



UNIT 6

Physical Activity and Leadership Training

LEARNING OBJECTIVES

- 6.1 Leadership Qualities and Role of a Leader
- 6.2 Creating Leaders through Physical Education
- 6.3 Meaning, Objectives and Types of Adventure Sports (Rock Climbing, Trekking, River Rafting, Mountaineering , Surfing and Para Gliding)
- 6.4 Safety Measures to prevent sports injuries

INTRODUCTION

All students should be given opportunities to lead. Experiencing opportunities to be a leader can improve a student's self-esteem, self-confidence, and self-perception. Opportunities for leading may encourage students to increase their participation or to extend their participation into other sports or recreational opportunities. Physical education can incorporate leadership skills in students.

6.1 LEADERSHIP QUALITIES AND ROLE OF A LEADER

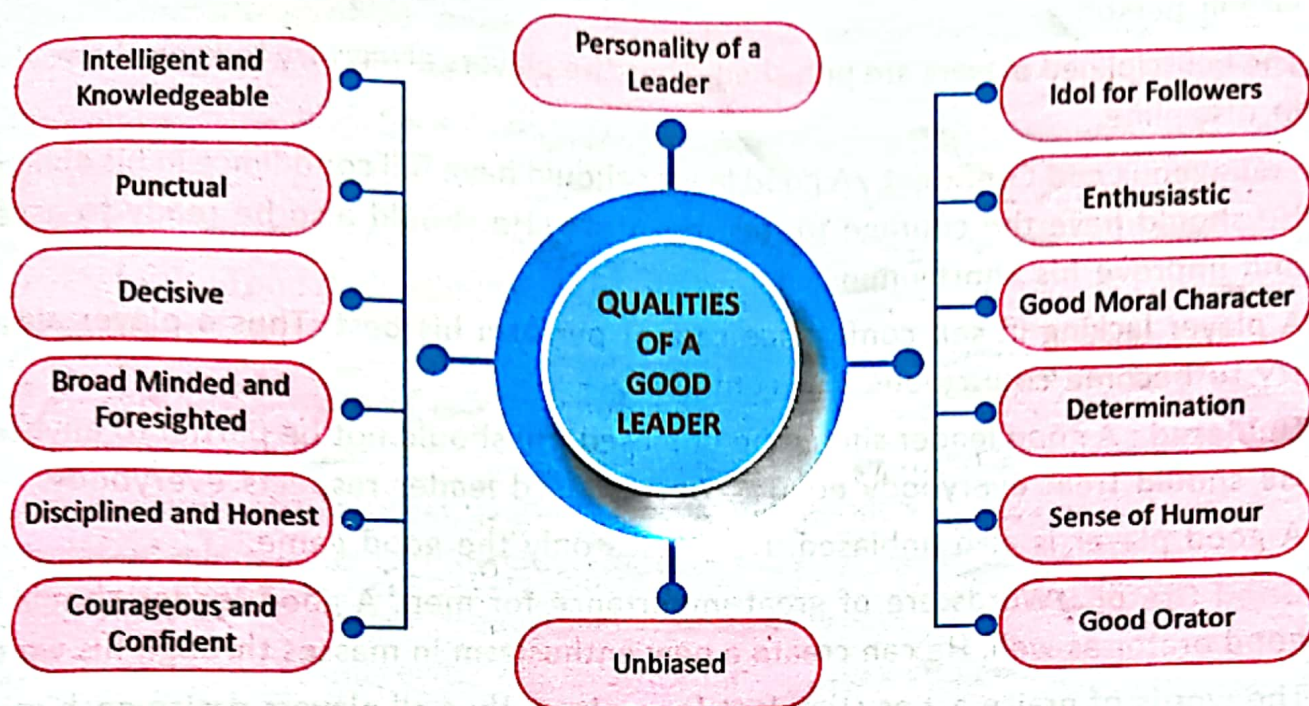
LEADERSHIP QUALITIES OF A LEADER

Everybody wants to become a leader these days. He wants that people should listen to him. Thus he inculcates in himself those qualities which are essential to become a good leader. People identify and respect him for these qualities only.

The essential qualities of a good leader and their development through games is as following :

1. **Personality of a Leader** : The inner and outer personality of a good leader should be impressive. Inner personality includes the qualities of self-confidence, knowledge, experience, impartial behaviour, decency etc. Outer personality means that he should wear neat and clean clothes and should behave lovingly with everybody. The captain of the team and other players in games, play with each other and

develop themselves. They move towards their aim jointly. They gain new experience and also learn culture while playing.



2. **Intelligent and Knowledgeable** / A good leader should be intelligent and knowledgeable also. He should have confidence in his knowledge and intelligence. A good player is always intelligent and knowledgeable. He has to take many decisions while playing which depend on his knowledge about the game.
3. **Punctual** / A good leader should be punctual, he should respect the value of time. He should prepare beforehand his daily schedule so that he reach everywhere in time.
The sports competitions always begin in time. So the players should be punctual otherwise they are not allowed to participate. This develops in them the virtue of punctuality.
4. **Decisive** / A good leader should have the ability of taking instant decision on the basis of available knowledge. He therefore depends upon his experience and knowledge for this.
Players have to frequently change their strategies during the play time to time. They sometime have to take instant decisions which makes them decisive.
5. **Broad Minded and Foresighted** / A good leader should always be prepared to learn something new. He should have the intellect to evaluate his plans and changes.
Players are always ready to improve their level of performance. They are also ready to learn new techniques.

6. **Disciplined and Honest** : A good leader should always be a role model for others. He should never give a wrong decision. He should also not take the side of a wrong person.

The indisciplined players are punished. Thus the players always try to keep themselves in discipline.

7. **Courageous and Confident** : A good leader should have full confidence in his abilities. He should have the courage to face the truth. He should also be ready to accept and improve his shortcomings.

A player lacking in self confidence cannot perform his best. Thus a player always try to become courageous and confident.

8. **Unbiased** : A good leader should be unbiased. He should not be partial to anybody. He should treat everybody equally. An unbiased leader respects everybody.

A good player is also unbiased. He praises only the good game.

9. **Good Orator** : Words are of great importance for men. A good leader should be good orator as well. He can create a new enthusiasm in masses through his words. The words of praise act as stimulant for a player thus all players praise each other and raise the confidence of each other.

10. **Sense of Humour** : A good leader should not have ^{bad} coarse behaviour. He should always try to cheer up his companions. He should not also leave courage in tough times.

A leader keeps the morale of his fellow players high and stays happy even during difficult times.

11. **Determination** : A good leader should have great determination so that he can face over all the ^{problems} hinderances that come in his way.

12. **Good Moral Character** : A good leader should be Commendable and Exemplary. A good leader should be trustworthy so that people can follow him. He should live his life with honesty and integrity. He should live a life such that nobody can question his character.

13. **Enthusiastic** : A good leader should always be enthusiastic about the cause of the people. He must have the capability to see what is good or bad for the people in the long run. He should approach a problem in a holistic manner and should never believe himself different from his people and subject.

14. **Idol for Followers** : A good leader should be proactive and committed to excellence. He should always maintain high standard and act as an idol for his followers. His personal and public life both should be remarkable and stain free.

ROLE OF LEADER

The general functions of a leader remain same but specific functions vary from group to group. The importance of leadership in the field can be seen in the functions which he has to perform. Following are the role of a leader in this field:

1. **Provide a Vision** : Providing a vision for the entire team is the single most important role of the leader. Team members cannot be expected to participate in a common effort if they don't know the goals. When team members know the vision and goals, they are more focused and understand how their individual role helps to drive the success of the business.
2. **Structure the situation** : Leaders should be absolutely clear about what they want to accomplish. The leader's function is to structure the situation for the group members. He interprets the actual situation by clarifying the doubts. He has to observe every situation minutely to help the group to reach the goal smoothly.
3. **Control group behaviour** : Leadership involves a great deal of controlling exactly what happens in the team. Leader has to strive hard to prevent certain types of individual differences which are against the best interests of team. He has to enforce the rules to maintain the discipline in the team.
4. **Plan for the group** : The leader has to decide the ways and means by which the group achieve its goal. He has to make short as well as long plans and it's up to him to determine which one is executed and which one is confide to only few. While making plan he should have every aspect in his mind. He continually looks for ways to make it easier for his team members to do their jobs.
5. **Execution of plan** : Execution is an important factor in achieving the aims and objectives of the group. So it is leader's responsibility to see that the plan is executed in a right way. Because the success or failure of a plan depends upon the way you execute it.
6. **Evaluate the progress** : Whenever there are problems, misunderstandings or difficulties within the team, leaders re-examine their values, their goals, their activities, their assignments and their responsibilities. They're more concerned with what's right than with who's right. They're more concerned with winning than with not losing. High-performing teams run by excellent leaders are determined to perform in an excellent fashion.
7. **Leader as a Representative** : Leader is the sole representative of the group. He has to speak for the benefit of the whole team. He should fight for the members of the team. He is the main person who has to speak for the group. Great leaders always put themselves out in front and speak for their team members in every circumstance.

8. **Leader as an Effective Role Model** : Leader should demonstrate the behaviour desired from the rest of the team. Leaders who display outbursts of anger, make snap decisions, with no regard to the potential outcome for the team, demonstrate uncaring attitudes, show favouritism for some team members, withhold information from the team members, procrastinate on important decisions, tolerate lack of accountability, demonstrate inconsistencies or fail to listen to their team will not be as respected by the team and likely will not be as successful in achieving their goals.

6.2 CREATING LEADERS THROUGH PHYSICAL EDUCATION

Physical education programmes are planned with the aim of all round development of an individual. However careful selection of such programmes and intelligent guidance in right direction can help in promoting qualities of leadership. Classrooms, playing fields, camps, and tours etc. provide many opportunities where hidden qualities of potential leaders can be guided suitably. Some opportunities and steps for enhancing qualities of leadership in children are:

1. **Appointing a student as a leader of mass exercise** : A student can be appointed as a leader while conducting mass exercise programmes. This will help him or her to have confidence and it will help him become future leader.
2. **Entrusting the responsibility of organizing and conducting minor games** : Physical education teachers can appoint students for organising and conducting minor games in schools. This will help in creating a sense of responsibility in the students.
3. **Appointing a student as captain of a team** : A student can be made as a captain of a team. In this way he will know how to control all the members in his team. He will be able to understand better that a team is more important than individual.
4. **Assigning duties for preparations of grounds** : A student can be assigned duties for preparation of grounds. He can help other ground staff and assist them in creating better facilities for games and sports. It will help him in getting more disciplined and he will know how to help others.
5. **Allowing a student to officiate in intramural competition** : Physical education teachers can entrust the students to officiate intramural competitions. With this firstly the student will be able to know the pressures of conducting such programmes and they will also know how to be fair with all teams.
6. **Appointing the students as members as well as incharges for various school committees** : The physical education teacher can allow a student to take on a variety of roles within a school committee formed for conducting intramurals. In this, student can be an incharge or member of various committees formed. This will allow the student to practice leadership. A student who is an incharge of ground and equipment committee will have full responsibility for clean and right equipment and he will be answerable for any problem.

During physical activities children often knowingly or unknowingly display their inherent qualities. Such children can be trained as potential leaders by following ways ;

1. Providing suitable channels for the expression and satisfaction of their tendencies.
2. Assigning challenging tasks to such students in order to draw out the best qualities and efforts.
3. Providing variety of activities for enhancing scope of display of leadership and all-round development.
4. Providing competition to draw out their best and also to cultivate tolerance and patience like qualities.

By these ways physical education helps in developing the qualities of a good leader in a potential leader.

6.3

MEANING, OBJECTIVES AND TYPES OF ADVENTURE SPORTS (ROCK CLIMBING, TREKKING, RIVER RAFTING, MOUNTAINEERING, SURFING AND PARA GLIDING)

MEANING OF ADVENTURE SPORTS

Adventure sports have been around for thousands of years, only they haven't exactly been considered sports. The words 'Adventure sports' reveal the meaning themselves. They are thrilling and adventurous. They give a participant a brush with death and a feeling of both fear and pleasure. Adventure sports range from extreme water sports like river rafting to land activities like Rock Climbing, Mountaineering etc. These activities are addictive and peaceful to some and horrifying for others.

According to living dangerously website, "Adventure sports are used to classify certain activities that feature a high level of danger. These activities often involve speed, height, a high level of physical exertion and high specialized gear or spectacular stunts. These can be competitive or non-competitive and often involve individual participants rather than teams."

According to sports adventure website, "Adventure sports have been best defined as outdoor sports or activities in which the participant competes in a natural environment more against themselves than against others."

Conclusion : By examining the above mentioned definitions we can conclude that "Adventure sports is any sport featuring risk, excitement, speed, height and danger. They require a strong mental attitude as well as high level of physical strength to overcome the challenges of the natural world."

Aim of Adventure Sports : "The main aim of Adventure Sports is to provide a carefully planned stimulating environment which will help each individual and build excellent foundation for creative learning and independence."

OBJECTIVES OF ADVENTURE SPORTS

Objectives of adventure sports are explained below :

1. **Developing Cooperation and team work** : While participating in adventure sports which involve group activities, one learns to co-operate and work as a team.
2. **Overcome Problems** : Adventure sports develop the capacity to face and effectively overcome the problems. One of the objectives of adventure sports is to develop courage and determination. Adventure sports help the participants to accept challenges with courage and move ahead with determination.
3. **Develop physical fitness** : Adventure sports are helpful in developing components of physical fitness like speed, flexibility, strength, endurance. To develop physical fitness is an important objective of adventure sports.
4. **Knowledge about the forest resources** : Adventure sports help us to understand and give knowledge about different forest resources and their use.
5. **Develop thrill and recreation** : Adventure sports provides with recreation, excitement and thrill. It develops the spirit of risk taking because adventure activities contain a high level of danger. By indulging in adventure sports an individual develops the spirit of risk taking.
6. **Development of curiosity and imagination** : Adventure sports are helpful to develop curiosity and imagination of all participants as these sports give participants the chance to experience nature.
7. **Understanding nature** : Most of the adventure sports are outdoor activities which give enough opportunities to experience nature which develops bonding with nature.
8. **Developing positive attitude towards life** : Most adventure activities are individualized because each individual works at his own pace repeating a task as often as he likes leading to a series of successful achievements which in turn develop positive attitude towards life.
9. **Helps in development of self confidence** : Adventure sports are designed for an individual in such a way which develop self confidence. People engaging in adventure sports activities compete with themselves and therefore have a great sense of accomplishment when they reach their goal. This sense of accomplishment boosts the self confidence of a person.
10. **Develop concentration** : Through a series of experiences each individual forms habit of ability to concentrate.

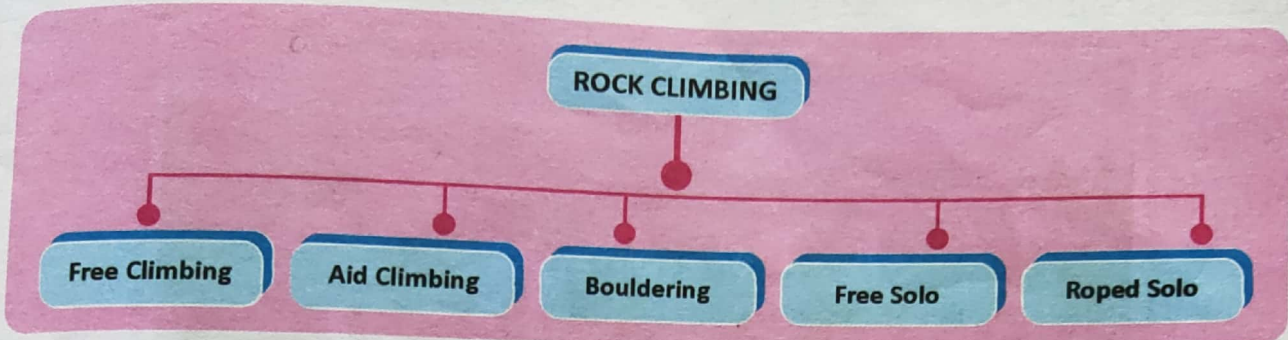
CLASSIFICATION OF ADVENTURE SPORTS ACTIVITIES

Adventure sports activities are broadly classified in 3 categories:

- (a) Land based Adventure activities

- (b) Water based Adventure activities (Water Sports)
- (c) Air or Aero sports.

1. ROCK CLIMBING



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 pre-defined route without falling. To successfully complete a climb one must return to base safely. Due to length and extended endurance required, accidents are more likely to happen. Rock climbing competitions have objectives of completing the route in the quickest possible time or the farthest along an increasingly difficult route.

Rock Climbing is a physically and mentally demanding sport, one that often tests a climber's strength, endurance, agility and balance along with mental control. It can be a dangerous sport and knowledge of proper climbing techniques and usage of specialized climbing equipment is crucial for the safe completion of routes. Because of the wide range and variety of rock formation around the world, rock climbing has been separated into several different styles and sub-disciplines. While not an Olympic event, rock climbing is recognized by the International Olympic committee as a sport.

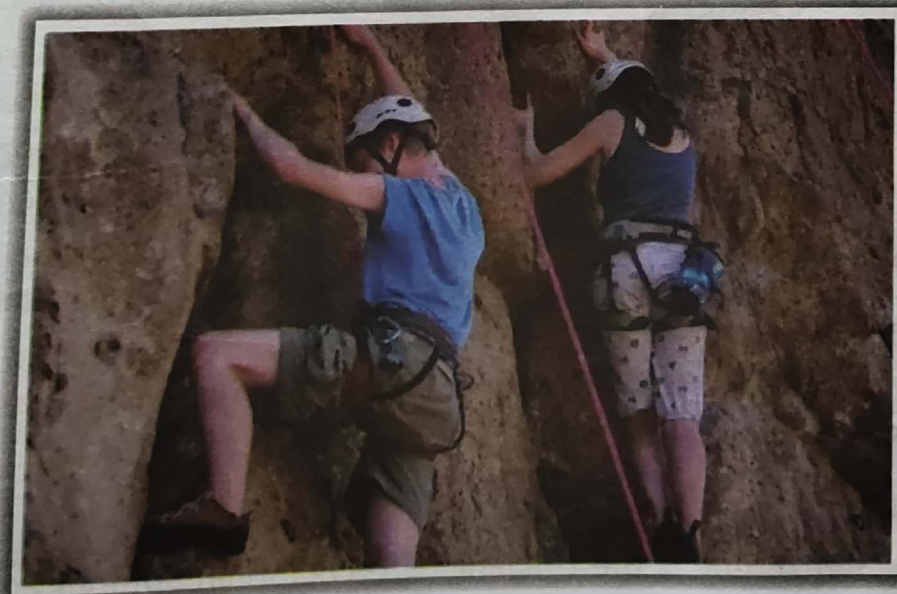


Fig. : Rock Climbing

2. TREKKING

Trekking is a category of adventure travel, typically involving visits to remote areas, with overnight lodging in tents or other minimal accommodation. It is less strenuous than hiking but more strenuous than walking.



Fig. : Trekking

Trekking can be defined as "to travel by foot through remote destinations that are, in most cases, inaccessible and unknown to the visitor." This type of holiday is mainly taken in mountainous regions.

Trekking is a rapidly expanding segment, with increasingly active travellers looking for challenges that do not necessarily require specialist equipment or a guide, although still offer a considerable physical challenge and a sense of achievement at the end.

Types of Trekking

1. **Easy Trekking:** These are for beginners. There is no difficult climbing i.e. no climbing on high altitudes. It provides view to the scenic beauty of mountain ranges.
2. **Moderate Trekking:** These are slightly challenging and difficult as compared to easy treks. The participants need to be more energetic for these types of treks. These are arranged on slightly higher altitudes and take around 10 days or longer of walking up & down.
3. **Strenuous Trekking:** These treks involve ascent to altitudes as high as 5000 meters. These can involve steep climbing and require a lot of energy, physical effort and determination. These types of treks require some previous experience of mountain walking.
4. **Difficult Trekking:** This type of trekking involves steep ascents to high altitudes. These are suitable for adventure seekers. These types of treks last approximately for more than one month and require good endurance.

3. RIVER RAFTING

Rafting or White water rafting is the challenging recreational outdoor activity of using an inflatable raft to navigate a river or other bodies of water. This is usually done on white

water or different degrees of rough water, in order to thrill and excite the raft passengers. The development of this activity as a leisure sport has become popular since the mid-1970s. It is considered an extreme sport, as it can be dangerous. A group of people maneuver paddles and struggle to stay afloat to avoid bowing down to the rapids formed in the river. The rapids are classified in six classes - 1 to 6 - according to their level of difficulty. Class 1 is the gentlest, perfect for beginners, although they can easily advance to Class 3 rapids in a short time. Classes 4 to 6 are very demanding, with challenges only for experts; here the margin of error and the rescue possibilities are minimal.



Fig. : River Rafting

4. MOUNTAINEERING

Mountaineering or mountain climbing is the sport of hiking, skiing, and climbing mountains. All mountaineering requires experience, athletic ability and technical knowledge to maintain safety. Mountaineering is a sport that combines climbing and hiking up mountains done on regular terrain, rocky areas, and ice or snow slopes.



Fig. : Mountaineering

This sport has many hazards, which are often divided into three main groups: weather, falling, and avalanches. Weather is one of the primary dangers of mountaineering, and blizzards may cause poor visibility, leading to climbers getting lost or falling into the void. Even in summer, weather can be deadly, since lightning is likely to strike on the highest points, including mountaintops and rock edges. Besides snow, avalanches can consist of falling rocks, ice, and even gear. Falling rocks are a much more common danger than snow avalanches, they are also a lot harder to predict, which exposes climbers to a higher risk. Climbers also run the risk of slipping on the ice and falling. The climbers might face finger and shoulder injuries while mountaineering.

5. SURFING

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 toward 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 wakes and the waves created in artificial wave pools.



Fig. : *Surfing*

6. PARAGLIDING

Paragliding is the recreational and competitive adventure sport. A paraglider is an inflatable wing. The movement of air into the canopy inflates it and gives it its aerodynamic shape. The paraglider is soft and can easily be packed into a bag and carried around. Its portability is its main advantage. The paraglider is laid out on the ground at the top of the mountain on a gentle slope and facing into the wind. The pilot is connected to the paraglider with a special harness. The paraglider is then pulled gently into the wind, which causes the canopy to inflate. The pilot then takes a few brisk steps into the wind and floats gently up into the air.



Fig. : Paragliding

6.4 SAFETY MEASURES TO PREVENT SPORTS INJURIES

COMMON INJURIES OF ADVENTURE SPORTS

1. **Rock Climbing** : Injuries in rock climbing may occur due to falls, or due to overuse of a particular body part. Injuries due to falls are relatively uncommon; the vast majority of injuries result from overuse, most often occurring in the fingers, elbows, and shoulders. Such injuries are often no worse than torn calluses, cuts, burns and bruises.
2. **Trekking** : Skin Lacerations are one of the most common minor injuries among people trekking through various wilderness environments. Eye irritation can occur as a result of numerous different factors that are common in wilderness expeditions. Dry climates result in dry eyes, dusty areas can result in small particles irritating your eyes directly, and heavy rain can sting or pressure your eyes into discomfort. Another very popular injury when trekking through wilderness is a twisted ankle, and unfortunately this is one that's difficult to overcome on-the-go. Lastly, one of the most common issues with any extensive outdoor exercise, dehydration is not an "injury" so much as a gradually developing condition. Dry or sticky mouth, coupled with fatigue, headaches, or of course intense thirst, can be a sign that your body is not properly hydrated.
3. **River Rafting** : The common injuries which occur during river rafting comprises of musculoskeletal injuries like sprains/strains, dislocations, fractures etc followed by injuries to soft tissue like lacerations, abrasions, contusions etc. Almost one half of injuries were to the head, neck, and shoulders followed by the lower extremities like foot / ankle / leg / knee / hip and upper extremities like hand / wrist / arm etc.

4. **Mountaineering** : Mountaineering is more dangerous than rock climbing or trekking, and the risk increases with the presence of snow or ice. Health ailments and common injuries during mountaineering includes trauma, musculoskeletal and soft tissue injuries. According to statistics, 40% injuries occurred in the fingers, 16% in the shoulders, 12% in the elbows, 5% in the knees, 5% in the back.
5. **Surfing**: Surfers most often sustain injuries to their legs, the head and face, the back and the shoulder and arm. The main cause of injury is contact with a surfer's own board or someone else's board. Common injuries from surfing include lacerations like cuts and scrapes, sprains, dislocations and fractures, swimmer's ear and surfer's ear.
6. **Paragliding**: The most common paragliding injuries are sprained, fractured or broken legs and ankles. This is because the legs are unprotected and will contact the ground hard if a landing or low altitude maneuver goes wrong. A clumsy landing can also result in bumps, bruises and cuts to many other different areas of the body.

Safety measures during Rock Climbing

1. Take lessons from a professional rock climber. Do not go on your first climb inexperienced with no instructions from a professional.
2. Before beginning a climb, make sure to stretch and condition your body. This will help prevent sprains.
3. When choosing a mountain, do not choose a mountain that is extremely steep.
4. In the case that you begin to slip or slide, calm yourself down and relax. Try not to panic.
5. Make that you wear safety equipment. The safety equipment necessary for rock climbing include elbow pads, knee pads, safety tape, chalk, a good pair of climbing shoes, a helmet and a harness.
6. Do not try to be "cool" or impress people and do a daredevil jump off the side of the mountain. You will either end up disfigured or the results could be fatal.
7. Do not play games or horse around while climbing the mountain.
8. Do not throw loose rocks at people.
9. Make sure your foot holds and hand holds are secure before using them. You do not want to slip and fall.

Safety measures during Trekking

1. Don't trek alone. Trek with people who know the place or carry a detailed map.
2. Avoid trekking during bad weather conditions. Wear proper footwear so that you don't slip on rock faces which can get slippery during the monsoon.
3. Do not eat leaves, fruits, flowers, or mushrooms. They could be poisonous.
4. Diseases are rampant during the monsoon. Guard against influenza, dysentery, malaria and dengue. Always carry a medical kit with some antibiotics. Wear full sleeves shirts and full pants to prevent insect bite.

5. Contaminated food and water are a monsoon pitfall. Eat properly cooked food, and wash fruits and vegetables thoroughly.
6. Never drink untreated water.
7. Don't overexert yourself. If you need a break, take it. If the hike becomes more than you can handle, turn back.
8. Leave everything as you found it. For example, disturbing rocks could cause a rockslide while leaving trash behind may entice wild animals to approach the trail, increasing the dangers for those coming behind you.

Safety measures during River Rafting

1. Do not try to go on a rafting trip alone. Always hire a guide or an instructor.
2. Wear a comfortable life vest and helmet.
3. Never try to go rafting in the dark. Make sure you have plenty of time to get back to the starting point or the camp site before darkness falls.
4. If you are rafting during summer heat, you may suffer from dehydration. Therefore, carry your own water to keep yourself hydrated. Do not drink water from the river.
5. To save yourself from insect bites during the trip, do remember to use mosquito repellants and lotions and sprays which repel insects.
6. Although whitewater rafters hope to stay in their raft the entire trip, the likelihood of turning over or falling into the water is likely, depending on the difficulty of the rapids. If someone's swimming is less than par, it is important to either stick to lower classified rivers or have them build up their abilities.
7. Good upper body and physical stamina are crucial for having the resistance needed for longer trips.
8. Wear proper-fitting water proof shoes.

Safety measures during Mountaineering

1. Be careful not to kick rocks down on climbers below you. If you accidentally do this - please tell "ROCK!" so that those below you can prepare and take proper cover.
2. Don't wander off without proper navigation skills and devices - you will get lost!
3. Keep your eyes open for dangerous wildlife. Elk, deer, bears, bighorn sheep and mountain goats can all pose hazards.
4. Be aware of your surroundings and be mindful of fellow mountaineers.
5. Train properly for the proper mountaineering skills.
6. Prepare well with the mountaineering kit.
7. Get good pair of shoes while mountaineering.
8. One must also carry plenty of food and water for mountaineering trip. The food must be energetic and lightweight.

9. Before going for mountaineering tour, one must go for the local weather forecast.
10. To avoid the accidents and injuries during mountaineering, carry emergency shelter.

Safety measures during Surfing

1. Do not surf alone if you are inexperienced.
2. Use the right gear.
3. Check the weather and beach conditions before entering the water.
4. Have lessons from an accredited surf school to learn appropriate skills, techniques and water safety if you haven't surfed before.
5. Always be aware of other surfers around you, never let go of your surfboard if caught inside unless you are 100% sure that there is no one behind you- a thruster or a heavy longboard firing toward the beach can cause a lot of damage.

Safety measures during Para Gliding

1. The potential for injury can be significantly reduced by training and risk management.
2. The use of proper equipment such as a wing designed for the pilot's size and skill level, as well as a helmet, a reserve parachute, and a cushioned harness also minimize risk.
3. The pilot's safety is influenced by his understanding of the site conditions such as air turbulence (rotors), strong thermals, gusty wind, and ground obstacles such as power lines.
4. Sufficient pilot training in wing control and emergency maneuvers from competent instructors can minimize accidents.
5. Paragliding should not be done when it is raining or when there is excessive wind. Majority of paragliding accidents happen due to unsuitable weather conditions.
6. The landing site must be easily accessible and clearly visible. A lot of accidents happen due to irregular landings, and one should also use their legs for rough landings. A broken ankle or leg is easier to manage than a broken back or spine.
7. Always carry a knife with you while paragliding, as you never know when you may need to cut yourself free from an entanglement of wires and cords.
8. Always take advice from experienced paragliders about various aspects like launching off, navigating, landing, steering, and other safety issues.