

# CLASS NOTES

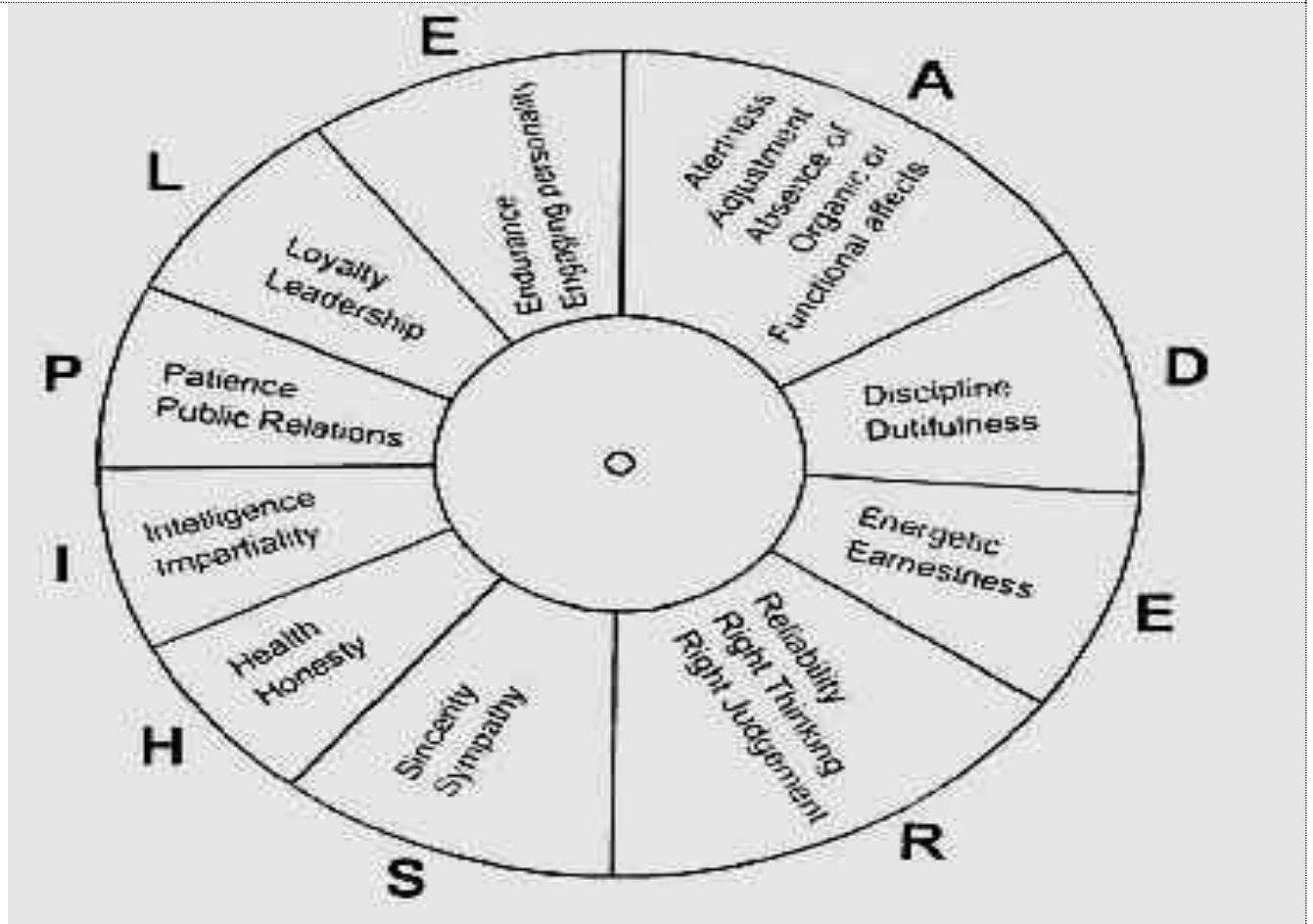
Class: XI

Topic: PHYSICAL ACTIVITY AND LEADERSHIP TRAINING//CHAPTER -6/SKV

Subject: PHYSICAL EDUCATION

**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.

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

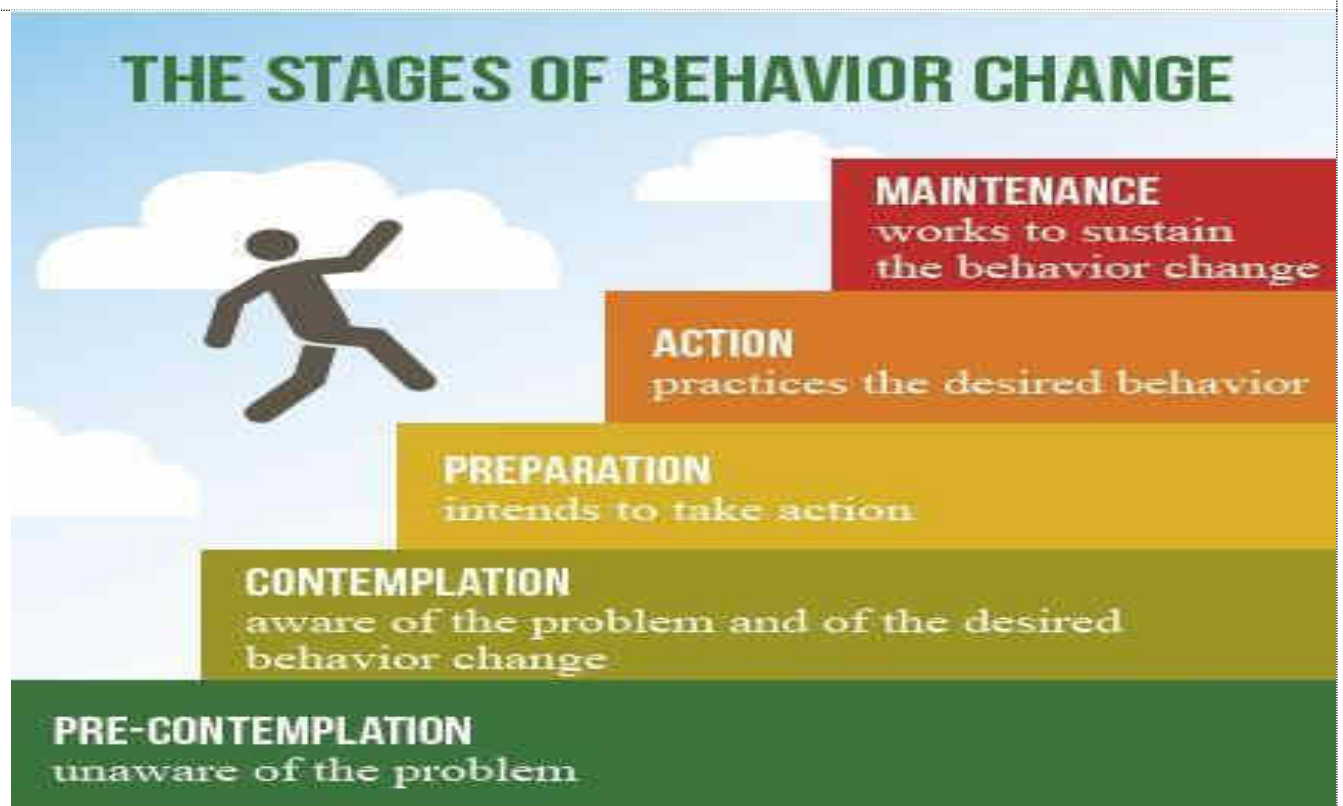


## ROLE OF LEADER

## 6.2 (b) Role of a leader in Sports

1. **Organiser**—A good leader in sports is a good organiser in organising 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 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 leader, you should be able to set a role model.

## BEHAVIOUR CHANGE TECHNIQUES/ STAGES FOR PHYSICAL ACTIVITY



## CREATING LEADER THROUGH PHYSICAL EDUCATION

HAVE FAITH AND  
CONFIDENCE IN RESPONSIBILITIES OF  
STUDENTS AN EVENT



GIVE VARIOUS  
RESPONSIBILITIES OF  
STUDENTS AN EVENT



FACILITATING THEM AT RECOGNISE THEIR ACHIEVEMENT BY  
DIFFERENT FORM TRAINING PROVIDE LEADER



PROVIDE  
REGULAR  
OPPORUNITY  
TO IMPROVE



## ADVENTURE SPORTS MEANING AND OBJECTIVES

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 excellent foundation for creative learning and independence.



## TYPES OF ADVENTURE

# Types of Adventure Sports

## MOUNTAINEERING



- Mountaineering
- Trekking
- Mountain biking & cycling
- Rock climbing

## WATER SPORTS



- Surfing
- Extreme canoeing
- Cliff diving
- Barefoot water skiing
- Windsurfing
- Scuba diving
- Rowing
- Water Polo
- River rafting

## WINTER SPORTS



- Ice climbing
- Ice Boating
- Snow Boarding
- Skiing
- Snowmobiling
- Helisking
- Mountaineering
- Sketting
- Bobsledding

## AIR SPORTS



- Para-gliding
- Hotair Ballooning
- Zip - lining
- Bungee jumping
- Base Jumping
- Sky diving
- Hang gliding
- Sky surfing

## WILD LIFE SAFARI



## **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 climbs up, down or across a natural rock or artificial rockwalls. In rock climbing, the objective or goal of a climber is to reach the end point or summit of a predecided route without falling. There are different types of climbing such as Aid climbing, freeclimbing, trad or traditional climbing “Sport 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 specially the beginners are offered easy treks.
- b) **Moderates trekking** :- Moderates trekking are slightly difficult and challenging than easy treks.
- c) **Strenuous trekking** :- Strenuous trekking a lot of physical effort energy and determination is required.
- d) **Difficult trekking** :- Such type of trekking is suitable only for real adventure seekers.

**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** 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.

### **Paragliding**

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

## **SAFETY MEASURES**

### **6.6 (a) Safety Measures During Adventure Sports**

#### **Camping**

**Safety Measures :** Camping sight, must be plain and clean, never approach wild, animals always be alert and aware of your surroundings, look out for snakes, spiders and other creatures, protect your eye, maintain discipline, careful around water,, pay attention to weather condition etc.

#### **ROCK CLIMBING**

##### **Safety Measures**

1. Choose appropriate venue.
2. Find an experienced mentor.
3. Always check harness and all equipment.
4. Check your knot.
5. Do not cross your legs etc.

## PREVENT SPORTS INJURY

### **TREKKING**

#### **Safety Measures**

**Safety Measures :** An experience group leader required to ensure your trekking route, use ankle boots, always trekk in group, keep sufficient food, know about flora and fauna of your route etc.

### **MOUNTAINEERING**

#### **Safety Measures**

**Safety Measure :** Mountaineering must be followed by an experienced guide, all safety measures of camping, climbing, and trekking must be followed, be cautious of avalanch etc.

### **River Rafting**

**Safety Measure:** Don't go for river rafting alone. Swimming ability is required. Wear life vest and helmet. Check equipment for defects. Raft only in day time.

### **Surfing**

**Safety Measures:** Read and obey the signs. Don't swim directly after meal. Don't swim under the influence of drugs or alcohol. Always swim under supervision or with a friend. Always swim or surf at places patrolled by surf lifesavers or life guard.



## **Paragliding**

**Safety Measures:** Paragliding safety includes four items:

1. **Preparation**—(a) Gather information about the weather fore cast, the actual wind conditions, the site etc.  
(b) Maintain your equipment with regular inspection and monitoring.
2. **A Good Launch**  
A good launch requires keeping the legs down until well clear of the hill.
3. Reaching the landing zone with sufficient altitude for an approach. During the flight, the number one goal should be to make sure and reach the Landing Zone (LZ) with enough altitude to assess wind conditions and plan a safe approach.
4. **A good Landing** — Landing in the LZ into or mostly wind is the priority.

## **6.6 (b) Safety Measures during Physical Activities**

Almost anybody can safely take up walking and light to moderate for healthy adults with no troublesome symptoms. It is wise to talk any questions about your health or plan to start more vigorous work haven't been active recently.

## **6.7 Tips for Avoiding Injuries during Physical Activities**

1. Take 5 to 10 minutes to warm up and cool down properly.
2. Plan to start slowly and boost your activity level gradually.
3. Listen to your body. Hold off on exercise when you are sick or
4. Drink plenty of water during physical activity.
5. Choose clothes and shoes designed for your type of exercise six months as cushioning wears out.
6. Exercising vigorously in hot, humid conditions can lead to severe dehydration. Slow your pace when you feel exhausted.
7. Dress properly for cold - weather workouts to avoid hypothermia.