



## **PHYSICAL EDUCATION (048)**

### **CHAPTER 2**

1. Define adventure sports.
2. List down any five adventure sports.
3. What are physical activity?
4. Define leadership.
5. What do you mean by rock climbing
6. What is river rafting
7. Which are the different types of trekking?
8. What is mountaineering?
9. List few of the physical qualities required for mountaineering.
10. What do you mean by paragliding?
11. What are the objectives of adventure sports?
12. Write the names of two adventure sports related to water.
13. What are the qualities required for a good leader?
14. What is the role of leader in sports?
15. How does physical helps in creating leaders?
16. How does a good leader regulate team behaviour?

## ANSWERS

1. Adventure sports are such types of sports which involve extra ordinary speed, height, physical exertion and surprising stunts.
2. Camping, rock climbing, trekking, surfing, para gliding
3. Physical activity simply means movement of the body that uses energy.
4. Leadership is the quality of a person to lead others in a family, society, tribe, group or country.
5. Rock climbing is an activity in which participants climb up- down or across natural rocks 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.
6. River rafting is an adventure sport. It is a river journey undertaken on a raft or boat made of inflatable material
7. There are four types of trekking:  
    Easy trekking, moderate trekking, strenuous trekking, difficult trekking
8. Mountaineering is the activity of climbing the steep sides of mountains as a hobby or sport.
9. Endurance, strong determination, physical fitness and strength
10. Para gliding is a sport resembling hang gliding, in which a person jumps from an aircraft or high place wearing a wide, rectangular, steerable parachute.
11. The following are the few objectives of adventure sports:  
    To do something unique and daring in the field of sports.  
    To accept the challenges posed by nature and natural surroundings  
    To promote the spirit of risk-taking and team work.  
    To serve as a training ground for further leaders in physical education.
12. Surfing and river rafting are the two adventure sports related to water.
13. The following are the qualities required for a good leader:  
    Awareness, Passionate, energetic, friendliness, affection, decisiveness, technically skilled, intelligent, teaching skill, creative, interest in research, example for others, impartial.
14. A leader in the field pf sports should be a motivator, organiser, guardian, teacher, psychologist and role model.

15. Physical education programs are planned with the aim of all round development of individual with special focus on leadership qualities. The teacher shall consider every child to be a potential leader. Once the opportunity is provided it is suggested that up to primary level the leader should be on rotational basis for a short duration. After the selection of a leader or a captain, he/she must be taken into confidence. Leader should be explained in details about his duties, responsibilities and authorities. Some kind of recognition which motivates a leader should be provided like colour badges etc. to create leaders, following approach is used:

Give various responsibilities of an event.

Provide leadership training.

Provide regular opportunity to improve.

Recognize their achievement by facilitating them at different forms.

Have faith and confidence in your students if they are defaulter.

16. Groups are formed of individuals, and individuals influence work and work behaviour. Therefore, they cannot be ignored. A leader always tries to minimise individual behaviour that may be against the best interests of the whole team. The leader enforces rules effectively using rewards and punishments. She/He may warn the member or player of a team who demonstrates indiscipline, and reward a player who performs well. Thus, the leader deals with all matters pertaining to group or team discipline like rewards, warnings or, arbitration.