

## CHAPTER 6 - Physical Activity & Leadership training

### Introduction to Physical Activity and Leadership Training

**6.1 Physical Activity:** Physical activity simply means movement of the body that uses energy.

The four main types of physical activity are—

1. **Aerobic**
2. **Muscle - strengthening**
3. **Bone-strengthening**
4. **Stretching**

#### **Leadership -**

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



Fig: Leadership

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

## CHIRKUT STUDY - YOUTUBE

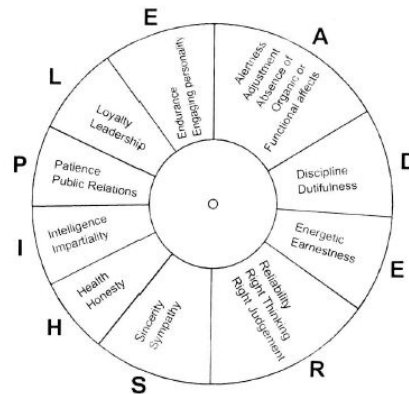


Fig: Qualities of Leader

Or

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

## 6.2 Qualities of a Leader

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

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

### **LEADERSHIP TRAITS**

- L — Loyalty
  - E — Empathy
  - A — Accountability
  - D — Duty & Determination
  - E — Energy & Encouragement
  - R — Respect
  - S — Selflessness
  - H — Honorable and humble
  - I — Integrity & Innovation
  - P — Passion for and pride in work
- Be a Leader!

## **Role of a leader :**

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

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

1. Give various responsibilities of an event
  2. provide leadership training
  3. Provide regular opportunity to improve
  4. Recognize their achievement by facilitating them at different forums.
- Have faith and confidence in your students if they are a defaulter.

### **6.4 Adventure Sports :**

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

#### **Objectives of Adventure Sports**

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

Objectives:

- Thrill, excitement, and fun.
- Exposure to nature.
- Self-assessment.
- Overcome fear and develop self-confidence
- Enhancement of decision making power.
- Channelizing energy.
- Stress Buster.
- Information and knowledge enhancement.
- Development of positive attitude toward life.
- Build concentration.
- Encouragement of social relationship and teamwork.

## CHIRKUT STUDY - YOUTUBE

- Develop motor and cognitive skills, creative learning.
- Inculcate values amongst children.



0

Fig: Adventure sports

### 6.4 Types of Activities -

#### **Camping:**

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

#### **Rock Climbing**

Rock climbing is a sport in which participants climb up, down or across a natural rock or artificial rock walls. In rock climbing, the objective or goal of a climber is to reach the end point or summit of a pre-decided route without falling. There are different types of climbing such as Aid climbing, free climbing, trade or traditional climbing “Sports climbing top rope climbing free soloing and bouldering

#### **Trekking:**

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

#### **Types of trekking-**

**a) Easy trekking:-** The individuals especially the beginners are offered easy breaks.

**b) Moderates trekking:-** Moderates treats are slightly difficult and challenging than easy breaks.

**c) Strenuous trekking:-** Strenuous trekking a lot of physical effort energy and determination.

**d) Difficult trekking:-** Such type of trekking is suitable only for real adventure seekers.

### **River Rafting:**

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



Fig: River Rafting

### **Mountaineering:-**

Mountaineering is another type of adventurous sports prevailing all over the world. It is one of the finest outdoor opportunities available to the lovers of high places. Mountaineering is an adventurous sport that combines climbing and hiking up mountains or mountain terrains.

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



Fig: Surfing

### **Paragliding-**

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

Or

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

## **CHIRKUT STUDY - YOUTUBE**

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

### **6.5 Safety Measures During Adventure Sports -**

- Warn up is necessary
- Be hydrated
- Follow rules and regulation
- Follow good diet
- Proper supervision
- Proper environment