment like surfboard with nose guards, a wetsuit for buoyancy, sun protection etc.
- Take lessons from an approved trainer, agency to learn appropriate lessons, skills and techniques.
- Warm up before starting to surf. Do body warm up exercises.

13. What are the distances and durations which paragliders normally fly before landing? By what techniques can they extend these distances and times?

Ans. Paragliders normally fly for one to two hours and cover tens of kilometres before landing despite not using an engine.

By skillful exploitation of lift, the pilot of the paraglider may gain height, often climbing to altitudes of a few thousand metres so that the flight can even last many hours and cover many hundreds of kilometres (in rare cases).

As wind is the main factor here, paragliders can identify the direction of the wind and sail accordingly.

• Long Answer (LA) Type Questions

1. Explain in detail six qualities a leader should possess.

Ans. The qualities which a leader should possess are as follows

- (i) **Self-awareness** Leaders must possess vision along with knowledge about their own strengths and weaknesses, knowledge about skills and complete information about the vision.
- (ii) **Determination and Dedication** Leaders should have the confidence to meet the challenges with firm determination and dedication. He/She should be devoted to the profession and must be able to face even the worst situations.
- (iii) **Intelligence** Wisdom is very important for a leader to develop intuition and insight for future events. A leader should be intelligent enough to find out all possible solutions for a complex set of problems.
- (iv) **Strong Interpersonal Skills** A leader must be social. He/She should possess essential social qualities such as cooperation, affections, brotherhood, sympathy, empathy, respect etc.
He/She must have the ability to interact and work harmoniously with all team members.
- (v) **Decision Making** A leader of physical education should be able to take decision spontaneously.
He/She should be able to look at the problems logically and must take decisions at the right time.
- (vi) **Energy and Enthusiasm** A leader should be energetic and enthusiastic. He/She should be able to motivate and excite the players to give their best to the game.

2. Describe the role of a leader in the success of his/her team.

Ans. A leader has immense responsibility for his team. A leader is a guide, a counsellor, a supporter, a team builder and a representative of his/her team. A leader is also a major decisions maker.

The role of a leader is as follows

- (i) **Guidance and Counselling** The role of a leader is to mentor or guide the team members and counsel them from time to time so that they do not forget the vision.
- (ii) **Representation** The role of a leader is to represent the team or the organisation at different places such as in competitions, seminars, conferences etc.
He/She is the spokesperson of the team who communicates their feelings and problems to the higher authorities and works for their benefit.
An effective representation increases the confidence of the entire team.

- (iii) **Integrate Goals** The role of a leader is to integrate the individual goals with that of the organisation or team. In this way, a leader brings people closer to work for a common goal or a common purpose.

- (iv) **Support and Cooperation** The leader, with his intelligence, maturity and pleasing personality, helps the team members by providing them support and increasing cooperation.

He/She deals with matters related to disciplines and settles all internal differences. He/She controls internal relationships and increases the morale of the team.

- (v) **Decision Maker** The role of a leader is to make strategic decisions for the success of the team as well as develop plans to realise those decisions.

- (vi) **Team Builder** An important role of a leader is to make an impressive team that consists of people with different talents so that the team members assist each other instead of competing with each other.

3. Explain how the adventure sport of river rafting is carried out. Why is it considered an extreme sport?

Ans. River rafting or white water rafting is the challenging recreational outdoor activity of using an inflatable raft to navigate a river or other water body.

This is often done on white water (meaning different degrees of rough water), in order to thrill and excite the passengers on the raft.

This activity as a leisure sport has become popular in the mid-1970s, evolving from individuals padding 3 metre long rafts with double bladed paddles to multi person rafts propelled by single bladed paddles and steered by a tour guide at the stern.

The modern raft is an inflatable boat consisting of very durable, multilayered rubberised (hypalon) or vinyl (PVC) fabric with several independent air chambers. It is usually propelled with ordinary paddles and typically propelled with ordinary paddles and typically holds 4 to 12 persons.

Extreme sports are recreational activities perceived as involving a high degree of risk. These activities often involve speed, height, a high level of physical exertion and highly specialised gear. As river rafting meets all these conditions, it is considered an extreme sports.

4. What is surfing? Explain any five types of surfing in detail.

Ans. Surfing is a surface water sport in which the wave rider, referred to as surfer, rides on the forward or deep face of a moving wave on the surface of the water, which usually carries the surfer towards the shore. Five types of surfing are as follows

- (i) **Stand-up Surfing** The modern-day definition of surfing most often refers to stand up surfing. In this, a surfer rides a wave by standing up on a surfboard. It is the most popular and easiest method of surfing.

- (ii) **Body Boarding** In this form of surfing, a surfer rides a wave on a body board (full body length board), either lying on the belly, on a dropped knee, or standing up.
- (iii) **Knee Boarding** This is a type of surfing done from a kneeling position, usually on a small, wide, blunt-nosed board. People doing this form of surfing prefer it because of the increased sensation of speed that comes from riding closer to the water surface.
- (iv) **Surf Matting** This is also called Mat surfing. It is a type of surfing performed on a soft, inflatable, rectangular surf mat consisting of four pontoons stuck together. It is suitable for beginners, so children start learning surfing with it.
- (v) **Body Surfing** In this, the wave is surfed without a board, using the surfer's own body to catch and ride the wave. It is considered by some to be the purest form of surfing, but it is the most difficult, requiring much practice.

5. Explain how paragliding is carried out. Suggest three precautions to be followed before and while engaging in this sport.

Ans. The paraglider is a lightweight, free flying, foot-launched glider aircraft with no rigid primary structure. Paragliding is carried out with the pilot sitting in harness suspended below a fabric wing comprising a large number of interconnected cells.

Three precautions to be followed before and while engaging in paragliding are as follows

- (i) **Knowledge, Ability and Mental Strength** It is advisable to practise for endurance and physical strength, as these will have great impact on your success.
A quicker way to enhance your ability is to take your glider to a field and tirelessly work on your ground handling.
Knowledge is gained by searching websites, reading blogs and books, through which one can have knowledge about the basics, flying, weather and also about performing first aid.
- (ii) **Favourable Weather** It is the most important constraint to manage even for people with a high level of experience.
It is always important to watch the forecast from a reliable source before leaving for paragliding.
Wind is the main factor, whereby strong and straight wind can turn out to be very disastrous.
- (iii) **Good Landing Site** Visibility and accessibility are some of the factors that should be considered when looking for a good paragliding site. Irregular and rough landings may lead to fractured bones.
It is also advisable to go for paragliding spots with visible wind indicators to assist you on which direction to take.

• Case Based Questions

- 1.** Students of Doon Public School are going for the adventure sports 'Trekking'. You are the team leader and incharge of all the students. You have told the students about the safety measures that they should follow during trekking. In your group, there are 20 boys in the age group of 14 to 16 years.

Based on this case, answer the following questions.

- (i) Which type of trekking will you choose for your students?

Ans. As a team leader, I will choose easy trekking as the school students are the beginners. Easy trekking includes easy climbing to hills of low elevation.

- (ii) What things should be carried while going for trekking?

Ans. Food, water, bedding, tent, clothes, stove, cooking kit and medical kit should be carried for trekking.

- 2.** Ravi is a trainer for the adventure sport river rafting. He often takes river rafting activities on the mountain rivers. A group of 5 boys aged between 15-18 years asked him to train them.

Based on this case, answer the following questions

- (i) Which grade should be chosen by Ravi to train those boys?

Ans. Grade I or II should be chosen by Ravi as the river has small waves, almost flat water and free or very little obstacles. These grades are done by beginners.

- (ii) If one of the boys do not know swimming, should Ravi train him?

Ans. It is not advisable as having adequate capabilities of swimming is a safety measure during river rafting.

- 3.** Sports is one of the most effective physical activities that provide innumerable health benefits. Ensuring safety in sports is essential to prevent any sports injuries. It is important that we take care of our body in performing sports and even fitness related activities.

- (i) What are the protective gears that a person should wear in paragliding?

Ans. In paragliding, the helmet, mouth guards, gloves, protective pads and proper shoes are essential to wear.

- (ii) How adventure sports is different from sports?

Ans. Adventure sports involve outdoor sports that have high level of risks or danger. Sports are the forms of organised activities that are played for recreation and do not involve risks or danger.

Chapter Test

Multiple Choice Questions

1. The board whose length is less than 7 feet is called
(a) Long board (b) Mat board
(c) Knee board (d) Short board
2. The leaders of physical education has both _____ and _____ qualities.
(a) Acquired (b) Innate
(c) Both (a) and (b) (d) None of these
3. Choose the incorrect option
(a) A good leader executes the plans well (b) Mountain biking is an example of mountain sports
(c) Rock climbing is also done on artificial walls (d) Trekking is also known as backpacking
4. Find the odd one out
(a) Surfing (b) Skating
(c) Mountaineering (d) Skiing
5. In this grade, the river has huge waves. The level is tough and thus rafting requires great physical endurance and mental toughness. People may also face severe injuries or even death.
Which grade of river rafting is being talked about?
(a) Grade II (b) Grade I
(c) Grade IV (d) Grade VI

Short Answer (SA) Type Questions

6. Why is it essential to wear protective gears in adventure sports?
7. List three ways of preventing injuries in paragliding.
8. Write a short note on the adventure activity of trekking.
9. Why mountaineering is so popular as an adventure activity?
10. Mention three qualities developed by participating in adventure sports.

Long Answer (LA) Type Questions

11. Explain the different grades of river rafting.
12. What safety precautions or measures should be taken to prevent any sport injury?

Answers

1. (d) 2. (c) 3. (b) 4. (a) 5. (d)