



# Unit 1

## Changing Trends and Career in Physical Education

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### Introduction

Changes is the law of nature. Changes are always welcomed whether in a game or education. As the time passes new techniques and trends take place. Consequently, the standard of players improved. It is our duty to stay up dated with the games and also it is necessary for teachers to be sure of adopting the latest techniques if there is any and seems to be beneficial for the students. In ancient times man needed physical education to stay alive. He was known as hunter. He used to hunt the wild animals. Many a time he stayed in the caves of lions as he had no home or shelter. As he civilization kep on changing different people have different opinions about the concept of physical education. Some called it body culture and some named it health and education recreation. But in present context, the effort of imparting education through physical activities is called physical education. It can be said that today physical education in a integral part of education. Physical education aims on overall development of human being, which included body and mind.

#### Did You Know?

- ➔ Physical Education is an Integral part of total educational process.
- ➔ It is having a proper space in elementary to higher education system by NCERT and UGC.
- ➔ Sports Journalism is a prime career option in future.
- ➔ More the 70 recognized National sports federations are working in India.
- ➔ Recognition to NSF are granted by India's Olympic Committee an autonomous body of Ministry of Youth and Sports headed by cabinet minister Government of India.
- ➔ Board of Cricket Control of India is only administrative body NOT a National Sports Federation.
- ➔ All International Competitions are distinguish into four main categories
- ➔ Khelo-India is a national level drive to develop sports culture from grass-root level.
- ➔ Khelo-India are having 12 main functioning areas and covers 16 Indian traditional and modern games.

## 1.1 Meaning and Definition of Physical Education

### Meaning of Physical Education

Physical Education is a never ending learning process “**phenomenon**”. It has its roots in ancient times, *i.e.*, primordial, where it was used in different forms and purposes like searching for food, hunting or protection from wild animals, etc.

In ancient times, man needed physical education to stay alive. Among ancient Greek philosophers, Aristotle, Plato and Socrates emphasized on physical training for youngsters. As civilization kept on changing, different people have different opinions about the concept of Physical Education. Some of these are—physical training, a sport, body culture, health education and recreation. But, in fact, physical education is much more than that. In present context, the effort of imparting education through physical activities is called physical education. In reality, physical education is an integral part of education. The word ‘physical’ means body, whereas education means modification of behaviour. Physical Education, thus means “Education through the medium of physical activities”. Physical Education is concerned about learning motor skills such as catching, running, throwing, climbing as well as mastery in skills of games and sports like Kabaddi, Kho-kho, Cricket, Hockey, Football, Athletics.

Physical Education aims on overall development of human being, which includes both body and mind. Through participating in games and sports, students learn the values of leadership, cooperation, courage, to accept failure and respecting others.

Modern physical education was started in 18th century in Germany, where physical education was an integral part of school curriculum. Since then, many changes have taken place and various aspects have emerged with time such as healthy diet, healthy life-style, physical activities and adventurous sports like Mountaineering, River Rafting, Camping, Surfing, etc.

### Definitions of Physical Education

Physical education is defined in many ways by different experts and organisations, which are as follows:

According to **Clark W. Hetherington**, “Physical Education is that phase of education which is concerned with the organisation and leadership of children in big muscle activities, to gain the development and adjustments inherent in the activities as per the social standards so that the educational process may go on without any handicap”.

According to **C.C. Covel**, “Physical education is the social process of change in the behaviour of humans which originates primarily from the stimulus of the big muscle play and related activities.”

According to **Roselind Cassidy**, “Physical education is the sum of changes in an individual caused by experience centring motor activity”.

According to **Delbert Oberteuffer’s**, “Physical education is the sum of those experiences which come to the individual through movements”.

According to **J.F. William** and **C.L. Brownell**, “Physical education is the sum of man’s physical activities selected as to kind and conducted as to outcomes”.

According to **J.B. Nash**, “Physical education is that phase of the whole field of education that deals with big muscle activities and their related responses”.

According to **Central Advisory Board of Physical Education and Recreation (CABPER)**, “Physical education is the education through physical activities for the development of the whole personality of the child to its fullness and perfection in mind, body and soul”.

According to **Charles A. Butcher**, “Physical Education is an integral part of total educational process, and has its aim for the development of physically, mentally, socially and emotionally fit citizens through the medium of physical activities which have been selected with view to realising these outcomes”.

On the basis of these definitions, we can say that physical education is an integral part of education and it is necessary for all. It is not only an exercise but the knowledge of body through body itself. Now, it has been proved that the people who take part in physical activities regularly, scale greater heights in their life and succeed in achieving their aims. So, we may conclude that physical education is helpful in development and progress that one may lead or live one's life happily and with good health.

### Practice Questions 1.1

#### I. Short-I Question Answers (3 Marks, 100 Words)

1. Give any two definitions of physical education.

#### II. Short-II Question Answers (5 Marks, 200 Words)

1. Describe the meaning and definitions of physical education.

## 1.2 Aims and Objectives of Physical Education

The aim of physical education is the overall development of human being. In other words, its aim is to make all-round development so that man may benefit himself and the society as well. The aim of physical education is the wholesome development of individual which means making an individual physically fit, mentally alert, emotionally balanced, socially well adjusted, morally true and spiritually uplifted.

### Definitions

According to the **Ministry of Education**—"The aim of physical education should be to make a child mentally, physically and emotionally healthy and strong so that he/she may develop personal and social traits, live in company of others happily and become a good citizen".

According to **J.F. Williams**—"Physical education should aim to provide skilled leadership, adequate facilities and ample time for the individual and the groups to participate in activities that are physically wholesome, mentally stimulating and socially sound." According to him, only those activities should be selected for the personality which are beneficial for health.

### Aims and Objectives of Physical Education

Aim is the ultimate one, *i.e.*, all-round development of an individual. The means and ways we adopt to achieve our aim are called objectives and these are:

- Physical development
- Social development
- Spiritual development
- Mental development
- Emotional development

## KEY POINTS

- ★ Ancient Physical Education
- ★ Modern Physical Education
- ★ Clark W. Hetherington
- ★ C.C. Covell
- ★ Roselind Cassidy
- ★ Delbert Oberteuffer
- ★ J.F. William
- ★ J.B. Nash
- ★ CABPER
- ★ Charles A Butcher
- ★ Ministry of Education
- ★ All Round Development
- ★ Spiritual Development
- ★ Career option
- ★ In teaching sector
- ★ In training sector
- ★ In performance sector
- ★ Industrial sector
- ★ Health related sector
- ★ Sports Psychologist
- ★ Sports Journalism
- ★ Sports Marketing
- ★ Sports Industry
- ★ National Sports Federation
- ★ Khelo-India

## 1.3 Career Options in Physical Education

The opportunities in the field of physical education were teaching and training only till 1990. There are ample employment opportunities for people in the field of physical education due to increase in interest towards training and increase in number of activities. There are two types of career options in physical education. The first kind is related to teaching and training of physical education. These are called traditional careers also. The second kind is related to the careers when emerge out of it related to health, management, sports performance and media. Their descriptions are as follow:

1. In Teaching Sector	2. In Training Sector (Coaching)	3. In Health/Fitness related Sector	4. In Performance related Sector	5. In Media Sector
• At Primary level	• In Schools, Colleges, University	• Sports Fitness Trainer • Sports Medicine • Sports Dietician	• Professional Players	• Sports Journalism • Book Author
• At Middle level	• In Various Sports Institution	• Sports Psychology	• Sports Planning Officer	• Sports Photography
• At Secondary level	• Industrial Recreation	• Sports Nutritionist	• Sports Management	• Sports Broadcasting
• At College and University level	• Sports Facility Management	• In Gyms as Athletic Trainer	• Recreational Sports Management	• Sports advertising (Sports equipments marketing)
• Teaching at other Professional Institution	• Administration	• Health/Fitness Industry	• Performance Analyst	• Sports Industry

### 1. Teaching Career Sector

- (i) **Primary Schools:** There should be physical education in primary schools because children can be taught basic skills and attitudes in an efficient manner. Physical education makes all-round development of children so that they become creative, their self-confidence boosts and they progress meaningfully. So, children should learn different activities like running, jumping, throwing, catching, kicking, etc.
- (ii) **Middle Schools:** In middle schools, there are lots of opportunities for the teachers of physical education. But these are only in big cities where they are related to CBSE. In these schools, there are different syllabi for the students of classes 6, 7 and 8. But in government schools, this subject is mandatory. Sports activities like basics of all major games as Football, Basketball, Cricket, Kho-kho, Kabaddi, etc. should be taught.
- (iii) **High Schools:** There are lots of opportunities in the field of physical education in government as well as private schools. In these schools, the teachers have to make children do theory as well as practical work. Apart from this, teams are prepared for inter-school competitions. For 9th class onwards, Health and Physical Education (HPE) has become compulsory.
- (iv) **Senior Secondary Schools:** In these schools, job opportunities in the field of physical education are galore. The teachers make student to do theory and practical work. The teachers have to maintain discipline as well. They have to prepare teams for inter-school competitions.
- (v) **Colleges and Universities:** In some colleges various professional courses are run in the field of physical education like B.P.E., B.Sc. Physical Education, B.P.Ed., M.P.Ed., M.Phil., etc. Physical education is also being taught as a main elective subject in different undergraduate courses along with the preparations of teams of different sports.

Owing to increased sports participation and sports related business, there is a need for individuals to train in sports management. Now administration related career opportunities are available in various fields, such as sports administration, management of sports clubs and facilities, sports marketing and promotion. In western countries, colleges and universities offer Undergraduate and Post-graduate degrees in sports management but in India, it is still in its infancy. In India, management and administration are taught as a subject at both Undergraduate and Post-graduate levels. In fact, administrators are required not only in teaching areas but also they are required in areas connected with teaching, such as sports programmes. The explanation of the departments of physical education is as follows:

### (i) Physical Education Department

There are many universities and colleges in India wherein the programmes of physical education are run. There are many job opportunities available related to management in sports departments. The post of Director of sports is available in each university. The Director is held responsible for management of sports for men and women and for the organization of sports. He also supervises the work of trainers and assistant trainers. He should have a sound knowledge of all the rules and regulations. The Director is held responsible for fixing dates for sports competitions, management of officials, lodging and boarding of players preparing sports, transport and budget, etc.

In sports department of each state, there are various administrative posts—district sports official, Sports Director, Assistant Director, etc. Apart from this, the coaches of various games and sports and other officials work under his administration.

In western countries, there are also intramurals or campus recreation programmes. In these programmes, the faculty members besides schools take part in it. Their main aim is to promote participation. Their responsibilities are the same as in some other sports departments.

### (ii) Industrial Recreation

Now-a-days, many multinational and national companies are providing opportunities to their staff members to take part in recreational activities. These companies are paying attention to the fitness, health and wellness of their employees. It enhances the working capacity of their employees. In return, it leads to increase in productivity, which increases the profit of the company. So, these companies demand the people who have professional capabilities and abilities. These capable people can give instructions related to physical activities to their employees. These people can also pay attention to the employees wellness and fitness. This profession also has some responsibilities, such as making teams, establishing a programme, making a time-table of programme, etc.

### (iii) Sports Facility Management

There are organizations which they provide facilities to people to recreate themselves and to keep themselves hale and hearty. In today's world everyone wants to be physically fit. So, they go to gymnastic clubs, health clubs, sports house, stadiums, swimming pools, etc. These areas need facility managers. The manager of sports facilities can carry out all the responsibilities by himself or he can keep some staff under his instructions. His main responsibility is to make sure of the safety the people who are availing of these facilities. He is to be sure that the equipments are as per standard norms. He should also take care of the safety of the people and spectators visiting there. There are many opportunities increasing in this field.

## 2. Coaching Career Sector

There are job opportunities available in the field of physical education as coaches/trainers because training develops the confidence, dedication and team spirit in players. Coaches help the players to get success. They are ideal for players on field and outside the field. These opportunities are available both in schools and sports clubs. A coach is required in a school to train students in the field of physical education. A coach can be appointed only for coaching a team.

In colleges and universities, coaches are required to train different teams for various competitions. Apart from this, there are coaching jobs available in sports clubs, hotels, professional team, social parks and government sector. There are advantages and disadvantages of this profession.

### 3. Health Related Career Sector

In the modern world, people are more aware of their health related issues. Each and every person is aware to his health. He wants to remain to be hale and hearty. He wants to keep away from blood pressure, heart attack, heart problem, obesity, diabetes, etc. He wants to adopt a healthy lifestyle. So, there is an increase in job opportunities in health-related careers in the field of physical education.

The number of health and weight control clubs have increased tremendously. That is why teachers of physical education are in great demand.

These health clubs are based on the people's desires of looking good, physically fit and sound. These health clubs are in demand and their main aim is to gain a lot of money. In fact, it has become a big business. These clubs provide different activities but fitness activities are one and the same. There are different games, such as squash, tennis, swimming, sauna bath, steam rooms, massage, etc. Apart from these, the facilities of saunas, steam rooms and massage are also available. Here, customers are instructed with regards to their activities, diet and nutrition as well, so that they may achieve their goals. As there is an increase in awareness related to fitness and wellness, there are more and more job opportunities in this field.

**Physiotherapist:** They treat the player's prolonged diseases, pain and injuries. They are also experts in treatment and rehabilitation.

**Sports Dietician:** They suggest the diet elements to increase the health and performance of players. They can work as the professional dietician of national and international teams, gyms and clubs.

**Sports Psychologist:** They set up a relationship between the healthy mind and body of players. They treat the problems, such as anxiety, stress and low confidence level by observing the performance of players and their behaviour off the field.

**Athletic Trainer:** They make a list of exercises after training which helps the players to overcome pain and improve playing capability. But they work under guidance of Physiotherapist. So, it can be said that there are a lot of job opportunities in this field of physical education, but the scope is limited in India.

### 4. Performance Related Career Sector

The performance related careers are as follows:

#### **(i) As Players**

Players take part at different levels like inter-college, inter-school, district level, state level, national, international level and in olympics. The players' who become successful in sports competitions, are able to make their careers as players. In India, scholarships are given to good players. For good players, various government and non-government companies like defence services, banks, airlines, railways, etc. offer the job opportunities. In western countries, various players in ten years of their profession/career in baseball, basketball, football, hockey, cricket, tennis, etc. earn a lot. They earn much more money than the players who work life long-in their jobs. The 'New York Yankees' related professional players get the most handsome salaries in the world. Martina Navratilova (tennis player) earned 2 million dollars per year through commercial advertisements. In 1971, Bill Jean King was the first woman tennis player who won 1,00,000 dollars per year. There are many such examples in cricket as well in India like Virat Kohli, M.S. Dhoni etc.

#### **(ii) As Officials**

Good management of any sports of games depends upon efficient and talented officials. A player plays and performs for 10 or less years. Afterwards, these players make their career as officials because they have come

to learn about the game thoroughly. So, the job opportunities are part-time or full-time as officials—referee, umpire, time-keeper, recorder, scorer, etc. Their requirement depends on the competitions to be held every year. It is also a good job opportunity related to sports. The former players can also make their careers by becoming officials. If players after their retirement become officials; they should have sound knowledge of their respective games and sports. A good sports official should do his work efficiently and in a good manner.

## **5. Careers in Sector**

The various means of communication—T.V., radio, newspaper, magazine, etc. have contributed a lot in covering sports events and promoting them far and worldwide. TV channels—Star Sports, Star Cricket, Ten Sports, etc. give sports coverage round the clock.

### **(i) Sports Journalism**

The person who has the ability to write can choose their careers in sports journalism. Sports correspondents have the opportunity to work in unison with different newspapers and magazines because these journals print sports news boldly and in efficient manner. Sports correspondents can write articles, etc. related to any sports. Covering of a sports event is the important part of this career. Apart from this, interviewing coaches/players is also the duty of sports correspondents. Stories based on research compiling statistics are the main part of sports correspondents. A sound background of physical education can be beneficial to a sports journalist, For example, sports journalist with the ample knowledge of sports may be better able to explain to the public while some sportsperson fail to perform under pressure, whereas other sports persons give better performance. A sports journalist with the knowledge of exercise psychology may explain better what happens psychologically to athletes when they make efforts to finish marathon race. No doubt, career opportunities in sports journalism are ample but this field requires keen interest and talent in writing, self-confidence, knowledge of the terminology of sports, the capacity of being neutral while having friendly behaviour with players, knowledge of language, knowledge of sports rules, the dare of telling truth to the players and officials in meetings, etc.

### **(ii) Book Writing**

Books on physical education are quite less in India. So, there are more opportunities of writing. If a person has good knowledge of sports biomechanics, sports sociology, sports medicine, exercise physiology, research methods, sports psychology, sports philosophy, sports pedagogy, sports management, etc., he can write books and make his career. But he should have a flair for writing, concentration, focus, deep knowledge, etc.

### **(iii) Sports Photography**

This career is suitable for those people who are keen to click the photographs of sports events. But they must be highly skilled in sports photography. They can get excellent opportunities in working with sports magazines and journals. But the sports photography require patience. They should know the best angle for taking photographs. They should have sound knowledge of projections, trajectory and other important terms in the field of photography.

### **(iv) Book Publishing**

Book publishing is also good option in the field of physical education. But the book publisher should have sound knowledge of physical education and its sub-disciplines, *i.e.*, health education, recreation and other related subjects. For such work, one needs the knowledge of physical education, writing and other related skills. Some people are required in sales area. Their duty is to sell books across the country. For this, they should have the knowledge of physical education and the price for the books available in market. They should have the understanding of market and sales. So, one can make a career in book publishing as well.

### (v) Sports Broadcasting

Sport's broadcasting has also become a popular career. It includes TV, radio, cable TV for local, regional and national levels, etc. A career can be made in this field. One should not only have a sound knowledge of sports but also have an excellent appealing voice. The players/people anticipated that this career should have the knowledge of skills, rules and other related discipline. A reporter should study physical education in such manner how players prepare themselves for sports competitions. A reporter should have the knowledge of sports because people treat him as an expert in the field. He should not feel shy while speaking in front of a camera or microphone. He should have excellent speaking skills. He should have knowledge of all sports—football, volleyball, basketball, hockey, cricket etc. and also have a sound knowledge of the background of each player.

### (vi) Marketing of Sports Equipment

With the increase in interest for sports, health and physical activities, there is also an increase in the sale of sports equipment. Now, companies hire people who have knowledge of physical activities and can endorse sports equipment keeping in mind the needs and demand of sports equipment in today's changing world. A consumer expects a salesman to be an expert in all sports equipment. Salesmen should have the knowledge of the needs of customers and knowledge of sports equipment. Here, the career opportunities are galore because there is more interest for physical activities, sports and fitness.

### (vi) Sports Industry

There are lots of opportunities for making a career in sports industry. Sports equipment and clothes are always in demand so that players can perform better during competitions and practice. A player can establish sports industry at low level. It can be related to T-shirts, track suits and shoes. But one should have the knowledge of designs as well. As few years ago athletes use loose shorts but now they use skin fit because it decreases the air resistance. So, we can say that in the field skin fit shorts keep the athletes more fit and agile in compare to the earlier time.

## Practice Questions 1.3

### I. Short-I Question Answers (3 Marks, 100 Words)

1. Enlist various careers in the field of physical education.
2. Enlist careers in communication media and elaborate any one.
3. Elaborate the professional courses in physical education available in India.
4. Explain the professional courses available in the field of sports administration.

### II. Short-II Question Answers (5 Marks, 200 Words)

1. Explain various performance-related careers.
2. Elaborate various careers available in physical education.
3. What are various levels where physical education teachers can teach?

## 1.4 Competitions in Various Sports at National and International Level

### Introduction

India is home to a diverse population playing many different sports. Field Hockey is the most successful sports for India at Olympics in which India has won eight Olympic gold medals. Cricket is most popular sport in India.



Kabaddi is most popular indigeneous sport in the country. Other popular sports in India are Athletics, Badminton, Judo, Football, Basketball, Chess, Shooting, Wrestling, Boxing, Tennis, Squash, Weightlifting, Gymnastics and Table-Tennis. Some indigeneous sports like Kho-Kho and Kabaddi are very popular. Some other sports were originated in India such as Chess, Leg Cricket, Snooker, etc. are also very popular.

The National Games of India is a national domestic sports event organisation which has been held in the country since 1924 and for developing multi-sports culture in India. Khelo-India School Games, an event for Under-17 School Kids, had been started from 2018 as its first edition.

Political responsibility for sport in India is with the Ministry of Youth Affairs and Sports, which is headed by a cabinet minister and managed by National Sports Federations. The only major exception is the BCCI which is the administrative body of Cricket but not a NSF. Presently, there are more than 70 recognised National Sports Federations (NSF).

Sports Authority of India, the field arm of the ministry, supports and nurtures talent in youth and provides them with requisite infrastructure, equipment, coaching, facilities and competition exposure. Sir Dorabji Tata with the support of Dr. A.G. Noehren established the Indian Olympic Association (IOA) in 1927. IOA is responsible for the Indian continents participation in the Olympic Games, Commonwealth Games, Asian Games and South Asian Federation Games. Each Olympic and Non-Olympic Sport has a federation at the national level. Some of them are as follows:

### Various National Sports Federations in India

S.No.	Name of Game	Governing Body	Prominant Players	Major Competitions
1.	Archery	Archery Association of India (AAI) Established In : 1973 Current President : B.V.P. Rao Headquarter : New Delhi	<ul style="list-style-type: none"> <li>• Sanjeeva Kumar Singh</li> <li>• Limba Ram</li> <li>• Deepika Kumari</li> <li>• Atanu Das</li> <li>• Dola Banerjee</li> <li>• Rahul Banerjee</li> </ul>	Olympics, World Championship, Common Wealth Games, Asian Games, SAF Games, National Games, Khelo India, All India Inter University
2.	Athletics	Athletics Federation of India (AFI) Established In : 1946 Current President : Mr. Rdille Sumariwalla Headquarter : New Delhi	<ul style="list-style-type: none"> <li>• Milka Singh</li> <li>• Shiny Abraham</li> <li>• P.T. Usha</li> <li>• Jinson Johnson</li> <li>• Anju Bobby George</li> <li>• Tintu Lukka</li> <li>• Dutee Chand</li> <li>• Neeraj Chopra</li> </ul>	Olympics, World Championship, CWG, Asian Games, SAF Games, National Games, K.I.G., All India Inter University
3.	Basketball	Basketball Federation India (BFI) Established In : 1950 Current President : K. Govindraj Headquarter : New Delhi	<ul style="list-style-type: none"> <li>• Satnam Singh</li> <li>• Amritpal Singh</li> <li>• Yadhinder Singh</li> <li>• Geethu Anna Jose</li> <li>• Akhanksha Singh</li> <li>• Prashanti Singh</li> </ul>	World Championships, NBA (American League), European League, Olympics, CWG, SAF, Asian Games, National Games, Khelo India, AllIU
4.	Badminton	Badminton Association of India (BAI) Established In : 1934 Current President : Himanta Biswa Sarma Headquarter : New Delhi	<ul style="list-style-type: none"> <li>• Saina Nehwal</li> <li>• Syed Modi</li> <li>• P.V. Sindhu</li> <li>• Chetan Anand</li> <li>• Pullela Gopichand</li> <li>• Aparna Popat</li> <li>• Prakash Padukone</li> <li>• Srikant Kidambi</li> <li>• Jwala Gutta</li> <li>• Ashwini Ponappa</li> <li>• Parupalli Kashyap</li> </ul>	Olympics, World Ranking Tournaments, Asian CWG, SAF, Premier Badminton League All India, Thomas Cup, Uber Cup (Women), Sudirman Cup (Men) (Mix Teams)

S.No.	Name of Game	Governing Body	Prominant Players	Major Competitions
5.	Boxing	Boxing Federation India (BFO) Established In : 1925 Current President : Ajay Singh Headquarter : New Delhi	<ul style="list-style-type: none"> <li>• Vijender Singh</li> <li>• Mary Kom</li> <li>• Akhil Kumar</li> <li>• Hawa Singh</li> <li>• Vikas Krishan Yadav</li> <li>• Pinki Rani</li> <li>• Manish Kaushik</li> </ul>	Olympics, W.C., Asian Games, Amature Boxing Championship, SAF, CWG, National Golden Gloves Championship
6.	Football	All India Football Federation (AIFF) Established In : 1937 Current President : Praful Patel Headquarter : New Delhi	<ul style="list-style-type: none"> <li>• Sunil Cheetri</li> <li>• Bhaichung Bhutia</li> <li>• I.M. Vijayan</li> <li>• Aditi Chauhan</li> <li>• Oinam Bembem Devi</li> </ul>	FIFA World Cup, FIFA Confederation Cup, UEFA Championship, Asian Cup, Santosh Trophy
7.	Gymnastics	Gymnastics Federation of India (GFI) Established In : 1952 Current President : Narender Batra Headquarter : New Delhi	<ul style="list-style-type: none"> <li>• Dipa Karmakar</li> <li>• Ashish Kumar</li> </ul>	Olympics, W.C., Asian Games, CWG, SAFG, Pacific Rim Championship, PAN American Championship, KIG, Nationals
8.	Hockey	Indian Hockey Federation (IHF) Established In : 1928 Current President : Mohd. Mushtaque Ahmad Headquarter : New Delhi	<ul style="list-style-type: none"> <li>• Dhyan Chand</li> <li>• Savita Punia</li> <li>• Dhanraj Pillay</li> <li>• Rani Rampal</li> <li>• Sandeep Singh</li> <li>• Sardar Singh</li> <li>• Dilip Tirkey</li> <li>• Mandeep Singh</li> </ul>	Olympics, W.C., Asian Cup, SAFG, CWG, BEIGHTON Cup, AGA KHAN Cup, Marugappa Gold Hockey Cup, Nehru Cup, Hockey India League, Khelo India Games
9.	Judo	Judo Federation of India (JFI) Established In : 1965 Current President : Pratap Singh Bajwa Headquarter : New Delhi	<ul style="list-style-type: none"> <li>• Cawas Billmoria</li> <li>• Akram Shah</li> <li>• Garima Chaudhary</li> <li>• Sandeep Byala</li> <li>• Tombi Devi</li> <li>• Navjot Chana</li> <li>• Sushila Likmabam</li> </ul>	Olympics, World Games, SAFG, CWG, Asian Games, European Judo Championship, Judo Grand Prix, PAN AMERICAN JUDO CHAMPIONSHIP
10.	Kabaddi	Amature Kabaddi Federation of India (AKFI) Established In : 1973 Current President : S.P. Garg Headquarter : New Delhi	<ul style="list-style-type: none"> <li>• Anup Kumar</li> <li>• Abhilasha Matre</li> <li>• Manjit Chillan</li> <li>• Ajay Thakur</li> <li>• Rahul Chaudhary</li> <li>• Pradeep Narwal</li> </ul>	Asian Games, Kabaddi World Cups, Pro-Kabaddi League, Federation Cups, National Kabaddi Championships, Khelo India Games
11.	Kho-Kho	Kho-Kho Federation of India (KKFI) Established In : 1959-60 Current President : Rajeev Mehta Headquarter : New Delhi	<ul style="list-style-type: none"> <li>• Satish Rai</li> <li>• Sarika Kale</li> <li>• Pankaj Malhotra</li> <li>• Mandakini Majhi</li> <li>• Praveen Kumar</li> <li>• Shabeer Babu</li> </ul>	National Championship, Nehru Gold Cup, Federation Cup
12.	Shooting	National Rifle Association of India (NRAI) Established In : 1951 Current President : Sh. Ravinder Singh Headquarter : New Delhi	<ul style="list-style-type: none"> <li>• Rajyavardhan Singh Rathod</li> <li>• Abhinav Bindra</li> <li>• Jitu Rai</li> <li>• Apurvi Chandela</li> <li>• Jaspal Rana</li> <li>• Gagan Narang</li> <li>• Manu Bhakar</li> <li>• Heena Sindhu</li> </ul>	Olympic, World Championship, Asian Games, CWG, SAF Games, National Games, Khelo India Games

S.No.	Name of Game	Governing Body	Prominant Players	Major Competitions
13.	Wrestling	Wrestling Federation of India (WFI) Established In : Current President : Brij Bhushan Sharan Singh Headquarter : New Delhi	<ul style="list-style-type: none"> <li>• Yogeshwar Dutt</li> <li>• Babita Phogat</li> <li>• Sushil Kumar</li> <li>• Bajrang Poonia</li> <li>• Pooja Dhanda</li> <li>• Sakshi Malik</li> <li>• Vinesh Phogat</li> <li>• Geeta Phota</li> <li>• Dara Singh</li> </ul>	Olympics, World Championship, Asian Games, CWG, SAF Games, Federation Cup, National Games, Khelo India Games
14.	Volleyball	Volleyball Federation of India (VFI) Established In : 1951 Current President : S. Vasudevan Headquarter : Bangalore	<ul style="list-style-type: none"> <li>• Jimmi George</li> <li>• Gurinder Singh</li> <li>• G.E. Sridharan</li> <li>• A. Ramana Rao</li> <li>• Tom Joseph</li> <li>• Shyam Sundar Rao</li> <li>• Nirmal Saini</li> </ul>	Olympics, World Championships, Asian Games, CWG, SAF Games, Federation Cup, National Games, Khelo India Games
15.	Weightlifting	Indian Weightlifting Federation (IWLF) Established In : 1935 Current President : Birendra Prasad Baishya Headquarter : New Delhi	<ul style="list-style-type: none"> <li>• S. Mirabai Chanu</li> <li>• Sanjita Chanu</li> <li>• Swati Singh</li> <li>• Kavita Devi</li> <li>• Karnam Maheshwari</li> <li>• Kunjurani Devi</li> <li>• Poonam Yadav</li> <li>• Satish Shivalingam</li> <li>• Vikas Thakur</li> <li>• Gurdeep Singh</li> <li>• Ravi Kumar</li> </ul>	Olympics, World Championships, Asian Games, CWG, SAF Games, Federation Cups, National Games, Khelo India Games

### Major Responsibilities of National Federations

1. To select the National Teams.
2. To recommend the Indian Olympic Association (IOA) for official sponsorship.
3. To participate in games conducted under the auspicious of the International Olympic Committee (IOC), Olympic Council of Asia (OCA), Commonwealth Games Federation (CGF) and South Asian Games (SAG) Federation
4. To supervise the conduct of State Associations under them.
5. To promote the sport and maintain the decorum of the game.
6. To ensure coordination among state sports.
7. To prepare budget for respective sports.
8. To recommend the names for awards like Rajiv Gandhi Khel Ratna Award, Arjuna Award and Dronacharya Award for excellence in sports.
9. To elect the governing body at regular period.
10. To follow the latest rules of international federations.

### List of International Competitions

In the **sport of athletics**, international competitions between national teams can be distinguished into four main types:

- **Multi-sports events**, commonly referred to as **Games**, where athletics events form part of a wider sporting programme.
- **World championships**, the primary competitions where all nations may compete.
- **Continental** or regional championships, between nations of a specific geographical area.

- Competitions where the invited nations or athletes have a shared language, religion, ethnicity, occupation or political allegiance.

### Competitions

Event	Ist Held	Level of Competition	Participants
Olympic Games	1896	World games	Worldwide
Worldwide Championships	1983	World championships	Worldwide
World Indoor Championships	1985	World indoor championships	Worldwide
Universiade	1959	University games	Worldwide (college athletes)
Military World Games	1995	Military games	Worldwide (military athletes)
World Military Track & Field Championship	1941	Military championships	Worldwide (military athletes)
Asian Games	1951	Continental games	Asia
Asian Indoor Games	2005	Continental indoor games	Asia
Pan American Games	1951	Continental games	Americas
African Games	1965	Continental games	Africa
European Games	2015	Continental games	Europe
European Championships	1934	Continental championships	Europe
European Indoor Championships	1966	Continental indoor championships	Europe
South American Championships	1919	Continental championships	South America
Asian Championships	1973	Continental championships	Asia
African Championships	1979	Continental championships	Africa
Oceania Championships	1990	Continental championships	Oceania
Mediterranean Games	1951	Regional games	All nations bordering the Mediterranean Sea
Pan Arab Games	1953	Regional games	Arab World nations
Commonwealth Games	1930	Regional games	Commonwealth of Nations
Central American and Caribbean Games	1926	Regional games	Central American and Caribbean nations
East Asian Games	1983	Regional games	East Asian nations
South Asian Games	1953	Regional games	South Asian nations
Southeast Asian Games	1959	Regional games	Southeast Asian nations
Island Games	1985	Regional games	European islands and other small territories
Games of the Small States of Europe	1985	Regional games	Small states of Europe
Maccabiah Games	1932	Ethnoreligious games	Jewish athletes and Israeli athletes (including Arab Israelis)
Lusophony Games	2006	Language games	Portuguese speaking nations
Jeux de la Francophonie	1989	Language games	French-speaking nations
Central American and Caribbean Championships	1967	Regional championships	Central American and Caribbean nations
North American, Central American and Caribbean Championships	2007	Regional championships	North American, Central American and Caribbean nations
Ibero-American Championships	1983	Regional championships	Ibero-American countries
Pacific Conference Games	1969	Invitational championships	Five Pacific-coast countries (later invitational)
FAJR Indoor Championships	1992	Regional championships	Asia
World Deaf Athletics	2008	World championships	Worldwide

## Practice Questions 1.4

### I. Short-I Question Answers (3 Marks, 100 Words)

1. What are the aims and objective of A.F.I.?

### II. Short-II Question Answers (5 Marks, 200 Words)

1. Write a short note on the achievement of boxer at national level.

## 1.5 Khelo-India Program

### Introduction

The importance of sports and fitness in one's life is invaluable. Playing sports inculcates team spirit, develops strategic and analytical thinking, leadership skills, goal setting and risk taking. A fit and healthy individual leads to an equally healthy society and strong nation.

Sports is an extremely important component for the overall development of our nation. India, in the last five years has made steady progress in the field of sports. This tremendous potential needs to be showcased at a global platform. It's time, we inspire young talent, give them top notch, infrastructure and training of the highest level. We need to inculcate a strong spirit of participation in sports that enables players to demonstrate their true potential. Only then can India realise its dream of becoming a sports super power.



The **Khelo-India Program** has been introduced to revive the sports culture in India at the grass-root level by building a strong framework for all sports played in our country and establish India as a great sporting nation.

To accomplish the above objectives, Khelo-India Program has been divided into 12 verticals, namely–

### Khelo-India Program

- (i) Play field development
- (ii) Community coaching development
- (iii) State level Khelo-India centres
- (iv) Annual Sports Competitions
- (v) Talent search and development program
- (vi) Utilization and Creation/Upgradation of Sports Infrastructure
- (vii) Support to National/Regional/State Sports Academics
- (viii) Physical fitness of school children
- (ix) Sports for Women
- (x) Promotion of Sports amongst people with disabilities
- (xi) Sports for peace and development
- (xii) Promotion of rural and indigenous/tribal games

Talented players identified in priority sports disciplines at various levels by the high powered committee will be provided annual financial assistance of “INR 5 Lakh per annum for 8 years”.

Khelo-India school games, which are a part of the Khelo-India Program, are first being held from 31st January to 8th February, 2018 in New Delhi. Under-17 athletics have been invited to participate across 16 disciplines, which are as follows:

- |                  |                  |                    |
|------------------|------------------|--------------------|
| (i) Archery      | (ii) Athletics   | (iii) Badminton    |
| (iv) Basketball  | (v) Boxing       | (vi) Football      |
| (vii) Gymnastics | (viii) Hockey    | (ix) Judo          |
| (x) Kabaddi      | (xi) Kho-Kho     | (xii) Shooting     |
| (xiii) Swimming  | (xiv) Volleyball | (xv) Weightlifting |
| (xvi) Wrestling  |                  |                    |

Khelo-India Program meaning play India youth games, held annually in January or February, are the national level multidisciplinary grassroot games in India's held for under-17 years school students. Every year best 1000 students will be given an annual scholarship of INR 5,00,000 for 8 years to prepare them for the international sporting events.

First event – 2018

Occur every – Annually

Last event – 2019

Headquarters – New Delhi

Purpose – Grassroot level talent hunt

In First Khelo-India games small state of Haryana (102 medals including 38 gold, 26 silver and 38 bronze) which is considered a sports powerhouse was the top team in 2018, followed by Maharashtra (111 medals including 36 gold) and Delhi (94 medals including 25 gold).

## History

On 31st January, 2018 the Prime Minister Narendra Modi, inaugurated Khelo-India school games at the opening ceremony based on Guru-Shishya tradition held at Indira Gandhi Stadium, New Delhi.

## Selection Criteria

Only selected school kids below the age of 17 years are eligible to compete in the individual sports. Top 8 sports person from the school games federation of India's National School Games. 4 nominations from federation, one from Central Board of Secondary Education, one from the host state and one from the organising committee will be selected. For Archery, Badminton and Shooting, the top 16 from the National School Games, 8 nominations by the federation, one from CBSE, one from host state, one from organising committee, and 6 from wild cards will be selected.

## Aim of the Khelo-India Program

“To make popular the rural, indigenous and the Tribal sport/Games to disseminate information and pique the curiosity of the present generation about these games and also to encourage children and youth to take up these games in a major way, paving way for their mainstreaming.

## Objectiveness of Schemes

To encourage, promote and popularize the indigenous sports and games and those played in the rural and tribal areas of the country.