



## UNIT-VI

# PHYSICAL EDUCATION AND LEADERSHIP TRAINING

### Content

- Leadership Qualities and Role of a leader.
- Creating leaders through Physical Education.
- Meaning, Objectives and types of Adventure Sports (Rock climbing, trekking, River Rafting, Mountaineering, Surfing and Para Gliding)
- Safety measures to prevent sports injuries

### Learning Outcomes

At the end of this unit you will be able to:

- recall definitions of leadership
- list the qualities of a leader
- understand adventure sports
- recognize and classify sports injuries
- demonstrate injury management
- apply safety measures

### KWL Chart for Vocabulary

In this chapter we are going to know about.

#### Discussion

#### 1. Match theQuote

Each one of the students to look for and get a written leadership quote from home. Place the leadership quotes around the room. Now, walk around and read the quotes. When you find the one that matches the way you think leadership should be, stand next to it. More than one student can stand in front of the same quote. When each one of you has found your favourite quote, interpret the meaning of the quote.

#### 2. Complete the following blurbs. Discuss your answers in your group. Share your views with the class.

If you got a chance to be the Head Boy / Head Girl of the School, what would you do?

If I were the Principal of my school, I would .....

Were you ever selected a class monitor? What did you do to control your naughty friends?



### 6.1.1 MEANING AND DEFINITION OF LEADERSHIP

***You have to Programme your mind into victory.***

This game is all about how bad you want it, it's about grit. It's about HEART. The difference between winning and losing is how far you're willing to go!

Your HUNGER will be tested on the field. Your DESIRE to win, will determine the outcome of the game.

We keep on fighting even if the odds are stacked against us.

They don't know that we have the heart, the courage and the will to make things happen!

We will destroy everything that comes in our way, BECAUSE WE WERE BORN TO WIN, WE WERE BORN TO DOMINATE!

We might be the underdogs; we might be the "weaker" team.

But one thing is for sure: When we step on the field we FIGHT. We fight for ourselves and WE FIGHT for each other YOU WILL NEVER PLAY THIS EXACT GAME AGAIN IN YOUR LIFE.

Read the paragraph above.

Have you gained an insight into the making of a leader? Would you like to make any changes to your quote about the qualities of a leader above?

#### Do you know?

**Leader**–The person who leads or commands a group, organization, or country.

**Delegate** – assign/allocate a responsibility

**Commitment** – quality of being dedicated to a task

**Accountable**–responsible, expected to justify actions.

**Let's read further about Leadership.**

#### LEADERSHIP

Leadership is the art of motivating a group of people to act towards achieving a common goal.

He/she is the person in the group who possesses the combination of personality and leadership skills that makes others want to follow his/her direction.

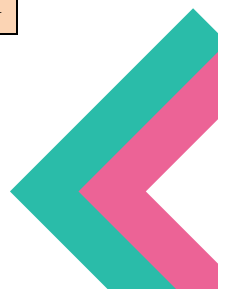
Leadership can be defined as a certain set of characteristics, behaviour or style that one exhibits on a day to day basis, through one's thoughts, words, and actions.

"It is better to lead from behind and put others in front, especially when you celebrate victory when nice things occur. You take the front line when there is danger. Then people will appreciate your leadership".

– Nelson Mandela

"The greatest leader is not necessarily the one who does the greatest things. He is the one that gets the people to do the greatest things."

– Ronald Reagan





“A leader is one who has power in authority.”

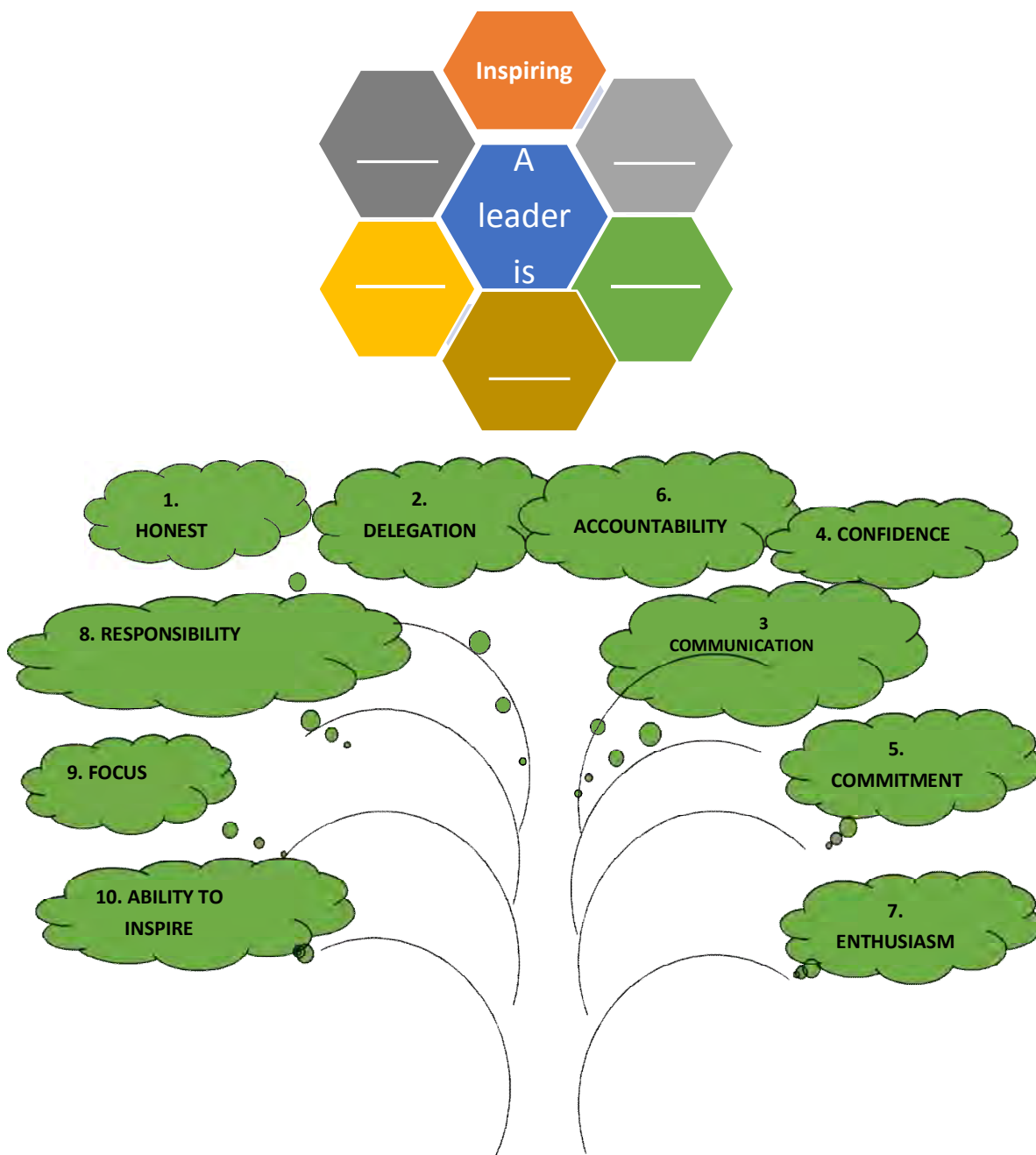
– H.T Mazumdar

“Leadership is the behaviour that affects the behaviour of the people more than their behaviour affects that of a leader.”

– LaPierre

### 6.1.2 QUALITIES OF A GOOD LEADER

What, according to you are the qualities of a leader? Based on the quotations you read, and your own views, complete the web chart given below listing essential qualities of a leader.





## 1. Honesty

One of the qualities that defines a good leader is her/his honesty. When a leader is responsible for a team of people, it is important for her/him to be straightforward. If she/he makes honest and ethical behaviour a key value, the team will follow. President Dwight D Eisenhower of United States once said, “The supreme quality of leadership is, unquestionably, integrity. Without it, no real success is possible, no matter whether it is on a section gang, a football field, in an army, or in an office.” Honesty and integrity are two important ingredients which make a good leader. A leader will not be able to get his teammates to be honest if she/he lacks honesty. Leaders succeed when they stick to their values and core beliefs and without ethics, this will not be possible.

“A leader is one who knows the way, goes the way, and shows the way.”

– John C. Maxwell

### Extension Activity

**Work in groups of six. Interview the Captains of your school's/a nearby school's Cricket Team, Football Team, Hockey team etc.**

1. What are the most important values you demonstrate as a leader?
2. How have you gained commitment from your team?
3. What is your greatest strength?
4. How do you get your teammates to accept your ideas?
5. How would you go about uniting your team who may have internal disagreements?
6. How do you motivate your team?
7. What is the most difficult part of being a leader?
8. What is a leader's best asset?
9. How would you proceed to reorganize your team?
10. How do you go about resolving conflict?
11. Name a time when an employee disagreed with your directive and how you handled it?
12. Who are the most important members of your team?
13. How do you delegate responsibilities to your team?
14. How did you handle a time when you had to make an unpopular decision?

**Discuss what you have learnt and share your views with the class about the qualities of a successful Captain.**

## 2. Delegation of duty

It is important for a leader to focus on key responsibilities and delegate work, duties and, even, authority to other team members. A good leader delegates tasks to her/his teammates and oversees how they perform. By empowering the other members of the





team, the leader shows that she/he has confidence in their abilities, and this can result in a positive morale in the team. If the leader continues to micromanage the team members, there will be a lack of trust between them. More importantly, she/he will not be able to focus on important matters. By providing them with all the resources and support they need to achieve the objective, and giving them a chance to shoulder responsibility, the leader empowers the team. Given a specific role or responsibility, the team members feel honoured and, as a result of the trust and faith of the leader, the teammates are able to handle the task given to them satisfactorily.

### 3. Communication Skills

Communication is the key to success. Without clear communication skills, no one would understand their mission, goals, and vision. Communication should also be consistent when assigning a task or passing instructions. If the leader has effective communication skills, the team members will have a good understanding as to what is expected of them. Until the leader clearly communicates her/his vision to the team, and tells them the strategy to achieve the goal, it will be very difficult to achieve the desired results. In other words, if the leader is unable to communicate her/his message effectively to the team, she/he can never be an effectual leader. It is the leader's words that have the power to motivate the team and make them achieve the desired goal.

### 4. Confidence

Another quality that defines a good leader is her/his confidence. To be an effective leader, she/he should be confident enough to ensure that others follow her/his instructions and the team places their trust in her/him. A leader must be confident and assertive to gain the respect of the teammates. If the leader is uncertain about her/his decisions and programmes, then the other team members will never follow her/him. Of course, confidence does not mean overconfidence or arrogance, but the leader must be responsible for holding the team together and winning the team's confidence and keep them moving forward by staying calm and self-possessed.

### 5. Commitment

There is no greater motivation for the team than seeing their leader working alongside everyone else. By proving her/his commitment to the team, she/he not only earns the respect of the team, but also instils that same drive among the team members. The leader's commitment sets an example for others to follow, and leads to greater loyalty and respect for her/him as a leader.

Since the team looks up to her/him, the leader's passion is the best way to motivate and inspire the team members to give their best shot. It also helps the leader gain the respect of her/his teammates and infuse new energy in the team, which helps them perform better. A feeling that the leader is not fully committed or lacks passion, on the other hand, demotivates the team. It is important to remember that if a leader expects the team to work hard and produce quality work, she/he would need to lead by example.



## 6. Accountability

A good leader takes responsibility for everyone's performance as well as her/his own. When a leader takes personal accountability, she/he is willing to take responsibility for the outcomes of her/his choices and behaviours. Leaders do not blame others when things go wrong. Rather, they make things right – they are fixers. Accountability goes beyond the leader's actions and decisions. Accountable leaders assume ownership for the performance of their teams. When things are going well, she/he praises the team members. However, when problems arise, they identify them quickly, seek solutions, and get the team back on track. The leader must also ensure that every one of the teammates is accountable for what they are doing. If they do well, they must be praised, but if they struggle, they must also be made to realize their mistakes, and then work together towards improving performance.

Holding the team members accountable for their actions will create a sense of responsibility among the teammates and they will go about their business more seriously.

### Extension Activity

Look at the picture.



MS Dhoni tells his players: "Don't think about winning or losing. Just go out, play your best cricket and enjoy the match. Sometimes you win, sometimes you lose. It does not matter as long as you are giving your 100%."

What do you think the Captain is saying to the team? What would you tell your team if you were the Captain? Share in your group.

Share the best advice with the class.

"With great power comes great responsibility"

– Anonymous

"A good leader takes little more than his share of the blame and little less than his share of the credit."

– Arnold H Glasow

## 7. Enthusiasm

The term **enthusiasm** is derived from the Greek origin meaning *possessed by a god*, is used for a leader who is motivating, energetic, passionate, and dynamic. A good leader is enthusiastic about her/his own work and performance and also about her/his role as



leader. Teammates respond more openly to a person who is passionate and dedicated towards good performance. Leaders should be a source of inspiration, and be motivators towards the required action or cause. The leader should be a part of the team when working towards the goal. An enthusiastic leader brings excitement, enjoyment, and anticipation to the task, engaging teammates to participate. Thus, the leader's enthusiasm can lead to positive attitudes, better performance, and improved team behaviour.

### **8. Focus**

A good leader is generally focused and is able to think rationally. A leader should also be self-driven to work harder in wanting to achieve better results. Since she/he is the driving force in the team and also someone the team could look up to, the leader must be mentally strong. Inevitably, the leader will be criticised at some point, both within and outside the team. Equally, she/he needs to remain focused and aware while under intense pressure during a task or a programme, so that she/he can make the correct decisions at the right time. To cope with such situations requires considerable mental strength. So, the leader must stay focussed and encourage the rest of the members to be together for achieving the desired goal.

### **9. Ability to inspire**

Probably the most difficult job for a leader is to persuade others to follow. This is possible only if the leader is able to inspire her/his followers by setting a good example. In difficult situations, the team members look up to the leader and watch out for her/his reactions to the situation. If the leader handles it well, they will follow her/him. A leader should think positive and this positive approach should be visible through her/his actions. Staying calm under pressure and keeping the motivation level up, is an essential job of the leader. As John Quincy Adams puts it, "If your actions inspire others to dream more, learn more, do more and become more, you are a leader." If you are successful in inspiring your teammates, you can easily overcome any current and future challenges easily. A leader should be able to inspire others to follow the path of loyalty, hard work, regularity and the value of time.

### **10. Responsibility**

Last, but not least, the quality that defines a good leader is responsibility. A good leader understands that leadership is about responsibility, and not power. A leader takes responsibility for her/his actions which includes both failures and successes. Being responsible requires accountability and adaptability. When leaders are accountable for things within their power and control, they are being responsible. Great leaders, at the same time, know that when it comes to their team members, they need to take personal responsibility for failure. A good leader does not make excuses; they take the blame regardless and then work out how to fix the problem as soon as possible.

#### **I. Tick the correct options.**

1. A leader who is honest in speech and upright in character exhibits
  - i. patience





- ii. servitude
  - iii. integrity
  - iv. enthusiasm
2. A good leader is one who
- i. is unable to trust or show any confidence in her/his team mates
  - ii. is only enthusiastic about her/his own performance
  - iii. is focused and is able to think rationally
  - iv. is assertive and doesn't care about the respect of the team mates

**II. Answer the following questions briefly.**

- 1. Who is a leader?
- 2. Why must a good leader be accountable?
- 3. A good leader delegates duties and responsibility. Do you agree?

**III. Answer the following questions in 150-200 words.**

- 1. Who is your role model as a leader? What are her/his characteristics? What have you learned from her/him?
- 2. Discuss the role of a leader.

**6.2.1 ROLE OF A LEADER**

The word **leader** come from the Indo-European *laitho*, meaning **to cause others to follow a particular path**. Leaders must know what they are doing.

**Extension Activity**

“Be the change you wish to see in the world.” - Gandhi Look at the cartoon given below. Leadership is the process by which one individual influences the behaviours, attitudes and thoughts of others. A leader's actions are held to an unspoken standard of what is appropriate and what is not. In present day cricket, where sledging is very common, Rahul Dravid's boys showed exemplary behaviour.

Discuss the role of a leader in the light of the above statement.







Successful teams have strong leaders and the importance of this role is evident in all categories of sports. Leadership is an integral part of any sport. Whether you've been a coach for the last 20 years or you recently stepped up to lead your team as the captain for the first time, leadership should always be at the forefront of your thinking. It does come with a lot of pressure that's why it's important to incorporate certain values into your leadership to allow your team to reach its full potential and ease the overall pressure.

1. **Instilling Positivity** – Whether it has been a difficult training session, or a few dropped catches or a face-off with a very tough opponent in a crucial match – each of these situations requires a strong support system in place to tell the players not what they are doing wrong, but what they're doing right. This positive reinforcement is delivered on the field by the Captain, and off the field, by the Coach. The team's morale does not remain high if there hasn't been a pre-match motivational team-talk or some encouragement from the side-lines. This affects the team's performance. Thus, positivity is a very important part of leadership. The leader should be able to judge when to use a firm approach to motivate a member of the team and when it is the right time to encourage them. Success is more likely if the team is motivated. Indeed, motivation is an intrinsic part of team building and a challenge for the team leader. According to Sir Alex Ferguson of Manchester United "For a football player and for any human being, there is nothing better than hearing 'well done'. Those are the two best words ever invented in sports."
2. **Regulating Group Behaviour** – Groups are formed of individuals, and individuals influence work and work behaviour. Therefore, they cannot be ignored. A leader always tries to minimise individual behaviour that may be against the best interests of the whole team. The leader enforces rules effectively using rewards and punishments. She/He may warn the member or player of a team who demonstrates indiscipline, and reward a player who performs well. Thus, the leader deals with all matters pertaining to group or team discipline like rewards, warnings or, arbitration.
3. **Communicating with the Team** – The leader must set clear goals for the team and communicate these to the team. Communicating specific and clearly laid down goals leads to greater output and better team performance. Defining, developing, articulating, and communicating the vision inspires the team as they get a simple, clear, and relevant vision of the way ahead. This can be done either on a one-on-one basis, or collectively with the entire team. A successful leader, whether it is a Coach or a Captain, is one who can communicate her/his views to the team and her/his expectations from the team clearly and strongly. The main aim for a Captain or Coach is to find a way of communicating her/his views, ideas, suggestions in a manner that inspires the teammates to listen. She/He should be able to influence the players and bring about a change in their behaviour and performance.
4. **Providing Feedback** – Coaches and Captains lead their teams in different ways. Some coaches use a philosophy of pointing out mistakes and speaking negatively to players in order to keep them determined and on their toes, some take a



softer, more informal approach. Whatever method the coach or captain uses as a leader, he/she should always look for opportunities to deliver useful feedback to players about their performance. However, the method of delivering feedback is very risky. The leader must work hard on her/his method of delivery because she/he runs the risk of not being listened to, which can prove pointless for certain players, or worse still, being resented for the way feedback is delivered, which can be disastrous for the team. A leader should also draw up an individual plan for each of the players in his/her team for their personal development and to help them progress. She/He should organize continuous review sessions with them throughout the season. It is a good idea to set targets for players so that they improve their levels.

5. **Instilling a Desire to Win** – A good leader always has the desire to win no matter what the circumstances are and instils the team with the same attitude too. A leader who has a negative attitude and a negative approach is not good for the team morale as she/he will lower the team's passion to win. A good leader leads by example and motivates the team whether it is in training, or on the field, or in the dressing room before or after a game, the leader's words must inspire the team and keep them all together, not just in a win but even after a defeat. The leader should not lose focus as she/he shoulders the responsibility to hold the fort and keep the players in the winning mindset.
6. **Structuring the Situation** – The leader has a duty to structure the situation for the group members by interpreting the actual situation, by clarifying ambiguities and by emphasizing certain aspects of a tournament or competition. She/He focuses on the goal and, in doing this, constantly strives for objectivity, without in any way denying important facts and distorting the data, however unpleasant or unpalatable it might be. Co-operative behaviour of group becomes possible only if group members accept her/his interpretation. The leader observes every situation minutely, and after the tournament or competition, she/he interprets the complete situation to members of a team. She/He clarifies doubts and sets goal for her/his team.
7. **Commitment to Win** – The leader puts in the extra hours to review a match, talk to the players – together, or one-on-one – or, even plan an extra training session because players are going to benefit from this hard work. Such commitment in the leader will produce a positive response from the players. By putting in these hours, the leader will gain a lot of respect and hard work from the team.
8. **Gaining the Team's Respect** – A good leader must have the team's respect. The respect of the players for the leader is vital to gaining their commitment on the field. Respect makes people listen to the leader, and take her/his advice. e.g., if the leader suggests a new strategy, the team will put it into practice only if they respect the leader. The leader must remember, however, that respect is earned, not demanded. To gain a good level of respect, the leader needs to be able to relate to players, be approachable and open to feedback herself/himself. Otherwise she/he will struggle to strike up relationships with players.



**I. Tick the correct options.**

1. The leader instils positivity among the team by
  - i. holding difficult training sessions
  - ii. pulling up players making mistakes
  - iii. telling players their strengths
  - iv. sitting and observing the team from the sidelines.
2. The leader regulates group behaviour by
  - i. ignoring individual differences within the group
  - ii. enforcing rules firmly through rewards and punishment
  - iii. dealing with matters of group discipline in an arbitrary manner
  - iv. overlooking a member spreading indiscipline within the team

**II. Answer the following questions briefly.**

1. How does a good leader regulate team behaviour?
2. A leader's responsibility is to see that the plans of the group are put into execution. Elaborate.
3. The leader's foremost function is to structure the situation for the group members. How does she/he do this?

**III. Answer the following questions in 150-200 words.**

1. What role does a leader play in leading her/his team to success?
2. Explain the role of the leader in holding her/his team together.

**6.3.1 CREATING LEADERS THROUGH PHYSICAL EDUCATION**

Leadership is a complex process that involves the effort of an individual to help groups identify and achieve personal and group goals. Physical activity and sport Programmes offer great opportunities for youth to develop important life skills, including leadership.

The battle of Waterloo was won on the playing fields of Eton.

– The Duke of Wellington

Leaders have both innate and acquired qualities. Through physical education acquired qualities can be created and developed successfully. Sports and physical activities are highly interactive, provide numerous leadership opportunities or “moments” for young people to gain leadership experience e.g., enforcing rules for teammates provides an opportunity for a young captain to learn leadership in an enjoyable, motivating way.

For creating or making the effective and efficient leaders in the field of physical education, stress must be laid down on the following points:



1. **Analysing leadership skills required for further development:** It is essential to analyse leadership skills that are already well developed among the students and those which need further development.
2. **Identifying the students or groups of students whose leadership skills required to be improved:** Once players are involved in leadership activities, they must be given the chance to further improve their leadership skills by being given opportunities in leading teams and organising various sports competitions, and then observing signs of improvement in their leadership skills.
3. **Offering opportunities for leadership roles:** For improving leadership skills it is important
  - students are offered leadership roles such as supervising and managing sports activities. They may be appointed captains of different sports teams, given various responsibilities such as membership of various committees, official duties and ground preparation duties, supporting other students in their play, organising festivals and assisting teachers and coaches in running clubs and teams.
  - leadership courses are organised for students. Care should be taken, however, to ensure that these courses lead to an application of the knowledge, skill and understanding.
  - students are given opportunities to develop their skills by giving them tasks that show progression in challenge and complexity.
  - leaders are recognised by giving them a symbol of recognition like a cap or other uniform. This will serve to motivate other students.
4. **Having faith and confidence in the students:** It is essential to believe in the leadership skills of the students and to give them a chance for improving them.
5. **Rewarding them for their success:** Rewarding students for showing improvement by giving them more responsibilities helps in developing their potential.

Parental involvement also has a key role to play in training successful leaders. They should be included in physical activity instruction and in co-curricular and community physical activity programmes, and encouraged to support their children's participation in enjoyable physical activities. Parental involvement in children's physical activity is key to the development of a psycho-social environment that promotes physical activity among young people. Involvement in these programmes provides parents opportunities to be partners in developing their children's knowledge related to physical activity, attitudes, motor skills, confidence, and behaviour. Thus, teachers, coaches, parents and other school and community personnel should encourage students to become great sports leaders. We can certainly do much more to "intentionally" help young people develop their leadership capabilities and skills. We cannot only make them physically fit but we can teach them life skills, like leadership, that enable them to be more productive members of society.

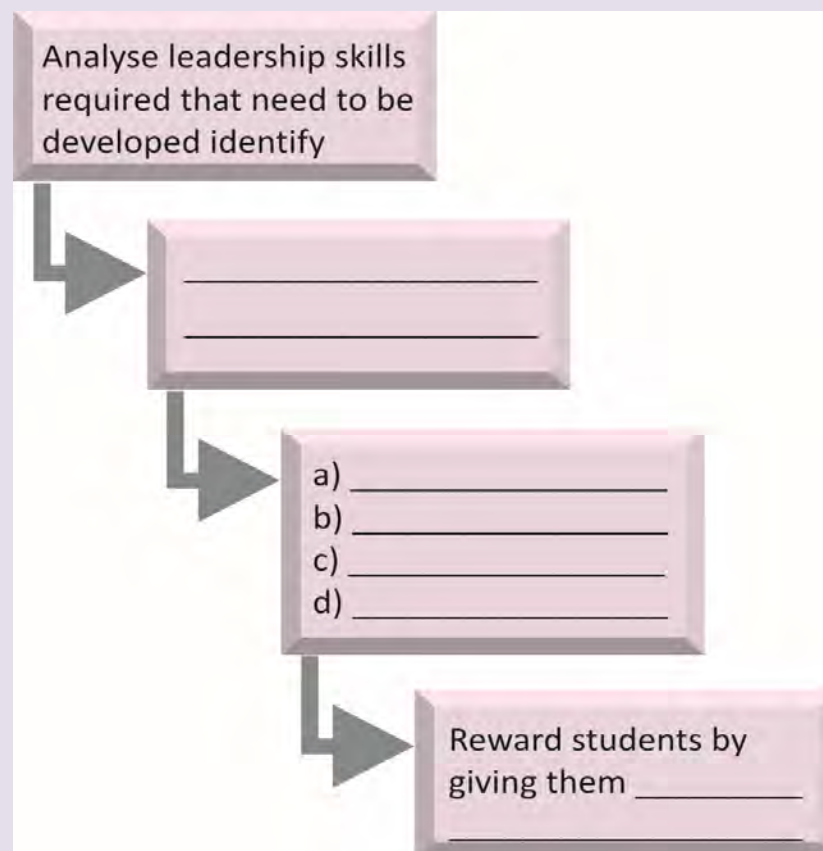




**I. Tick the correct options.**

1. The three long-term goals in a Physical Education include
  - i. developing competency in sport, leadership and team work
  - ii. creating leaders, communicators and coaches
  - iii. organising leadership training and literacy in sports
  - iv. highlighting sports culture, knowing the sport and being a good fan
  
2. Sports and physical activities provide numerous leadership opportunities as they
  - i. identify students for improvement
  - ii. analyse leadership
  - iii. develop individual skills
  - iv. are highly interactive

**II. Complete the following flowchart outlining how leaders are created through Sports.**





### Discussion

Which of the following sports would you describe as Adventure Sports? Why?



### 6.4.1 MEANING OF ADVENTURE SPORTS

Adventure is about going out of one's comfort zone to open up to the experiences and beauty that life gives all.

Adventure sports are also called **extreme sports**. They are activities involving high degree of risk. Such activities often involve speed, height, a high level of physical exertion and at times specialized gear. They also involve a high level of danger. These are usually outdoor sports involving intense, sometimes even life-threatening, actions.

### Do you know?

Adventure: Engaging in an unusual and exciting, typically hazardous, experience or activity.

### Objectives of Adventure sports

1. **Developing self-confidence:** By overcoming the fear and experiencing the thrill of successfully completing an adventure activity one can develop self-confidence.
2. **Building concentration:** While participating in these adventure sports a person has to be very alert and attentive all the time. Therefore, it helps develops concentration.
3. **Developing mental and physical fitness:** These sports help in developing mental and physical fitness. Physical fitness is developed because the individual works for long hours in difficult circumstances, in tough terrains. And because one has to pass through such difficult situations a number of times, one becomes mentally strong.





4. **Improving social relations:** During participation in adventure sports, qualities like sympathy co-operation, helpfulness, adjustment, group cohesion, unity, sincerity, patience, fraternity are developed because one normally works in groups together with unknown people.
5. **Bonding with nature:** Most of the adventure sports are outdoor activities which give enough opportunities to experience nature, and develop a bond with nature.
6. **Facing challenges:** These sports enhance one's capacity to deal with life-threatening situations with courage and determination.
7. **Using abundant energy properly:** Adventure sports provide the participant with a method for positive and healthy channelization of their boundless energy.
8. **Providing amusement and excitement:** It is the vital objective of adventure sport to provide amusement and excitement.
9. **Encouraging creativity:** These sports allow and encourage creativity of an individual. The participants get opportunities to think of various modes and methods of doing things and improving upon their creativity.
10. **Inculcating sportsmanship:** Adventure sports develop honesty, sincerity and similar virtues in the participants and these qualities together improve sports manship.



**Types of Adventure sports: (Rock climbing, trekking, River Rafting, Mountaineering, Surfing and Para Gliding)**

1. **Rock Climbing:** Rock climbing is a sport or activity where an individual climbs a rock, especially with the aid of ropes and other special equipment. It is done for locomotion, recreation and competition. It is generally done outdoors but can also be done indoors on man-made structures.



Rock climbing styles include free, trad (or, Traditional), aid, solo, ice and mountain. Before one sets out to climb, one needs appropriate equipment, including carabineers that connect rope and harness. The harness is needed to hold up while one is climbing.

**Equipment required:**

- Carabineers
- Harness
- Strongrope
- Helmet
- Gloves
- Climbing shoes

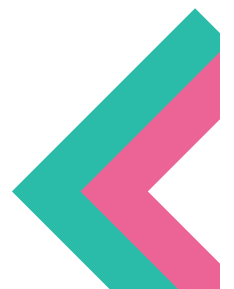
2. **Trekking:** Trekking is walking long paths on uneven routes, in extreme weather conditions. It is a soft- adventure sport and therefore almost anyone in reasonable physical condition can go trekking. To get initiated into trekking, begin with day hikes, returning to the starting point in the evening.



One can venture into the mountains with an experienced trekker, join an adventure club, or go with an adventure travel company. It is not a good idea to venture out into the mountains alone. A basic knowledge of camp craft, map-reading and first-aid is essential before one goes trekking. A basic course in mountaineering and a first-aid course are recommended if one decides to take it up more seriously and trek to remote/high-altitude areas.

**Equipment required:**

- Small rucksack /knapsack
- Sleepingbag
- Water bottle (at least 2 litres)
- First-aidkit





- Headlamp/torch
  - Armyknife
  - Whistle
  - Jacket/vest for cool evenings.
  - Wind/rain jacket: waterproof and breathable.
  - Trekking pants, light, comfortable, waterproof/breathable.
  - Long sleeve shirt; light weight, fast-dry (for sun/in sect protection).
  - T-shirts for day time
  - Long sleeve jacket or warm pullover.
  - Short pants,under wear,
  - Sun hat to protect skin from directs unlight
  - Woollen cap for high altitude or during evenings incamp.
  - Sweatpants for cold evenings.
  - A pair of hand gloves or woollengloves
  - Scarf to protect from dust or sunlight.
3. **River Rafting:** Rafting is a recreational outdoor activity which uses an inflatable raft to navigate a river or other body of water. This is often done on white- water or different degrees of rough water. Dealing with risk and the need for teamwork is very important. It is a challenging, but tremendously fun, activity. The presence of rocks and a sudden surge of water makes it a thrilling experience. Difficulty/adventure are felt due to sudden plunges in the river's height, and also because of small or big rocks that are sometimes found lurking in the waters.



**Equipment required:**

- Inflatable raftingboat.
- Lifejacket.
- Helmets.
- Carbon paddles



- Wetsuit.
- Drysuit.
- Rescue throwbags.

4. **Mountaineering:** Mountaineering, also called mountain climbing, is the sport of attaining, or attempting to attain, high points in mountainous regions. Climbing mountains embodies the thrills that are born out of testing one's endurance, courage and stamina to the utmost in inherently risky situations.

Mountaineering is normally a group activity, where every member appreciates and supports each other. For most climbers, the pleasures of mountaineering lie not only in the "conquest" of a peak but also in the physical and spiritual satisfaction brought about through intense personal effort, ever-increasing proficiency, and contact with natural surroundings.



There are three phases of the sport – hiking, rock-climbing, and climbing the snow and ice – and each is quite different. Hiking is the essential element of all climbing, because in the end mountains are climbed by placing one foot in front of another over and over again. The most arduous hours in mountaineering are those spent hiking or climbing slowly, steadily, hour after hour, on the trails of a mountain's approach or lower slopes.

#### Do you know?

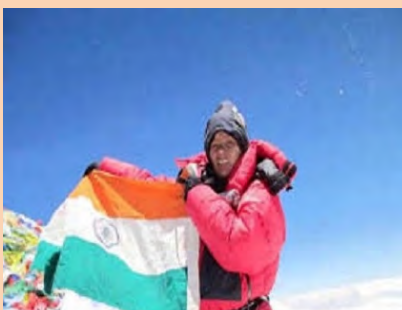
Bachendri Pal is an Indian mountaineer, who in 1984 became the first Indian woman to reach the summit of Mount Everest. She was awarded the third highest civilian award, Padma Bhushan, by Government of India in 2019.

In 1984, India had scheduled its fourth expedition, Everest '84, to Mount Everest. Bachendri Pal was selected as one of the members of the elite group of six Indian women and eleven men to attempt to climb Mount Everest (Sagarmatha in Nepalese). The team was flown to Kathmandu in March 1984, and from there they moved onwards. Recalling her first glimpse of the Mount Everest, Bachendri once reminisced: "We, the hill people, have always worshiped the mountains...my overpowering emotion at this awe-inspiring spectacle was, therefore, devotional." The team commenced its ascent in May 1984. Her team almost met disaster when an avalanche buried its camp, and more than half the group abandoned the ascent.





because of injury or fatigue. Bachendri Pal and the remainder of the team pressed on to reach the summit.



On 22 May 1984, Ang Dorjee (the Sherpa Sirdar) and some other climbers joined the team to ascend to the summit of Mount Everest; Bachendri was the only woman in this group. They reached the South Col and spent the night there at Camp IV at the altitude of 26,000 ft (7,924.8 m). On 23 May 1984, early morning at 6:20 a.m., they continued the ascent, climbing "vertical sheets of frozen ice"; cold winds were blowing at the speed of about 100 km per hour and temperatures touching minus 30 to 40 degrees Celsius. On 23 May 1984, the team reached the summit of Mount Everest at 1:07 p.m. IST and Bachendri Pal created history. She achieved this feat on the day before her 30<sup>th</sup> birthday.

#### Equipment required:

- Rope (dry preferred)
  - Helmet.
  - Harness (with adjustable legloops)
  - Boots (crampon-compatible)
  - Crampons.
  - Ice axe (with leash)
  - Belay/rappel device.
  - Pulley.
5. **Surfing:** Surfing is a surface water sport in which the waverider or a surfer rides on the forward or deep face of a moving wave, which usually carries the surfer towards the shore. Waves suitable for surfing are primarily found in the ocean, but can also be found in lakes or rivers in the form of a standing wave or tidal bore. However, surfers can also utilize artificial waves such as those from boat wakes and the waves created in artificial wave pools.



**Equipment required:**

- Surfboard
- Fins
- Leash
- Surf Wax
- Traction Pad
- Wetsuit

6. **Paragliding:** Paragliding is a recreational adventure sport. A lightweight glider aircraft is used for the purpose. The pilot sits in a harness suspended below a fabric 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. Despite not using an engine, paraglider flights can last many hours and cover many hundreds of kilometres. The speed range of paragliders is typically 20–75 kilometres per hour (12–47 mph).







**Equipment required:**

- Wing or canopy
- Harness.
- Variometer.
- Radio.
- GPS.

**I. Tick the correct options**

1. Ropes are extremely important to you. You are a  
  - i. scuba diver
  - ii. rafter
  - iii. mountaineer
  - iv. paraglider
2. Which of the following adventure sports could also be an indoor activity?  
  - i. Trekking
  - ii. Rock climbing
  - iii. Paragliding
  - iv. Surfing
3. The adventure sport that has become an Olympic event is  
  - i. Hanggliding
  - ii. White water rafting
  - iii. Rock climbing
  - iv. Mountaineering

**II. Answer the following questions briefly.**

1. Write in brief about Paragliding.
2. What is Trekking? Is it fair to trek during extreme weather conditions? What are the protective gears required?

**III. Answer the following questions**

1. What are Adventure sports? Explain any four.
2. If you were a surfer, which part of the world would you prefer to go and why?
3. Do you love trekking with friends? Explain the positive and negative impacts of trekking with them.



### Extension Activity

Working in groups, discuss and deliver a speech on Adventure Sports. You could use the following points to prepare a speech:

- Going on adventures raises your tolerance.
- Feeds your dreams and builds your confidence.
- Overcoming your fears instils confidence.
- Life unfolds with new excitement, experiences.

### 6.5.1 SAFETY MEASURES TO PREVENT SPORTS INJURIES

1. **Mental preparation** - The most important thing before undertaking adventure sports is to be mentally prepared and excited about the sport one is attempting. Ask oneself if one actually wants to do it or is it just peer pressure. *One should go ahead only if one is confident.*
2. **Health issues**- If one suffers from vertigo, acrophobia, asthma or any heart disease one should refrain from taking part in certain adventure sports. People who are physically fit should try such activities and in case of minor ailments, should take a doctor's advice before taking up adventure sports.
3. **Follow instructions**- Follow everything that trainers say to avoid any unforeseen situation. Ensure that you do not make too much noise and the trainer is audible enough to everyone.
4. **Protective gear** -In case of sudden thrust or fall, one may temporarily injure one's knees, elbows and other body parts. Therefore, one must always wear proper safety gear. Don't forget the helmet. Wear appropriate protective padding, if possible. This could include knee pads, elbow pads and wrist pads.
5. **Warm up**- A proper warm-up is needed to keep muscles and joints flexible. Be sure to warm-up the muscles you will be working with before embarking on the chosen activity.
6. **Uncomfortable clothing** -Don't wear clothes that have chances of tearing or that may be uncomfortable while participating in the sport.
7. **Photography** -Don't take pictures while you are participating in the sport activity. It can be extremely dangerous. Focus on what one is there for and make the best of it.
8. **Company** - It is better when one tries out an adventure sport along with a friend or a family member. It not only gives more confidence while attempting it, but in case of an unforeseen situation, having someone one can count on, can be very helpful.
9. **Check the organisation** - Find out details about the company that is organising the sport before you risk your life. Ask as many questions as possible about their



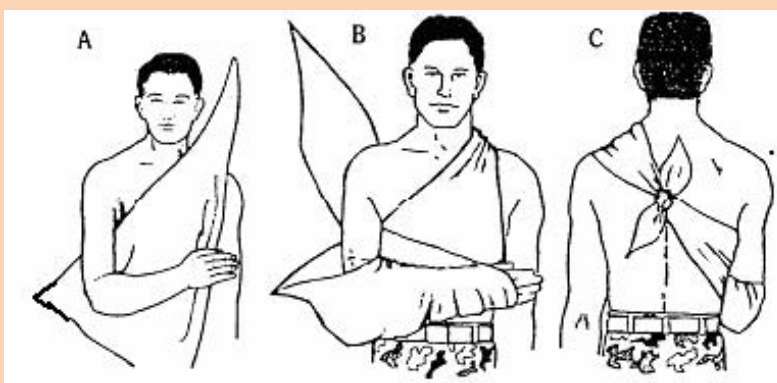
safety and risk management procedures. Choose a company that has been in the business for a while and is popular among the masses.

10. **Valid proof** - Before one opts for any adventure sport, one should make sure to carry a valid photo ID to prove one's age.

### Extension Activity

Adventure Sports could be risky. Therefore, knowledge of First Aid is essential. Practise the following activities.

1. Work with your partner. Tie “ankle,” “head,” or “sling,” bandage on each other. Judge who has tied it best.



2. Work in groups of three. Imagine one of you is injured. The other two carry the “injured companion” using Two-Person Carry around the turn around post and back to the starting line.



### I. Answer the following in 150-200 words

1. What are the safety measures to prevent sports injuries? Explain any five.

### Art Integration – CREATING AN ADVENTURE SPORT OUTFIT DESIGN LINE

As you have seen, Adventure Sports require special outfits and accessories.

Launch your own Design Line for Sports equipment and Fashion line.

Also design a Logo for your Brand.

Prepare an advertisement for your brand. It could be for Print, Radio or TV.