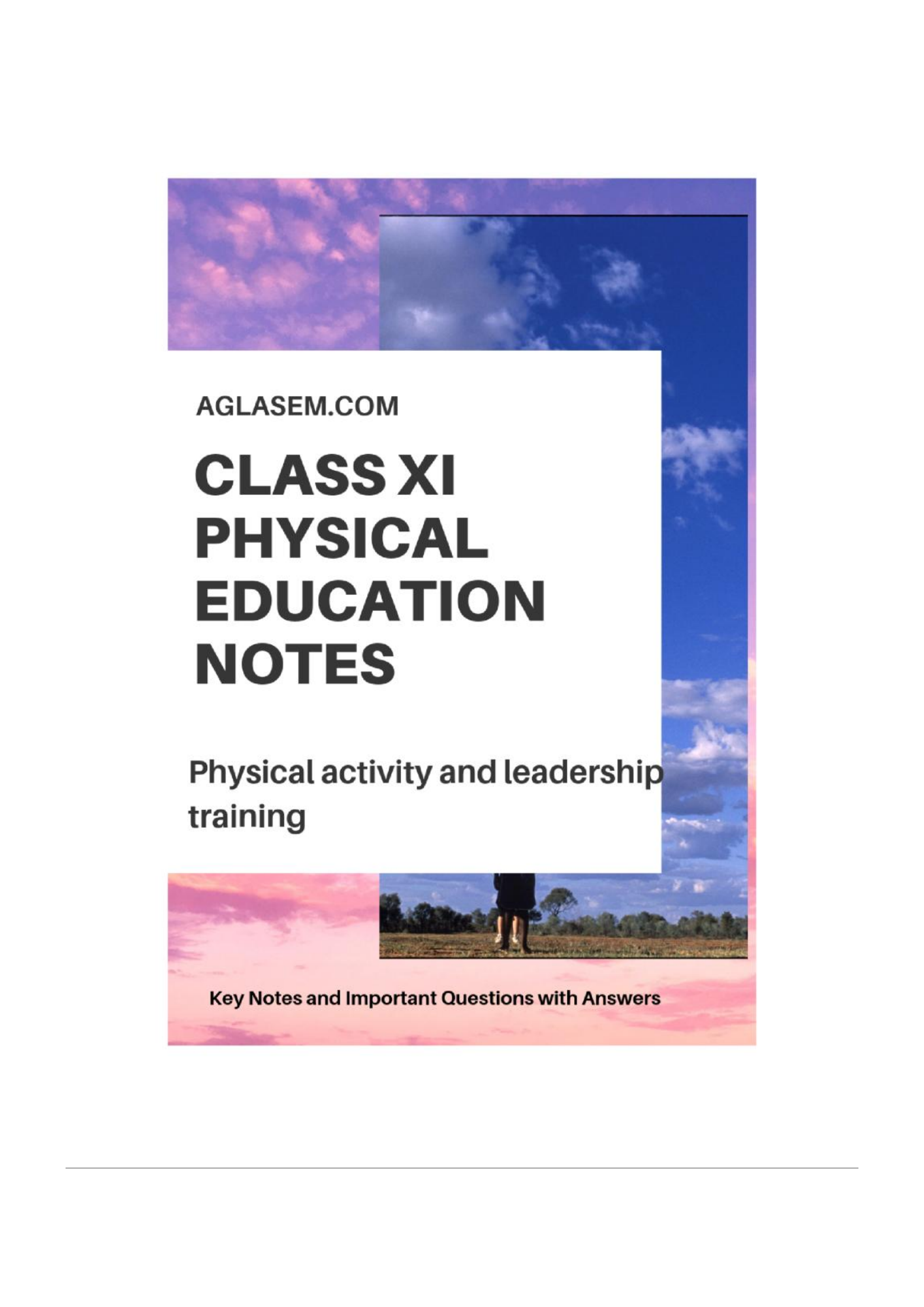




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CLASS XI PHYSICAL EDUCATION NOTES

**Physical activity and leadership
training**



Key Notes and Important Questions with Answers

Unit - 6

Physical activity and Leadership Training

- ✍ 6.1 Introduction to physical activity and leadership
- ✍ 6.2 Qualities and role of a leader
- ✍ 6.3 Behaviour change stages for Physical activity
(Pre-contemplation, contemplation, planning, active maintainance)
- ✍ 6.4 Creating leaders through Physical Education
- ✍ 6.5 Meaning, objectives and types of adventure sports
(Rock climbing, trekking, River rafting, Mountaineering, surfing and Para-gliding)
- ✍ 6.6 Safety measures during physical activity and adventure sports

Introduction to Physical Activity and Leadership Training

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

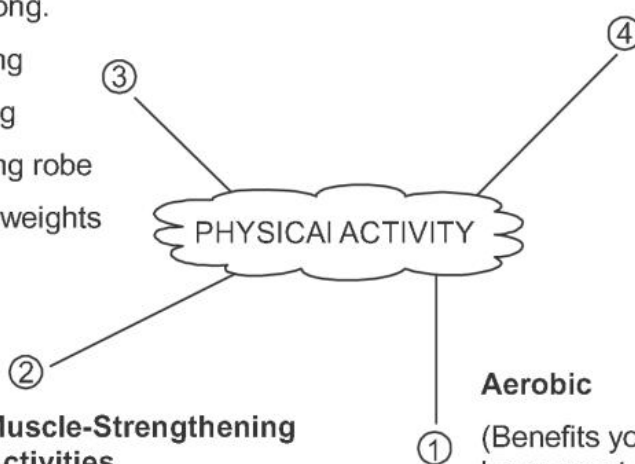
The four main types of physical activities are—

1. Aerobic
2. Muscle–strengthening
3. Bone–strengthening
4. Stretching

Bone Strengthening Activities

Helps in making your Bone strong.

1. Running
2. Walking
3. Jumping rope
4. Lifting weights



Muscle-Strengthening Activities

Improve the strength, power and endurance of your muscles.

1. Doing push-ups and sit-ups
2. Lifting weights
3. Climbing stairs
4. Digging in the garden

Stretching

It helps in improve your flexibility and your ability to fully move your joints.

1. Touching your toes
2. Doing side stretches
3. Doing yoga exercise

Aerobic

(Benefits your heart and lungs most.

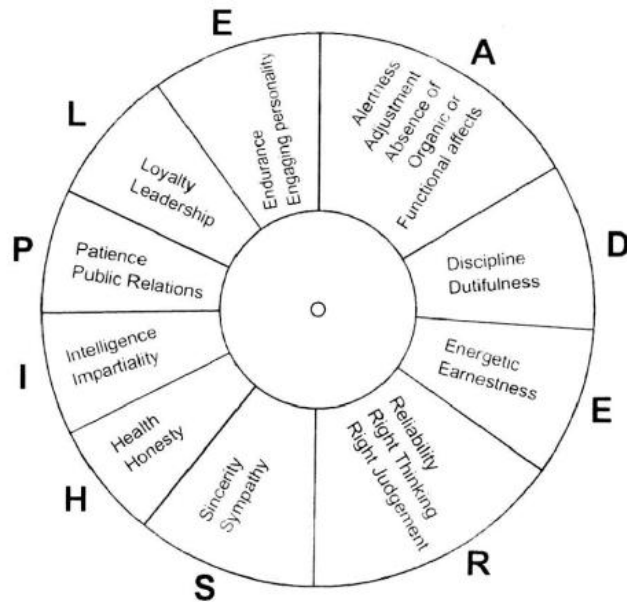
1. Running
2. Swimming
3. Walking
4. Bicycling
5. Dancing
6. Doing Jumping

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

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

Or

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



6.2 Qualities of a Leader

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

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

LEADERSHIP TRAITS

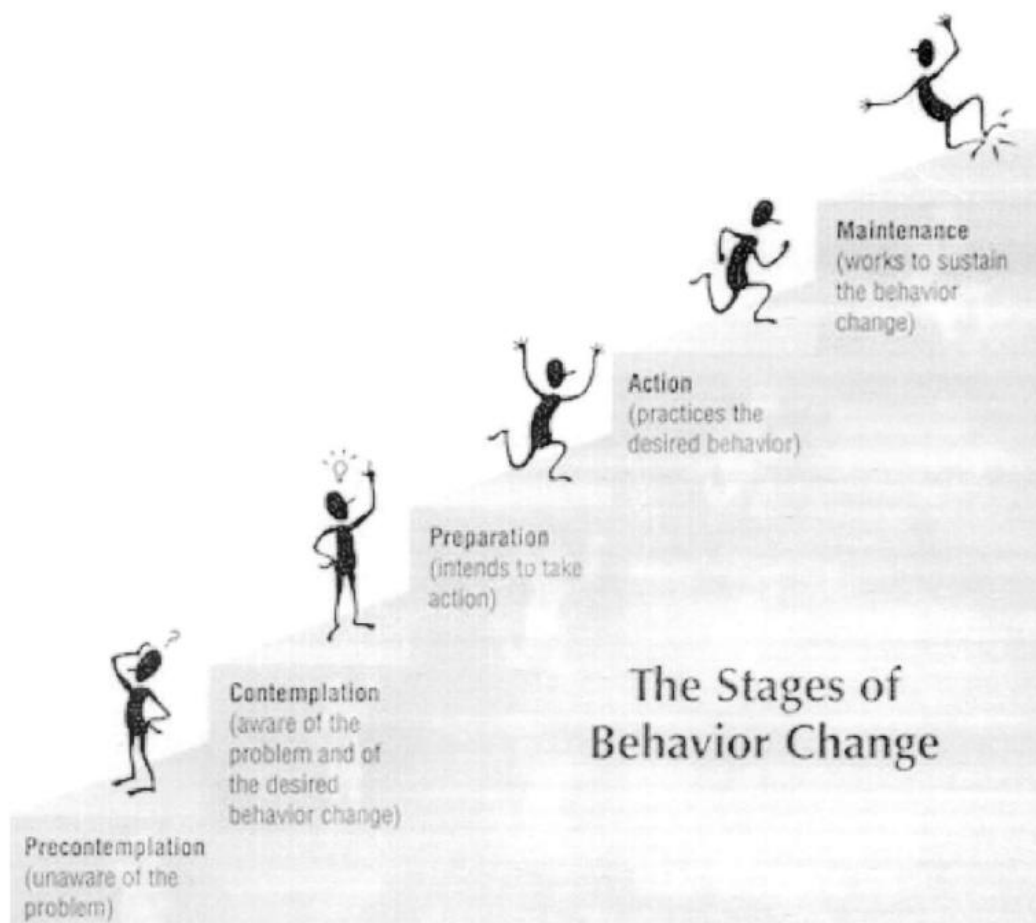
L — Loyalty
E — Empathy
A — Accountability
D — Duty & Determination
E — Energy & Encouragement
R — Respect
S — Selflessness
H — Honorable and humble
I — Integrity & Innovation
P — Passion for and pride in work

Be a Leader!

6.2 (b) Role of a leader in Sports

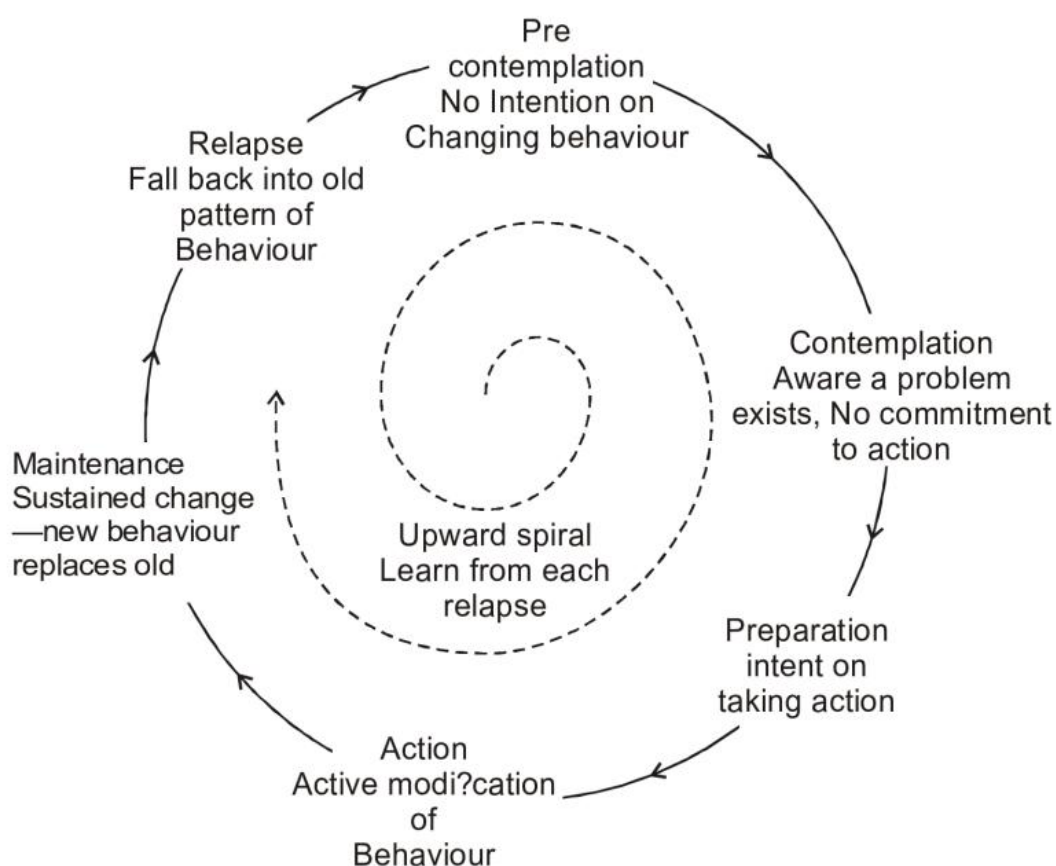
1. **Organiser**—A good leader in sports is a good organiser in organising different sports events.
2. **Motivator**—A leader in sports understands his students and their mental needs. So, he plays the role of a good motivator.
3. **Guardian**—A good leader plays the role of guardian. A good leader understands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

6.3 Behaviour Change Techniques/stages for Physical Activity



The five Stages of Change

Cycle of Change



6.4 Creating leaders through physical education we can make leaders through physical education by adopting the following approach—

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

6.5 (a) Adventure Sports

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

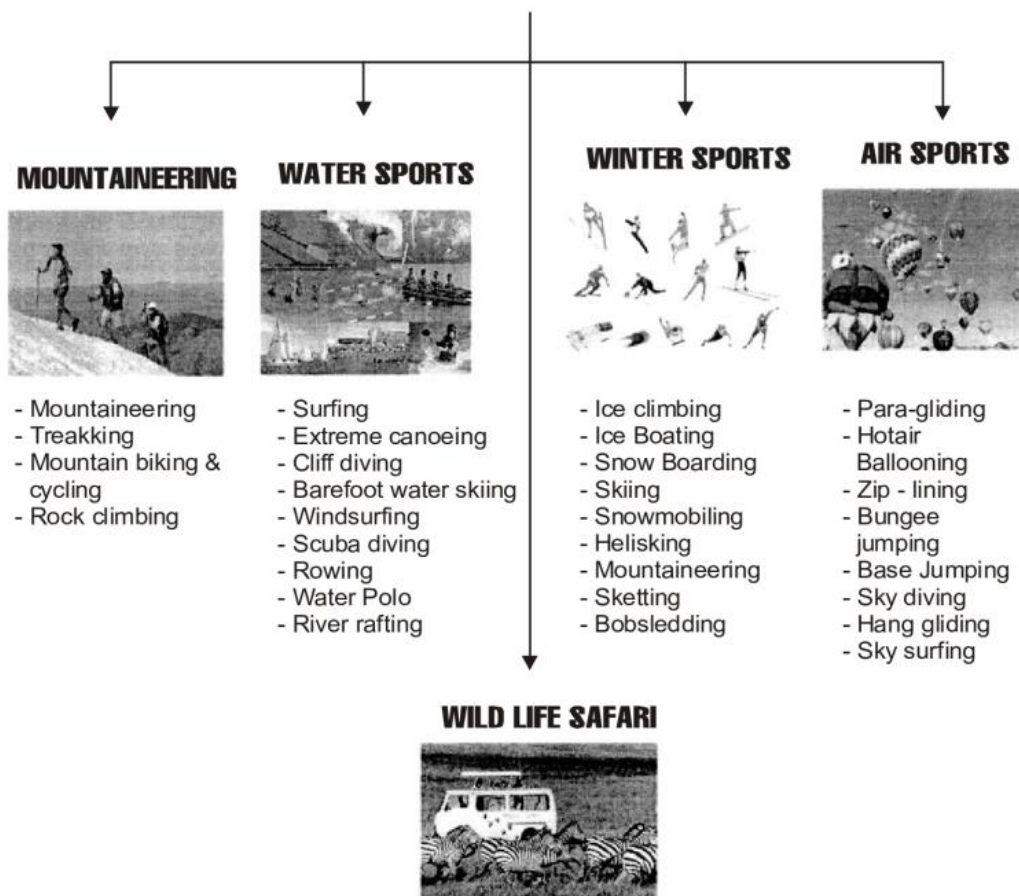
6.5 (b) Objectives of Adventure Sports

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

Objectives:

- Thrill, excitement and fun.
- Exposure to nature.
- Self assessment.
- Over come fear and develop self confidence
- Enhancement of decision making power.
- Channelizing energy.
- Stress buster.
- Information and knowledge enhancement.
- Development of positive attitude toward life.
- Build concentration.
- Encouragement of social relationship and teamwork.
- Develop motor and cognitive skills, creative learning.
- Inculcate values amongst children.

Types of Adventure Sports



Types of Activities

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

Rock Climbing

Rock climbing is a sport in which participants climbs up, down or across a natural rock or artificial rockwalls. In rock climbing, the objective or goal of a climber is to reach the end point or summit of a predecided route without falling. There are different types of climbing such as Aid climbing, freeclimbing, trad or traditional climbing “Sport climbing top rope climbing free soloing and bouldering.

Trekking :

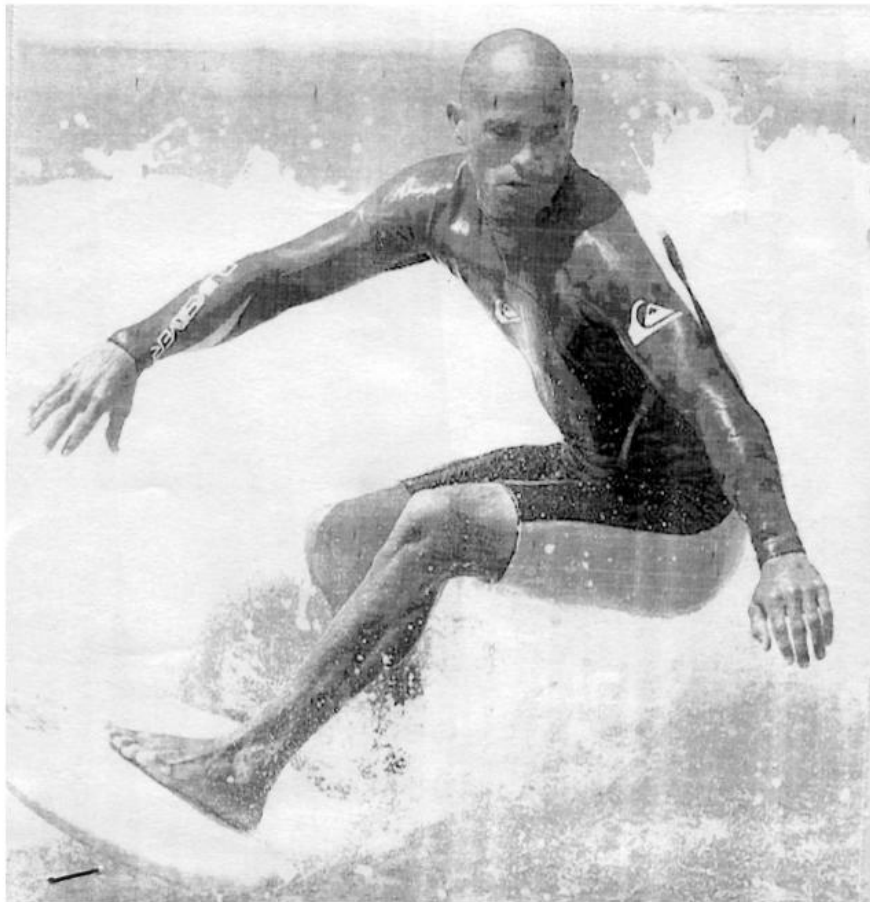
Trekking means going on a long and difficult journey, especially on foot. Its course often includes journey over mountainous regions and woods. Types of trekking

- Easy trekking :-** The individuals specially the beginners are offered easy treks.
- Moderates trekking :-** Moderates trekking are slightly difficult and challenging than easy treks.
- Strenuous trekking :-** Strenuous trekking a lot of physical effort energy and determination is required.
- Difficult trekking :-** Such type of trekking is suitable only for real adventure seekers.

River Rafting :

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

River Rafting



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

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



Para gliding

Paragliding

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

Or

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

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

6.6 (a) Safety Measures During Adventure Sports

Camping

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

ROCK CLIMBING

Safety Measures

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

TREKKING

Safety Measures

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

MOUNTAINEERING

Safety Measures

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

River Rafting

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

Surfing

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

Paragliding

Safety Measures: Paragliding safety includes four items:

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

6.6 (b) Safety Measures during Physical Activities

Almost anybody can safely take up walking and light to moderate exercise is usually fine for healthy adults with no troublesome symptoms. It is wise to talk to a doctor if you have any questions about your health or plan to start more vigorous workouts, especially if you haven't been active recently.

6.7 Tips for Avoiding Injuries during Physical Activities

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

Very Short Answer Type Question 1 Mark

Q.1 Define adventure sports.

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

Q.2 Write the names of any five adventure sports.

Ans. (1) Camping (2) Rock climbing
(3) Trekking (4) Surfing
(5) Para-gliding

Q.3 What are physical activitis.

Ans. Physical activity simply means movement of the body that uses energy.

Q.4 Define leadership?

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

Q.5 Write the two traits/qualities of a leader :

Ans. (1) Attractive physique (2) Laborious

Q.6 Write the names of different stages for behaviour change in physical education.

Ans. (1) Pre-contemplation (2) Contemplation (3) Planning (4) Active (5) Maintenance.

Q.7 What is camping?

Ans. Camping is an outdoor recreational activity involving overnight stays away from home in a shelter such as a tent, a caravan, or a motorhome.

Q.8 What do you mean by rock climbing.

Ans. Rock climbing is an activity in which participants climb up, down or across natural rock formations or artificial rock walls. The goal is to reach the summit of a formation or the end point of a usually pre-defined route without falling.

Q.9 What is trekking?

Ans. Trekking is long adventurous journey undertaken on foot in areas where common means of transport are generally not available.

Q.10 What is river rafting?

Ans. River rafting is adventure sport. It is a river journey undertaken on a raft or boat made of inflatable material.

Q.11 Write the types of trekking.

Ans. There are four types of trekking.

- | | |
|------------------------|------------------------|
| (1) Easy trekking | (2) Moderate trekking |
| (3) Strenuous trekking | (4) Difficult trekking |

Q.12 What is mountaineering?

Ans. Mountaineering is the activity of climbing the steep sides of mountains as a hobby or sport.

Q.13 Enlist any two qualities required for mountaineering.

Ans. (1) Endurance (2) Strong determination
(3) Physical fitness

Q.14 What is surfing?

Ans. The term surfing refers to the act of riding a wave, regardless of whether the wave is ridden with a board or without a board, and regardless of the stance used.

Q.15 What do you mean by para-gliding?

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

Q.16 Write the objective of adventure sports.

- Ans.**
1. To do something unique and daring in the field of sports.
 2. To accept the challenges posed by nature and natural surroundings.
 3. To promote the spirit of risk taking and team work.
 4. To serve as a training ground for future leaders in physical education.

Q.17 Write the names of two adventure sports related to water.

Ans. (i) Surfing (ii) River rafting

Q.18 Write two safety measures before camping.

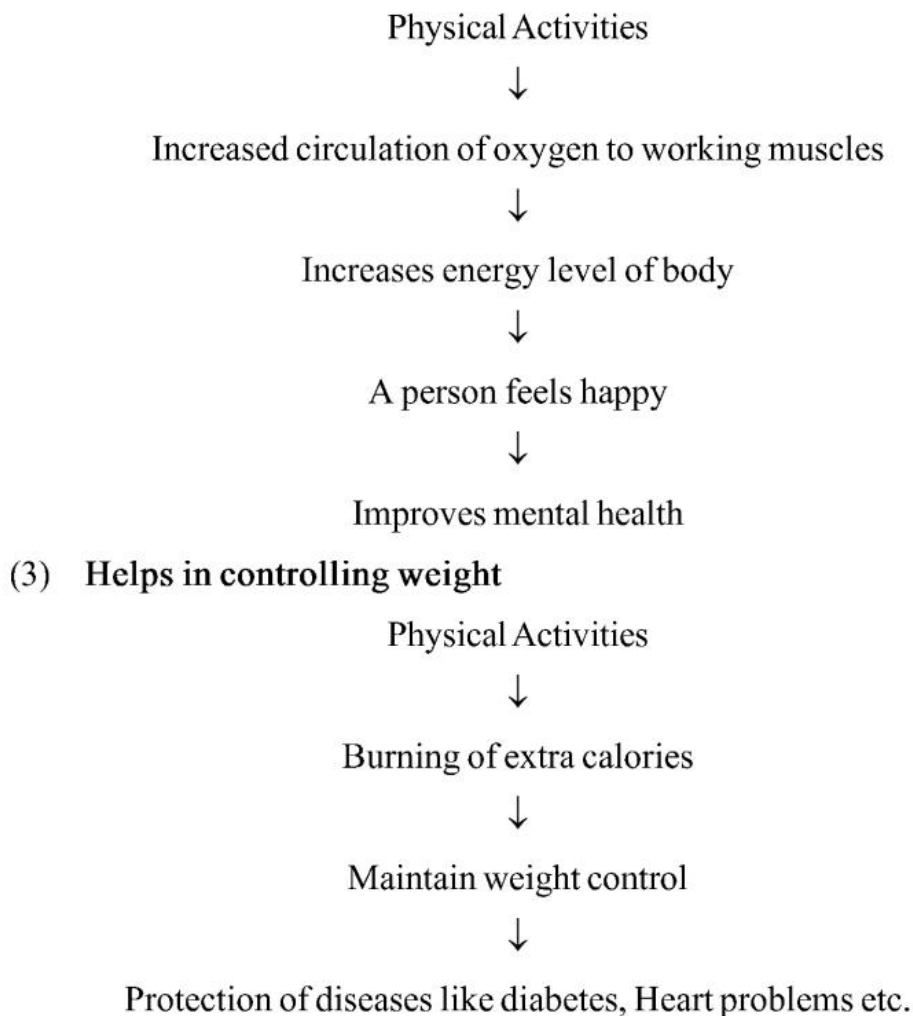
- Ans.**
- (i) The place should be away from wild animals.
 - (ii) Camping should be held at a peaceful place.

Short Answer Type Question **(80 to 90 Words) (3 Marks Each)**

Q.1 Is physical activity increase the quality of life. If yes, then how?

Ans. Physical activities can play a major role in increasing the quality of life in following ways:

- (1) **Increase in the health of the heart**—The efficiency of heart increases and various changes takes place in heart.
 - (a) Lower blood pressure
 - (b) Less chance of heart attack
- (2) **Increase Mental Health**



Q.2 Explain the three qualities of a leader in sports.

Ans. (i) Motivators—Team players respect a sports leader who is a hard worker and maintains enthusiasm for team goals, as well as for individual player success. One of the most important qualities you need as a coach is passion—for the sport itself and toward individuals on the team.

A successful sports leader keeps team members motivated and optimistic eventually realizes positive outcomes, such as team cohesion, performance and satisfaction.

(ii) Effective communicator in sports—A team filled with the best players in the league who communicates poorly will, flounder in mediocrity, while a team filled with run of-the mill players who communicates flowlessly will be

contenders every year. Effective communication in sports is an absolute essential trait that quality teams must have to be successful, from the coaches, to team leaders, all the way down to the role players.

- (iii) **Visionaries**—Sports leaders inspire others because they maintain a positive attitude, high morale and persistent drive toward goals, Johnson says. Effective leaders, including coaches and team leaders, are highly focused on a vision for their team and drive others toward outcome and results for trekking that vision.

Q.3 What is trekking and explain the types of trekking.

Ans. Trekking:

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

- (a) Easy trekking: The individuals specially the beginners are offered easy treks.
- (b) Moderate trekking: Moderate trekking is slightly difficult and challenging than easy treks.
- (c) Strenuous trekking: Strenuous trekking a lot of physical effort, energy and determination is required.
- (d) Difficult trekking: Such type of trekking is suitable only for real adventure seekers.

Q.4 Explain the safety measures during surfing.

Ans. Always swim or surf at places patrolled by surf lifesavers or lifeguards.

Swim between the red and yellow flags. They mark the safest area to swim.

Always swim under supervision or with a friend.

Read and obey the signs.

Don't swim directly after a meal.

Don't swim under the influence of drugs or alcohol.

If you are unsure of surf conditions, ask a lifesaver or lifeguard.

Never run and dive in the water. Even if you have checked before, conditions can change.

If you get into trouble in the water, don't panic. Raise your arm for help, float and wait for assistance.

Float with a current or undertow. Stay calm. Don't try to swim against it. Signal for help and wait for assistance.

Q.5 Explain the safety measures during paragliding.

Ans. With a good attitude, safety during paragliding can be simplified into four elements for each flight to be safe.

These four items are :

Preparation

A Good Launch

Reaching the Landing Zone with Sufficient Altitude for an Approach

A Good Landing

Preparation

Gather information about the weather forecast, the actual wind conditions, the site and anything that will help you decide if flying on such a day and time will be safe.

Maintain your equipment with regular inspections and monitoring.

Prior to each flight do a thorough preflight of your equipment. If there are any issues, do not fly!

Do a harness connection check prior to each flight.

Check your own mindset and fly only when you feel sure you are in the correct state of mind.

Practice regularly your ground handling and launch techniques to keep them current for each technique.

Make all of the above a routine that you do out of habit. Habits make all of the above much more predictable and harder to forget.

A Good Launch

Each successful flight begins with a good launch that includes keeping the legs down until well clear of the hill.

During each launch, have the ability and be prepared to abort quickly if any factor does not feel right or goes wrong. Knowing when to abort and having this ability will make you a better pilot.

Reach the Landing Zone with Adequate Altitude

During the flight, the number one goal should be to make sure and reach the LZ with some enough altitude to assess wind conditions and plan a safe approach.

Any other goals during the flight fall below this priority!

Failure to reach the LZ will mean landing out. Landing out is much more hazardous and greatly increases the chances for an accident.

A Good Landing

Each successful flight ends with a nice landing.

Landing in the LZ into or mostly into the wind is the priority.

Practice landing approaches and master being able to land as close as possible to your intended target.

Practice flair timing and touch on each and every flight.

Q.6 What are the safety measures during mountaineering?

Ans. Safety Measures: Mountaineering activities must be done under the experts and experienced leader, should have a thorough knowledge of track route of mountaineering, one should know flora and fauna of the route, always be alert and aware of your surroundings, keep sufficient food for the group, all the equipments should be checked before use, beware of avalanche.

Q.7 Value Based Question :-

Delhi Government schools went for Rishikesh- Neelkant trek. Rakesh, one of the student of these school decided to clean plastic waste and other waste of this 8km trek. He motivated all his friends to put waste in a bag as to keep environment clean.

- (i) What did Rakesh decided during the trek?
- (ii) What did Rakesh motivated to his friends to do?
- (iii) Which value Rakesh shows during the trek?

Ans. (i) Rakesh decided to clean the waste of the trek, during the trekking.

- (ii) Rakesh inspired his friends to clean the environment by cleaning the leftover waste from the trek.
- (iii) Following values were shown by Rakesh during trekking.
 - Leadership skills
 - Environment Friendly
 - Inspiring Others.

Long Answer Type Questions (150 to 200 Words)
(5 Mark Each)

Q.1 What are do's and don'ts for Adventure Activities?

Ans. Do's :-

Adventure activities must be organized under the expert guidance.

Proper knowledge of sight and route.

Ensure safety of participants.

Keep first aid arrangement.

Arrangement of good quality of equipment.

Be prepared to face weather change while you are camping.

Bio-degradable and non-biodegradables waste products should be thrown in proper bins.

Cleanliness should be maintained on camp site.

Fire should be properly extinguished during camping in forests or hilly areas.

Don't :-

Don't:- Throw eatables and empty bottles on camp site.

Clothes and utensils should not be washed in running rivers and canal waters.

Used plastic cans and aluminum and toffee wrappers should not be thrown on hills and mountains.

People should not defecate and urinate near river banks.

Raincoats or clothes that have been only been used once should not be left in hills.

Drinking water river canal water should not be polluted under any circumstances.

Deforestation is prohibited in forest and hilly areas during camping.

or

Ans. Leadership is nothing but the quality of a person to lead a group. Through participation in adventure sports a numerous quality of leadership develops. They are as -

I : Intelligence, industriousness, impartiality, interest in teaching. P : Patience, perseverance, personality, physical skills, public relations.

ΔΙΑΔΗΜΑΤΑ ΕΠΙΣΤΗΜΗΣ

Different adventure sport activities develop the quality of patience, public relation and it grooms the personality of an individual. Hence at last we can say that through participation in adventure sports, we can develop the leadership qualities in the individual.

Q.3 What are the objective of adventure sports?

or

How adventure sports helps in achieving the objectives of physical education?

Ans. The objectives of physical education are the development of an individual mentally, socially and emotionally fit. Through participation in adventurous sports, following objectives can be achieved.

To develop self confidence :- By overcoming the fear and experiencing the thrill one can develop self confidence. **To build the concentration :-** In these sports a person has to be very alert and attentive all the time. It develops the concentration.

To develop mental and physical fitness :- These sports help in developing the mental and physical fitness. Such sports fitness skills like jumping, climbing and swimming etc. **To improve social relations :-** During participation in adventure sports qualities like sympathy, co-operation, helpfulness, adjustment, group cohesion, unity, sincerity, patience, fraternity are developed.

To have bonding with Nature:- Most of the adventure sports are outdoor activity which give enough opportunities to experience nature which develops the bonding with nature. **To face the challenges against the Nature :-** These sports enhance one's capacity to deal with odd situations with courage and determination.

Proper use of abundant energy :- Adventure sports provide the participant a positive and a healthy channelization of their abundant energy.

To provide amusement and excitement :- It is the vital objective of adventure sport to provide amusement and excitement.

To encourage creativity:- These sports allow and encourage creativity of an individual.

Inculcate adventure :- Motivate to learn sportsmanship.

Q.4 Explain behaviour change technique for physical activity in detail.

Ans. In order to make behaviour changes most people go through at least five distinct stages we move in a spiral pattern upwards through the stages, but there can be, and usually is, some back sliding between stages.

Below is an explanation of each stage in detail.

Stage - I : In this stage, you are not aware or deny there is a problem at all you blame circumstances beyond your control. “I can’t lose weight because of my wife’s cooking”.

Stage II : The individual is experiencing ambivalence about change. They can see reasons to change their behaviour, but they are still hesitant. The problem behaviour continues.

Stage III : Preparation: The individual has decided to change their behaviour, and they begin to think about how to do so. During this stage, they will begin to make minor changes to support their goal, but they might not have completely ended the unwanted behaviour.

Stage IV : Action: Significant steps are taken to end the problem behaviours. The individual might be avoiding triggers, reaching out for help, or taking other steps to avoid temptation.

Stage V : Maintenance: The changes made during the action stage are maintained. The individual may continue to face challenges, but at this have successfully changed their behaviour for a significant period of time.

Relapse : After making changes, some individuals will return to their previous problem behaviours. This can happen at any time during the previous stages. Not everyone will experience relapse, but it is always a risk.

STAGES OF CHANGE

