

# **Sports Website Using HTML And CSS**

## **A PROJECT REPORT**

*Submitted by*

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*in partial fulfillment for the award of the degree  
of*

**BACHELOR OF TECHNOLOGY IN  
COMPUTER SCIENCE ENGINEERING  
(Artificial Intelligence and Machine Learning)**



**Lovely Professional University, Punjab**

**12416483**

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## **APPENDIX II**

**Lovely Professional University, Punjab**

### **BONAFIDE CERTIFICATE**

Certified that this project report “**Sports Website using HTML and CSS**”  
is the bonafide work of “ **Sameer kumar** ”who carried out the project work under my  
supervision.

**SIGNATURE**

**SUPERVISOR**

**SIGNATURE**

**CLASS MENTOR**

**SIGNATURE**

**HEAD OF THE DEPARTMENT**

# Abstract

Welcome to our Sports Academy, where passion meets performance!

We offer specialized training programs in basketball, soccer, and swimming, designed to

cultivate athletic skills and foster teamwork. Our dedicated webpages provide comprehensive insights into each sport, detailing essential training techniques and fundamental rules to enhance understanding and proficiency.

Whether you're a beginner or looking to refine your skills, our expert coaches are committed to guiding you on your athletic journey. Join us to unlock your potential and experience the thrill of sports in a supportive environment.

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## **Introduction**

In today's fast-paced world, sports play a vital role in promoting physical fitness, teamwork, and discipline among individuals of all ages. This report presents a comprehensive overview of a sports training academy dedicated to enhancing skills and understanding in three popular sports: basketball, soccer, and swimming. Each sport not only fosters physical agility but also instills essential life skills such as leadership, perseverance, and strategic thinking.

The academy's website features dedicated pages for each sport, providing insights into their fundamental rules, techniques, and training methodologies. By exploring the basics and the regulations that govern basketball, soccer, and swimming, aspiring athletes and enthusiasts can develop a deeper appreciation and mastery of these disciplines. This report aims to highlight the educational resources available on the website, illustrating the importance of structured training and informed participation in the world of sports.

## Home page

### HTML

```
<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta name="viewport" content="width=device-width, initial-
scale=1.0">
  <title>Sports Training</title>
  <link rel="stylesheet" href="project.css">
</head>
<body>
  <header>
    </img>
    <h4 style="text-align:
left;"><br><br>Sports@Academy</h4>
    <h1>Sports Training Academy</h1>
    <nav >
      <ul>
        <li><a href="project.html">Home</a></li>
        <li><a href="program.html">Programs</a></li>
        <li><a href="basketball.html">Basketball
Basic's</a></li>
        <li><a href="soccer.html">Soccer Basic's</a></li>
        <li><a href="swimming.html">Swimming
Basic's</a></li>
        <li><a href="contact.html">Contact</a></li>
      </ul>
    </nav>
  </header>
```



<section id="home">

<h2>Welcome to Sports Training Academy</h2>

<p>Your one-stop solution for improving your sports skills and performance. Join us to train with the best Training programs and techniques.

Sports have been an integral part of human culture and history, dating back to ancient civilizations. From the Olympic Games to local community leagues, sports have evolved and diversified over time, encompassing a wide range of activities, such as football, basketball, tennis, swimming, gymnastics, and many more.

While sports are often associated with entertainment, competition, and leisure, they also have numerous physical, mental, and social benefits for individuals and society. In this article, we'll examine the Importance of Sports and how they contribute to personal and social development.

</p>

</section>

<section id="programs">

<h2>Training Programs</h2>

<div class="program">

<h3>Basketball Training</h3>

<p>Improve your shooting, dribbling, and defensive skills with our expert.</p>

</div>

<div class="program">

<h3>Soccer Training</h3>

<p>Enhance your agility, ball control, and teamwork with our specialized soccer tips and techniques.</p>

</div>

<div class="program">

<h3>Swimming Training</h3>

<p>Get personalized coaching tips to improve your swimming techniques and endurance.</p>

</div>

</section>

<section id="content">

<div class="content">

<h3> Benefits of Sports on Physical Well-being</h3>

<p>

Engaging in sports is a powerful way to enhance physical well-being. Regular participation in physical activities helps improve cardiovascular health, build muscle strength, and increase flexibility. Sports also promote weight management and reduce the risk of chronic diseases such as diabetes and heart disease. Furthermore, the social aspect of team sports fosters community and support, contributing positively to mental health. Overall, sports provide a holistic approach to maintaining a healthy lifestyle, encouraging individuals to stay active and engaged.

</p>

</img>

</div>

</section>

<section id="content">

<div class="content">

<h3>Benefits of Sports on Mental health</h3>

<p>

Engaging in sports not only enhances physical fitness but also plays a crucial role in developing mental strength. Through the challenges and competitions faced in sports, individuals learn resilience, discipline, and perseverance. The experience of setting goals and striving to achieve them fosters a growth mindset, which is essential for overcoming obstacles in both athletic and everyday life. Moreover, the camaraderie built through teamwork installs a sense of belonging and support, further boosting mental well-being. Overall, sports serve as a powerful tool for cultivating a robust mental state, enabling individuals to handle stress and adversity with confidence.

</p>

</section>

<footer>

<p>&copy; 2024 Sports Training Academy. </p>

</footer>

</body>

</html>

# Home page

## CSS

```
body {  
    font-family: Arial, sans-serif;  
    margin: 0;  
    padding: 0;  
    background-color: #ddcece;  
}
```

```
header {  
    background:#15625f;  
    color: #fff;  
    padding: 10px 0;  
    text-align: center;  
}
```

```
header nav ul {  
    list-style: none;  
    padding: 0;  
}
```

```
header nav ul li {  
    display: inline;  
    margin: 0 15px;  
}
```

```
header nav ul li a {  
    color: #fff;  
    text-decoration: none;  
}
```

```
section {
```

```
padding: 20px;
margin: 20px;
background-color: rgba(216, 235, 216, 0.9);
border-radius: 5px;
box-shadow: 0 0 10px rgba(0, 0, 0, 0.1);
}
```

```
body::before {
  content: "";
  position: fixed;
  top: 0;
  left: 0;
  right: 0;
  bottom: 0;
  background-image: url('sports1.jpg');
  background-size: cover;
  background-position: center;
  z-index: -1;
}
```

```
h2 {
  color: #333;
}
```

```
.program {
  margin-bottom: 20px;
}
```

```
footer {
  text-align: center;
  padding: 10px 0;
```

```
background: #15625f;
color: #fff;
position: relative;
bottom: 0;
width: 100%;
}
.img_sports{
border-radius: 120px;
width: 120px;
height: 120px;
float: left;
}
```

## Program Specific Webpage HTML

```
<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta name="viewport" content="width=device-width, initial-
scale=1.0">
  <title>Sports Training Programs</title>
  <link rel="stylesheet" href="pstyles.css">
</head>
<body>
  <header>
    <h1>Sports Training Academy</h1>
    <nav>
      <ul>
        <li><a href="project.html">Home</a></li>
```

```
    <li><a href="programs.html">Programs</a></li>
    <li><a href="contact.html">Contact</a></li>
  </ul>
</nav>
</header>
```

```
<section id="programs">
  <h2>Training Programs</h2>
```

```
  <div class="program">
    <h3>Basketball Training</h3>
    <p>Our basketball training program focuses on improving
    shooting, dribbling, and defensive skills. Participants will engage
    in drills designed to enhance their overall performance on the
    court.</p>
```

```
    <ul>
      <li>Age Group: 10-18 years</li>
      <li>Duration: 8 weeks</li>
      <li>Schedule: Saturdays, 10 AM - 12 PM</li>
    </ul>
  </div>
```

```
  <div class="program">
    <h3>Soccer Training</h3>
    <p>Join our soccer training sessions to enhance your
    agility, ball control, and teamwork. Our experienced coaches will
    guide you through various drills and matches to improve your
    skills.</p>
```

```
    <ul>
      <li>Age Group: 8-16 years</li>
      <li>Duration: 10 weeks</li>
```

```
    <li>Schedule: Sundays, 9 AM - 11 AM</li>
  </ul>
</div>
```

```
<div class="program">
  <h3>Swimming Training</h3>
  <p>Our swimming training program offers personalized
coaching to improve your swimming techniques and endurance.
Whether you are a beginner or an advanced swimmer, we have a
program for you.</p>
  <ul>
    <li>Age Group: All ages</li>
    <li>Duration: 6 weeks</li>
    <li>Schedule: Wednesdays, 6 PM - 8 PM</li>
  </ul>
</div>
<footer>
  <p>&copy; 2024 Sports Training Academy. </p>
</footer>
```

```
</body>
</html>
```

## Program specific Webpage

### CSS

```
body {
  font-family: Arial, sans-serif;
  margin: 0;
  padding: 0;
```



```
    background-color: #f4f4f4;
}
```

```
header {
    background: #15625f;
    color: #fff;
    padding: 10px 0;
    text-align: center;
}
```

```
header nav ul {
    list-style: none;
    padding: 0;
}
```

```
header nav ul li {
    display: inline;
    margin: 0 15px;
}
```

```
header nav ul li a {
    color: #fff;
    text-decoration: none;
}
```

```
section {
    padding: 20px;
    margin: 20px;
    background-color: rgba(216, 235, 216, 0.9);
}
```

```
border-radius: 5px;
box-shadow: 0 0 10px rgba(0, 0, 0, 0.1);
}
```

```
body::before {
  content: "";
  position: fixed;
  top: 0;
  left: 0;
  right: 0;
  bottom: 0;
  background-image: url('sports1.jpg');
  background-size: cover;
  background-position: center;
  z-index: -1;
}
```

```
h2 {
  color: #333;
}
```

```
.program {
  margin-bottom: 20px;
}
```

```
footer {
  text-align: center;
  padding: 10px 0;
  background: #15625f;
```

```
color: #fff;
position: relative;
bottom: 0;
width: 100%;
}
```

## **Basketball specific Webpage**

### **HTML**

```
<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta name="viewport" content="width=device-width, initial-
scale=1.0">
  <title>Basketball for Beginners</title>
  <link rel="stylesheet" href="bstyles.css">
</head>
<body>
  <header>
    <h1>Basketball Basics </h1>
    <nav>
      <ul>
        <li><a href="project.html">Home</a></li>
        <li><a href="program.html">Programs</a></li>
        <li><a href="#techniques">Techniques</a></li>
        <li><a href="#rules">Rules</a></li>
        <li><a href="#tips">Tips</a></li>
        <li><a href="contact.html">Contact</a></li>
      </ul>
    </nav>
```

</header>

<section id="techniques">

<h2>Basic Techniques</h2>

<h3>1. Dribbling</h3>

<p>Dribbling is the act of bouncing the ball while moving. Keep your head up and use your fingertips to control the ball.</p>

<h3>2. Shooting</h3>

<p>For shooting, use the BEEF method: Balance, Eyes, Elbow, Follow-through. Aim for the back of the rim for better accuracy.</p>

<h3>3. Passing</h3>

<p>There are several types of passes: chest pass, bounce pass, and overhead pass. Always aim for your teammate's hands.</p>

<h3>4. Defense</h3>

<p>Stay low and keep your feet shoulder-width apart. Use your arms to block passing lanes and stay in front of your opponent.</p>

</section>

<section id="rules">

<h2>Basic Rules of Basketball</h2>

<ul>

<li><strong>Game Duration:</strong> A standard game consists of four quarters, each lasting 12 minutes in the NBA.</li>

**Scoring:** A field goal is worth 2 points, and a shot made from beyond the three-point line is worth 3 points. Free throws are worth 1 point each.

**Fouls:** Personal fouls are called for illegal physical contact. Accumulating too many fouls can result in disqualification.

**Traveling:** Taking too many steps without dribbling the ball is considered traveling and results in a turnover.

**Shot Clock:** Teams have 24 seconds to attempt a shot after gaining possession of the ball.

<section id="tips">

<h2>Tips for Beginners</h2>

<ul>

<li>Practice regularly to improve your skills and build muscle memory.</li>

<li>Watch basketball games to learn strategies and techniques from experienced players.</li>

<li>Work on your fitness to enhance stamina, speed, and agility on the court.</li>

<li>Communicate with your teammates during games to improve teamwork.</li>

<li>Stay positive and have fun! Enjoy the game and learn from your mistakes.</li>

</ul>

</section>

<footer>

<p>&copy; 2024 Sports Training Academy. </p>

```
</footer>
```

```
</body>
```

```
</html>
```

## **Basketball specific Webpage CSS**

```
body {  
    font-family: Arial, sans-serif;  
    margin: 0;  
    padding: 0;  
    background-color: #f4f4f4;  
}
```

```
header {  
    background: #15625f;  
    color: #fff;  
    padding: 10px 0;  
    text-align: center;  
}
```

```
header nav ul {  
    list-style: none;  
    padding: 0;  
}
```

```
header nav ul li {  
    display: inline;
```

```
margin: 0 15px;  
}
```

```
header nav ul li a {  
    color: #fff;  
    text-decoration: none;  
}
```

```
section {  
    padding: 20px;  
    margin: 20px;  
    background-color: rgba(216, 235, 216, 0.9);  
    border-radius: 5px;  
    box-shadow: 0 0 10px rgba(0, 0, 0, 0.1);  
}
```

```
body::before {  
    content: "";  
    position: fixed;  
    top: 0;  
    left: 0;  
    right: 0;  
    bottom: 0;  
    background-image: url('basketball .jpg');  
    background-size: cover;  
    background-position: center;  
    z-index: -1;  
}
```

```
h2 {
    color: #333;
}

h3 {
    color: #555
}

footer {
    text-align: center;
    padding: 10px 0;
    background: #15625f;
    color: #fff;
    position: relative;
    bottom: 0;
    width: 100%;
}
```

## **Soccer specific Webpage**

### **HTML**

```
<!DOCTYPE html>
<html lang="en">
<head>
    <meta charset="UTF-8">
    <meta name="viewport" content="width=device-width, initial-
scale=1.0">
    <title>Soccer Training for Beginners</title>
```



```
<link rel="stylesheet" href="soccer.css">
</head>
<body>
  <header>
    <h1>Soccer Basics </h1>
    <nav>
      <ul>
        <li><a href="project.html">Home</a></li>
        <li><a href="programs.html">Programs</a></li>
        <li><a href="#techniques">Techniques</a></li>
        <li><a href="#rules">Rules</a></li>
        <li><a href="#tips">Tips</a></li>
        <li><a href="contact.html">Contact</a></li>
      </ul>
    </nav>
  </header>

  <section id="techniques">
    <h2>Basic Techniques</h2>
    <h3>1. Dribbling</h3>
    <p>Dribbling is the skill of controlling the ball while
moving. Use the inside and outside of your foot to maneuver
around defenders.</p>

    <h3>2. Passing</h3>
    <p>Accurate passing is essential. Use the inside of your foot
for short passes and the laces for longer passes. Always aim for
your teammate's feet.</p>

    <h3>3. Shooting</h3>
```

<p>To shoot effectively, approach the ball at an angle. Use the laces of your boot for power shots and the inside for placement shots.</p>

### <h3>4. Defending</h3>

<p>Stay on your toes and maintain a low center of gravity. Position yourself between the ball and the goal, and use your body to block the attacker.</p>

</section>

## <section id="rules">

### <h2>Basic Rules of Soccer</h2>

<ul>

<li><strong>Game Duration:</strong> A standard match consists of two halves, each lasting 45 minutes.</li>

<li><strong>Scoring:</strong> A goal is scored when the entire ball crosses the goal line between the goalposts.</li>

<li><strong>Offside Rule:</strong> A player is in an offside position if they are nearer to the opponent's goal line than both the ball and the second-last opponent when the ball is played to them.</li>

<li><strong>Fouls:</strong> Fouls are called for dangerous play, tripping, pushing, or holding an opponent. Free kicks are awarded for fouls.</li>

<li><strong>Yellow and Red Cards:</strong> A yellow card is a warning, while a red card results in expulsion from the game.</li>

</ul>

</section>

## <section id="tips">

```
<h2>Tips for Beginners</h2>
<ul>
  <li>Practice regularly to develop your skills and build
confidence on the ball.</li>
  <li>Watch professional soccer games to understand
strategies and tactics.</li>
  <li>Work on your fitness to improve stamina, speed, and
agility.</li>
  <li>Communicate with your teammates during games;
teamwork is crucial in soccer.</li>
  <li>Have fun and enjoy the game! Learn from your
mistakes and keep a positive attitude.</li>
</ul>
</section>
<footer>
  <p>&copy; 2024 Sports Training Academy. </p>
</footer>

</body>
</html>
```

## Soccer specific Webpage

### CSS

```
body {
  font-family: Arial, sans-serif;
  margin: 0;
  padding: 0;
  background-color: #f4f4f4;
```

```
}
```

```
header {  
    background: #15625f;  
    color: #fff;  
    padding: 10px 0;  
    text-align: center;  
}
```

```
header nav ul {  
    list-style: none;  
    padding: 0;  
}
```

```
header nav ul li {  
    display: inline;  
    margin: 0 15px;  
}
```

```
header nav ul li a {  
    color: #fff;  
    text-decoration: none;  
}
```

```
section {  
    padding: 20px;  
    margin: 20px;  
    background-color: rgba(216, 235, 216, 0.9);  
    border-radius: 5px;  
    box-shadow: 0 0 10px rgba(0, 0, 0, 0.1);  
}
```

```
body::before {  
    content: "";  
    position: fixed;  
    top: 0;  
    left: 0;  
    right: 0;  
    bottom: 0;  
    background-image: url('soccer.jpg');  
    background-size: cover;  
    background-position: center;  
    z-index: -1;  
}
```

```
h2 {  
    color: #333;  
}
```

```
h3 {  
    color: #555  
}
```

```
footer {  
    text-align: center;  
    padding: 10px 0;  
    background: #15625f;  
    color: #fff;  
    position: relative;  
    bottom: 0;  
    width: 100%;  
}
```

# Swimming specific Webpage

## CSS

```
<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta name="viewport" content="width=device-width, initial-
scale=1.0">
  <title>Swimming Training </title>
  <link rel="stylesheet" href="stylesheet.css">
</head>
<body>
  <header>
    <h1>Swimming Basics </h1>
    <nav>
      <ul>
        <li><a href="project.html">Home</a></li>
        <li><a href="program.html">Programs</a></li>
        <li><a href="#techniques">Techniques</a></li>
        <li><a href="#rules">Rules</a></li>
        <li><a href="#tips">Tips</a></li>
        <li><a href="contact.html">Contact</a></li>
      </ul>
    </nav>
  </header>

  <section id="techniques">
    <h2>Basic Techniques</h2>
    <h3>1. Freestyle Stroke</h3>
```

<p>The freestyle stroke is the fastest swimming technique. Keep your body flat, kick your legs, and alternate your arm movements while breathing to the side.</p>

### <h3>2. Backstroke</h3>

<p>In backstroke, lie on your back and alternate your arm movements. Keep your head still and look up. Use a flutter kick to propel yourself.</p>

### <h3>3. Breaststroke</h3>

<p>For breaststroke, keep your arms in a circular motion while your legs perform a frog kick. Breathe in when your arms are extended and your head is above water.</p>

### <h3>4. Butterfly Stroke</h3>

<p>The butterfly stroke involves simultaneous arm movement and a dolphin kick. Keep your body undulating and breathe when your arms are out of the water.</p>

</section>

## <section id="rules">

### <h2>Basic Rules of Swimming</h2>

<ul>

<li><strong>Start and Finish:</strong> Swimmers must start from the starting block or pool edge and touch the wall at the end of each lap.</li>

<li><strong>Stroke Regulations:</strong> Each stroke has specific rules regarding body position and movements. Swimmers must adhere to these rules to avoid disqualification.</li>

**Turns:** Swimmers must perform proper turns at the end of each lap, using the correct technique for their stroke.

**False Starts:** A false start occurs when a swimmer leaves the block before the starting signal. This results in disqualification.

**Lane Etiquette:** In practice sessions, swimmers should follow lane etiquette, such as swimming in a counter-clockwise direction and allowing faster swimmers to pass.

<section id="tips">

<h2>Tips for Beginners</h2>

<ul>

<li>Practice regularly to build confidence and improve your technique.</li>

<li>Focus on breathing; learn to breathe rhythmically without disrupting your stroke.</li>

<li>Work on your fitness outside the pool to improve your stamina and strength.</li>

<li>Consider taking lessons from a qualified instructor to learn proper techniques.</li>

<li>Stay relaxed in the water; tension can hinder your movement and efficiency.</li>

</ul>  
</section>

<footer>

<p>&copy; 2024 Sports Training Academy. </p>  
</footer>



```
</body>
</html>
```

## Swimming specific Webpage CSS

```
body {
    font-family: Arial, sans-serif;
    margin: 0;
    padding: 0;
    background-color: #f4f4f4;
}
```

```
header {
    background: #15625f;
    color: #fff;
    padding: 10px 0;
    text-align: center;
}
```

```
header nav ul {
    list-style: none;
    padding: 0;
}
```

```
header nav ul li {
    display: inline;
    margin: 0 15px;
}
```

```
header nav ul li a {
```

```
    color: #fff;
    text-decoration: none;
}
```

```
section {
    padding: 20px;
    margin: 20px;
    background-color: rgba(216, 235, 216, 0.9);
    border-radius: 5px;
    box-shadow: 0 0 10px rgba(0, 0, 0, 0.1);
}
```

```
body::before {
    content: "";
    position: fixed;
    top: 0;
    left: 0;
    right: 0;
    bottom: 0;
    background-image: url('swimming.jpg');
    background-size: cover;
    background-position: center;
    z-index: -1;
}
```

```
h2 {
    color: #333;
}
```

```
h3 {
    color: #555
```

```

}
footer {
    text-align: center;
    padding: 10px 0;
    background:#15625f;
    color: #fff;
    position: relative;
    bottom: 0;
    width: 100%;
}

```

## Contact us specific Webpage

### HTML

```

<!DOCTYPE html>
<html lang="en">
<head>
    <meta charset="UTF-8">
    <meta name="viewport" content="width=device-width, initial-
scale=1.0">
    <title>Contact Us</title>
    <link rel="stylesheet" href="contact.css">
</head>
<body>
    <header>
        <h1>Contact Us</h1>
        <nav>
            <ul>
                <li><a href="project.html">Home</a></li>
                <li><a href="program.html">Programs</a></li>
                <li><a href="basketball.html">Basketball
Basic's</a></li>

```

```

        <li><a href="soccer.html">Soccer Basic's</a></li>
        <li><a href="swimming.html">Swimming
Basic's</a></li>
        <li><a href="contact.html">Contact</a></li>
    </ul>
</nav>
</header>

<section id="contact-form">
    <h2>Get in Touch</h2>
    <form action="submit_form.php" method="post">
        <label for="name">Name:</label>
        <input type="text" id="name" name="name" required>

        <label for="email">Email:</label>
        <input type="email" id="email" name="email" required>

        <label for="program">Training Program Name:</label>
        <input type="text" id="program" name="program"
required>

        <label for="phone">Phone Number:</label>
        <input type="tel" id="phone" name="phone" required>

        <label for="message">Message:</label>
        <textarea id="message" name="message" rows="5"
required></textarea>

        <button type="submit">Submit</button>
    </form>
</section>

```

```
<footer>
  <p>&copy; 2024 Sports Academy.</p>
</footer>
</body>
</html>
```

## Contact us specific Webpage CSS

```
body {
  font-family: Arial, sans-serif;
  margin: 0;
  padding: 0;
  background-color: #f4f4f4;
}
```

```
header {
  background: #15625f;
  color: #fff;
  padding: 10px 0;
  text-align: center;
}
```

```
header nav ul {
  list-style: none;
  padding: 0;
}
```

```
header nav ul li {
  display: inline;
  margin: 0 15px;
```

```
}
```

```
header nav ul li a {  
    color: #fff;  
    text-decoration: none;  
}
```

```
section {  
    padding: 20px;  
    margin: 20px;  
    background-color: rgba(216, 235, 216, 0.9);  
    border-radius: 5px;  
    box-shadow: 0 0 10px rgba(0, 0, 0, 0.1);  
}
```

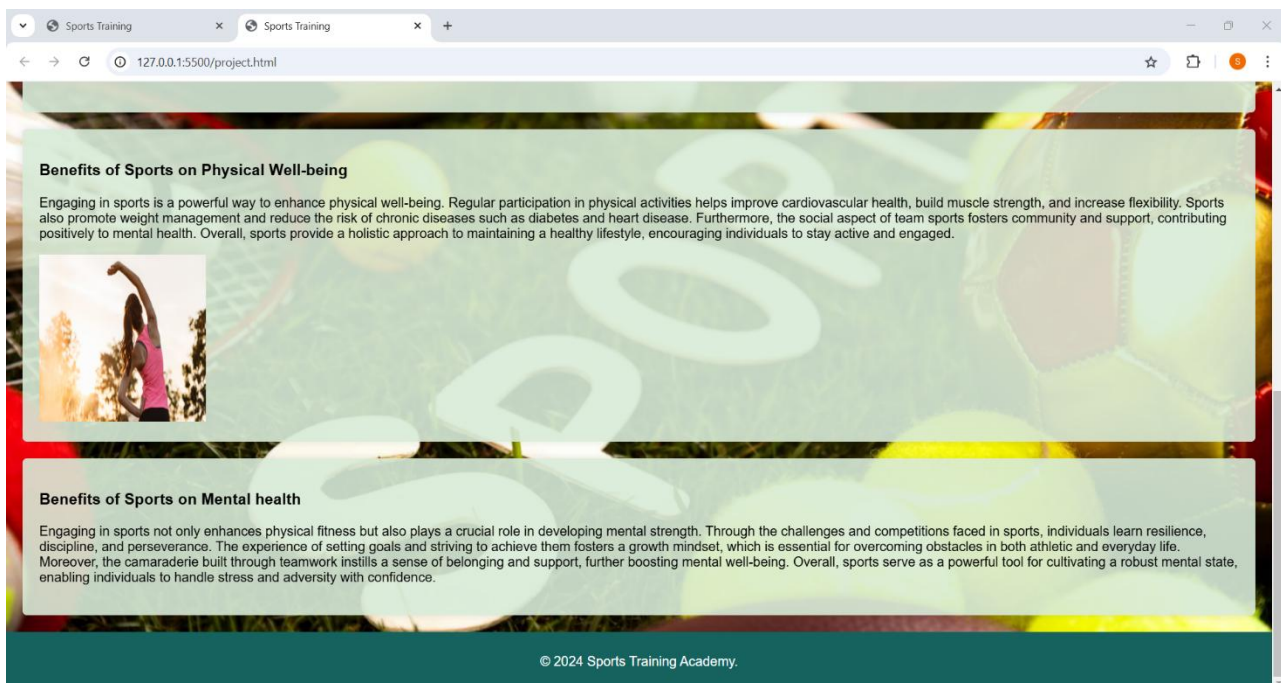
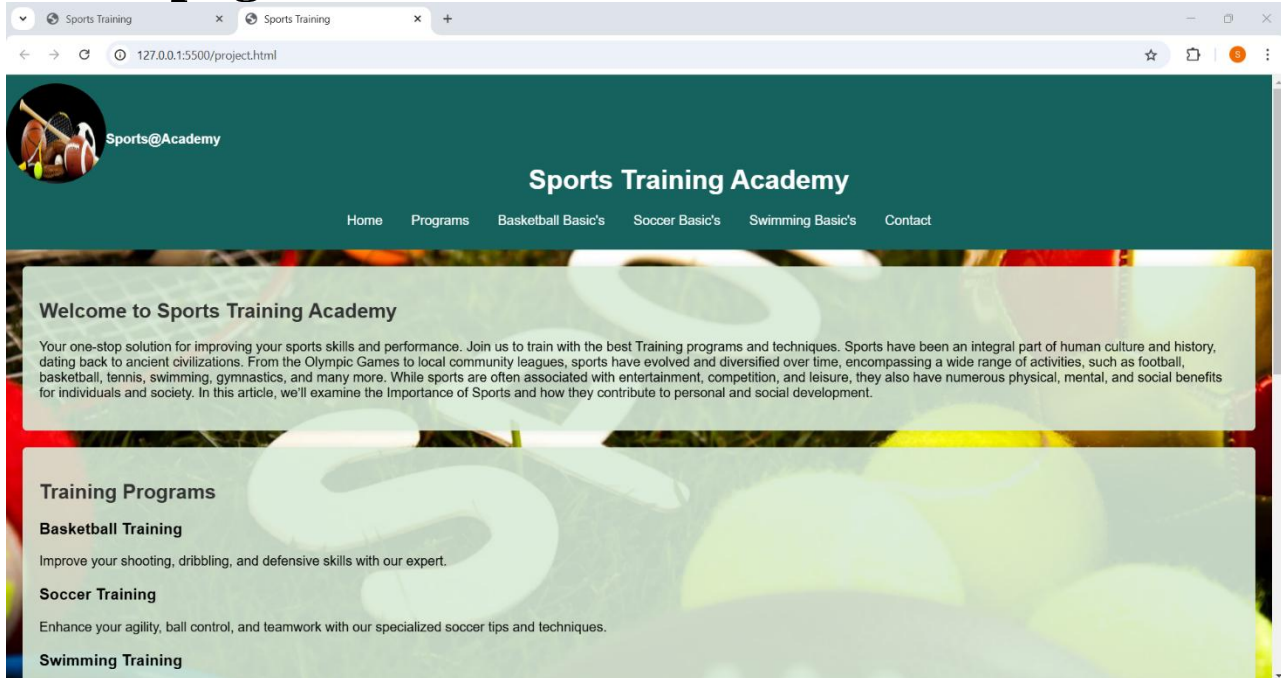
```
body::before {  
    content: "";  
    position: fixed;  
    top: 0;  
    left: 0;  
    right: 0;  
    bottom: 0;  
    background-image: url('swimming.jpg');  
    background-size: cover;  
    background-position: center;  
    z-index: -1;  
}
```

```
h2 {  
    color: #333;  
}
```

```
h3 {  
    color: #555  
}  
footer {  
    text-align: center;  
    padding: 10px 0;  
    background:#15625f;  
    color: #fff;  
    position: relative;  
    bottom: 0;  
    width: 100%;  
}
```

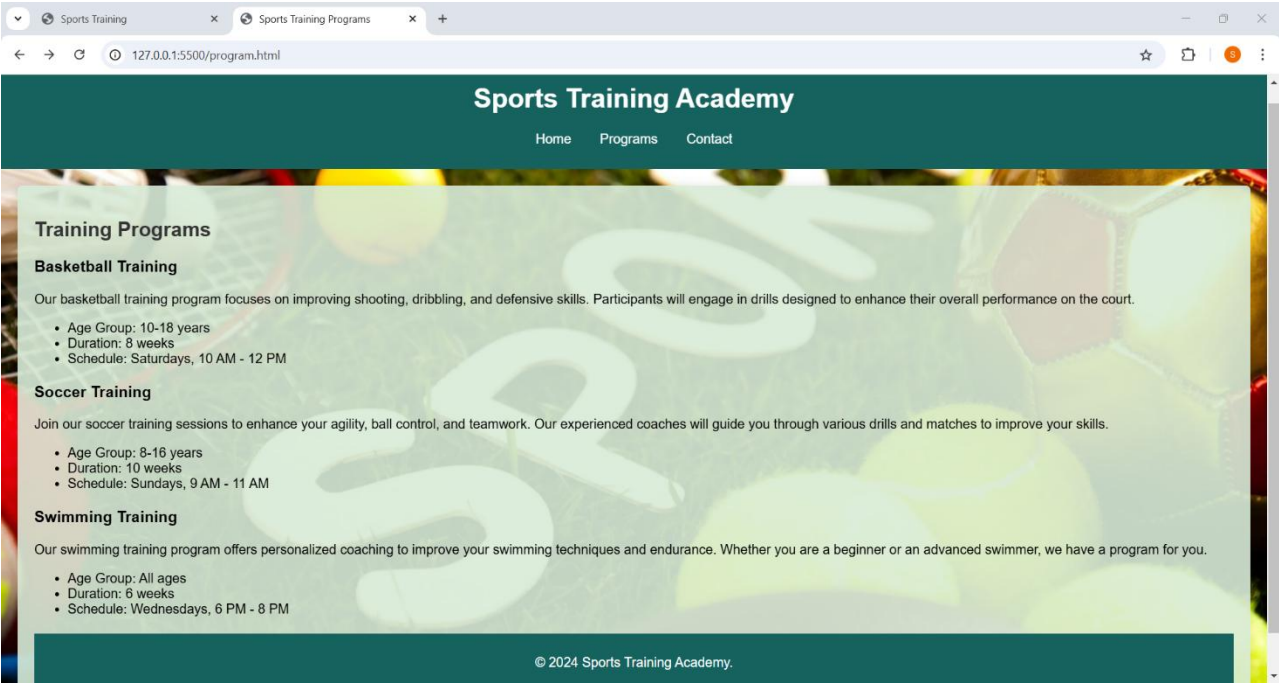
# OUTPUT

## Home page

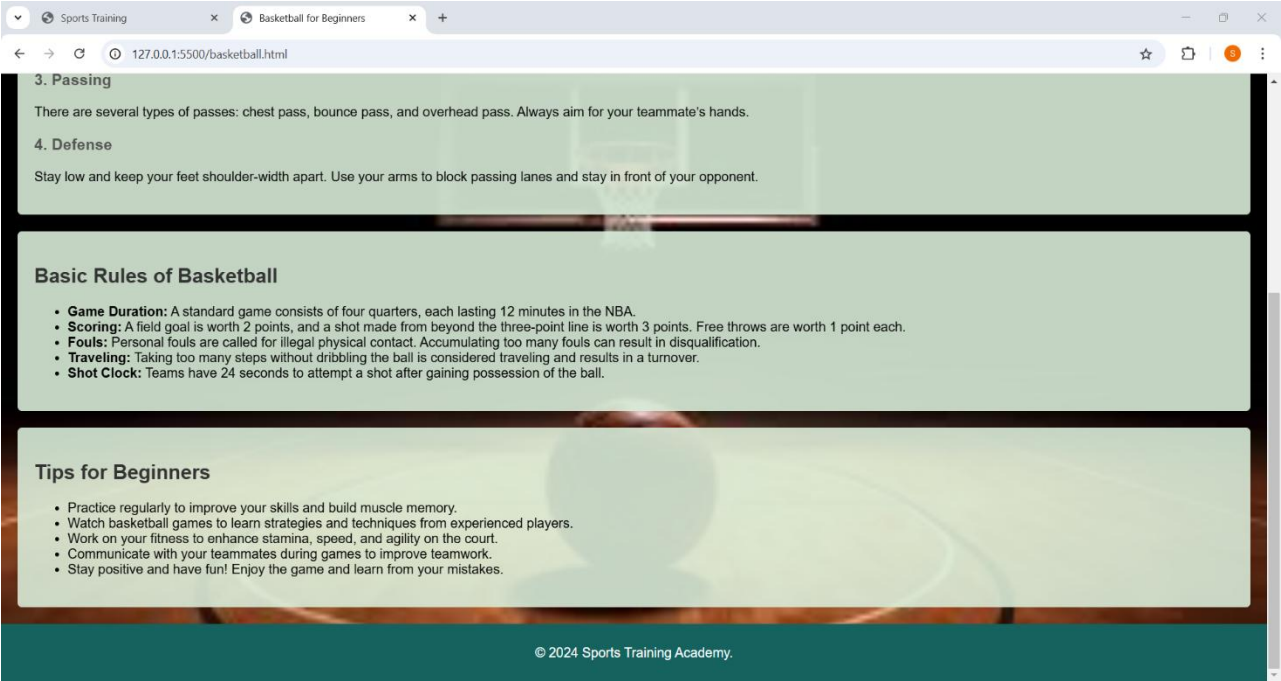
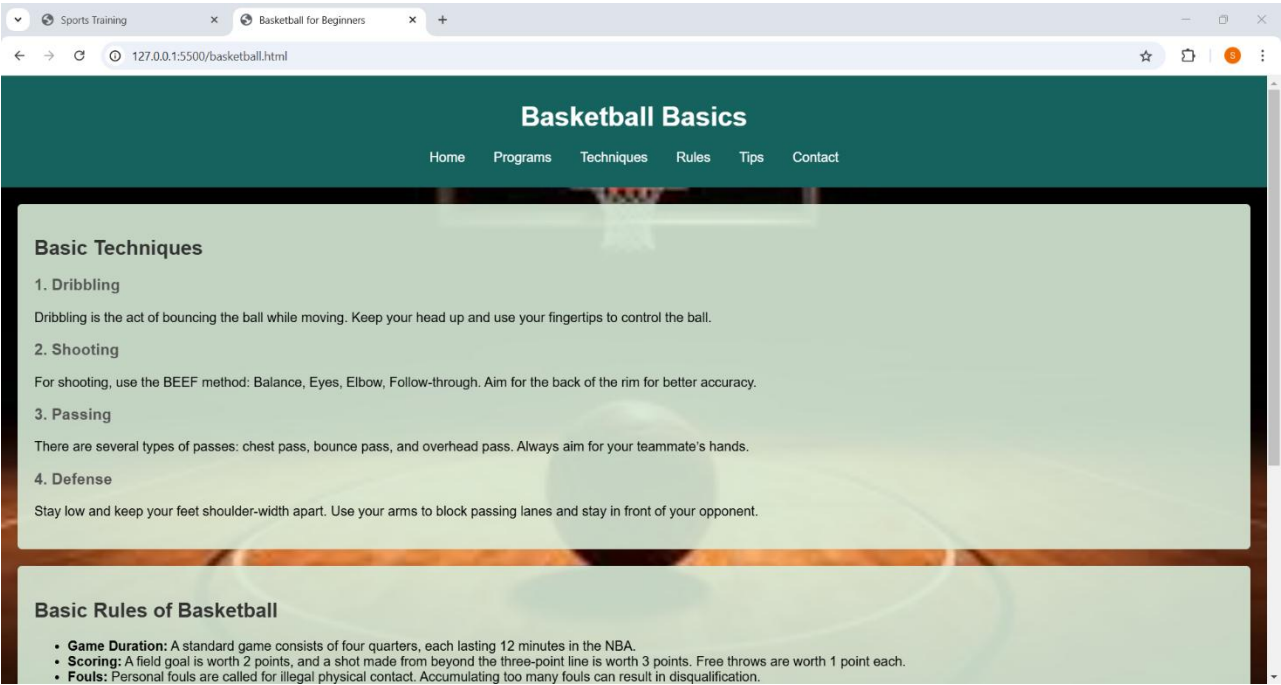




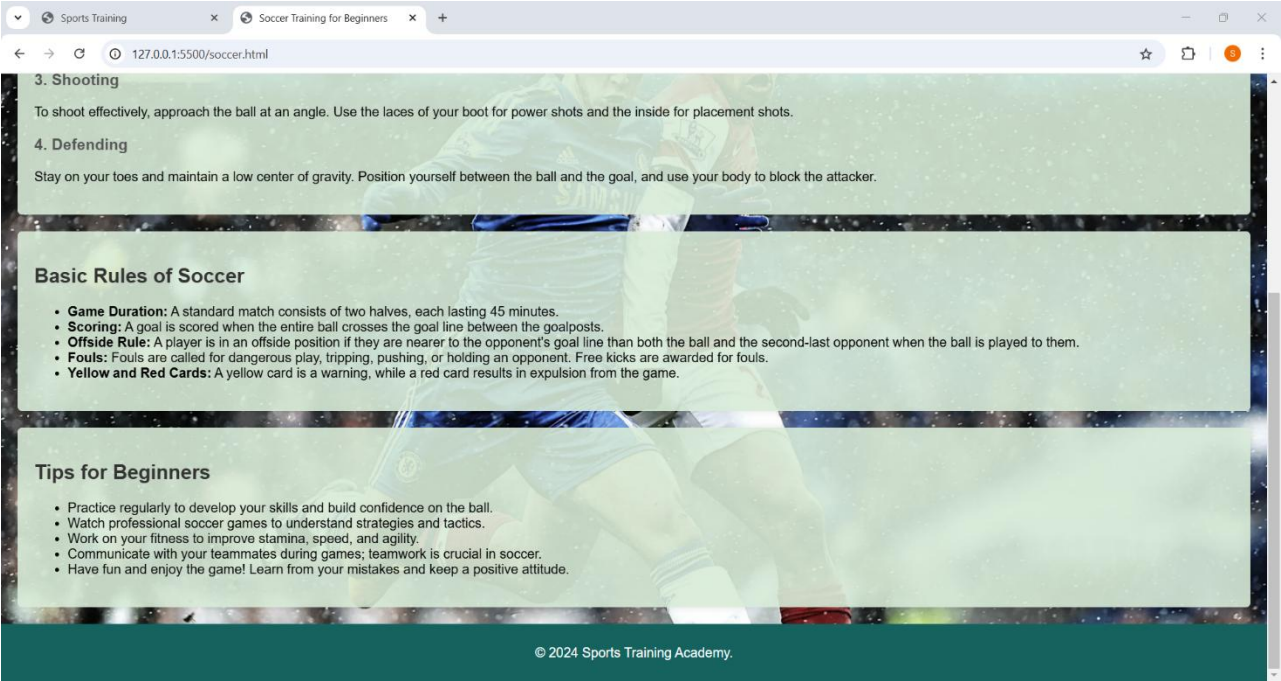
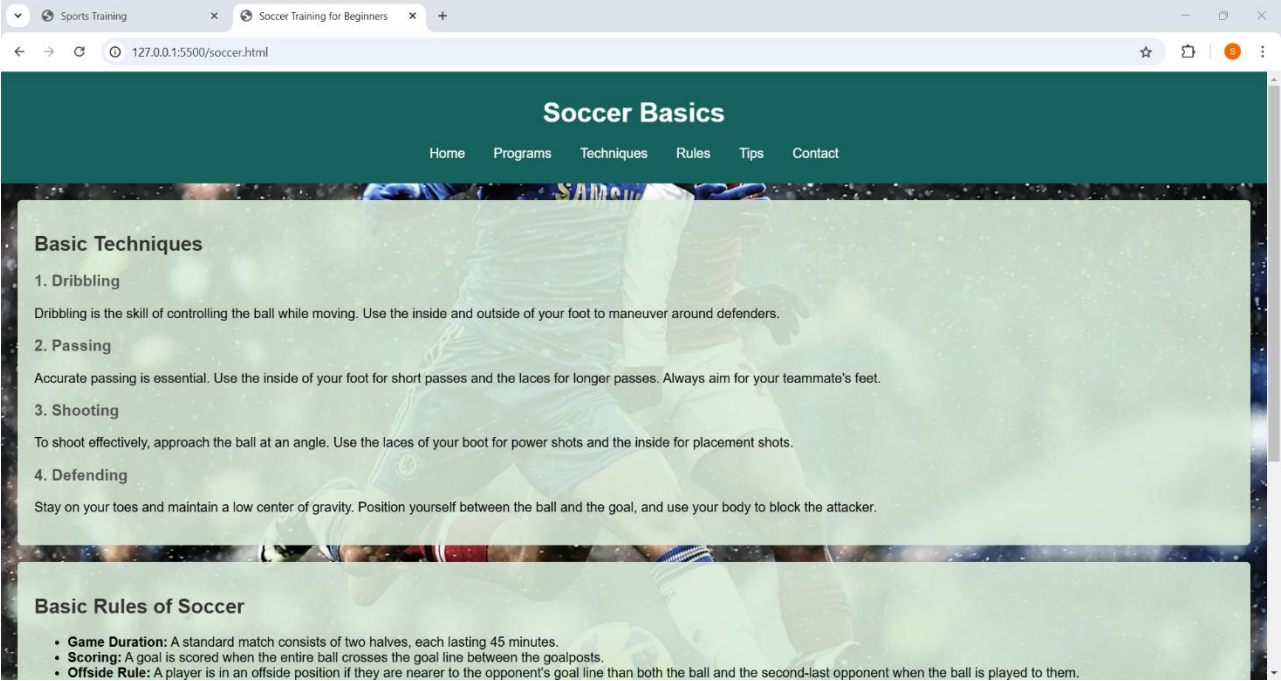
# PROGRAMS



# BASKETBALL

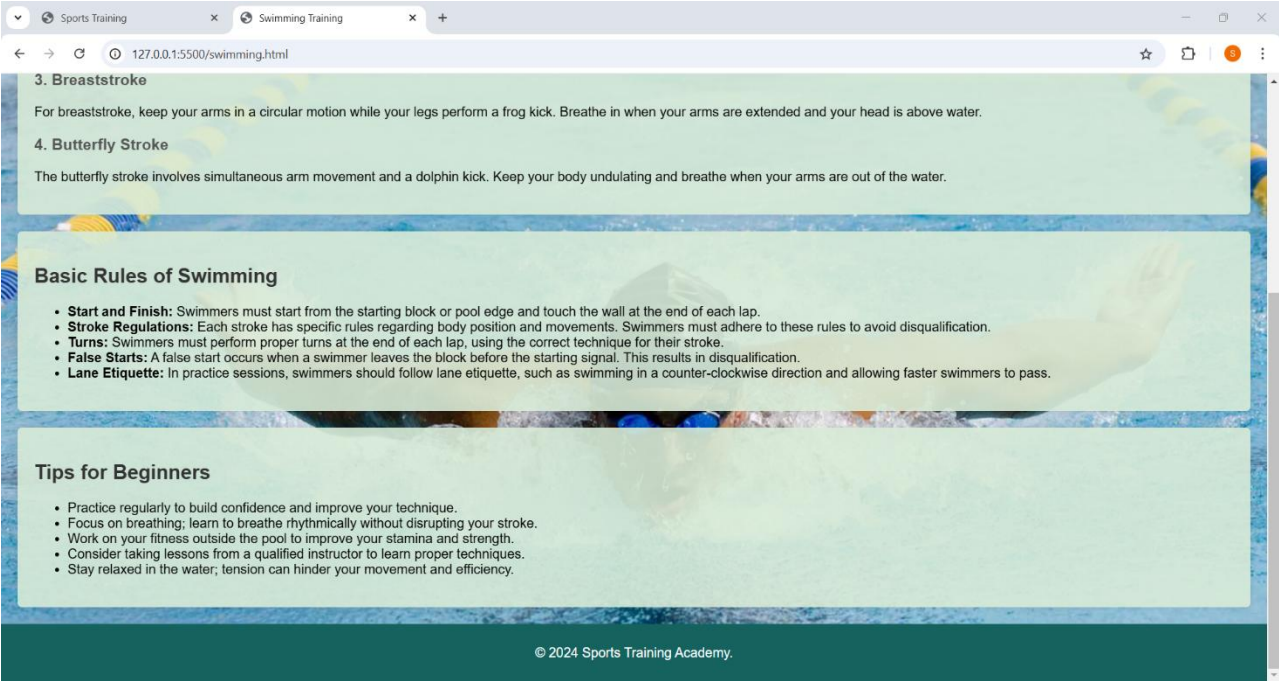
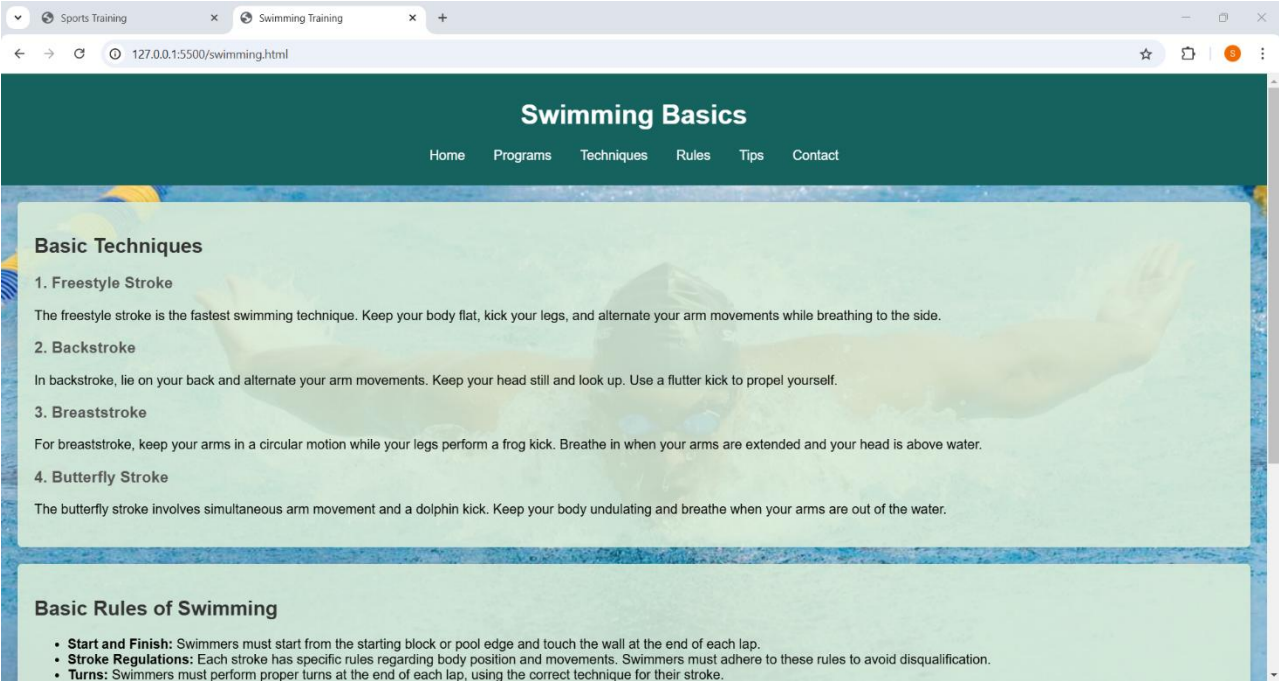


# SOCCER





# SWIMMING



# CONTACT US

Sports Training

Contact Us

127.0.0.1:5500/contact.html

Contact Us

[Home](#)[Programs](#)[Basketball Basic's](#)[Soccer Basic's](#)[Swimming Basic's](#)[Contact](#)

Get in Touch

Name:

Email:

Training Program Name:

Phone Number:

Message:

Submit

Sports Training

Contact Us

127.0.0.1:5500/contact.html

[Home](#)[Programs](#)[Basketball Basic's](#)[Soccer Basic's](#)[Swimming Basic's](#)[Contact](#)

Get in Touch

Name:

Email:

Training Program Name:

Phone Number:

Message:

Submit

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## List of symbol's and Abbreviations

1. **<link>**: Used to link external resources like stylesheets.
2. **<body>**: Contains the content of the HTML document that is visible to users.
3. **<header>**: Represents introductory content or navigational links.
4. **<nav>**: Defines a set of navigation links.
5. **<ul>**: Stands for "unordered list," used to create a list of items.
6. **<li>**: Stands for "list item," used within **<ul>** or **<ol>** to define each item.
7. **<!DOCTYPE html>**: Declaration that defines this document as an HTML5 document.
8. **<html>**: Root element that wraps all the content on the page.
9. **<head>**: Contains meta-information about the document, such as its title and links to stylesheets.
10. **<meta>**: Tag used to specify metadata about the HTML document (e.g., charset, viewport).
11. **<title>**: Sets the title of the document, which is displayed in the browser's title bar or tab.

## References

1. GeeksforGeeks - Tutorials, articles, and coding challenges on web development
2. **Codecademy** - Interactive lessons on web development.
3. **Khan Academy** - Free courses on computer programming and web development.
4. youtube – Interactive Videos and Learning many new things.