

## CHAPTER 6

# PHYSICAL ACTIVITY ENVIRONMENT

### VERY SHORT QUESTION (CARRYING ONE MARK OF 30 WORDS)

**Q1. Define sports Environment.**

**Ans.:-** Sports Environment is the conditions and circumstances in which sports persons perform or indulge in sports activities. Sports persons including the related persons to sports such as coaches, teachers of physical education and other officials must know and pay proper attention to sports environment. It means that all the factors or conditions that encourage and promote sports constitutes sports environment.

**Q2. What do you mean by proper or positive sports environment?**

**Ans.:-** For the promotion and encouragement of sports and games appropriate sports environment is always required. Sports and games cannot be ameliorated and flourished in the absence of appropriate sports environment. If it is appropriate it will grow like anything on the other hand if environment is not positive its growth and development will be hindered and sports persons can never prosper in the field of games and sports.

**Q3. Mention the components of Health related fitness.**

**Ans.:-** The various components of Health related fitness are as under :-

- (a) Regular physical activity
- (b) Nutritious food and Balanced diet
- (c) Active schedule
- (d) Proper Immunization and medical care
- (e) Prevention and treatment from Diseases
- (f) Hygienic Habits.

(g) Away from health hazards.

(h) Good social life.

**Q4. What activities are recommended for early childhood?**

**Ans.:-** The activities recommended for early childhood should be with low energy level, but involving light running, catching, throwing, jumping, co-ordinative exercises, flexibility exercises. Enjoyable and recreative methods should be adopted to make the activities more child based learning. The environment needed at this stage should be clean and safe and moreover proper check by parents and teachers are very much required.

**Q5. What activities should be performed by an Adult?**

**Ans.:-** In this stage highly rigorous activities are preferred. These in turn develops good strength, endurance and speed abilities. At this stage more of adventurous sports and combative sports gives more thrill. Weight training develops good strength among adults. Good sports environment is of utmost need in adulthood.

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### SHORT TYPE QUESTIONS (CARRYING 3 MARKS OF 60 WORDS)

**Q1. Why there is a need of sports environment?**

**Ans.:-** Environmental education plays an important role in physical education and sports. The education system should be made such that the environment and sports are understood to be in close ties with each other sports gathers under its umbrella millions of people worldwide through its clubs, associations and other clubs etc. in which activities performed must be carefully analysed. Environment plays an important role in the quality of an athlete's performance. There are many things the athlete can do or adapt himself according to expected or unexpected environment.

**Q2. Explain the infrastructural setup for positive sports environment?**

**Ans.:-** The infrastructural setup for sports environment must be properly planned. The architectural design of infrastructure should focus on the following factors like purpose and need of setting up must be made clear, for what activities to be played, site or location of infrastructure, natural or other

sources available, away from busy traffic, facilities to be provided for players or spectators. The infrastructure should be constructed as per the norms of construction. The infrastructure should be well covered by proper boundary wall. The surface of play field be constructed as per rules of the activity.

**Q3. Discuss the importance of training equipments and maintenance for developing positive sports Environment.**

**Ans.:-** In sports environment the training equipment or rather playing equipments should be of good quality. And according to games rules. These should be properly handled and should be placed properly as per rules. The playing arena should be well maintained, marked properly, regularly cleaned up and safe for performing activity. There should be safe provision of drinking water, washrooms, changing rooms etc. There should be proper provision of emergency exit point along with proper first aid facility. Players should also be guided and given proper training. They should be given knowledge related to physical education or health education or first aid. The staff must also be well qualified with good experience in related fields. They should handle the needs of the players with full sincerity and safety to improve their performance in sports. The players should be trained with proper training methods considering the principles of training in a progressive manner.

**Q4. What activities are recommended for later childhood stage?**

**Ans.:-** In this stage, flexibility and co-ordinated patterns of growth occur and the activities should involve light activities with co-ordinative and flexibility exercises. They should develop bone joints and muscular co-ordination. The activities recommended by experts at this stage are the yogic asanas, gymnastic exercises, ball games, running activities, calisthenic exercises, rhythmic exercises, anaerobic activities, balancing exercises etc. During this stage of growth good quality apparatus and safety measures should be considered. Teachers should check their mistakes and correct them instead of making it a very big deal. Wrong habits should be checked and guided properly for creativity and proper understanding.

**Q5. Discuss the activities for Adolescence stage or for the Teenager?**

**Ans.:-** In this stage, the muscular strength, endurance and speed develops along with growth patterns. The activities should involve moderate to high energy activities. All games and sports are recommended in this stage. Aerobic activities are preferred. Team games are also preferred to develop togetherness and team co-ordination. High aggression and violence should be avoided and discouraged, moreover good affection, good leadership and good training methods are the needs of adolescence activities.

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### LONG ANSWER TYPE QUESTIONS (150 WORDS) (CARRYING 5 MARKS)

**Q1.** Discuss the essential elements of positive sports Environment.

**Ans.:-** Basic essential elements of positive sports environment are of utmost importance, which are as follows:-

(a) **Infra structural setup :-**

The architectural design of infrastructure should consider the following factors such as purpose and need of setting up must be made clear, how much area required for those activities, natural or other sources available, industrial pollution, facilities to be provided for players or spectators, Spectators Sitting Capacity, finances or funds available.

(b) **Facilities and its maintenance :-**

In sports environment the playing equipments should be of very good standard. The playing area should be well maintained, marked properly, regularly cleaned up and safe for performing activity. There should be safe provision of drinking water, washrooms, changing rooms etc. There should be provision of emergency exit point along with proper first aid facility.

(c) **Players, Expert Staff and organisation :-**

Sports environment is meant for players. Players should also be guided and given proper training. The staff must be well qualified with good experience in related fields. There should be proper administration and organisation among staff members. Players should be inculcated towards good habits, moral values, sports ethics, sportsman qualities etc. In sports environment we should also encourage people who provide help or promote and help to improve sports environment.

**Q2. Explain the principles of physical activity environment.**

**Ans.:-** The principles of physical activity environment should be constructed as per laws. They must follow the laws and guidelines :-

- (a) **Safety policy** : The management should develop clear and accessible child safety policy.
- (b) **Construction as per laws** : The physical activity environment must follow the laws and guidelines of the government.
- (c) **Proper maintenance** : The organisation should check and maintain the infrastructure and organisation of physical activity environment.
- (d) **Code of conduct for users** : The organisation that specifies and standards of conduct and care given to its users.
- (e) **Identify and Analyse the Risk of Harm** : The management should identify and analyse the possible risk factors and protect them from children.
- (f) **Suitable staff and volunteers** : The organisation should check and maintain the infrastructure and organisation of physical activity environment.

**Q3. Discuss the essential elements of positive sports Environment.**

**Ans.:-** For positive sports environments, we have various elements for better result in sports. Positive sports environment consists of the following essential elements.

(a) **Sports Stadiums or Sports Complexes :-**

Sports stadiums or sports complexes should be well planned. Stadiums should be constructed according to the requirement. The site of the stadium must be free from air pollution. There must be proper provision of safe drinking water, urinals, toilets and sufficient space for parking vehicles.

(b) **Sports attitude:-**

The most important element for a positive sports environment is sports attitude. It becomes the duty of the sports teachers, coaches

or trainers to make the athletes and players mentally ready to play. Participation in physical activities helps to develop the individual physical activities helps to develop the individual physically and mentally. People should have positive attitude towards sports activities. Sense of oneness, team work, sense of co-operation, sportsmanship through games and sports.

(c) **Drugs, tobacco and Alcohol free Environment:-**

The coaches, parents, spectators, players and other officials should refrain from drugs, alcohol and tobacco. They should try to promote positive sports environment by refraining themselves from such substances.

(d) **Normal climatic conditions :-**

There should be normal climatic conditions for positive sports environment. Practicing in extreme heat and cold conditions may cause the heat stroke, heat cramps, heat exhaustion, frost bite etc. So the sports persons should practice in normal climatic conditions.

(e) **Education related to sports :-**

Sports education should be compulsory to create a positive sports environment to create a positive sports environment. Knowledge about different types of tournaments, rules and regulations and their importance in society motivates the people towards sports. So sports related education is an essential element of positive sports environment.