

QUESTION BANK FOR PHYSICAL AND HEALTH EDUCATION
CHAPTER-1

PLANNING IN SPORTS

Q.1- What is the planning ?

Ans: Planning is the primary function of management. It is essential because planning sets the basis for organizational structure and evaluation. It is important to establish a sound planning foundation. Such an approach depends on the organization's view of sports and its role in the community. This view or philosophy can often be ascertained by examining the overall goals and purposes of the organization.

Q. 2- Write any five objectives of planning ?

Ans: (i) Planning enables to become proactive rather than reactive to clarity in organizational purposes and direction.

(ii) It initiates and influences outcomes in favour of the organization.

(iii) It exerts more control over its destiny deciding where it wants to be in the future.

(iv) It adopts a systematic approach to change and reduce resistance to change.

(v) It improves Financial performance and helps use resources effectively.

Q. 3 – Write down various committees responsibilities ?

Ans: (i) Publicity committee

(ii) Reception committee

(iii) Transportation Committee

(iv) Boarding and lodging committee

(v) Ceremony committee

(vi) Committee for officials

(vii) Ground equipment committee

(viii) Refreshment committee

(ix) Announcement committee

(x) Committee on entries and programmes

Q.4- What do you mean by tournament ?

Ans: Tournaments are essential and most important part of physical education curriculum. It is the series of sports in which a team finally wins and rest of the teams lose the matches. Before organising a tournament, it is very important to prepare a good plan. There are various methods to organize a tournament. To select the best method depends upon various factors such as what is the number of participating teams. Nowadays tournaments are held according to set rules and regulations.

Q.5 – What is importance of tournament ? Explain in brief ?

Ans: **Importance of Tournament:** Tournaments are important in the field of sports. The tournaments are not only significant to the players but to the coaches and physical education teachers also. Development of sports skills: By participating in tournaments sports persons do not develop only technical skills of the sports but also the tactical skills.

- (i) Helpful in selection of players: On the basis of tournaments, good players can be selected by observing their performance in a tournament.
- (ii) Popularity and publicity of sports: Tournaments are helpful in publicizing the sports. It creates interest in that sport.
- (iii) A source of recreation: Sports tournaments provide ample recreation to the spectators.

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- (iv) Development of social qualities: Social traits such as tolerance, sympathy, cooperation, group cohesion etc, are developed among participants through sports tournaments.
- (v) Development of national and international integration: Sports tournaments are helpful in developing national integration as well as international unity and brotherhood.

Q.6 – Enlist the various types of tournaments ?

Ans: There are four types of tournaments, which are mentioned below:

1. Knock-Out Tournament
2. League or Round Robin Tournament
3. Combination Tournament
4. Challenge Tournament.

Q. 7 – What is the Knock-out Tournament ?

Ans: In this tournament only the victorious team is allowed to play further matches until one team emerges as winner. In this type of tournament a team which is once defeated automatically gets eliminated from the tournament. It means that second opportunity is not given to the defeated team. Opportunities are given to the winning teams or players.

Q. 8 – Briefly explain the advantages and disadvantages of knockout tournament ?

Ans: **Advantages of Knock-out Tournaments:**

- (1) Minimum number of officials are required in organizing such type of tournaments
- (2) Owing to less number of matches, it requires less time to complete the tournament.
- (3) The knock-out tournaments are less expensive because the team, which gets defeated, is eliminated from the competition.

Disadvantages of knock-out Tournament:

- (1) Spectators may not have enough interest in the final match.
- (2) There may be many chances of elimination of good teams in the first or second round. So, good teams may not reach into the final round.
- (3) There are maximum chances of weak teams to enter into the final round.

Q.9 – What is League or round robin tournament ?

Ans: In league tournament, each team plays with every other team atleast once if it is single league tournament but in case of double league tournament each team plays match with every other team atleast twice. In such type of tournaments, every team plays without any consideration of winning or defeat in a match.

Q.10 – Briefly explain about types of league tournament ?

Ans: League Tournament is of two types:

(a) **Single League Tournament**

In single league tournament, each team plays with every other team once and number of matches is determined with the help of this formula:

$$\frac{n(n-1)}{2}$$

Here 'n' means the number of teams participating in a tournament, for example, if 10 teams are taking part in a tournament, the number of total matches will be held as given below:

$$\frac{10(10-1)}{2} = \frac{10(9)}{2} = \frac{90}{2} = 45 \text{ matches}$$

(b) **Double League Tournament**

In double league tournament every team plays with every other team twice.

The number of matches is determined with the help of this formula:

$$n(n-1)$$

If 9 teams are taking part in a double league tournament, the total number of matches will be held as given below:

$$N(n-1) = 9(9-1) = 9(8) = 72 \text{ matches}$$

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Advantages of League tournament

- (1) A team need not wait to win other for playing a match.
- (2) Appropriate opportunities are available to the players to improve their performance.
- (3) The spectators also get good opportunity to watch the game for many days. Only strong or deserving team gets victory in the tournament

Disadvantages of League Tournament:

- (1) It is costly and requires more time.
- (2) It requires more arrangements for sports officials and teams.
- (3) Most of the teams become psychologically down due to their defeat again and again. In such a situation, these teams become unable to show good performance.

Q.11 – What is Combination Tournament ?

Ans: Combination tournaments are conducted when the matches are to be played on group basis or zonal basis. As a matter of fact, these tournaments depend on the suitability of the activity, the number of participating teams and the areas and distance from which they come to participate.

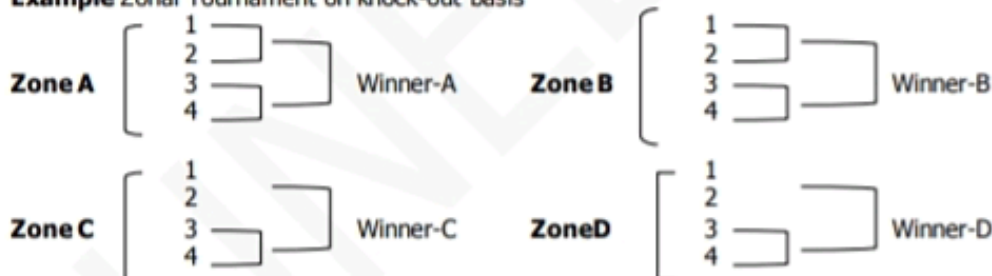
Q.12 – Briefly explain about types of combination tournament ?

Ans: There are four type of combination tournament:

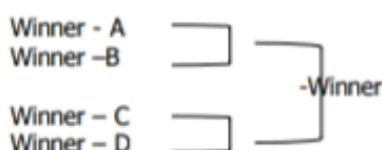
- (1) Knock-out cum knock-out
- (2) League cum League
- (3) Knock-out cum League
- (4) League cum Knock-out

1. **Knock-out cum knock-out:** - In this type of tournament the total number of teams are divided in four equal zones. First of all the teams of each zone play on knock-out basis. In this way, a team becomes the winner from each zone. All the four winner teams again play their matches on knock-out basis. The team that wins in the final becomes the winner of inter zonal tournament.

Example Zonal Tournament on knock-out basis



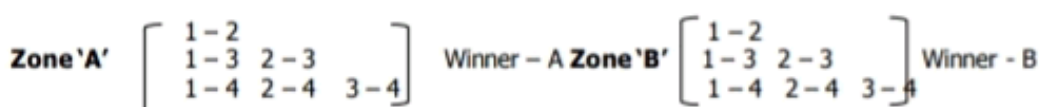
Inter Zonal Tournament on Knock – out basis



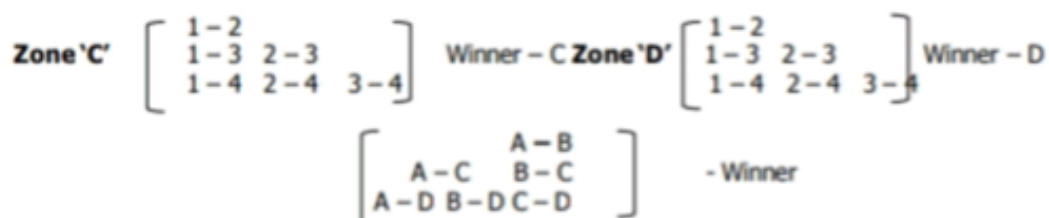
2. League Cum League

In this type of tournament total number of teams are divided in four zones. All the teams play their matches in their respective zones on league basis. One team from each zone becomes the zonal winner. It is called zonal or group tournament. After that all the zonal winner teams again play the matches on league basis and one team becomes the winner of inter zonal or group tournament.

Example. Group or Zonal Tournament – On League Basis



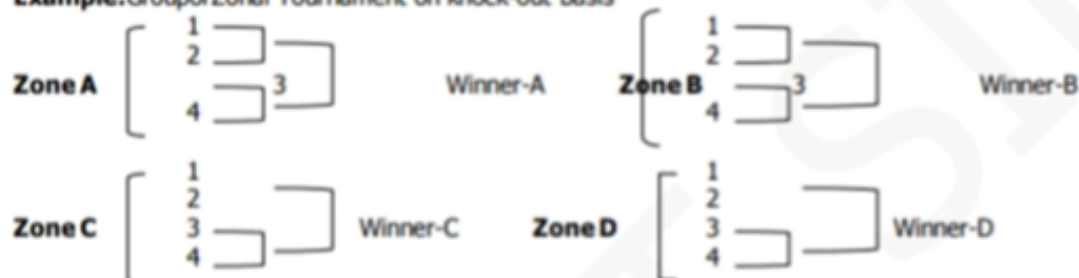
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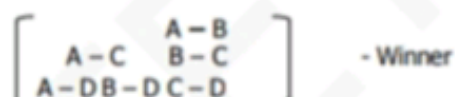
3. **Knock-out cum League**

All the teams are divided in four zones. First of all the teams play their matches in their respective zones on knock-out basis and one team becomes the winner from each zone. After that the four winner teams again play their matches on league base and one team becomes the winner of inter group or zone tournament.

Example: Group or Zonal Tournament on knock-out basis



Inter Group or zonal tournament on League Basis



4. **League cum Knock-out Tournament**

All the teams are divided into four zones. All the teams play their matches in their respective zones on league basis. One team from each zone or group becomes the winner. It is called zonal tournament. After that the four winner teams play their matches on knock-out basis and one team becomes the winner of inter group or zonal tournament.

Example: Group or Zonal Tournament on League Basis



Inter Group of Zonal Tournament on Knock-out Basis



Q. 13 – What is bye?

Ans: A bye, in sports and other competitive activities, most commonly refers to the practice of allowing a player or team to advance to the next round of playoff tournament without playing.

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Q. 14 – What is seeding?

Ans. Seeding is done to overcome the drawback of single knock out tournament. Seeding is the procedure by which good teams place in fixtures in such way that stronger teams do not meet each other at very beginning of tournament. Seeding can be done only if the standards of teams are known before the tournament.

Q.15 - What is special seeding ?

Ans: In this form of fixtures the seeded players are brought straight away to quarterfinals or semifinals. Though the method is unfair yet the outstanding players can't stay for a longer period at a particular place. In this form of draw the other formalities of draws are not taken as seriously as in knock out tournament.

Q. 16 – What do you mean by Intramural ? Elucidate the significance of Intramural.

Ans: In simple term, Intramural means " A game for each and each for a game", Intramural competitions are the competitions conducted within the students of the same institution. Or in the other words, these activities are organized only for the students of a school or campus. No student of other school can take part in these activities. Intramural competitions are the best means to motivated all the students of an institution for participating in the games and sports.

Significance-

1. Intramurals are very significant for physical, mental, emotional and social development.
2. These programmes also lay stress on moral and ethical values of students.
3. Intramurals are necessary for the development of health of children.
4. These programmes are also important to calm down the fighting instinct of children.
5. These programmes refresh the children and make them agile.

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Q. 17 – Explain any six objectives of Intramural.

- Ans: 1. To provide opportunities for the students to organize and conduct competitions.
2. To provide an experience to participants in competitive sports.
3. To provide an opportunity for leadership and fellowship.
4. To provide an opportunity to develop group spirit.
5. To provide an atmosphere for joy, fun and pleasure of playing one's favourite game in a competitive situation.
6. To provide an opportunity to maintain better physical and mental health through recreative and competitive situation.

Q. 18 – What do you mean by extramural ? Elucidate the significance of extramural.

Ans: Extramural competitions are inter-college, inter-school, inter-institution competitions separately for each game and sport. The intramural programme takes pride in allowing its participants to take part in extramural competitions at state, regional national and international levels in various sports and games.

Significance

1. Through extramural competitions, the standard of sports performance can be enhanced. Especially the losers can make strenuous efforts to improve their sports performance in next extramural competition.
2. Extramurals are essential to provide appropriate knowledge of new techniques of sports. The teams, which do not have appropriate as well as advanced techniques of various sports and games, can get such knowledge by participating in extramurals.
3. Extramural competitions enhance the chances for the students of various schools to participate in sports. Many schools, who do not take part in such competitions, are motivated and consequently such schools tend to participate in extramurals.
4. Extramurals are essential for making and implementing the programmes of physical education more effective. Extramurals also help in broadening the base of sports.

Q. 19 – Explain any five objectives of extramural.

- Ans: 1. To Develop brotherhood, fraternity and friendship among participating institutions.

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2. To enhance the participation opportunity to talented students to develop and exhibit their potential fully and achieve excellence.
3. To bring laurels to the institution by registering victory in highest number of events.
4. To encourage social interaction amongst teams.
5. To provide fun, recreation and joy to the greatest possible manner.

Q. 20 – What do you mean by Specific sports programmes ? Explain any three.

Ans: Specific sports programmes are such programmes of sports which are not usually related to competitions. These sports programmes have various objectives such as creating awareness among people regarding unity, health and diseases like AIDS, Swine flu, etc. and raising funds for charitable institutions or organizations. Such programmes may be organized for the promotion and maintenance of health among people.

1. Health Runs
2. Run for Fun
3. Run for Unity

Health Runs

Health runs are organized almost every part of the world. In India, health run is organized in almost every state to make people health conscious. Health run does not require any specific preparation. Health runs are organized by health department, sports department or social organizations. Usually their purpose is to ameliorate the standard of health in a country along with the raising of funds for charity.

For health runs the requirement is only a pair of shoes and light clothes, there is no competition in it but registration of participants is performed in advance. The date and time is also fixed will in advance. There is no age limit in health runs and the distance course of running is also fixed up.

Run For Fun

These kinds of runs are organized by the various organizations for the people of all ages. Run for fun is more related to have fun and frolic during running. Run for fun is a friendly race that involves either road running or cross country running taking part for their own enjoyment and recreation rather than competition. It is organized to raise funds for a charity. The sponsors only deduct the organizational expenditure. Run for the fun can include novel categories such as wearing costumes and age categories for adults, teenagers and children.

Run For Unity

Run for fun is organized by different nations by their central governments, state governments, sports federations and institutions etc. to create a feeling of unity among the people. The purpose of run for unity may be national and international integration. It may be in the form of relay race of long distance. Every participant runs some distance. In the form of relay, they feel united. It may be in the form of marathon race as it is usually organized in Mumbai. A lot of people participate in this race from corporate world, film stars and marathon runners from other countries. The cash prize is given to the first three position holder. Such runs promote harmony, peace and solidarity among people of different religions.