



CONTEMPORARY SPORTS INJURIES: CAUSES, IMPACT AND MEASURES TO REGAIN FITNESS

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Contemporary Sports Injuries: Causes, Impact And Measures To Regain Fitness

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Abstract:

Sports injuries are common phenomenon and can occur during the course of your body to bones, muscles, tendons, ligaments and other structures. One can treat numerous minor injuries at home with rest, ice, compression, elevation and over-the-counter pain medications. But some injuries require medical attention, such as immobilization, physical therapy and surgery. Exercise is important to sturdy health, but people often get hurt when participating in sports or other physical activities. A sports injury involves damage to part of your body due to sporting, exercise or athletic activities. Every day, a lot of people all over the world contribute in games and sports activities or competitions. Participation in sports improves physical fitness and overall health and wellness. Games and sports can also result in injuries, some minor, some serious and still other in lifelong medical problem. Sports injuries result from acute trauma or repetitive stress associated with athletic activities. Sports injuries can affect bones or soft tissue. There are numerous sports injuries happened in the field of sports. It is very important for all physical education directors, coaches, trainers and players to know the causes symptoms, prevention and treatment for all these common injuries in order to avoid most of these types of injuries, also to update the poor training methods. This paper will evaluate the general common sports injuries.

Key Words: *Injuries, Poor Training, Physical Fitness, Rest, Rehabilitation.*



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Introduction:

The term “sports injury” refers to the types of injuries that most frequently happen during sports or exercise, but they are not limited to athletes only. Workers who work in the factories, garages, industrial areas even the persons who lift luggage in the railway station get tennis elbow, painters get shoulder injuries, and gardeners develop tendinitis, even though they may not participate in sports. Eventually, however, “sports injuries” refers to those that occur in active individuals. In simple words if we want to say, the musculoskeletal system is the network of muscles, tendons, ligaments, bones, and other tissues that provides the body with stability and enables movement. Sports injuries are divided into two broad categories, acute and chronic injuries. Acute injuries happen suddenly, such as when a person falls, receives a blow, or twists a joint, while chronic injuries usually result from overuse of one area of the body and develop gradually over time. Instances of acute injuries are sprains and dislocations, while some common chronic injuries are shin splints and stress fractures. Treatment for a sports injury depends on the type of injury, but minor ones can usually be treated at home by resting, icing, compressing, and elevating popularly called as RICE method, the injured part of the body. Any injured tendon can undergo everlasting changes if you continue to exercise it without letting it heal. The normal tendon material can be replaced with inflexible fibrous material in a process called mucoid degeneration. The ligament attaching it to the bone can tear, there may be steady bleeding, and the bone can even change shape where it meets the tendon, forming a spur that may cause pain on movement.

In the worst-case scenario, pain can become continuous whether you're moving or not, and the affected parts become permanently weak. It's vital to follow doctor's advice about rest. If the injured person cannot see a doctor, he should not exercise the affected area until if that person is sure it's healing. There are also a number of standard tests for sports injuries; they all involve flexing the joint or tendon in question. In tennis elbow, for example, you are asked to place your forearm on a table and to flex your wrist forwards or backwards while the doctor restrains your hand. Depending on the nature of the injury, there's the option of X-rays and other scans, but these are usually only necessary in severe injuries and fractures.

Definition of Sports Injuries

According to the Indian Olympic Council (IOC) manual of sports injuries (2018) a sports injury may be defined as "damage to the tissues of the body that occurs as a result of sport or exercise."



Who Gets Sports Injuries?

Anyone can suffer a sports injury, but several factors can increase the risk of sustaining injury. The risk factors for sports injuries include:

1. Not using the precise exercise techniques.
2. Overtraining, either by training too often, too regularly, or for too long.
3. Fluctuating the intensity of physical activity too quickly.
4. Playing the same sport year-round.
5. Running or jumping on hard surfaces.
6. Wearing shoes that do not have enough support.
7. Not wearing the proper equipment.

Statement of the Problem

Furthermost sports injuries involve one or more of the types of musculoskeletal injuries described above. The joints are particularly susceptible because a person's body places significant demands on them. Joints must provide both stability and flexibility, and they are multifaceted structures that include several interconnected parts. For more serious injuries, you will need to see a health care provider, and you may need to be set up for a course of physical therapy for rehabilitation and/or fitted for a cast, splint, or brace. In some cases, you may need surgery. A recuperation program that includes exercise and other types of therapy is usually recommended before resuming the sport or activity that caused the injury. Though opposing events do sometimes happen when playing sports or exercising, most physical activity is safe for almost everyone, and the health benefits far outweigh the risks.

Objectives of the Study:

1. To understand the nature of sports injuries.
2. To know the causes for the sports injuries.
3. To identify the reasons for the sports injuries.
4. To classify the types of the sports injuries.
5. To suggest measures to lighten the problem of sports injuries.



Hypothesis of the Study:

1. Sports injuries cause severe pain to the sports persons.
2. Sports injuries occur due wrong practice regime by the sports persons.

Methodology of the Study:

This article is based on the Primary data and Secondary data collected from websites, journals, other textbooks, magazines and newspapers. Primary data collected after meeting the sport persons from Bhatkal, Honnavar, Manki and Kumta of Uttar Kannada District. Interview Schedule method is used to collect the relevant data from the 50 sports students who were practicing Volleyball, Badminton, Table Tennis and Athletics. Random Sampling method is used to collect primary data from the sports persons.

TYPES OF SPORTS INJURIES

a. SHOULDER INJURIES

1. **Rotator cuff injury.** These are the most common shoulder injuries. The rotator cuff is a group of four muscles and tendons that stabilize the shoulder joint. They are common in people with jobs that involve overhead motions, like painters, or athletes who repeatedly reach upward, such as tennis players and swimmers.
2. **Impingement.** This occurs when the top of the shoulder blade puts pressure on the soft tissues beneath it when the arm is lifted. Recurrent overhead movements, such as those used by swimmers, increase the risk of impingement.
3. **Instability.** Shoulder instability happens when the round end of the upper arm bone is forced out of its shallow socket, either partially or completely.

b. ELBOW INJURIES

1. **Tennis elbow:** When you play tennis or other racket sports, the tendons in the elbow can develop small tears and become inflamed, causing pain on the outside of the elbow. For instances, Painters, plumbers, carpenters, and others who repetitively use their forearms are also at higher risk of getting tennis elbow.
2. **Golfer's elbow:** This is a form of tendinitis that causes pain in the inner part of the elbow. Pain may spread to the forearm and wrist. Golfers and others who repeatedly use their wrists or clench their fingers can develop it.
3. **Little league elbow.** This is a growth plate injury to the elbow caused by repetitive throwing in youths. It is most common in pitchers, but any young athlete who throws repeatedly can get it. The pain is in the inner part of the elbow and very severe in nature.



C. KNEE INJURIES

1. **Runner's knee.** It is common in long distance runners, but it also affects people who are active in other ways, such as those who hike or cycle.
2. **Fracture.** Fractures can happen in any bone around the knee, but the kneecap is the most common, usually as a result of an event like a bad fall or a blow to the knee.
3. **Dislocation.** A large impact to the knee can cause the kneecap to be forced from the groove in the thigh bone and pushed out of alignment, causing the kneecap to slip out of position.
4. **Tendon tear.** Tendon tears tend to be more common in middle-aged people who play sports that involve running and jumping. They often happen because of a forceful landing and sometimes from an awkward jump.

d. LEG INJURIES

1. **Groin pull.** Quick side-to-side motions can strain the muscles of the inner thighs and lead to a groin pull. People who play sports such as hockey, soccer, football, and baseball have a higher risk of groin pulls.
2. **Hamstring strain.** Three muscles run along the back of the thigh and form the hamstring. Activities that involve a lot of running, jumping, and sudden starts and stops place you at risk of a hamstring strain. For instance, Basketball, football, and soccer players commonly get them.

e. ANKLE INJURIES

1. **Ankle sprain.** You can sprain your ankle when you roll, twist, or turn your ankle in an awkward way, stretching or tearing the ligaments in the joint. It can happen when you land awkwardly when jumping or pivoting, when walking on an uneven surface, or when someone else lands on your foot.
2. **Achilles tendinitis.** An Achilles tendon injury results from a stretch, tear, or irritation to the tendon connecting the calf muscle to the back of the heel.

Causes for Sports Injuries

Sports injuries are usually caused by poor training methods; physical structural abnormalities; weakness in and unsafe exercising environments. The most common cause of injury is poor training. For example, muscles need 48 hours to recover after a workout.

- a. Uneven leg length
- b. Excessive pronation or flat feet
- c. Over-high arches
- d. Bowlegged or knock-knee alignment



- a. **Uneven leg** length may lead to awkward running and increases the chance of injury, but many people with equal-length legs suffer the same effects by running on tilted running tracks
- b. **Pronation** is the inward rolling of the foot after the heel strikes the ground, before the weight is shifted forward to the ball of the foot.
- c. **Cavus foot** - Although the arch of the foot itself may be normal, it appears very high because the foot doesn't flatten inwards when weight is placed on it. Such feet are poor shock absorbers and increase the risk of fractures higher in the legs.
- d. **Bowlegs** or knock knees add extra stress through knees and ankles over time, and may make ankle sprains more likely.

Role of Physical Education Directors/Managers in managing Sports Injuries

In school and youth sports, the nurse is often the first health care provider to evaluate acute injuries and is often responsible for some first aid of wounds and injuries until a physician can attend to the athlete. In school settings, since the nurse is in more frequent contact with children, physical education directors he or she can advise on general measures to prevent injuries such as warm - up and stretching. In clinical settings, the nurse takes a detailed medical and training history that can help the physician diagnose the injury. The physical education director is often on call for emergency care of acute sports injuries and performs first aid on the injured athlete. He or she specializes in sports activities and can give more specific advice for overall conditioning, training, and treatment of the athlete. The athletic trainer or the physical education director also serves as a liaison between the athlete and coaches, parents, and physicians. Prior to student participation in athletic activity, the pre-participation physical examination is performed by the physical education directors to assess the student's fitness for the sport. If the athlete is injured, a diagnosis of the injury is made by the physician and a prescription for appropriate treatment is given.

How Sports Injuries Occur:

a. Risks

Anyone may find themselves coping with a sports injury, regardless of the last time they suited up for the baseball diamond or squared off with a linebacker on the gridiron. But some factors put you or a loved one at an increased risk for injury.

b. Childhood

Because of their active nature, children are especially at risk for sports injuries. Children often don't know their physical limits. That means they may push themselves to injury more easily than adults or teenagers.



3. Age

The older you grow, the more likely you are to experience an injury. Age also increases the odds that you have sports injuries that linger. New injuries may aggravate these previous injuries.

4. Lack of care

Sometimes, serious injuries start off as small ones. Many injuries that result from overuse, such as tendonitis and stress fractures, can be recognized early by a doctor. If they're left untreated or ignored, they can develop into a serious injury.

5. Being overweight

Carrying around extra weight can put unnecessary stress on your joints, including your hips, knees, and ankles. The pressure is magnified with exercise or sports. This increases your risk for sports injury.

How to identify Sports Injuries?

Many sports injuries cause instantaneous pain or discomfort. Others, like overuse injuries, might be noticed only after long-term damage caused to the internal organs of the body. These injuries are often diagnosed during routine physical examinations or checkups.

- a. **Physical examination.** Doctors play a major role in attempt to move the injured joint or body part. This helps them see how the area is affected or how it's not moving if that's the case.
- b. **Medical history.** This involves asking questions about how the athlete were injured, what type of physical activity he was doing, what he has done since the injury, and more. If this is your first time visiting this doctor, they may also ask for a more thorough medical history.
- c. **Imaging tests.** X-rays, MRIs, CT scans, and ultrasounds are the sophisticated equipment's can all help the doctor and healthcare providers see inside the injured person body. This helps the doctors or medical technicians to confirm a sports injury diagnosis.



Sports Injuries Treatment based on RICE Principle

- **Rest**
- **Ice**
- **Compression**
- **Elevation**

1. **Rest:** Rest stops new injury and bleeding. Ice eases pain and reduces inflammation by constricting the blood vessels. Elevation and compression limit the amount of swelling and fluid accumulation around the injured area.
2. **Ice** should be crushed to better conform to your shape. It should be placed in a bag that is wrapped around the injury. First, put a towel between the bag and the skin. Then, wrap a bandage around the ice-bag, not so tight as to cut off blood flow. Ice only constricts blood vessels for about 10 minutes, after which they "rebound." For very new or traumatic injuries you should leave the ice in place for only 10 minutes at a time, removing it for the same period.
3. There is also some evidence for using chiropractic techniques, such as manipulative therapy and full kinetic chain or exercise therapy, to help manage ankle sprains.
4. If there's some other exercise you can perform that doesn't stress your injured part, you can do that to remain fit, but don't try to use the injured part until healing is well along. Then you can start light exercises to get it back in shape.

Conclusion

Develop a fitness plan that includes cardiovascular exercise, strength training, and flexibility. This will help decrease sports persons chance of injury. Alternate exercising different muscle groups and exercise every other day. Cool down properly after exercise or sports. It should take 2 times as long as sports men warm-ups. Stay hydrated. Drink water to prevent dehydration, heat exhaustion, and heat stroke. Stretching exercises can improve the ability of muscles to contract and perform, reducing the risk for injury. Hence, in the beginning sports persons has to do warm up exercise for not less than half an hour before going to the main sports. Each stretch should start slowly until you reach a point of relax of muscle tension. Stretching should not be painful. Aim to hold each stretch for up to 20 seconds. Use the right equipment or gear and wear shoes that provide support and that may correct certain foot problems that can lead to injury. Learn the right techniques to play the sport. Rest when tired. Sports persons must Avoid exercise he or she is tired or in pain. Always the sports persons take their long time during strength training and go through the full range of motion with each repetition. If the sports men/women do sustain a sports injury, make sure they participate in adequate rehabilitation before resuming strenuous regular activity.



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DRUG ABUSE IN SPORTS: TYPES, POTENTIAL SIDE-EFFECTS AND REHABILITATION PROGRAM FOR SPORTSPERSONS

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Research Paper

Drug Abuse in Sports: Types, Potential Side-Effects and Rehabilitation Program for Sportspersons

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Abstract:

Drug abuse occurs in all sports and at most levels of competition. Oftentimes, these drugs were combined and given to players as “cocktails”. Players who took them to cover up injuries now claim to be paying the consequences, reporting side effects like high blood pressure, chronic muscle problems, nerve damage, organ damage, kidney failure, and addiction. Athletic life may lead to drug abuse for a number of reasons, including for performance enhancement, to self-treat otherwise untreated mental illness, and to deal with stressors, such as pressure to perform, injuries, physical pain, and retirement from sport. Studies have proved that many nutritional supplements purchased through online and in retail stores are contaminated with banned steroids and stimulants. Doping goes back to ancient times, prior to the development of organized sports. Performance-enhancing drugs have continued to evolve, with “advances” in doping strategies driven by improved drug testing detection methods and advances in scientific research that can lead to the discovery and use of substances that may later be banned. Many sports organizations have come to ban the use of performance-enhancing drugs and have very strict consequences for people caught using them. There is variable evidence for the performance-enhancing effects and side effects of the various substances that are used for doping. Drug abuse in athletes should be addressed with preventive measures, education, motivational interviewing, and, when indicated, pharmacologic interventions. Narcotics are used to decrease pain while practicing or playing. Nicotine may enhance weight loss and improve attention.

Keywords: cocktails, drugs, substances, motivation, narcotics, risk

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I. Introduction

Doping, defined as use of drugs or other substances for performance improvement, has become an important subject in virtually every sports and has been discovered in athletes of all ages and at every level of sports competition. For rates of use of a variety of substances, whether doping agents or recreational substances, among different populations of athletes as reported in various recent research studies. Athletes, too, can fall prey to the temptation to turn to heroin after abusing painkillers. In recent years, there has been a lot of apprehension about the transition from painkiller abuse to heroin use and addiction. Studies have proven that many nutritional supplements purchased online and in retail stores are contaminated with banned steroids and stimulants. In the USA, the National Collegiate Athletic Association acknowledged that the number of student athletes testing positive for stimulant medications has increased three-fold in recent years. There has also been apprehension about rampant use of drugs in major league baseball in the European Countries. For instance, the number of athletes, especially at top levels of competition, reported to be using stimulant medications has markedly increased in recent years.

History of Drug Abuse in Sports

The belief that doping is only a recent phenomenon that has arisen solely from increasing financial rewards offered to modern day elite athletes is very much incorrect. In fact, doping is older than organized sports. Ancient Greek Olympic athletes dating back to the third century BC used various brandy and wine cocktails and ate intoxicating mushrooms and sesame seeds to enhance their performance in ancient sports like marathon, sword fighting, fist fighting, kick-boxing. Various plants and natural seeds were used to develop



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speed and stamina, while others were taken to mask pain, allowing injured athletes to continue competing until they die or faint. Yet, even in ancient times, doping was considered dishonorable. For example, in ancient Rome, Mecepotomia and Greece, identified tricksters were sold into slavery market as a punishment.

The modern era of drug abuse dates back to the early 1900s, with the illegal drugging of racehorses in European Countries and even in Middle East Countries. Its use in the Olympics was first reported in 1904. Up until the 1920s, mixtures of drugs like heroin, cocaine, and caffeine were commonly used by higher level athletes. By 1930, use of Performance Enhance Drugs in the Tour de France, which was popular sports in France, was an accepted practice, and when the race changed to national teams that were to be paid by the organizers, the rule book distributed to riders by the organizing committees. They reminded them that drugs were not among items with which they would be provided. To avoid detection, various clubs and sportspersons have developed ever more complicated doping techniques. Over the past 150 years, no sport has had more high-profile doping allegations than cycling. Fortunately, few sports have been without athletes found to be doping.

Infamous doping practice cases in International Sports and Games

Some of the most famous athletes in the world have battled addiction. The infamous doping cases were as follows:

1. Cyclist Great Armstrong:

Lance Armstrong the great cyclist was accused by 11 of his former teammates for using drugs over 12 years. During this period, the cyclist had won 7 Tour de France titles and earned millions in sponsorships. The US anti-drug agency reported that, detailing Armstrong's charges, includes details about how his wife would wrap a drug called cortisone tablets in foil for his teammates.

2. Tennis Player Maria Sharapova

The famous tennis player and world's highest paid female athlete failed a drug test in 2016, after testing positive for drug called meldonium at the Australian Open Tennis Tournament. According to WADA, the drug can improve an athlete's performance and is a prohibited substance. In an interview, Sharapova said she had been taking the drug for 10 years because of her family history of diabetes and was unaware it was a banned substance. After failing her drug test, Sharapova lost major contract with Nike and other companies.

3. Long Distance Runner Rita Jeptoo

The Kenyan Long distance runner was forced to give up her Boston and Chicago Marathon title in 2014 after failing the doping test. Jeptoo used drug called EPO is a blood-boosting drug that can improve a runner's capacity to carry oxygen. But WADA did not agree her weakness towards her health. She was banned for lifetime.

4. Swimming Great Michael Phelps

Michael Phelps is a swimmer and 18-time Olympic gold medalist, most gold medal won by individual. He was suspended from swimming for 6 months by US Swimming Association. Phelps was accused of consuming of banned substance cocaine. After this, Phelps attended a 6-week inpatient rehabilitation program to focus on his alcohol abuse issues. Phelps was also in the news for leaked pictures where he appeared to be smoking marijuana from a pot.

5. Baseball Legend Darryl Strawberry

The baseball legend has had a long battle with alcohol and cocaine addiction but is now clean and restrained. He published a book about his experiences as a child with an alcoholic father, his anxiety, and his struggles with drug abuse. He also started a recovery center for people seeking treatment for addiction.

6. NBA Basketball Player Lamar Odom

The former NBA basketball player has talked openly about his serious drug obsession to cocaine and other substances. He was found unconscious in a Nevada brothel in 2015 and spent 4 days in a coma.

7. Football Great Diego Maradona

The soccer player infamous for the 'Hand of God' goal in the 1986 World Cup, tested positive for the banned stimulant drug called ephedrine. FIFA the international football association, also found four other banned substances in Maradona's test, including drugs called phenylpropanolamine, pseudo-ephedrine, non-pseudo-ephedrine, and methylephedrine. Maradona was banned from soccer for 15 months following the test results. Then, in 1991, Maradona was found with cocaine in his system in Italy and was suspended from play for another 15 months.

8. Hockey Player Derek Boogard

The hockey player battled a painkiller addiction for years and eventually passed away from an overdose in 2011 at the age of 28. Boogard mercurial hockey player was found dead in his apartment from an overdose of drugs called oxycodone and alcohol.



Drug Abuse in Sports: Types, Potential Side-Effects and Rehabilitation Program for Sportspersons

Artificial Energy or Performance-enhancing drugs used by athletes in recent days in Sports:

The artificial or the major Performance Enhance Drugs (PEDs) are as follows:

1. Drug Androgens:

Androgens are the common drug substance have been used by athletes in an attempt to increase the blood circulation. Normally this substance is used to increase muscle strength and body mass.

2. Growth Hormone Substance:

Growth hormone and growth factors are also banned by WADA. Research studies have proven that growth hormone is used to increase muscle mass and decrease fat tissue in the body. In both males and females, growth hormone was associated with significantly decreased fat mass, increased lean body mass, and improved sprint capacity. This help the athletes dominate over the game.

3. Stimulants:

Stimulants commonly include caffeine, cocaine. Research has shown that stimulants to improve stamina, increase physical performance, decrease feelings of fatigue, improve reaction time, increase alertness, and cause weight loss. Energy drinks now often include a variety of stimulants.

4. Nutritional supplements

Nutritional supplements include vitamins, minerals, herbs, extracts. Significantly, the purity of these substances cannot be guaranteed, such that they may contain banned substances without the athlete or manufacturer aware. Studies have proven that many nutritional supplements purchased online and in retail stores are adulterated with banned steroids and stimulants. While purchasing through online athletes has to very careful.

5. Methods to increase oxygen transport:

Substances athletes use to increase oxygen transport include blood transfusions. Athletes use products such as desferrioxamine, cobalt, and artificial oxygen carriers. This method increases sudden supplement of oxygen level in the blood thereby giving instant energy to perform effortlessly and certainly.

6. Recreational drugs:

Recreational drugs are the common found drugs normally used by the athletes. At the same time, this recreational drugs are found easily in all the shops. These drugs include, alcohol, cannabis, narcotics, and nicotine. WADA does not currently ban nicotine but bans cannabinoids and narcotics. Alcohol is banned in six sports during competition only. All of these substances may be used by athletes to reduce anxiety and stress.

7. Prescription Drugs:

Diuretics is a special drug and other masking agents may be used as doping agents. Diuretics can result in rapid weight loss such that they may be used for a performance advantage in sports with weight classes, such as wrestling and boxing.

Side-Effects of banned substances/drugs used by athletes in Sports

Unfortunately, given the high doses of these agents used by athletes, it is difficult to confirm such effects. potential side effects of various forms of doping.

Substances/drugs used and Potential Side Effects:

1. **Growth Hormones** and growth factors are used by the athletes regularly. Possible side effects are diabetes, mellitus, hypertension, increase in cardiovascular diseases.

2. **Stimulants** example like caffeine, cocaine. Over dose of stimulants leads to potential side effects are stroke, heat stroke, weight loss, headache, vomiting sensation, tremor, sleeplessness, increasing in aggressive behavior among the athletics.

3. **Methods to increase oxygen support** like blood transfusion: Side effects are Anemia, stroke, deep vein damage.

4. **Nutritional Supplements** like: Vitamins, Minerals, Herbs, Extracts, Metabolites etc are the nutritional supplements consumed by the athletes. The side effects of this supplements are obesity, persistent stomach ache, suffering kidney diseases.

5. **Recreational Drugs:** Recreational Drugs are Caffeine, Cocaine, Alcohol, Sedatives. Side effects are decreased concentration, increased anxiety, increased blood pressure, increase panic, reduced alertness, decreased coordination.

6. **Prescription Drugs:** dizziness, muscle cramps, rashes, reduced muscle mass/weakness, hypertension, weight gain, central obesity, and cataracts.

Anti-doping organizations drug testing in athletes and rules, regulations

Drug testing typically occurs only in organized, competitive sports. At the college level, organizations such as the National Collegiate Athletic Association and individual member institutions conduct standard drug testing programs and enforce penalties for positive tests.

World Anti-Doping Agency (WADA)

World Anti-Doping Agency (WADA) was established in the year 1999. It is headquartered in Montreal, Canada. It was set up as a foundation under the initiative of the International Olympic Committee (IOC) with the support and participation of intergovernmental organizations, governments, public authorities, and other



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Drug Abuse in Sports: Types, Potential Side-Effects and Rehabilitation Program for Sportspersons

public and private bodies fighting doping in sport. WADA is responsible for the World Anti-Doping Code, adopted by more than 650 sports organizations, including international sports federations, national anti-doping organizations, the IOC, and the International Paralympic Committee. It aims to lead a collaborative worldwide movement for doping-free sports. Elite athletes competing at international and national levels are subject to standardized anti-doping guidelines under the auspices of WADA and related national organizations.

Treatment of affected athletes, including counselling and psychiatric support.

Treatment can be an extremely positive force in the life of an athlete suffering from drug abuse and addiction. Particularly among young athletes, combining cognitive behavioral therapy with education can be very successful.

If the athlete is ready to seek treatment, there are options including:

1. Detox: Depending on the length and severity of the athlete's dependence and/or addiction, athletes body will likely need to detox from the toxic drugs. During detox, you will slowly taper off of substances to ensure that your body and health remain stable. You can detox in an in-patient or outpatient setting, depending on what is suitable for athletes.

2. Therapy: After completing detox, the athlete may enter an inpatient or outpatient setting for treatment. A large component of rehabilitation is therapy—either in a one-on-one setting with a counselor or in a group setting. Therapy will help the sportsmen understand the underlying reasons for your drug use and may help you work through issues related to body shape, nutrition, stress, anxiety, and various other factors.

3. Medications: Doctors who are specialized in sports medicine may prescribe certain drugs to help the sportsperson. The athletes may also prescribe medications to help with depression, headaches, and muscle/joint pains etc.

4. Aftercare: After the rehabilitation it is very important to note that athletes have to lead a drug-free life. They have to adopt certain principals not to repeat the same mistake of consuming the banned substances. stage in maintaining drug-free lifestyle. The sportsperson has to lead a peaceful life practice yoga and concentration exercise to have a stable life.

II. Conclusion and suggestions

Drug abuse in athletes is a significant problem that has many potential underlying causes. The drive to be the best in sport dates to ancient times, as does the use of performance-enhancing substances. With the ever-mounting pressures faced by athletes, it is not surprising that drug abuse by athletes exists across essentially all sports and age groups. If anyone is a coach, trainer, friend, parent, or fellow athlete, and if he or she suspect that someone close to him is struggling with addiction, you may be in a good position to help them seek treatment. Doing nothing or ignoring their problem will not help them, and silence only contributes to a worsening issue. Family members can be a powerful tool in getting an athlete the help they need, as the majority of young athletes say they talk to their family about their stress or mental health issues. If you are noticing changes in your child or close relative behavior and you are concerned about their wellbeing, you can take action by contacting their coach or athletic director.

Suggestions for those taking responsibility research and clinical work with athletes who has addicted to drugs:

1. If trainers become aware of an athlete using Performance Enhance Drugs, they should immediately educate the athlete about the potential side effects of continued use. Family persons and coaches should encourage stoppage of the abuse of banned substances.
2. More high-quality, prospective, separate cell has to setup in the medium and big towns and cities where advance machine and tests to be conducted on the sports persons.
3. Trainers, coaches, parents, and others physicians in the athlete entourage need to be trained in identifying the signs and symptoms of drug abuse, including changes in physical health and behaviors of the athletes. This helps to early detection of drug abuse.

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PROBLEMS AND PROSPECTUS OF DISABLED SPORTS PERSONS: AN OVERVIEW

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Problems and Prospectus of Disabled Sports Persons: An overview

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Abstract - In many advanced countries, opportunities exist from the ordinary to elite levels for people with a disability to showcase their abilities in sport and physical activity. Hence this is not the case in all parts of the world include in India. While there has been free-thinking and positive change in quality of life for people with disabilities and their interest in connection in sport which is not only in many developed countries but in developing countries like India also. The World Health Organization estimates (2015) that about 650 million about 10 per cent of the world population around the world are differently abled people and of this it estimates 80 per cent live in developed countries. According to the census 2011, there is 28% in Movement, 49% seeing, 6% Hearing, 7% Speech and 10% Mental Disability in India who constitute 2.13 per cent of the total populations. It is peculiar to say that 76 per cent of persons with disabilities live in rural areas, 49% per cent of disabled population is educated and only 34 per cent are employed. Special Olympics Bharat is a National Sports Federation, recognized by the Ministry of Sports and Youth Affairs, Government of India. The federation trains both male and female athletes in 25 summer and winter disciplines. Article 14 of the constitution and the right to live in dignity Article 21 of the constitution ensures a dignified life for the disabled persons in the country. Hence disabled citizens have the same rights as other citizens and should be given the opportunities to participate effectively in society.

Index Terms - Disabled, Sports Men, Stigma, Opportunities, Goals.

INTRODUCTION

Sport has the potential to lessen the stigma attached to the disabled community. To make sports for the disabled. The World Health Organization observed the International Day of Persons with Disabilities on December 3, endorsing the theme, "a day for all". The United Nations is embarking on its 17-point

sustainable development goals for the year, 2030, and inclusive measures for the disabled have been duly accommodated. India has been a signatory to the UN Convention on Rights of Persons with Disabilities since 2016. Currently in the modern world the idea of people with disability being able to play a vital part in sport and physical bustle is not so uncommon. In many advanced countries, opportunities exist from the ordinary to elite levels for people with a disability to showcase their abilities in sport and physical activity. Hence this is not the case in all parts of the world include in India. While there has been free-thinking and positive change in quality of life for people with disabilities and their interest in connection in sport which is not only in many developed countries but in developing countries like India also. Consequently, will help us to better understand and rise the contribution of various earlier as well as latest programs and organizations for the promotion for disable sports in India.

WHAT IS DISABILITY?

Everyone may experience disability at some point in his/her lifetime due to some unfortunate incidents. Incapacity is a normal part of the human experience and people with disabilities are part of all sectors of the community; men and women and children, native and non-indigenous; employers and employees, students and teacher's consumers and citizens.

ESTIMATED DISABLED POPULATION IN THE WORLD

The World Health Organization estimates (2015) that about 650 million about 10 per cent of the world population around the world are differently abled



people and of this it estimates 80 per cent live in developed countries.

DEFINITIONS OF DISABILITY

The World Health Organizations (2015) defines disability that "disability resulting from impairment is a restriction or lack of ability to perform an activity in the manner or within the range considered normal for a human being".

In Declaration on the rights of the disabled persons on December 9, 1975, United Nations Assembly defined disabled person as "any person unable to ensure by himself, wholly or partially, the necessities of a normal individual and or social life as a result of deficiency, either congenital or not, in his or her physical or mental capabilities."

STATISTICS ON DISABLED POPULATION

Statistics on disability are difficult to compare nationally and internationally and also disability statistics do not always include the same definitions, types or categories of disability. The length of time a person is considered disabled affects the way the statistical data is restrained and interpreted. According to the census 2011, there is 28% in Movement, 49% seeing, 6% Hearing, 7% Speech and 10% Mental Disability in India who constitute 2.13 per cent of the total populations. It is peculiar to say that 76 per cent of persons with disabilities live in rural areas, 49% per cent of disabled population is educated and only 34 per cent are employed.

WHAT IS DISABILITY SPORT?

Disability sport is a term that refers to sport premeditated for, or specifically practiced, by people with disabilities. Sport for person with disabilities are inevitably sports organized specially for persons with disabilities, and center on the basis of providing evenhanded and fair categories, based on ability and disability, in order to provide level playing fields.

SPORTS AND PEOPLE WITH DISABILITIES

Sport can play a vital role in the lives and people of people with disabilities, the same as it can for people without a disability. There is a wealth of evidence to

support involvement in sport and physical activity for people with a disability concerning inclinations, barriers and benefits of participation. Over the past three decades, numerous studies have published that sport participation result in improved functional status and quality of life among people with designated disabilities. Scientific research has been conducted across disability groups proved that participation in sport leads to better-quality levels of physical health and well-being. It has also been exposed to improve physical fitness and general mood in psychiatric patients with depressive and nervousness disorders.

WHAT UN SAYS ON DISABLED PERSONS

UN Convention on the Rights of Persons with Disabilities the statement said. Estimating the number of people with disabilities worldwide at 1 Billion, or 15 per cent of the World's population, the report from the WHO and World Bank confirms that disability is a major issue on a global scale. The causes of disability and evolving, mainly due to longer life expectancy, a higher prevalence of chronic illnesses and also an increase in armed violence and natural disasters.

CHALLENGES/PROBLEMS FACED BY THE DISABLED SPORTS PERSONS

1. No place to train

The most noticeable hurdle faced by disabled people is the lack of facilities and opportunities to train. Even an ordinary gym is often not conducive to a disabled athlete's needs. Commercial gyms are typically crowded, loud and bright, with equipment made with non-disabled people in mind. For someone in a wheelchair, just getting to the upper level of a gym can be impossible if there is no elevator.

2. Stigma Attached

It is no secret that disabled people have been on the receiving end of narrow-mindedness and discrimination by greater society. While many have been ridiculed because of others' prejudice, the new way of portraying disabled athletes is also not seen as helpful by those living with a disability themselves.

3. Social Apartheid

People with a disability are faced with workplaces which do not support those who work differently, public spaces which reject those who look dissimilar,



and social norms which shame those who communicate contrarily.

4. Common Medical Problems

wheelchair athletes, amputees, athletes with cerebral palsy, visual impairment, intellectual impairment. Injury patterns have been identified for certain groups, with wheelchair athletes typically sustaining upper extremity injuries, blind athletes sustaining lower extremity injuries, and cerebral palsy athletes sustaining both.

5. Finding Trainers and Equipment

Very low number of people take part in sport competitions. Many governments find out that training guide runners for people with visual impairments or a person with enough knowledge to train wheelchair users, for example, can be a complicated and time-consuming task.

BRAVE PARALYMPIC ATHLETES WHO MADE INDIA PROUD

1. Devendra Jhajaria - Javelin Thrower - At the age of 8, his arm was amputated after an electric shock and today he is known to be India's most successful Paralympic Games athlete. He is the first Indian Paralympic athlete to win two gold medals at the Paralympics, in the year 2004 and 2016. The one-armed Indian Paralympic athlete was honored with the Padma Shri in 2012

2. Deepa Malik – Shotput - Since 1999, she has been in a wheelchair because of a spinal tumor which was followed by three surgeries and 183 stitches between her shoulder blades. But she wasn't ready to just be idle, she was a fighter and that's how she became the first female Indian Paralympics. She has 54 national medals and 13 international medals in shotput, javelin throw, and other sports. For her swimming performance, she won the Arjuna Award in 2012.

3. Amit Kumar - Club thrower - At the age of 22, after a road accident, he had a spinal injury that confined him to a wheelchair. But being a former junior national level hockey player, his love for sports made him reach where he is now. Today he is a famous Indian Paralympic athlete who won a gold and two silver medals. He found his path in discus and club throw and followed his dreams!

4. Farman Basha - Powelighter - At a very young age, he became polio-afflicted but despite all of

his difficulties, he continued to put efforts and finally he set a new national record in 49kg powerlifting by winning a gold medal. He won three Paralympics in the last 16 years and was honored with the Arjuna Award.

5. Pooja Rani – Archery - She was diagnosed with poliomyelitis during her childhood but her interest in para-sports is what kept her going. She had an inclination towards shooting but due to lack of infrastructure, she chose archery. In 2016 she won her first medal at the National Para Archery Tournament, she secured 5th place at the World Ranking Tournament in the Czech Republic and she represented India in the Paralympics.

ORGANIZATIONS PROMOTING SPORTS FOR DISABLED IN INDIA

1. National Paralympic Committee of India:

The Paralympic movement is more than just facts and figures. Over 3000 years ago sport was used as instrument to attain physical, mental and spiritual achievement. Today, Paralympic movement has high goals that encompasses the development of sports at all levels for people with a disability, the full involvement of women and girls with a disability and of athletes with a severe disability, the promotion of clean sport and the education of athletes about doping, and educational programmes at all levels to change perceptions about the abilities of people with a disability.

2. Special Olympic Bharat

Special Olympics Bharat is a National Sports Federation, recognized by the Ministry of Sports and Youth Affairs, Government of India. The federation trains both male and female athletes in 25 summer and winter disciplines. The federation has 850000 athletes registered through 35 state chapters

3. Indian Blind Sports Association

The Association has always played a prominent role in promoting sports among the visually handicapped. Indian Blind Sports Association was formed in 1986 as the national level for the promotion of athletics and different sports for the Blind. Indian Blind Sports Association is recognized by the Indian Olympic Association and is affiliated with the International



Blind Sports Federation, the apex world blind sports organization, and with Paralympic Committee of India Suggestions and Proposals for the Welfare of Disabled Sports men/women

- a. Rise the support and funding to conduct empirical studies on topics of disability sport and adapted physical activity including, participation levels, attitudes, legislation, barriers and benefits of sport and physical activity.
- b. Progress further studies of mental health and psychological well-being a for people with a disability.
- c. Simple technologies and increasing user-friendliness and universal designs in both the environment and structure and rules of sports.
- d. Promote comprehensive coaching manuals and educational material in multiple languages and formats to make it accessible to disabled persons.
- e. Research and develop monitoring and evaluation tools to ensure quality sport for the disabled sports men.
- f. Create opportunities to share knowledge, experience and best practice.
- g. Utilize new technologies and online communication to enhance sports facilities for disabled sports men/women.
- h. Encourage disabled sports men/women to participate in various district and national level sports.
- i. Set up Special Physical Education Universities in each district headquarters of a State.

CONCLUSION

Persons with physical disabilities are unable to enjoy leisure activities on an equal basis with others as long as transportation system and public buildings continue to lack barrier free access a problem which has not been addressed on a consistent basis by the Government. However, organizations and establishment like the Wheelchair Sports Federation of India, The Indian Blind Sports Association and the special Olympics Bharat do provide Opportunities for physical and mentally differently abled athletes to participate in sporting activities. Unfortunately, there remains no institution available to coach elite differently abled athletes in India, leaving a gap in attainment of the goal outlined in state policy and program. Under the constitution of India, there are

certain fundamental rights that enforced in courts of law. These fundamental rights include the right to equality i.e, Article 14 of the constitution and the right to live in dignity Article 21 of the constitution ensures a dignified life for the disabled persons in the country. Hence disabled citizens have the same rights as other citizens and should be given the opportunities to participate effectively in society.

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PHYSICAL EDUCATION AND ITS BEAUTY IN SPORTS

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ABSTRACT

The purpose of this editorial is to briefly examine why people are interested in sport using ideas from the philosophy of sport and to propose recommendations for utilizing sport effectively in physical education programs.

Chances are you have participated in or watched sport sometime in the past month or the past week or maybe even today. Have you ever wondered why people are interested in sport? Why do people participate in and/or watch sport when there are seemingly more important things to pursue (e.g., working, caring for family, serving in the community)? How can something like sport attract the attention and interest of so many people?

The philosophy of sport is an academic sub-discipline of kinesiology that examines the meaning and significance of sport, the relationships between sport and other practices such as art and play, the ethics of sport (e.g., fair play, cheating, PEDs), and other sport-related sociopolitical issues. The methods, insights and research found in the philosophy of sport can be used to investigate why people are interested in sport.

Since sport has a long history of being included in physical education programs, considering answers to the questions above is a valuable intellectual exercise for physical education professionals. The purpose of this editorial is to briefly examine why people are interested in sport using ideas from the philosophy of sport and to propose recommendations for utilizing sport effectively in physical education programs.

Key words: Physical Education, Sports, PEDs.

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1. INTRODUCTION

1.1. Why People Are Interested in Sport

One of the main reasons people find sport interesting is because of its connection to play. But how is sport connected to play? As one philosopher of sport has observed, sport is a game of physical skill where participants “voluntarily attempt to overcome unnecessary obstacles” (Suits, 2007, p. 14). The “unnecessary obstacles” of sport are things such as manipulating a ball



Physical Education and its Beauty in Sports

using the legs, feet, chest and head through a goal more times than an opponent (soccer); hitting a little ball with clubs until it gets in a hole and trying to do so in as few strokes as possible (golf); and striking a ball over a net and into an undefended area on the floor more times than an opponent seen in volleyball discipline.

The whole purpose of sport is to pursue an artificial challenge that is outside the boundaries of real life, a challenge that is totally contrived. As a result, sport feels like a second or make-believe world. Both its nature and the attitude one needs to engage in it are deeply rooted in play. As a general rule, people do not pursue the goal of sport because they have to but rather because they want to. It is a fun, absorbing and exhilarating challenge. They choose to engage in sport for its own sake, as an end in itself. In these ways (among other ways, too), sport and play are closely related. In a world where boredom and monotony are not uncommon, people turn to sport as a way to invigorate, enliven and refresh themselves. Without question, people are interested in sport because, at its best, it is a form of play.

In addition to sport's connection to play, there are a number of other "goods" that can be experienced or obtained as a result of sport participation and/or involvement. The quest to acquire these goods is also a key reason why people play sport. Philosophers differentiate between the goods of sport using the following two categories: external and internal goods (MacIntyre, 1984; Reid, 2012).

2. THE EXTERNAL BEAUTY OF SPORT

External beauty are outcomes of sport participation such as better health or improved physical fitness, a sense of community by belonging to a team, making a living (or sometimes a fortune), becoming famous, and so on. These types of goods are not exclusive to sport. They can be realized or obtained through other means as well. For example, someone can improve health or physical fitness through exercise or eating better; a person can find community in a religious group or social club; people can become wealthy or famous via business, music, art, politics and so on. The point is that one does not have to participate in sport to achieve external goods. They can be secured in many other ways.

Some external goods found in sporting contexts are more easily obtained than others. Goods such as improved health and fitness, having fun, and making friends are accessible to anyone who participates in sport. These goods can (or should) happen for everyone. Other external goods, such as fame and fortune, are unattainable for most people who play sport because they are typically secured only by elite performers. Despite the low probability of obtaining fame and fortune through sport, the prospect of getting a college scholarship or becoming a professional athlete is very attractive to many.

What should be clear from the discussion of external goods is that sport participation and involvement can lead to outcomes that people want. Sport is popular because it can be used as a tool to get some other real good. Who doesn't want better health, quality friendships, a college scholarship, fame and/or fortune? While the external goods of sport are important and highly desirable, they do not, however, tell the whole story about the appeal of sport.

3. THE INTERNAL BEAUTY OF SPORT

Internal beauties are also reasons people are interested in and play sport. They are quite different from external goods. All runners would exclaim that running a personal best is sweet, even sweeter than just completing the race. Every golfer would proclaim a birdie is something "good" to experience. It feels different than a bogey or even a par. To the softball player, turning a double play is beautiful. As can be seen, internal goods can be achieved only in a specific sporting context where a player's performance is compared with the standards of excellence in a sport.



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The standards of excellence are the ways a sport community defines quality play; they are achievements that can be realized only by participating in and performing the activity well. Furthermore, part of the process of achieving the standards of excellence is by seeing team/individual improvement even if current performance levels are not superior to another team/individual's performance. Also, experiencing the internal goods of sport is not only reserved for those who participate at the highest level of sport. Achievements are available at any level, even in recreational leagues, physical education classes, and pick-up games. A great offensive play in basketball (such as a "give and go" or a "no-look pass") that leads to an easy basket is a great play regardless of whether it is performed in the NBA or a physical education class. Granted, the level of play (including the defense that resists the offense) is different, but excellence can be exemplified in both settings. More importantly, the experience is meaningful in both settings. The only real difference is the number of people who care about what happens on the court. In the case of the NBA millions of people care about the result, whereas not many (except for those participating) care about the result in a physical education class.

A great offensive play in basketball (such as a "give and go" or a "no-look pass") that leads to an easy basket is a great play regardless of whether it is performed in the NBA or a physical education class.

I recently had a golf outing with my 11-year-old daughter that illustrates the process of experiencing the internal goods of sport. My daughter has played golf inconsistently with me the past few years. I taught her some of the basics such as the grip, chipping and putting, and the full swing, but not much else. This year I asked if she would like to play in a junior golf tournament for a new challenge. She agreed. We practiced a few times before her tournament, but nothing more. Her first tournament a nine-hole event opened her eyes to what was possible with the game. Even though she took last place, she came away from the experience with an enhanced vision of how golf could be played, the meaning it could produce, and the joy it could bring. She saw firsthand the skills and scores of the girls her age, and she resolved to improve. Every day following her first tournament, she asked me to take her to practice or play. We went golfing nearly every day over the next few weeks; her desire to learn and improve was very evident. She recently competed in her second tournament and scored a personal best nine-hole round and improved her score by multiple strokes. She finished in the middle of the girls her age. After her performance it was easy to discern the level of satisfaction she felt. Her efforts to practice led to improvement. After having experienced a few of the internal goods of golf such as hitting quality shots, making difficult putts, and posting a personal best golf score, her interest in golf is at an all-time high.

What should be readily apparent is that the internal goods of sport cannot be achieved in any way other than participating in a specific sport. In fact, these goods are meaningless anywhere and everywhere else in the world. Making a three-point shot in a close basketball game matters only in basketball, not in business or science or tennis. A person can obtain the internal goods of basketball on the basketball floor only by becoming a basketball player. Without question, people play sport to experience the unique joy and satisfaction that comes with playing a specific sport well. Such are the internal goods of sport.

Some people may question whether the internal goods of sport can be secured by students in physical education. However, plenty of research and personal accounts show that it is possible (Johnson, 2016; Sinelnikov & Hastie, 2010; Wessinger, 1994). Students love to "score goals," "make baskets," "intercept passes," "win points," and so on. The prospect of experiencing the internal goods of sport, even in physical education, is very appealing to students. Therefore, both teachers and students are responsible for manufacturing legitimate opportunities for all students to experience and achieve the internal goods of sport.



4. RECOMMENDATIONS FOR PHYSICAL EDUCATION DIRECTOR / TEACHERS

While the popularity of sport is indisputable, this does not mean that all students in physical education will be naturally or immediately drawn to or have an interest in sport. Initial reluctance or disinterest from some students should not deter teachers from including sport in physical education programs. After all, not all students are immediately interested in math or Shakespeare or science either. If sport is important, and it is, a love for it needs to be nurtured in all students, even the most reluctant or skeptical. Here are a few recommendations to guide this process.

Use Sport Education. The curriculum and instruction model known as sport education (SE) is designed to create an authentic sport experience in the context of physical education (Siedentop, 1998). It emphasizes the key features of sport such as seasons, team affiliation, formal competition, culminating events, record keeping, and festivity (Siedentop, 1998). These features distinguish SE from the commonly used multi-activity curriculum model where students only practice or play a specific sport for short periods of time. Seasons in SE are significantly longer, allowing more time for students to develop the knowledge, skills and dispositions to become “competent, literate, and enthusiastic” sports people (Siedentop, 1998, p. 20). In short, SE provides legitimate opportunities for students to experience the internal goods of sport. A number of books and articles (such as the Siedentop article referenced above) have been written about SE. Physical education teachers should take the time to study and learn how to implement SE effectively. The resources are out there.

Be Patient and Persistent. Achieving or experiencing the internal goods of sport, for most students, does not happen quickly and easily. Growing an interest in a specific sport takes time and effort; it also requires involvement in a sport community that already values the challenge of the game and understands its internal goods (Kretchmar, 2000). Teachers and students must commit to the process and be patient through the ups and downs of teaching and learning the skills, history and traditions of a sport. While sport is closely connected to play, this does not mean it will always be something students want to do. Students should be taught that learning how to play a sport is not always going to be fun; it takes consistent and concerted effort for a sport to become something meaningful (Kretchmar, 2005). Generally speaking, the goods of sport are earned more than simply had.

Utilize Students Who Already Have an Interest in a Sport. Some students who attend physical education already have an interest in a specific sport. Their interest, knowledge and skills can be utilized to create a better experience for all students in a class. When these students know a goal of the class is to assist others less familiar with the sport to develop the skills to play the game, they are likely to provide ideas related to performance cues, skill challenges/drills, and lead-up or small-sided games. This is one way to show students that teaching and learning are the responsibility not only of the teacher but everyone in a class. There is an increased likelihood of experiencing the internal goods of a specific sport when students are more involved in the teaching process.

Match Students Appropriately for Game Play. How students are placed in groups for game play is a very important consideration when the goal is to help students experience the internal goods of sport. Sometimes it may be best for students to play a sport with others of similar skill abilities (homogenous grouping); other times, it may be best for students to play with others who have more skill (heterogenous grouping). The point is to take the time to prepare grouping combinations thoughtfully and to give student various kinds of experiences.

Create Multiple Opportunities to Participate in Sport. There are a number of ways physical education teachers can create opportunities for students to participate in sport beyond physical



K. Kaleemulla

education class time, such as before- and after-school clubs, intramurals, and pick-up games during recess or lunch breaks. While these programs will require some upfront work, they can be excellent ways for many students to grow their competence in and love for sport. Delegating administrative and supervisory responsibilities to other faculty/staff, parent volunteers, and even students can make the administration of these programs more manageable.

Share Opportunities to Participate in Sport. Advertise opportunities to participate in sport outside of school-sponsored programs such as city recreation leagues, pick-up games, tournaments and other programs. The use of few minutes at the beginning of class, one day a week, to announce these opportunities. Post fliers in and around the gymnasium or school. Post information on social media sites. All of these strategies will increase student awareness of these programs and increase participation. The bottom line is students need to be continually reminded of opportunities in the community to participate in sport. Furthermore, teachers should encourage students to periodically discuss their experiences in other sport programs during physical education class.

5. CONCLUSION

Sport is popular across the world. While the appeal of sport may vary across cultures and individuals, there are clear reasons why sport is interesting to so many people. Ideas from the philosophy of sport, such as the connection between sport and play and the external and internal goods of sport, offer insights into the allure of sport. Physical education teachers should accept and embrace the challenge to help students of all ability levels become lovers of sport.

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Indian premier league: Revolutionary innovation in cricket discipline

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Abstract

This article examines why India has emerged as the preeminent Nation in International Cricket Discipline and how the Indian Premier League (IPL) is a major step in realigning the power structure in International Sports. The Indian Premier League is a professional Twenty-20 cricket league, contested by eight teams based out of eight different Indian cities. The league was founded by the Board of Control for Cricket in India (BCCI) in 2007. The IPL is the most-attended cricket league in the world and in 2014 was ranked sixth by average attendance among all sports leagues. In 2010, the IPL became the first sporting event in the world to be broadcast live on YouTube. The brand value of the IPL in 2019 was 475 billion (US\$6.7 billion). The article argues that India has been able to take the lessons of globalization (as they apply to sport) and use them to create a new national cricket league that has an international character. It goes on to argue that the success of the IPL and similar sporting ventures in nonwestern nations is likely to see these countries challenging, the West's sporting monopoly and getting to increasingly determine where and how the game is played.

Keywords: India, cricket, sport, international cricket council, media, billion, YouTube, globalization, corporate sponsorship

Introduction

Cricket is a bat-and-ball game played between two teams of eleven players on a field at the centre of which is a 22-yard (20-metre) pitch with a wicket at each end, each comprising two bails balanced on three stumps. The batting side scores runs by striking the ball bowled at the wicket with the bat (and running between the wickets), while the bowling and fielding side tries to prevent this and dismiss each. Means of dismissal include being bowled, when the ball hits the stumps and dislodges the bails, and by the fielding side either catching the ball after it is hit by the bat or before it hits the ground, or hitting a wicket with the ball before a batter can cross the crease in front of the wicket. When ten batters have been dismissed, the innings ends and the teams swap roles. The game is adjudicated by two umpires, aided by a third umpire and match referee in international matches.

Globalization is reshaping the fixed and firm boundary between domestic and international spheres and changing our conceptions of the proper domain of domestic and international politics and law. In reformulating the entrenched disciplinary assumptions underlying these conceptual definitions of the national and the international, we necessarily move the concept of sovereignty to the foreground when analyzing the relationship between law and world. Diplomacy can be exerted in many ways such as peace talks, written constitutions, field exercise, and also Culture, that is a familiar term and remains unchanged by definition according to the people. However, globalization and IR have constantly altered culture both positively and negatively. Globalization increases internationally technology, and the effective communication and consumption of popular products, which is goods, and services that are meant to bring people together. Globalization tends to connect cultures and international relations on a variety of levels, economics, politically and other socially, etc.

The Indian Premier League (IPL)

The Indian Cricket League (ICL) was founded in 2007, with funding provided by Zee Entertainment Enterprises. The ICL was not recognised by the Board of Control for Cricket in

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India (BCCI) or the International Cricket Council (ICC) and the BCCI were not pleased with its committee members joining the ICL executive board. To prevent players from joining the ICL, the BCCI increased the prize money in their own domestic tournaments and also imposed lifetime bans on players joining the ICL, which was considered a rebel league by the board. The Indian Premier League (IPL) is a professional Twenty20 cricket league, contested by eight teams based out of eight different Indian cities. The league was founded by the Board of Control for Cricket in India (BCCI) in 2007. It is usually held between March and May of every year and has an exclusive window in the ICC Future Tours Programme. The IPL is the most-attended cricket league in the world and in 2014 was ranked sixth by average attendance among all sports leagues. In 2010, the IPL became the first sporting event in the world to be broadcast live on YouTube. The brand value of the IPL in 2019 was ₹475 billion (US\$6.7 billion), according to Duff & Phelps. According to BCCI, the 2015 IPL season contributed ₹11.5 billion (US\$160 million) to the GDP of the Indian economy. There have been thirteen seasons of the IPL tournament. The current IPL title holders are the Mumbai Indians, who won the 2020 season. The venue for the 2020 season was moved due to the COVID-19 pandemic and games were played in the United Arab Emirates.

International sports: The domination of the west

First, the Internationalization of sports began in the 1870s and continued until the 1920s with tennis, soccer, rugby creating international administrative institutions- the most prominent achievement being, of course, the establishment of the International Olympic Committee. Second, given the unrepresentative nature of the colonial international system, it was obvious that the western nations would dominate the new sporting institutions. As Douglas Booth points out, however, the west's domination of international sports continued well past the colonial period because of historical ties and financial clout. As late as 1966, the 37 Caucasian nations in the International Amateur Athletics Federation had 244 votes while the 99 nonwestern nations had 195- thus vesting decision-making power in the hands of the former. Third, Mr. Gupta because western nations were the founder-members of most international sporting associations, they dominated these bodies and set the rules for a sport, dominated its finances, and determined the location of major international events.

The changing nature of global sport

While international sporting events have been ongoing since the late 19th century, the rise of a globalized audience has only been a recent phenomenon. As Brian Oliver and Richard Gillis point out, as late as 1987 no satellite television company had been given a license to operate. Nor were there millionaire footballers or even professional rugby players. Test cricket, they continue, was shown on the BBC and barring 1983, there had never been live coverage of an overseas cricket tour by British television networks^[9]. It was only in the late 1980s that British viewers were able to get continuous live coverage of overseas test matches. In the case of India, television broadcasting was the monopoly of the government, and in the 1980s the broadcasting of sports was dependent not on market forces but on the whims of the governmental bureaucracy. In 1994, the Board for the Control of Cricket in India (BCCI) cut a deal with the international sports broadcaster, ESPN, to set up an Indian version of the network- ESPN India^[6]. In 1995, India saw the introduction

of mobile phones. And with the advent of both cellular and satellite/cable technology, the game of cricket has boomed in India and elsewhere.

Promoting cricket in a globalized world

One needs to make the distinction between a globalized sport and a multinational or elite sport. A globalized sport is one that is played by an overwhelming majority of nations, is accessible to the masses, and has developed a fan following that is not based on solely on national identity. Football is the one sport that is truly globalized: virtually every nation in the world is a member of the Federation of International Football Associations (FIFA); the game is cheap enough that it can be played by anyone; and the fans have developed their allegiances across national boundaries. Manchester United, Real Madrid, Barcelona, and AC Milan are good examples of teams that have large fan followings across the world. As far as national teams go, Brazil is of course every football fan's favorite second team.

A power transition in international sports

The other likely change that is coming about has to do with the potential transition of power in international sports- the nonwestern nations are going to increasingly determine the future of international sports. The western nations of Europe and North America have lion's share of sporting revenue and influence, but will face a stronger challenge to their monopoly from the nonwestern states. The nonwestern nations, however, because of the money they bring to the game, their large fan bases and their ability to draw corporate sponsorship and television audiences will be able increasingly assert where and how the game is played. We have seen this happen in cricket, with India reshaping the International Cricket Council's schedules to play more test matches in the South Asian region. Indian influence also fast-tracked Bangladesh to the status of a test-playing nation. And the fact that India and Pakistan both lost in the early stages of the 2007 cricket World Cup adversely affected the financial fortunes of that tournament. Additionally, the IPL may have become the harbinger of things to come, because for the first time cricket faced the dilemma that has plagued international football- should a player be allowed to put club over country.

Significance of the study (Importance of IPL in Indian economy)

IPL is a franchise based professional Cricket League. All the participating teams owned by different franchisee are named after various Indian States or Cities. The team formation is done through competitive bidding from a collection of local as well as foreign players. Participating players represent their respective franchise and are paid by the team owners. A total amount of US\$42 million are available for team owners to bid for the services of Cricketers. Each team has the provision of purchasing of a maximum of 10 overseas players out of which only four can be the members of playing eleven for each match. The format of this League is based on Twenty20 format, the shortest version of International Cricket.

One of the main aims of BCCI behind the launch of Indian Premier League is to improve the capabilities of domestic players and provide a much competitive and better platform as compared to domestic circle of Cricket. Here, it is worth to note that besides this, another major cause for its launch was to create a profitable Cricket League. The League adapted the marketing practices of English Premier League (EPL) and American National Basketball Association (NBA). Indian



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Premier League serves as a great contributor towards India's GDP. Moreover being one of the most popular Leagues of sports World, it serves as a great source of entertainment to millions

BCCI, franchises or players - the bigger beneficiary?

BCCI earned INR 4,000 crores from IPL 2020, according to its treasurer. Which means every cricket fan contributed 40 rupees. Actually! So be proud, because you're not just a passive viewer but an active participant in the economy. Need further proof? Well, TV & media rights of IPL has been sold for a massive 2.3 billion dollars approximately (INR 16k+ crores) to Star network. Here are few more fantastic figures vis a vis IPLs which you can use to tickle your imagination or just revel in while you enjoy a match. Indian Cricketers have a lot of popularity among the common people in India. This popularity has given them an opportunity to earn through brand endorsements. You can read the article to know how much these top cricketers charge for brand endorsements.

Advantages of IPL, benefits of Indian Premier League Entertainment medium for the masses

The cricket match provides an adrenaline rush in the body and one cannot move his/her eyes from the TV. Box especially in the last two-overs. The twenty20 leagues are short and thus the excitement further increases. In IPL, teams are divided on the name of Indian states which makes people watch it, as a way of showing support and cheering for their own state. IPL being such a great success should always review its strategies & policies for the viability of this League. One of the main concerns is to curtail spot fixing issues, controversies, allegations and gambling. The management needs to take harsh steps towards the culprits beforehand; otherwise IPL will sooner be a history, as already evident from the recent verdict of the supreme court of India by barring some franchisees from participation.

Platform to enhance new cricketers

The IPL comprises of all kinds of cricketers, the retired ones, the newly became ones, the currently-popular ones and the currently unpopular ones. Here, the new cricketers get an opportunity to work with the experienced cricketers and improve the quality of their game. They get a chance to learn well and shape well.

Adds revenue to the economy

IPL league provides immense employment opportunities such as the job of cricket columnist, umpires, costume designers for all teams, police guards to protect the players, etc. The money received by selling the tickets is also a large sum.

Brings the cricket world closer

This league is inclusive of cricket players all over the globe. This makes it very diverse and when players of various countries play together there would be an amalgamation of culture, values and learning. This makes people more open minded and brings different groups closer.

Disadvantages of IPL, Demerits of Indian Premier League Game of money

This league selects its players through auction, which should be called as selling of players. The players play for the money and the owners of team also aims at earning. Many of the owners and players of IPL have been arrested on the charges of holding black money as well. It can be recalled with the

examples of CSK and RR.

Understanding the techniques

Players of different countries play and live together which reveals a lot about their playing techniques to one another. These techniques can be used by the opponent in the international matches while playing.

Makes the players weary

The ongoing international matches and then a two months series makes the players fatigue and tired. This might affect their performance in the international cricket.

Wrong scheduling of the league

This league takes place in the month of April and May which are very hot months of the year in India. The players face health issues due to the heat of scorching sun, especially in Rajasthan. The sun make players perspire more than usual and may make them feel drowsy. This scheduling is not done by considering that people from all the countries would be able to participate, as often international tours take place when IPL occurs.

Pandemic

The Recent Covid-19 pandemic has wreaked havoc in the world and has also impacted the IPL in many ways, looking at the rising infection and fatalities it shows very grim picture of IPL in near Future.

Conclusion

Like other events, IPL has its pros and cons. It has really shifted the paradigm of Cricketing World to new heights. IPL provides a brilliant platform for youngsters where they can catch the eye of selectors for their inclusion in their respective National squads. IPL, because of its huge fanfare and higher brand value is surely one of the mega events in the World of sports. It acts as a great promoter of cultural heritage of India to the World. IPL serves as a source of entertainment for millions throughout the World. It is surely a billion dollar baby. IPL is providing the players a fair amount of money with which they can fulfill all their needs & secure future. Moreover the franchisees are also earning huge profits from the League. IPL also contributes a significant amount towards GDP of India.

After all, Cricket has always been a gentleman's game. So IPL should also stick to the basic principles and let the game to be played with real sportsman spirit. IPL should act as a brand ambassador for passing on the perfect message of universal brotherhood and friendship, which is the prime motto of a sport. Keeping apart all the qualitative effect of IPL on Cricket, one must confess that IPL is a great source of amusement for millions of Cricket lovers and presents a very exciting form of Cricket.

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NEW CHALLENGES, REALITY, PERSPECTIVE OF PERSONAL TRAINERS ON FITNESS IN THE ERA OF COVID-19

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“New Challenges, Reality, Perspective of Personal Trainers on Fitness in the Era of Covid-19”

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Abstract

Sport is, without a doubt, an inherent part of our culture and social life. Changes in social reality connected with the emergence of Covid-19 and resulting introduction of particular actions aimed at prevention of spreading the danger, have not bypassed the world of sport or, widely understood, fitness culture. Colossal changes, which stopped everything for a moment, have ensued. The effect of those changes was suspension of operation of fitness facilities involved in fitness culture, including fitness clubs or gyms. The fitness world, the community of creators as well as consumers of fitness culture, collided with a new reality and new challenges. The loss of workplaces, e.g. for trainers, and the lack of spaces to be physically active have influenced immensely how sport activities look like for the subjects actively taking care of their health, physical condition, their bodies and appearance. What is Polish fitness world currently struggling with? How personal trainers are faring in the era of Covid-19? How does the collaboration of personal trainers and their clients look like? How does the fitness community find themselves in the new “coronavirus”, pandemic reality? What strategies were adopted by the personal trainers to survive and be able to function actively in their professions? I will try to answer these specific questions in this article, based on my own research, which had an exploratory character and was aimed at recognizing the experiences of personal trainers as the main representatives of the new reality connected to the emergence of Covid-19. The research was conducted through interviews with 10 personal trainers. As a result of the qualitative data analysis, six main areas emerged, such as reactions for the introduction of changes; reflections on life; new possibilities; places/spaces for work and meetings; interpersonal relationships and reflections on the future. The fitness culture during the Covid-19 pandemic has undergone a significant transformation. The obtained data indicate a critical, rather negative attitude to the introduced restrictions and their consequences for the widely understood fitness, physical activity and sports sectors. I hope that this small fragment of the reality related to participation in the fitness culture and the struggles of people in the pandemic era, which I mentioned in my



article, will be a contribution to further research and will encourage reflection on the fitness culture, social and socialization values of sport and our future.

Keywords:- Covid - 19, coronavirus, sport, Culture, fitness, physical activity, personal trainer, training, fitness clubs, gyms.

Introduction

One of the most recognizable signs of our times is ubiquitous and pervasive change. Impermanence and uncertainty are inscribed in the times, in which it came for us to live. We are witnesses to incessant changes encompassing with their range all aspects of social life. This evolution and continuous metamorphoses are connected with globalization processes and the advent of times described as post modernity or liquid modernity. We live in the world full of change, uncertainty, evanescence, risk and fear. „The world I call 'liquid' because, like all liquids, it cannot stand still and keep its shape for long. Everything or almost everything in this world of ours keeps changing: fashions we follow and the objects of our attention (constantly shifting attention, today drawn away from things and events that attracted it yesterday, and to be drawn away tomorrow from things and events that excite us today), things we dream of and things we fear, things we desire and things we loathe, reasons to be hopeful and reasons to be apprehensive. And the conditions around us, conditions in which we make our living and try to plan our future, in which we connect to some people and disconnect (or are disconnected) from others, keep changing as well. Opportunities for more happiness and threats of misery flow or float by, come and go and change places, and more often than not they do all that too swiftly and nimbly to allow us to do something sensible and effective to direct or redirect them, keep them on course or forestall them. To cut a long story short: this world, our liquid modern world, keeps surprising us (...)” (Bauman, 2011, p.1).

The dynamics of ongoing changes (metamorphoses) in social reality means lack of ready and limited possibilities of scenarios for one's own life. It determines the necessity and need to “adjust to new requirements”¹ (Leszniewski, 2007, p.1), being flexible (Beck, 2004; Giddens, 2001, 2010; Bauman, 2011) and “experiencing yourself in freedom and taking responsibility for your own life” (Berger, 1995, p.167), leading to the fact that “ability of a human being to move effectively in the world requires constant learning of new skills and a reflective approach to their life and the choices made” (Leszniewski, 2007, p.1).

Perfect depiction of aforementioned words about liquid reality and incessant need to reinterpret and self-create one's own life and designing new ways of acting in the face of surprising changes in the social reality is the current Covid-19 pandemic. This extraordinary time of the pandemic unquestionably influenced immensely our functioning in our well-known ordinary lives and completely revolutionized every area of social life. One of the sectors which were hurt the most is sport, space for physical activity and the fitness world, the areas which are at the centre of my deliberations.

Sport was an inseparable part of our culture and a real phenomenon since the dawn of times. As a part of our reality it accompanied individuals in different forms throughout their whole lives, carrying with it socializing and universal values, as Blajet (2012, p. 89) mentions “it is (sport) not only the model reflection of social life but also autonomous being, in different ways anticipating social trends”.



Therefore, as you can surmise or base on your own experiences as an observer and a first-hand witness being in the centre of currently crystallizing changes in social reality connected with the emergence of Covid-19, you can see that the ongoing changes and resulting from them commonly introduced particular actions aimed at prevention of spreading the danger, have not bypassed widely understood physical culture with all of its derivatives. Colossal metamorphosis, which stopped everything, has ensued. The effect of those changes was suspension of operation of fitness facilities involved in fitness culture, including fitness clubs or gyms and reduction and shrinking of possibilities to engage in activities within active participation of fitness culture. There are numerous effects of these activities. In this article I will focus on the fitness culture, created along processes of emerging modernity, and then liquid modernity (post modernity). Simultaneously, with the changes ongoing in social reality, as the presence of consumptionism, instant culture, visual culture, free time culture, society of risk and ubiquitous individualism and incessant reflections of one's life, chasing the new, the unknown, the pleasure, the self-improvement, reinterpreting your own identity and relationships with others, there was a new space created, known as fitness culture. Concurrently, the narration which noticed possibilities of creating and anchoring these currents in the body has emerged.

What is fitness, what is fitness culture? Fitness may thus be understood as a cultural field, a set of relatively structured positions within which individuals and institutions, producers, and consumers struggle over the status and definitions of fitness and fit bodies. These struggles occur through the mobilization of particular forms of resources or stakes, some specific to the field – such as physique and sport science expertise – and some generic to consumer societies and services economies – such as impression management and the cultivation of status. The development of the contemporary commercial fitness field has involved the institutionalization of specific social settings (particularly, the health club), a variety of media forms targeting both the consumer (such as exercise manuals and magazines) and the producer (occupational texts and manuals), a cadre of professional producers (such as personal trainers and aerobics instructors), and a range of field-specific goods to signal participation” (Smith Maguire, 2008, p. 21). Fitness culture is a socio-cultural phenomenon centered around physical activity, health, body, and appearance - to create your own identity, take responsibility for your fate, control your life and try to feel safe, where “Fitness gyms are at the core of a much broader fitness culture” (Sassatelli, 2010, p. 11) and people (especially trainers, instructors) become both: creators and consumers of this culture (Sassatelli, 2010; Maguire, 2008). The society of creators, as well as the fitness consumers, collided with new reality and new challenges. The loss of workplaces, eg. of personal trainers and the lack of spaces to do physical activities have immensely influenced how sport activities look like currently for the subjects actively taking care of their health, physical condition, their bodies and appearance.

Material & Methods

The researchers had an exploratory character aimed at learning about the experiences and the way of interpreting daily life and work reality in which personal trainers work and live with particular regard to their role in physical culture from the perspective of changes prevailing and resulting from the pandemic, especially with the regard to limitations resulting from the governmental regulations and their effects on limiting physical activity. The research



was conducted through in-depth interviews with representatives of the fitness culture, namely personal trainers. The interviews were realized online or face-to-face with 10 trainers aged 29-39 years. Women as well as men participated in the research. The criteria of choice were, work experience (at least 3 years of experience as a personal trainer); city, Hubballi Karnataka; the place of work before the restrictions were introduced, fitness club or gym. Sample selection was deliberate, whereas the participants were recruited using the snowball principle method. The material collected, which was recorded to archive the content, was then subjected to next steps in the research process, preparing transcription and double analysis to distinguish and identify main topics from the answers of the subjects.

The aim of the qualitative and phenomenological analysis was detailed and in-depth recognition and understanding of experiences of trainers as the main subjects functioning in the fitness culture modified by the pandemic. The trainers answered the question whether the emergence of danger connected with the presence of Covid-19, the necessity of isolation, "quarantine", limitations connected with introduction of restrictions connected with physical activity influenced their work as a personal trainer and what changed. The lengths of the interviews were from 40 minutes to 110 minutes.

Gathered data show critical approaches towards the restrictions introduced in the fitness sector, physical activity and sport. The participants were showing rather negative attitudes and they emphasize the necessity to reconstruct pre-existing experiences connected with the profession of personal trainers. Thematic areas that emerged based on the collected material were concerning: 1) Reactions for the introduction of changes, reaction for the closing of fitness clubs and gyms. 2) Reflection on life. 3) New possibilities. 4) Place / space for work and meetings. 5) Interpersonal relationships & 6) Reflection on future.

The results show new insights of the professionals from the fitness sector and those could be the basis for the future research connected with changes and adjustment to currently prevailing work conditions and actions in the space of fitness culture.

Results

The main overtone of the researched topics showed a strong negatively marked approach to the experiences which took place in the lives of the research subjects. Negative and critical approach was discerned in all of the experiences of physical trainers in the perspective of finding themselves in a new reality of the fitness culture after the changes and restrictions were introduced resulting from the emergence of dangers connected with the Covid-19 pandemic.

All participants of the research in most of their statements included key words which expressed a critical-negative approach. All participants reconstructed their experiences descriptively in new reality, using phrases such as "all negatives", "dramatic", "critical", "terrible", "awful", "misguided", "harmful", "inappropriate", "reprehensible", "unacceptable", "ridiculous", "dishonest", "ruin", "destruction", "arrogant". Aforementioned phrases were notoriously repeated in most of the statements. Four of the researched men (Mar 32, Kub 33, Mich 34, Dom 29) and one woman (Mag 39) uttered a sentence describing their opinion and approach to the changes introduced into the fitness culture, formulated like this: "what was introduced is ridiculous", "what was proposed is ridiculous". Mat 34 stated: "This is nuts. I



didn't know if I should laugh or cry. They have no idea what they are doing. It is pathetic that someone decides so mindlessly about everyone, about the whole fitness. (...) F***, to destroy everything, the whole fitness market, it must be a joke". Joa 35 : "It's some kind of misunderstanding, I don't know what to think anymore. (...) This [introduction of restrictions, closing fitness clubs and gyms] is harmful for the whole society, for the economy, for everyone, for people". Jol 31: "I'm waiting for this nightmare to end". The research subjects were very strongly remarking on the current situation, using a lot of vulgar words emphasizing their anger. Mag 39: "I've got only one word on my mind: f*ck! F*ck! F*ck!". The statements of the trainers were filled with anger but also with the feeling of helplessness. Grz 32: "What am I supposed to do?! I know this is a nightmare but it has to be somehow. I don't accept what the order us to do". A lot of people are waiting with impatience for the end of current restrictions and introducing new actions, as Woj 37: "I'm seriously waiting for this to end. Until this circus ends. Because it is a circus, it's one big misunderstanding, you know, we want to work normally, not wait, ekhm, for Almighty knows what".

Theme 1:

Reactions for the introduction of changes: Reaction for the closing of fitness clubs and gyms. Among the reactions for the introduction of restrictions resulting in the closing of fitness clubs, gyms and other places used for physical and kinesthetic activity, the whole variety of emotions and responses emerged, which show mixed emotions and responses connected with the extension of restrictions introduced in March of 2020 and the next stages of the pandemic. Dominant emotions were fury, anger, fear, helplessness, breakdown. Mag 39: "You know, it was pretty scary at the beginning. I was awfully furious, there is no word to describe what I was feeling. Furious, but I just lived through some kind of a shock, breakdown, I was afraid. What was I supposed to do? Overnight, ah, ok, we're closing you... I was terrified." Another test subject metaphorically presented how strong was the blow, the feeling of helplessness, terror, again fear and the feeling of breakdown. Woj 37: "It was a nightmare! So many years of hard work. You know what, it's difficult to say, but it's like you were working hard, sacrificing yourself, you arrived at the top, let's say 10th floor, and suddenly boom. You are at the bottom. You know, so surprising, you take a step, you have plans, you know what to do, you have everything sorted out and... there is no you anymore.

Theme 2

Reflection on life: Describing what they experienced and are still experiencing in their "professional" lives as personal trainers living in reality distorted by the coronavirus, is, as emphasized by a few of the test subjects, a huge collision with reality. The necessity to stop, to reflect on their lives, to draw conclusions. Jol 31: "Because you know, it's like some kind of a bell woke you up, you are a princess and then you are woken by, not a prince, but by the coronavirus, and you are like in a trance. Ok, we are closed, all right for two weeks, but what am I supposed to do now?! And you know, you wake up and you don't know what to do (...), you have no plans, you cannot meet anyone, you won't go shopping, you won't travel anywhere. And suddenly you are totally alone at home, within four walls and you are thinking (...); you have nothing, no life, because from the morning until evening you were running from one workplace



to another, to another gym and for another training. OMG! How does my life look like now? I don't have any life, I live only for work (...).

Theme 3

New possibilities: Immediately after the participants noticed the chance that was given to them by fate to consider how they want to live, how they want their everyday lives to look like, they thought about their losses and profits and as Joa 35 stated: "I made a comparison of advantages and disadvantages, of profits and losses. And I can tell you that it was a very eye-opening experience. There is nothing to fight for, because there is nothing to fight with, it is as it is but now I'm only positively looking forward to the future. Obviously, don't think that I'm emotionally unstable, at one moment it is good, at another, it's bad, but I am still scared and I'm looking for the ways in which to spend this time. I just hope it's not going to be worse".

Theme 4

Place/space for work and meetings: Talking about the frustration and new possibilities, I smoothly proceed to the next theme, which was clearly emphasized in the trainer's statements. Closing of the fitness clubs and gyms caused the loss of work and the loss of steady income or, at least, problems with financial liquidity. The facilities in which sport life was going on were closed and, therefore, fitness culture lost its spaces. Apart from the layoffs, terminations of contracts with the trainers, they also lost their workplaces with all necessary equipment and tools. That was a huge issue and a very difficult experience for the test subjects. Jol 31: "I was working in 5 fitness clubs, now I have nothing left."

Theme 5

Interpersonal relationships: Proceeding from the theme of gyms, fitness clubs as specific places, spaces for the work on your own body to the spaces where fitness culture is still alive, I cannot omit another, the last main theme, that was emphasized in the remarks of researched trainers about their experiences. The trainers, as they emphasized in previous aspects, showed that fitness clubs were the places to which you come in with a particular motivation, plan and with a certain goal. It's the place where you know you are surrounded by people with similar interests, with similar aims and similar problems. How do the relationships look like now? Joa 35: "It's a bit different, and I'll admit it honestly that I miss it terribly."

Theme 6

Reflection on the future: The last important thing for trainers which was mentioned in their statements was reflection on the future of fitness culture and people, especially in terms of caring for health, a rational approach to a healthy lifestyle, and physical activity. They focused on incomprehension towards the decision of the Polish government and lack of proper education in terms of health and physical activity as a basic, the most fundamental quality of life of people. Kub 33: "I do not understand the government's decisions and their groundless arguments, as e.g. low ceilings in clubs. And this is the reason for closing us (fitness world)?! Isn't that important? How will people live in the future? Will they choose sports or stay at home – which attitude will be better? Only one answer is correct, unfortunately..."



Discussion

Trying to answer the question of how the fitness culture looks like in the era of Covid-19, appealing to my own research presented before, it needs to be firmly emphasized that it underwent some sizeable changes. It seems different, though maybe thanks to it even more, especially in some sectors, some features of postmodernist society were highlighted, such as ubiquitous fear, anxiety and uncertainty, which were visible in relation to the reactions of trainers to the changes taking place. Apart from a lot of initial negative experiences, "the change was seen as a new chance" (Heinemann, 1989; Sztompka, 2002; Czerska, 2003). Through exploiting moments of standstill for the whole sport space, the trainers reflected on their whole lives up to this point and they took responsibility for their own fates and futures. Recognizing new possibilities, and adopting proactive attitudes regarding the reality surrounding them, showing courage and facing the risks. Despite the fact that in the era of coronavirus, the fitness market stopped, personal trainers acted according to the future oriented idea, they take care of their education, expand their competences and acquire new skills by participating in courses and workshops organized online. "Personal trainers do not simply stand between the consumer and the fitness field; they actively weave the two together through their own commitment to the field. They are thus a particular brand of service workers, involved in both the production of the fitness lifestyle and its consumption – for it is their own lifestyle that they are selling (Bourdieu, 1984)".

Referring to the next thematic area that was distinguished at the stage of the analysis of my own research, it is the fact that the "experiencing of sports" has also changed a little, which is related to the closing of gyms and fitness clubs and the transfer of this experience through the body to outdoor spaces, as well as home space by conducting online classes (Gerrish, 2020).

Referring to the theme of the relationships sector, we need to confirm that the trainers are not only "educators" of a healthy lifestyle and correct physical activity but the relationships between the trainer and their trainee, their client are based on something deeper. As mentioned in Maguire (2007) "Trainers work as body and exercise experts as well as emotional workers, mediating between the precise promotional needs of the fitness industry and the often vague body aspirations of the clients. Like theme park animators, fitness trainers have to get consumers to partake in a meaningful experience, inducing them to experience things in a particular way, furnishing them with a series of cognitive and emotive instruments to read and enjoy the scene which they are entering. They are key resources to qualify as free, self-gratifying, personalised, amusing, and creative a place like the gym which could otherwise be felt as too instrumental, rationalised and standardised" (Sassatelli, 2008, p. 17). Immensely crucial, simultaneously being a vital symbol of the fitness culture are fitness clubs and gyms, which are experienced not only as an ingredient in the search of a perfect body but also a well-organized place where you can negotiate a variety of meanings and identities; "having a relationship with the development of a certain club atmosphere which provides the client with crucial relationship stimuli" (Crossley, 2006). As stated in the last theme which focused on the future, we can see that trainers perceive themselves as an important link in the process of health education and sports socialization. They wonder how the current situation (closing the gyms, deprivation of the places of cooperation and deprivation of the common (controlled) space



for fitness culture will affect our society. "The gym, however, offered far more than a utilitarian function of building muscle. It provided a sense of escape and therapeutic, ritualistic and remedial qualities. The familiarity of routine itself provided security and structure in response to the chaos of the outside world" (Brighton, Wellard, Clark 2020, p. 3). Familiar space, familiar people, controlling the body, expert knowledge are just examples that can be used to take control over your own life and increase your sense of security. This is one of the reasons why the fitness culture, fitness club, gyms and personal trainers are vital elements in our lives, which I tried to present in my article. Even Plato emphasized the importance of regular practice and the significant impact of physical activity on the quality of life, which is articulated in this sentence "Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it" (Kumar, 2017, p.1).

Conclusion

Fitness Culture in the era of Covid-19 refers to the new reality and new problems connected with physical activity. Personal trainers as subjects in my studies emphasize the need to adapt to changes and look for new opportunities, but at the same time, they look with some fear in the future. I hope that this small fragment of research of fitness culture will have an influence on the perception of the fitness culture, fitness clubs, trainers and people belonging to this community as activities not only aimed at appearance and body, and will show the more important side of practicing physical activity focused on health understood holistically (both physical, mental and social health). The changes mentioned by the surveyed trainers show them as entities aware of their role in society. They notice the changes taking place and try to follow the course of time and adapt to the current conditions. More importantly, I hope that readers will start to see, for example, opportunities to fill the gaps related to inappropriate physical education, insufficient sports socialization, global health problems connected with obesity and sedentary lifestyle in personal trainers and fitness clubs and the entire fitness culture. This research is only a small fragment, a section of changes happening in the fitness culture due to the Covid-19 pandemic, though it can be a basis for further research.

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ROLE OF SPORTS IN HIGHER EDUCATION, ISSUES AND CHALLENGES


Government of Karnataka
Department of Collegiate Education

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Role of Sports in Higher Education, Issues and Challenges
Shree K. Kaleemulla*

ABSTRACT

The goal of the paper is to explore the role and functions of sports in higher education. The significance of the problem subject to analysis stems from the fact that, as far as primary and secondary level of education are concerned, the functions of sport and physical education as well as their social role are well-defined, but no such definition has yet been offered as regards tertiary education. The function of sport to facilitate social integration and communication and to promote health and recreation are intrinsic to the process of physical education and sports in college and at university. The research is applied Critical review of specialized theoretical literature concerning the problem and Content analysis

Keywords: sports, specific role of sports, educational process, physical exercises.

INTRODUCTION:

The role of physical education and sports in colleges is to aid the educational process as a whole by enhancing students' physical and mental efficiency and capacity for work, thus preparing them for their future professional careers. Physical education and sports stimulate the best qualities of the student. The efficiency of the educational process in colleges and universities is closely related with students' energy and health condition. The educational process in colleges or universities is conducted within a specific timeframe determined by the curriculum. Physical education and sports have a combined effect on the organism of those who practice it. In the process of primary education, for example, this effect is manifested in the variety of functions that physical activities realize. Educational functions, Health preventive and therapeutic functions, Functional development, Communicative functions, Ethic and aesthetic appreciation functions, Recreation and entertainment functions etc. One of the goals of physical education and sports in higher schools is to relieve psychological tension and maintain the high level of students' working capacity so as to facilitate their adequate participation in the educational process and establish an environment conducive to mastering professional competencies.

On this basis it is reasonable to analyze the functions of sports and their significance to sports education in higher schools. The working definition of the functions of sport the present study adopts is its intrinsic characteristics and their objective effect upon the individual and upon interpersonal relations, which meet and develop specific demands of both the society and the human personality. The functions of sports can be divided in two groups: specific ones (characterizing sports as a phenomenon) and general ones. The former incorporates competitiveness and model emulation as well as heuristic discovery and achievement (cognitive) functions. The latter includes the functions that have social and communal significance. These are the learning and educative function, the developmental function, the recreation and health function, the vicarious emotion function, the social integration function, the communicative function, and the economic function.

OBJECTIVES

- ❖ To know the activities that meet the needs of a variety of student interests and abilities.
- ❖ To study the relationships between athletic teams and student bodies, faculties, administrators and the community.
- ❖ To promote the value of sports activities in the educational process.
- ❖ To encourage professional development for coaches through school district events/activities.

RESEARCH METHODOLOGY

The research has applied critical review of specialized theoretical literature concerning the problem and content analysis. Scientific research on the issues demonstrates that the proper physical development, the amelioration of physical fitness and health, the efficiency of locomotive habits and skill mastered during sports education depend on the locomotive activity of students. It represents a holistic complex, which, for the purposes of analysis, can be contingently divided in two spheres: obligatory scheduled activities and free time activities. The latter are usually intended to meet the immediate material and spiritual needs of the personality.

Communicative role of sports

The humanization of society at the current stage of human development turns sport into a mediator in international relations, mutual understanding, and cultural collaboration between nations. For a long time sport has played a significant role in international communication. Today the International Olympic Committee incorporates 205 national Olympic committees.

Cultural Norms in Sports

As a sociocultural phenomenon - sport is characterized by specific norms and content. The cultural standards in sports are seen as a holistic complex, incorporating four spheres of norms. These spheres are not isolated from each other. Rather, they are intrinsically connected and form a system that regulates and manages the behavior of an athlete. In this way it ascribes cultural content to his/her actions.

Economic role of sports

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Sustainable Development And Knowledge Management In Higher Education

Sport has been acquiring an increasing economic significance, which is manifested in the financial means being invested in the development of sports and their beneficial effect upon the health of the population, their capacity for work and the prolonged life expectancy. The development of sport, the sophisticated sports facilities and the professional preparation of athletes facilitate the practice of sports at an early age and in adolescence, sports for general purposes, and competitive sports. The role of sport in this respect is invaluable.

CONCLUSION

The social integration function of sport, the communicative function, and the health and recreation function are intrinsic to the process of physical education and sport in colleges and at universities. The principle of fair play unites human morality with the norms established in sport, while the norms emergent as a result of behavioral patterns are humane and they do not counteract against the concept of victory in competition.



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**THE ROLE OF PHYSICAL EDUCATION IN THE SCHOOL STUDENTS LIFE:
A STUDY ON PHYSICAL DEVELOPMENT AND MOTOR COMPONENTS
PERFORMANCE**



Government of Karnataka
Department of Collegiate Education

Government First Grade College, Kalaghatagi.

Dharwad District

INTERNAL QUALITY ASSURANCE CELL(IQAC)

Organized

One Day National Conference On Multi-Disciplinary Research

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**THE ROLE OF PHYSICAL EDUCATION IN THE SCHOOL STUDENTS LIFE:
A STUDY ON PHYSICAL DEVELOPMENT
AND MOTOR COMPONENTS PERFORMANCE**

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Introduction:

The skills developed through a good physical education program are critical in ensuring that students have success in many of the sport and leisure activities common to the community. This view is affirmed in the report, Sport Education (Victorian Ministry of Education, 1987), where physical education is characterized as the "foundation stone" on which an effective sport education program can be built. It is the responsibility of the Victorian Department of Education to ensure that students in the formative years, particularly in Years P-3, develop basic physical education skills. These include the development of the essential fundamental motor skills described in this manual.

Definition: The following definition of physical education was accepted by the Senate Enquiry into Physical and Sport Education (1992): *"Physical education is an all encompassing term, including fitness, skills, movement, dance, recreation, health, games and sport plus the appropriate values and knowledge of each".*

Review of the literature

Motor performance terminology The terminology used in human motor performance research varies between studies, depending on the specialty of the research group, which complicates the comparison of the results of different studies. The term "motor performance" (Schmidt 1991) has been used more or less synonymously with such terms as "motor speed" (Ruff & Parker 1993), "psychomotor performance" (Panton et al. 1990), "psychomotor functions" (Era 1987), "psychomotor capacity" (Viikari-Juntura et al. 1994) and "psychomotor speed"

Objectives of the study:

1. To know about the importance of physical education in school age.
2. to understand about role of physical education in education life of student
3. to know about that how physical education impact over the physical development
4. To know about that physical education influence on motor components performance.

Methodology of the study: I collected data based on secondary data. I referred various books magazines and journals new papers. I collected information from various online cites and online physical education books.

The Scope of Physical and Sport Education:

The role of physical education in the school curriculum is to help students develop the competencies and beliefs necessary for incorporating regular physical activity into their



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lives. Through involvement in a well-taught physical education program, students can achieve physical and personal benefits. In the school environment, physical education is viewed as a unifying term for a range of interrelated areas that aim to “physically educate” students.

Motor Performance:

The motor performance and motor skills are essential and important in various daily activities, constituting a substantial part of human life, and their meaning is especially great in traffic, sports and unexpected situations. A driver can brake and stop the car before it hits a suddenly appearing object, while another collides in an identical situation. A young person can maintain his balance after a slip, while an older person may fall down and break his hip. A sprinter takes a second step soon after the starting shot, while another is still on the start line.

Fundamental Motor Skills:

Fundamental motor skills are common motor activities with specific observable patterns. Most skills used in sports and movement activities are advanced versions of fundamental motor skills. For example, throwing in softball and cricket, the baseball pitch, javelin throw, tennis serve and netball shoulder pass are all advanced forms of the overhand throw. The presence of all or part of the overhand throw can be detected in the patterns used in these sport specific motor skills. Similar relationships can be detected among other fundamental motor skills and specific sports skills and movements

Fundamental Motor Skills in the Curriculum

Fundamental Motor Skills are referred to throughout the Movement and Physical Activity dimension of the Health and Physical Education Domain, as part of the Victorian Essential Learning Standards (VELS). This manual is not designed to be a standalone program. Students need to be able to see physical activity in context. As well as being taught the technical skills needed to participate in game, students need to be taught how to apply these skills and the movement concepts associated with performing them. When fundamental motor skills are integrated into physical and sport education programs which emphasise movement exploration, the development of fair play and safety concepts and the enjoyment of regular physical activity, a significant contribution is made to addressing many elements within the Learning Focus Statements and Standards of the Physical, Personal and Social Learning Strands of the VELS.

The following fundamental motor skills have been selected from a wide range of possible motor skills as being those most essential for primary school children to learn:

- | | |
|------------------|-----------------------------|
| • Catch | • Leap |
| • Kick | • Dodge |
| • Run | • Punt |
| • Vertical Jump | • Forehand Strike |
| • Overhand Throw | • Two-hand Side-arm Strike. |
| • Ball Bounce | |

Types of Motor components:



. The two components of power are strength and speed. (e.g. jumping or a sprint start). Agility - the ability to perform a series of explosive power movements in rapid succession in opposing directions (e.g. Zig Zag running or cutting movements). Balance - the ability to control the body's position, either stationary (e.g. a handstand) or while moving (e.g. a gymnastics stunt). Flexibility - the ability to achieve an extended range of motion without being impeded by excess tissue, i.e. fat or muscle (e.g. executing a leg split). Local Muscle Endurance - a single muscle's ability to perform sustained work (e.g. rowing or cycling). Cardiovascular Endurance - the heart's ability to deliver blood to working muscles and their ability to use it (e.g. running long distances). Strength Endurance - a muscle's ability to perform a maximum contraction time after time (e.g. continuous explosive rebounding through an entire basketball game). Co-ordination- the ability to integrate the above listed components so that effective movements are achieved. It is self-evident that the fit citizens are the

It is self-evident that the fit citizens are the nation's best assets and weak ones are its liabilities. It is therefore responsibility of every civilized society to promote physical fitness every citizen. Physical fitness is the basic requirement for most of the tasks to be undertaken by an individual in his daily life. The growth and development can be studied from different aspects.

Conclusion:

It goes without saying that implementing a drive to promote Physical Education and Sports in Educational System requires resources where the Govt. should take the appropriate decision to improve the infrastructure facilities in physical education department in all the schools & colleges level

1. One should know how important that the physical education place vital role.
2. Sarva Siksha Abhiyan has come into existing to help the schools helping and hand to hand to improve the infrastructure facilities in the schools going the high level budget to improve the facilities in the private institutions and the institutions of the management to overcome the burden of individual implementing the whole.
3. Also the ministry of external affair Govt. of Sports Ministry should look into the decision of sports personalities by awarding marks for the International, National, South Zone, South West Zone and All India Inter Zonal and All India Inter School Level Medal Winners for encouraging and motivating the talent of the young achievers to get laurels for Country.
4. Govt has increase the amount to allot for the sports in school level.

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