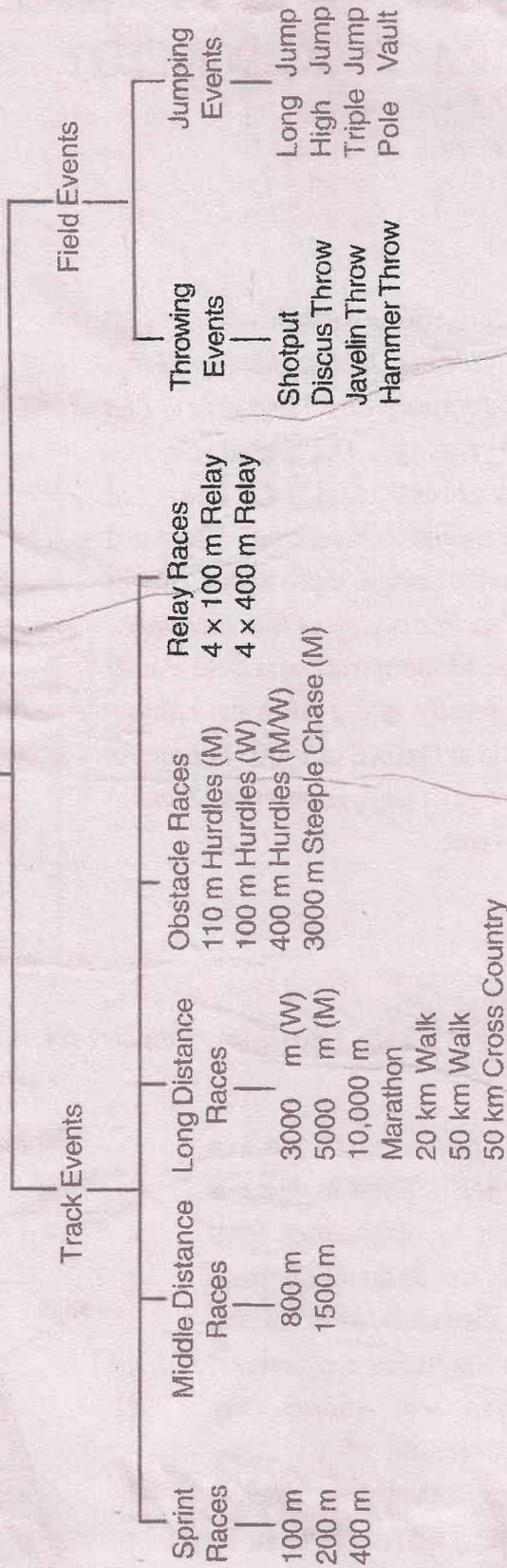


# ATHLETICS



**Decathlon (M) :** 1st day : 100 m Long Jump, Shotput, High Jump, 400 m

2nd day : 100 m Hurdles, Discus, Pole Vault, Javelin, 1500 m

**Heptathlon (W) :** 1st day : 100 m Hurdles, High Jump, Shotput, 200 m.

2nd day : Long Jump, Javelin and 800 m

# ATHLETICS

History → Track & field is primarily an individual sport, consisting of approximately 30 different events. They are divided into 'Track Events', & 'field Events'. The primitive form was practised in Egypt more than 4000 years ago. The Cretan (Greece) became the first to engage in a systematical way around 1500 B.E. The word 'Athletic' comes from the Greek word 'Athlos,' which means 'competition'. The word 'stadium' comes from 'Stadion'. Many track events were also practised during ancient olympics like Marathon, Discus, Javelin, long jump & various distance races. Modern track & field events began in England by the beginning of the 18th century, mostly in the form of running & walking races. The first professional meet was held at Oxford in 1860. The sports then spread to the United States & Continental Europe. The first modern olympic Games (in 1896) consisted mainly of track & field events.

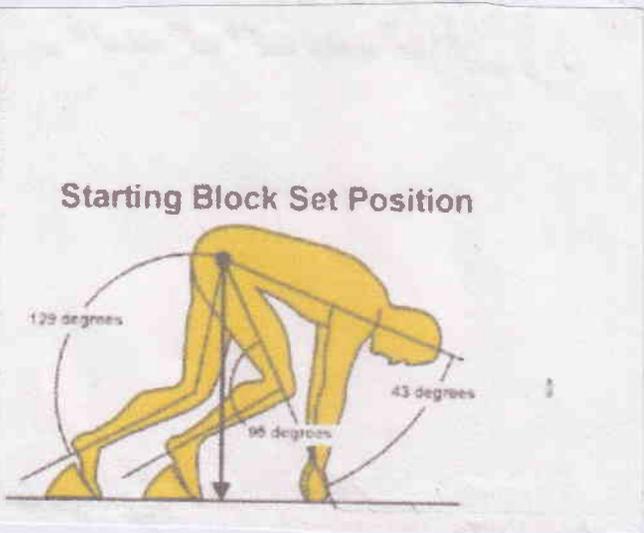
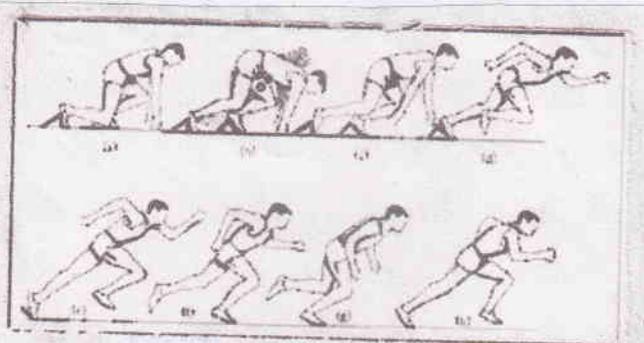
In 'Track' we compete against time or clock.

In 'Field' we compete against height or distance.

## Track Events :-

(A) Sprints :- 100 m, 200 m, 400 m

sprints are short distance races which are run in full



speed & with maximum strength. Sprint events involve several series of qualifying heats.

Sprint has three phases :-

- (a) Acceleration phase
- (b) Maintain phase
- (c) finish phase

Acceleration depends upon types of start. They are as:

- (a) Crouch / sitting start (for sprints)
  - (i) Bench
  - (ii) Medium
  - (iii) Elongated
- (b) standing start (for middle & long distance races)
- (c) Flying start (for relay races)

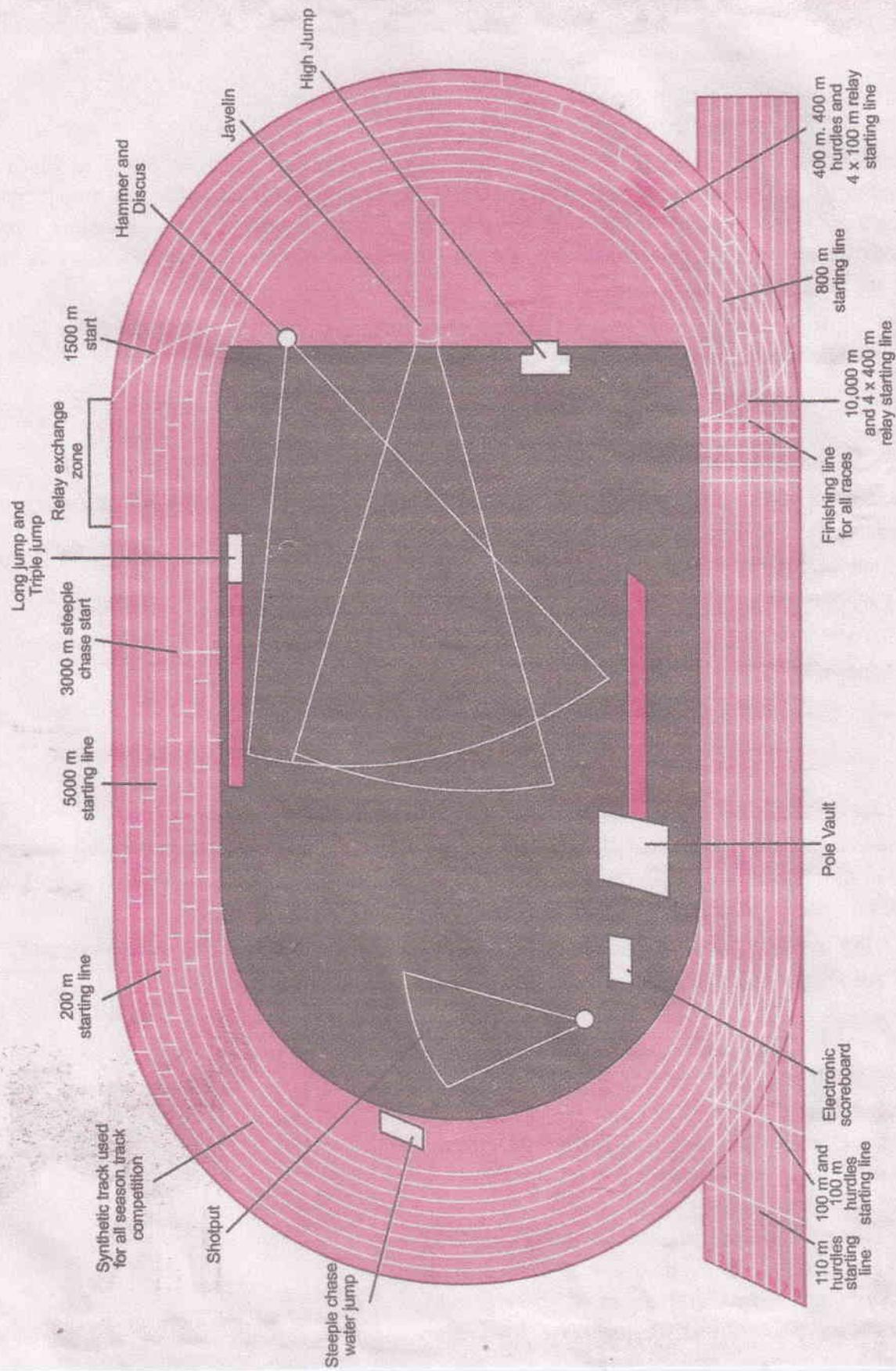
(a) Skill of crouch start

- (i) Bunch start :- In this start, the distance b/w the blocks is 4 to 10 inches & the rear block is approximately 20 inches away from the starting line.
- (ii) Medium start :- In this start, distance b/w 2 blocks is 12 to 18 inches & the distance b/w the first block & the starting line is 15 inches. The shoulders & the hips are almost at the same height.
- (iii) Elongated start :- In this start, the distance b/w the 2 blocks is b/w 20 to 28 inches.

(b) Starting Technique :-

- (i) Set position :- The runner concentrates & holds his breath so that he can propel his body forward at the time of start.
- (ii) Start :- On 'start' the runner lets out his breath & he moves the arms.

# TRACK AND FIELD POSITION



- (C) Finishing Technique :- finishing the race is most important. finish is considered when torso/chest crosses the finishing line.
- (i) Run through :- In this type of finish, the athlete without considering the finishing line, reaches the destination with full speed.
- (ii) Leunge :- This action is done by the athlete when the finishing line is just on step ahead. The athlete bends both arms backwards & tries to touch the tape (on the finishing line) with his chest.
- (iii) Shoulder shoving :- In this kind of finish, one shoulder is moved forward while the other shoulder moves backward.

### famous Athletes :-

India :- Milkha Singh (flying Sikh), P.T. Usha (Queen of Asian Track International)  
International :- Jesse Owens (USA), Usain Bolt (Jam)

### (B) MIDDLE DISTANCE RACES :-

Middle distance races include the races b/w 800m to 1500m. The speed & endurance are required in such races.

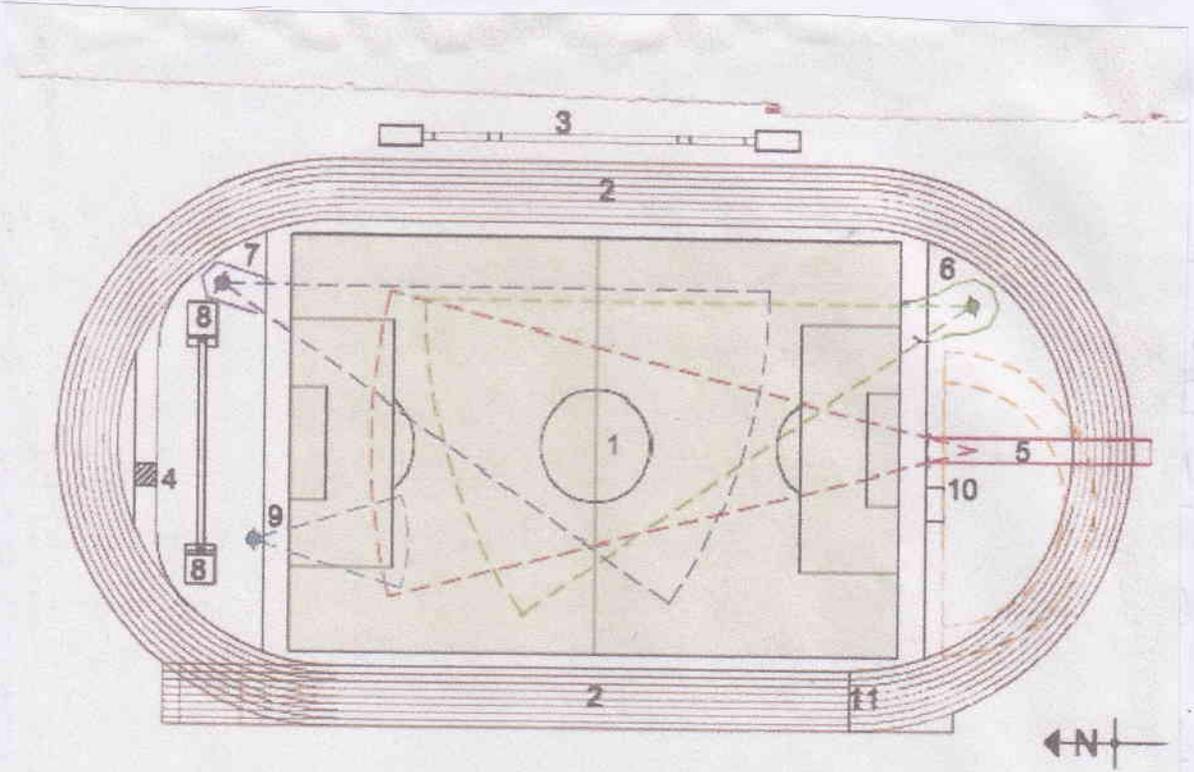
#### famous Athletes :-

India :- Bahadur Pasand.  
International :- Wilson, Kipketer (DEN)

### (C) LONG Distance Races :- The races of 3000m, 5000m, 10000m, Cross country (20km) & marathon.

#### famous Athletes :-

India :- Sunita Rani  
International :- M. Wilson



- 1 Football pitch
- 2 Standard Track
- 3 Long and Triple Jump facility
- 4 Water Jump
- 5 Javelin Throw facility
- 6 Discus and Hammer Throw facility
- 7 Discus Throw facility
- 8 Pole Vault facility
- 9 Shot Put facility
- 10 High Jump facility
- 11 Finish line



Maximum Back Swing      Right Foot Takeoff      Left Foot Takeoff



Right Foot Touchdown      Left Foot Touchdown      Release

## Field Events :-

### Discus Throw :-

#### Technique of Discus Throw :-

- (i) Gripping → The hand is placed flat on the discus. fingers are slightly spread & the thumb is used for balance. During the throw, the speed of rotation keeps the discus under the hand.
- (ii) Swing → In swinging, a rhythmic action is done. The athlete moves the discus back & forth in a movement that follows the arc of the rotation to come. His arms & shoulders are relaxed & he concentrates intensely.
- (iii) Spin → During one & a half turn rotation, the athlete's body accumulates as much energy as possible. A right handed thrower pushes off his left leg powerfully while his left arm acts as a counter weight along the axis of the shoulders. His feet leave the ground momentarily.
- (iv) Drive → Upto the last moment, the trunk & arms are behind the feet. The athlete maintains this complex balance during the movement.
- (v) Release → Using the right leg as a cover, the athlete quickly straightens his body. The discus is released in an explosive motion as the arm is whipped around.

### Famous Athletes :-

India → Praveen Kumar, Vikas Gowd &  
International → Alfeed Oerter (USA), Gerd Kanter (EST)

# FOOTBALL

History :- football is also known as soccer. The history of football is very old, as similar versions of the game were played in many civilizations. Greeks play the game 'sphaera' which resembles football. There was tough fight to snatch the ball from opponents & reach towards opponent end line. Roman people also play 'calcio' in which they use legs to make the ball go towards opponent end line. Chinese people play, 'Tsudok' in which bladder was kicked by legs.

The modern version of game came from England in 1848, when first match was played b/w two local teams. 'Sheffield football club' developed proper football team in 1863. The first recorded match was played in 1872. b/w England & Scotland. Federation International de football Association (FIFA) was formed in 1904 which regulates the rules & development of football. football became official events in Olympic games in 1908 from London. The first world cup of football was organised in 1930.

Today, football is universally accepted game as its rules are simple. It is very popular game among Europeans, Latin Americans, Asians & African Countries. FIFA has more than 200 nations as its members. Many clubs are formed for participation in European league, which has heightened football standards.

# FOOTBALL

History of football is a long one. It is a game that has been played for centuries in many different forms. The modern game of football is a combination of many different games that have been played in the past. It is a game that is played all over the world and is one of the most popular sports in the world.



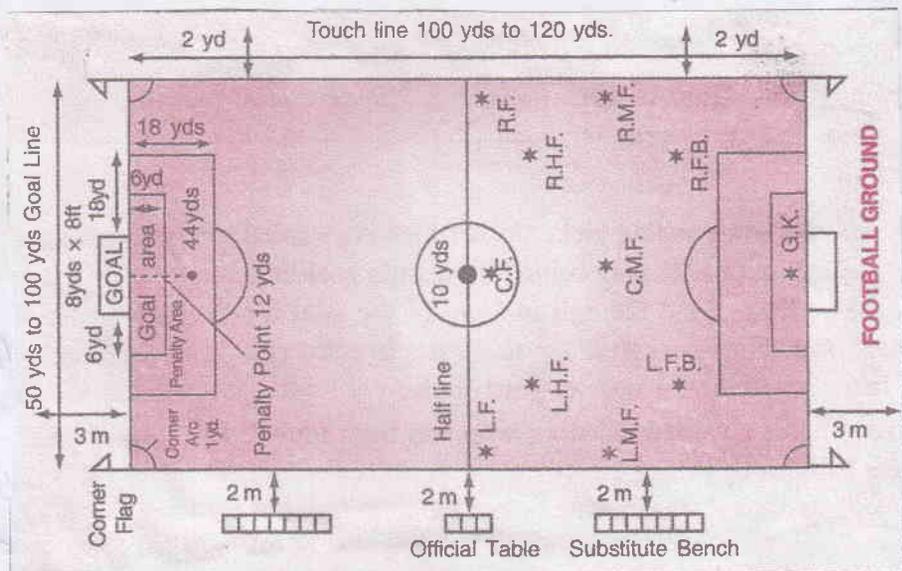
The first world cup of football was organized in 1930. Today, football is universally accepted game as the most popular sport in the world. It is a game that is played all over the world and is one of the most popular sports in the world. The first world cup of football was organized in 1930. Today, football is universally accepted game as the most popular sport in the world. It is a game that is played all over the world and is one of the most popular sports in the world.

### Latest Rules of the Game :-

- (i) The objective of soccer is to send the ball into the opposing team's goal; by propelling it with the feet or any other part of the body but not with the arms or hands.
- (ii) Two Teams, with a maximum of 11 players each, play.
- (iii) Two halves of 45 mins period, each is the time.
- (iv) Game is started with push, pass in opponent's field from centre circle.
- (v) Referee keeps a check on the time & may extend the period beyond the regulated 45 mins. The referee is assisted by 2 linesmen or Assistant referee.

### Tie Rule :-

- (i) During a knockout tournament, if there is a tie at the end of regulation time, then the teams play for 30 mins extra time of 2 halves of 15 mins each overtime period. In this duration if any team makes the goal, wins the match. Earlier there was golden goal period in which the teams who scored the goal first won the game but now it is said as silver goal period.
- (ii) If there is still a tie after the overtime period, a penalty shoot-out takes place. The referee decides which goal will be used for the penalty kicks, the team to kick first is determined by a toss. Each team chooses 5 players to take the kicks in turn. The team that has the most goals after 5 kicks wins the game.
- (iii) If the teams are still tied after 5 kicks each, the team keep taking penalty kicks until one team wins. The goal is



Latest rules of the game -

The objective of soccer is to get the ball into the opposite goal by any means possible. It will be for no other part of the game but to get the ball into the goal. The game is a test of skill and the player who is the best will win. The game is a test of skill and the player who is the best will win. The game is a test of skill and the player who is the best will win.

(i) At the start of the game, the referee will blow the whistle and the players will start to move the ball. The referee will stop the game if the ball goes out of play or if there is a foul. The referee will also stop the game if a player is injured or if there is a dispute. The referee will restart the game with a kick-off. The referee will also stop the game if a player is injured or if there is a dispute. The referee will restart the game with a kick-off.

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Scored when ball crosses the goal line.

## Playing field & Equipments :-

Tips to remember!

- (i) Ground dimension :- standard ground is 120 yards (110m) x 80 yards (73m) but it can be 100 to 130 yds in length & 50 to 100 yds in breadth.
- (ii) Officials of match :- 1 Referee, 2 Assistant Referees or linesmen & Commissioner, 1 injury time keeper.
- (iii) Weight of the football  $\pm$  14 to 16 ounce (425g  $\pm$  25g)
- (iv) Circumference of football  $\div$  27 to 28 inch
- (v) No. of players in team  $\div$  16 (11 playing & 5 substitutes)
- (vi) Minimum no. of players  $\div$  7 (in case of expelled players)
- (vii) Substitution allowed  $\div$  3 in a match
- (viii) Deviation of watch  $\rightarrow$  2 halves of 45 mins (m) & 40 mins (w)
- (ix) Extra time  $\div$  2 halves of 15 mins
- (x) Goalpost dimension  $\div$  8 days x 8 ft with 5 inches thickness of post.
- (xi) width of line  $\div$  5 inches
- (xii) player equipments  $\div$  studs, Shin Guard, T-shirt with No., shorts, ~~the~~ kit.
- (xiii) Centre Circle Radius  $\div$  10 yards (9.15m)
- (xiv) Corner Arc  $\div$  1 yard (at corners)
- (xv) Height of flags  $\div$  5 feet at corners
- (xvi) Penalty Point  $\rightarrow$  12 yards from goal line
- (xvii) Goal line  $\rightarrow$  5 inches (below goal post) for condiering goal.

## Terminology :-

Throwing In :- It is given to opponent if ball crosses over the sideline on ground or in air. This is taken by the player from the sideline. player throws the ball over the head to give the pass to his player.

Offside :- A player is offside when he is close to the opposing goal line without the ball, unless two defenders are b/w the attacker & the goal line. This offside is also considered as a defensive tactic. Offside is given by linesman by raising red flag.

Corner Kick :- It is also known as flag kick. Corner kick is awarded when a defender puts the ball of the play behind his team's goal line. An attacking player then tries to send the ball in front of the goal for another attacker to head or make a short pass to a teammate to convert it into goal.

Free Kick :- A free kick is awarded when a player has been fouled when referee shows the warning card to the player. In the direct kick, the ball can be kicked directly at the goal. In the indirect kick, the ball must be passed to a teammate before being directed at the goal.

Penalty :- A penalty kick is awarded when a foul is committed by defender in the penalty area. The ball is placed on the penalty spot & the attacking player tries to kick it directly into the goal.

& goalkeeper only defends it:

Dropped ball :- In case of struggle for ball possession when both players commit simultaneous foul, in that case the Referee stops the game for sometime & afaal chops the common ball to get the possessor of the ball.

Through Pass → In this the ball is passed b/w 2 or more defenders & the own teammate collects the ball & moves further.

Defence topse :- when the defending player fails to intercept or tackle the ball which has been approaching towards goal post.

Goal Scored :- The referee will signal goal when the ball completely crosses the goal line b/w the goal post under the cross bar & goal post.

Injury Time → The time for which game is stopped temporarily due to injury of the player.

Extra time → the Time allotted to divide the match in case of draw.

Warning (Yellow Card) → The player receive the warning if they regularly break the rules or do not respect referee's decisions.

Expulsion (Red Card) → player is expelled if he commits a serious foul or is violent or strikes or charges kicks or attempts to kick trips or opponent handles the ball intentionally - use abusive

 <b>Stopping the Match</b>	 <b>Time Out</b>	 <b>Start the Injury Clock</b>	 <b>Stop the Injury Clock</b>	 <b>Neutral Position</b>
 <b>Indicating No Control</b>	 <b>Out-of-Bounds</b>	 <b>Indicating Wrestler in Control Left or Right Hand</b>	 <b>Defer Choice</b>	
 <b>Potentially Dangerous Left or Right Hand</b>	 <b>Stalemate</b>	 <b>Caution for False Start and Incorrect Starting Procedure</b>	 <b>Stalling Left or Right Hand</b>	
 <b>Interlocking Hands or Grasping Clothing</b>	 <b>Reversal</b>	 <b>Technical Violation</b>	 <b>Illegal Hold or Unnecessary Roughness</b>	
 <b>Near-Fall</b>	 <b>Awarding Points Left or Right Hand</b>	 <b>Unsportsmanlike Conduct</b>	 <b>Flagrant Misconduct Left or Right Hand</b>	

*Referee only details...*

language, offensive or insulting language, receives a 2nd yellow card during the game.

Goal Kick → when ball passes over the goal line without goal scoring by attacking player, then ball is kicked by playing from the penalty area.

Kick off → It is starting the game, during kick-off player remain in their own-half.

Substitution → Though there are 5 reserve players but only 2 substitutes are permitted during match that too with permission from referee.

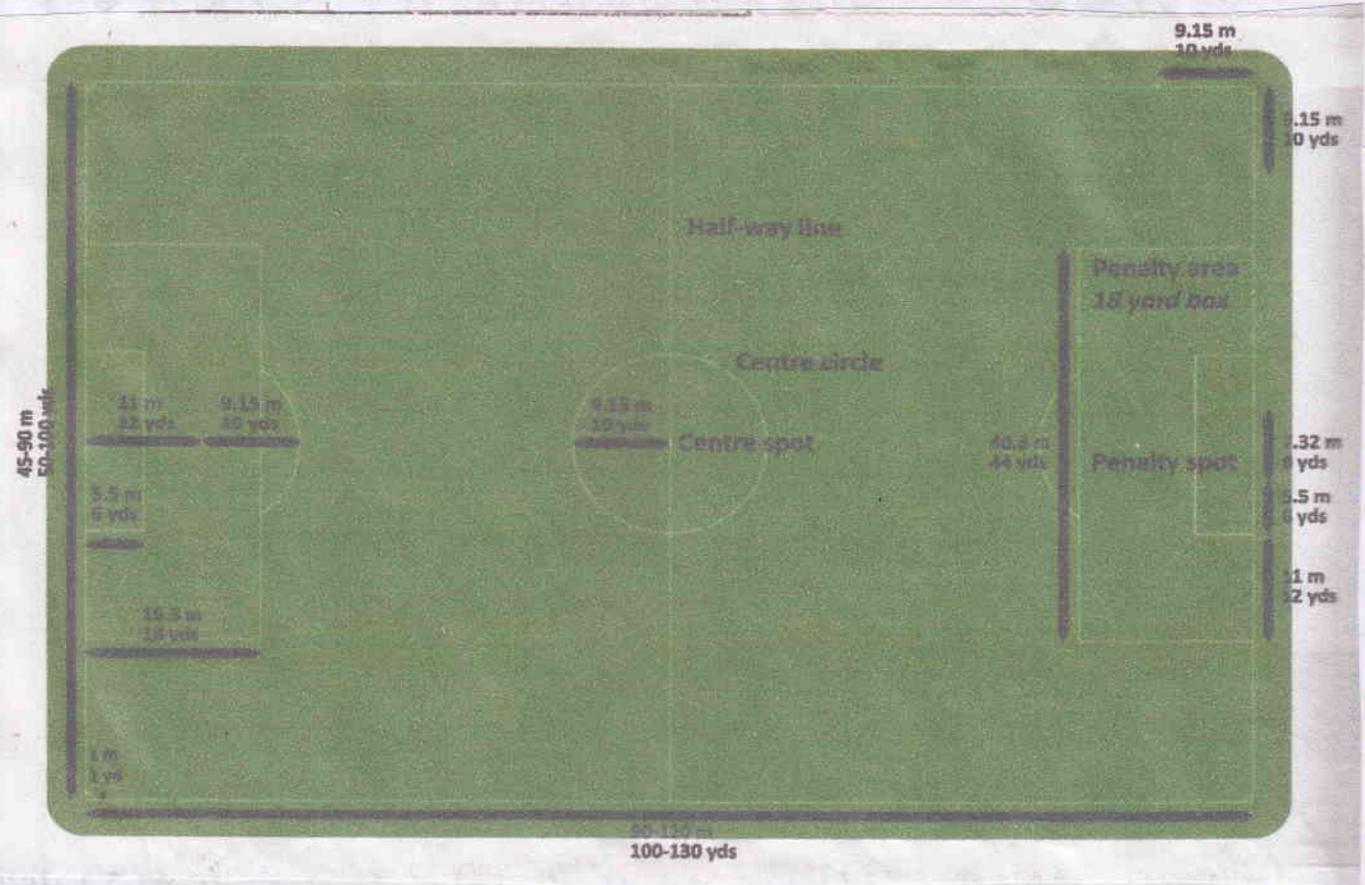
Duties of match Referee → An official responsible for the conduct of game under rules & regulation. His decision should be final for the result of match. He is authorised to exercise his power under rules to enforce the rule of game over both teams. Give decisions over controversies and disputes over ground. Referee keeps the record of game & acts as time keeper.

Duties of assistant referee → 2 Assistant Referee. Their duties are to indicate match referee by various signals like ball is out of the play. They are equipped with flags,

Duties of captain :- He represents the team to decide the

Goalkeeping offensive or instead of goalkeeper, receives a third yellow card during the game.

Goal kick - taken on ball passes over the goal line in full and goal is in play. It is a direct free kick and is taken by the goalkeeper.



Goalkeeping - left or right hand, the result of goal error in this position.

Direct free kick - taken by a player in full. The ball must be kicked directly into play and must not touch the ground before it is in play. Various signals like the ball is out of play, the referee is out of play, the referee is out of play.

Position of Goalkeeper: The goalkeeper is the only player who is allowed to handle the ball with his hands and arms, provided he is within his own penalty area.

the toss. He guides the team action in playing field, like ~~kick~~ player to make throw in penalty kick, corner kick etc. He also checks encourages the team in the playing field.

## Fundamental Skills of football

Kicking → It is the most common skill used to hit the ball with power. It reaches long & away to the desired position. It is performed in various ways like kicking with inside, outside of foot, ins top kick, punt kick, scissor kick, banana or chip kick, roll back kick etc.

Dribbling → It is taking to the opponent in such away that the control of ball is kept. Player controls the movement of the ball with the feet whereas upper body gives the dodging movement.

Heading → Usually an attacker heads the ball to redirect it towards the net a defender heads the ball to deflect it away from the goal.

Passing → In this, the ball is passed to own teammate who is close. The ball is slightly pushed so that it should reach to the desired point these are lots of variation of passing like flesh pass, outstep push, through pass.

Throw in → This skill is used to throw the ball back for the play from the side or touch line. The player must throw the ball over the head while both the feet should be in contact with

ground. The player must not touch the sideline during throw-in.

Tackling - It is taking the ball possession from the opponent with sliding. Many times ruffing the ball with head, chest, foot is also done for the possession of the ball.

Trapping - It is controlling the lifted ball before it could bounce or control the ball in air, so that it should fall near the body range.

Corner kick - This skill is used to kick the ball from the corner. In this an expert player kicks the ball in such a way that it should land overhead in front of goalpost, so that his teammates must head the ball to convert it into goal.

### Important Personalities -

- (a) Arjuna Award winners: P.K. Banerjee (1961), T. Balaram (1962), S. Chuni Goswami (1963), Jarnail Singh (1964), Arun Lal Ghosh (1965), Yusuf Khan (1968).
- (b) Dronacharya Award winners -> Syed Naeemuddin
- (c) International Personalities -> Diego Maradona, Paul, Michel Platini, Zinedine Zidane (FRA), Oliver, Kristin Khan, Hernan Crespo

(d) Important Tournaments → FIFA WORLD CUP, EURO CUP, CFB, League, Olympic games, Durand Cup, Federation Cup.

(e) Important Venues :- Wembley, Blackheath, Brocklands, Salt Lake Stadium (Kolkata), Ambedkar Stadium (Delhi), J. N. S. Stadium (Delhi), Shivaji Park (Mumbai)

(6) Important Tournaments - FIFA World Cup, Euro Cup, C.R.I. League, Olympic Games, Premier League, Football World Cup

(5) Important Venues - Wembley, Lord's Cricket Ground, Old Trafford, Anfield, St. James' Park, Tottenham Hotspur Stadium

# Yoga Poses pleated jeans



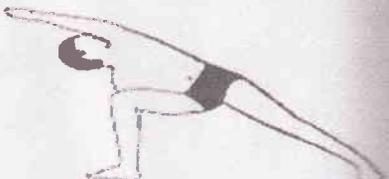
The "British Soldier"



The "Pewww I'm a Rocket Ship"



The "Hand Giraffe"



The "Smell Your Pits™"

# YOGA

History → The origin of the word 'Yoga' is from the Sanskrit word 'Yuj' which means 'to join'. Acc. to Patanjali who is supposed to be the founder of yoga, the meaning of the word 'Yuj' is to stabilise the mind for the union of Atma & Parmatma. In simple words, yoga is a way to join God.

Swami Digambar Ji, "Yoga is a union of Atma & Parmatma."

Satyajal, "Yoga is derived from Sanskrit word, 'Yuj' which means the union of soul with God."

Greeta (Pic book) describes yoga as "evenness of temper"

Shankaracharya says, "Yoga is withdrawal of sense organs from the worldly objects & their control through yoga."

According to Ashtang Yoga from Patanjali Yoga consists of 8 stages to achieve the union of Atma & Parmatma. They are →

- (i) Yama → These are the basic principles for the benefit of society such as honesty, non-violence & absence of lust.
- (ii) Niyam → These are the basic principles for self, like a healthy body, hygienic habits, proper diet, sleep, rest, routine work etc.
- (iii) Asana → These are slow starting ~~obj~~ activities performed to improve the whole body fitness.

- (iv) **Pranayam** :- This is a system & rhythmic control of breathing, performed, to improve the functioning of the whole body.
- (v) **Pratyahar** :- These are performed to improve intellectual capability in order to develop inner mental strength.
- (vi) **Dharana** :- These are performed under the able guidance of a guru/Teacher, who guides us for maximum growth, development & control of senses.
- (vii) **Dhyana** :- It is the process of controlling the mind leading towards high levels of concentration & meditation.
- (viii) **Smadhi** :- It is the state of superconsciousness where 'dhyana' reaches its climax. It is also the state of union with God.

### (A) Various Types of Asanas :-

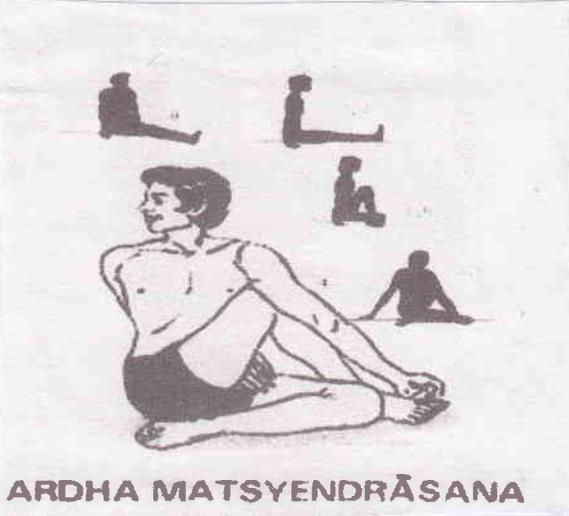
- (i) Cultural Asanas: for body fitness.
- (ii) Meditative Asanas: for improving mental activities.
- (iii) Relaxative or therapeutic Asanas: for curing various problems.

### Standing Asanas :-

- (1) **Tara Asana (Palm tree Posture)** :- In this Asana, a person stands on toes. slowly, he raises both hands as much as possible while coming on toes.

#### Benefits :-

- (i) Develops leg muscles
- (ii) Increase height in children.
- (iii) Relieves leg pain.
- (v) Cures postural problems like scoliosis, Kyphosis, neck Spondylitis, flat foot.



**ARDHA MATSYENDRĀSANA**

(iv) **Pranayama** - This is a system of slight air control of breathing performed to improve the functioning of the whole body.  
 (v) **Pratyahara** - This is performed to improve intellectual capability in order to develop inner mental strength.

(vi) **Dhyana** - This is performed to be able to achieve a state of concentration.

(vii) **Dhyan** - It is the high level of concentration.  
 (viii) **Samadhi** - It is the state of bliss.

(A) **Various types of Cultural Asanas for body fitness**  
 (i) **Relaxative or therapeutic Asanas** for curing various problems.  
 (ii) **Meditative Asanas** for improving mental activities.  
 (iii) **Physical Asanas** for body fitness.

(B) **Twisting Asanas** -  
 (i) **Janu Bandha (Half the posture)** - In this Asana, a person starts on their side, the right leg is bent and pulled towards the chest, and the left leg is extended straight out.

(ii) **Relieves leg pain**  
 (iii) **Increases leg strength**  
 (iv) **Improves posture** like scoliosis, kyphosis, neck strain, etc.

Ushthi Asana (camel posture) :- from 'Vajra asana' position start bending backwards with chest raised. Hands hold the ankle by looking back.

Benefits :-

- (i) Develops leg strength.
- (ii) Cures arthritis, sciatica
- (iii) Increase back muscle's strength
- (iv) Cures Kyphosis postural deformity.

## SHONQ ASANAS :-

(1) Padma Asana (Lotus posture) :- It is sitting with crossed legs in such a way that feet should touch the opposite hip while hands are on knees & the back is straight.

Benefits :-

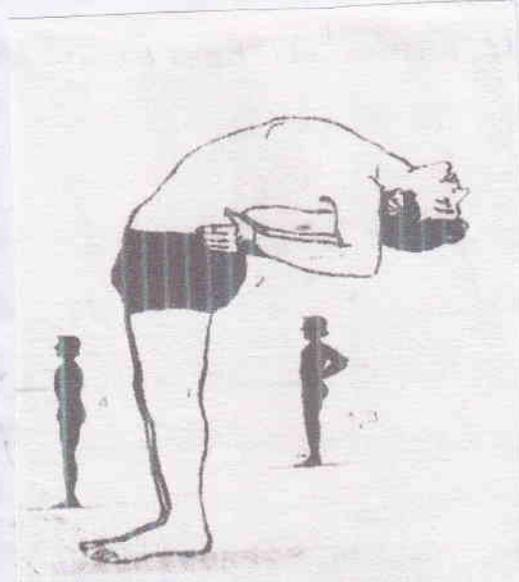
- (i) A very good meditative posture.
- (ii) Improves leg strength & flexibility.
- (iii) Pranayams are performed in this posture.
- (iv) Cures arthritis & sciatica & knock knees.

(2) Vajra Asana (Rock sitting) :- In this Asana we sit with flexed legs with hands over knees & back straight. Body rests over the ankles.

Benefits ->

- (i) Improve leg muscles.
- (ii) Also a meditation pose to perform various pranayams.
- (iii) Cures gastric problems.

Urdhva Ashwa Sana (Forward Bending) :- From Vajrasana, lift the feet and bend the body forward with the hands held the ankles by locking feet.



ARDHA CAKRĀSANA

Urdhva Ashwa Sana :- From Vajrasana, lift the feet and bend the body forward with the hands held the ankles by locking feet.

- (i) Improves leg strength.
- (ii) Increases back muscle.
- (iii) Improves posture.

### SHIRSHASANA

- (i) Improves leg strength.
- (ii) Improves leg strength.
- (iii) Improves leg strength.
- (iv) Improves leg strength.

Vajrasana (Sitting) :- In this Asana we sit with the feet together and hands over the knees. The body is straight and the neck is over the head.

- (i) Improves leg strength.
- (ii) Also a meditation posture.
- (iii) Improves posture.

## Lying Asanas:-

(1) Shava Asana (Dead Pose) :- It is a resting pose in a lying position. Hands & feet are motionless, face is upward. Control the breath without any disturbance. It is a relaxing pose.

### Benefits:-

- (i) Relaxing body
- (ii) Controls the breathing
- (iii) Reduces stress & tensions.

(2) Makra Asana :- It is resting in prolying position in which hands are in front under the head.

### Benefits:-

- (i) Relaxes body.
- (ii) Improve breathing.
- (iii) Reduces stress & tension.

## Pranayam:-

These are the breathing exercises in which inhale, exhale & stopping of breath are controlled. These pranayams develop a lot of inner strength.

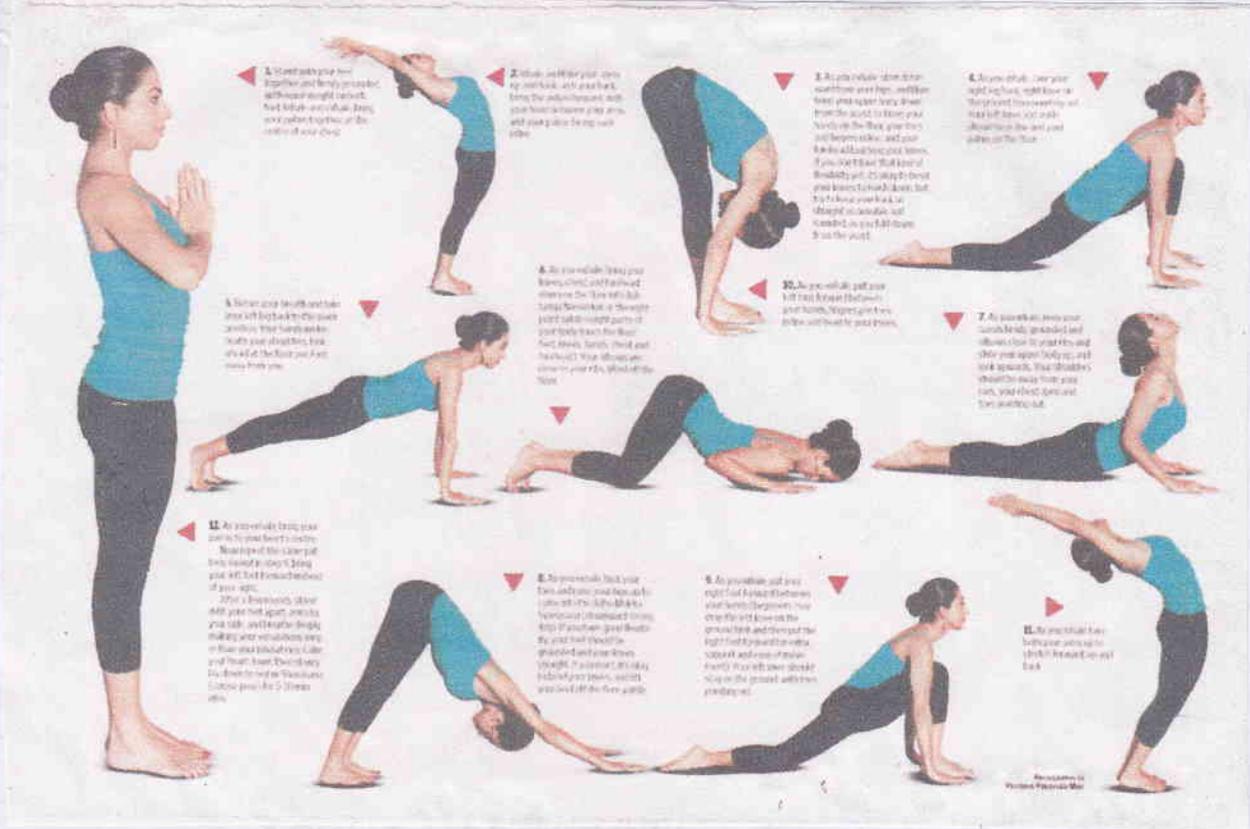
Anulom-Velom :- It is simple inhalation from nose & long exhalation from mouth.

Surya bhadan + It is long inhalation from left nostril & exhalation from right nostril & exhalation from right vice-versa after each repetition.

Pranayama :-

(1)

Pranayama (Breath Control) is a breathing exercise for a better health.



(2)  
(3)  
(4)  
(5)  
(6)  
(7)  
(8)  
(9)  
(10)  
(11)  
(12)

Pranayama :-

Pranayama is a breathing exercise in which inhalation & exhalation are controlled. This pranayama develops a lot of inner strength. Pranayama - It is simple inhalation from nose & exhalation from mouth. Pranayama - It is long inhalation from left nostril & exhalation from right nostril. Pranayama - It is long inhalation from right nostril & exhalation from left nostril. Pranayama - It is long inhalation from both nostrils & exhalation from both nostrils.

Bhramari :- In this pranayam the exhalation produces vibration sound from the throat.

General Benefits of Asanas & Pranayama :-

They improve the cardiovascular efficiency. They strengthen the respiratory organs. The heart & abdominal viscera get gentle massage. Height of meditation can be achieved through pranayam. They improve memory & mental sharpness. They prevent cardiac disorders. They increase life span by improving health & fitness. They reduce stress, tension & worries.