

## UNIT - II ADVENTURE SPORTS AND LEADERSHIP TRAINING

### Key Points :

- Meaning and Objectives of Adventure Sports
- Types of Activities-Camping, Rock Climbing, Tracking, River Rafting & Mountaineering
- Material Requirement and Safety Measures
- Identification and use of Natural Resources
- Conservation of Surroundings
- Creating Leaders through Physical Education

### 2.1 Adventure Sports:

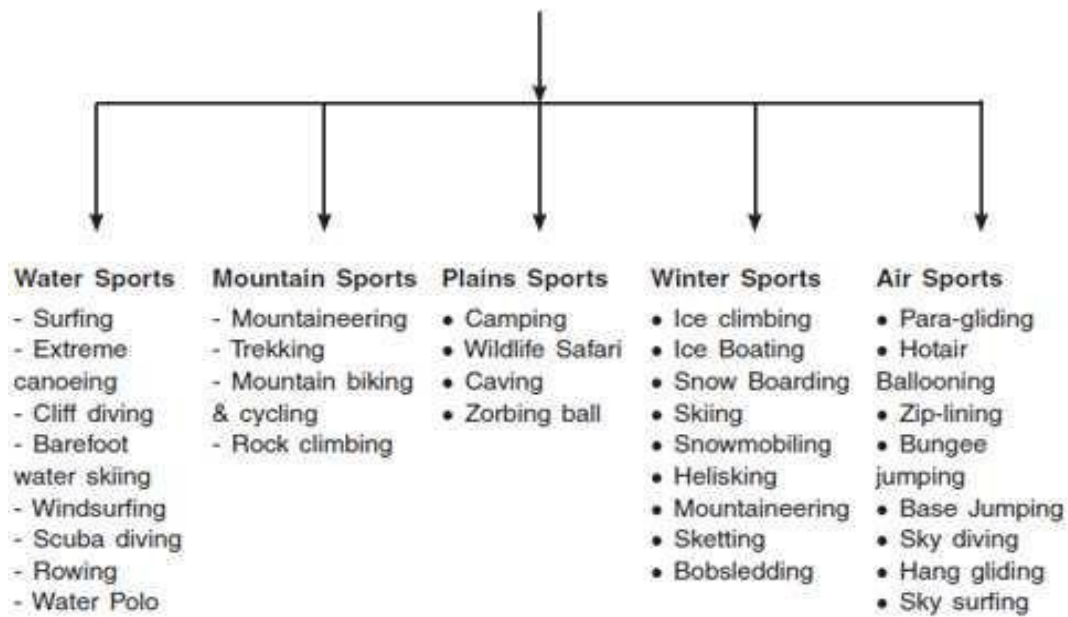
Adventurous Sports are such type of Sports which involve Extraordinary speed, height, physical exertion and surprising stunts.

“The main Aim of the Adventure Sports is to provide a carefully Planned stimulating environment which will help each individual and excellent foundation for creative learning and independence”

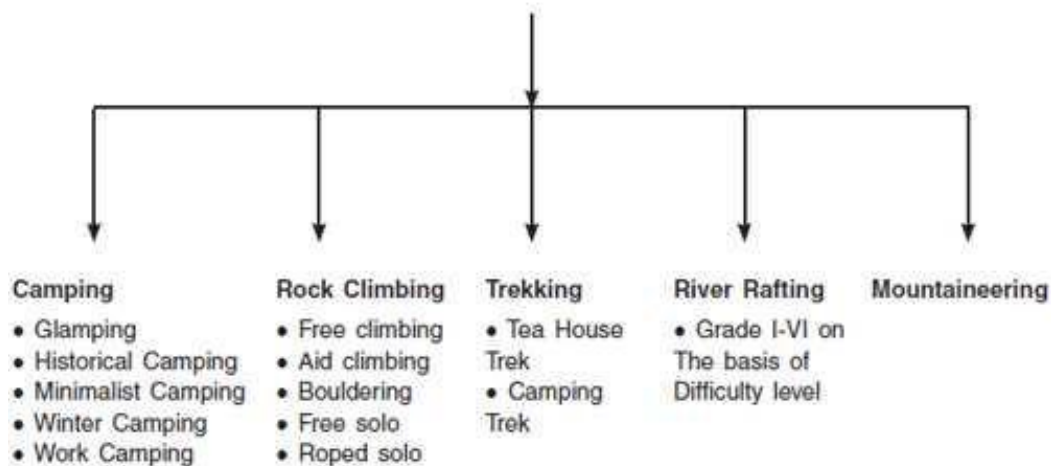
1. Thrill, excitement and fun
2. Exposure to nature
3. Self-assessment
4. Overcome fears and develop self-confidence
5. Enhancement of decision making power
6. Channelization of Energy
7. Stress booster
8. Information and knowledge enhancement
9. Development of balanced and positive attitude towards life
10. Build concentration
11. Encouragement to social relationship and team work
12. Develop motor and cognitive skills, creative learning
13. Inculcate the values among the children.

### 2.2 Types of Adventure Sports

**Water Sports Mountain Sports Plains Sports Winter Sports Air Sports**



## Types of Activities



## 2.3 Material required for Adventure Sports

- First Aid Box
- Rucksack Bag
- Tools for Adventure Sports according to the activity
- Sleeping bag
- Torch
- Foot wears as per activity
- Clothes and personal care products according to the weather
- Food items
- Insect repellent
- Knife

# Key Notes

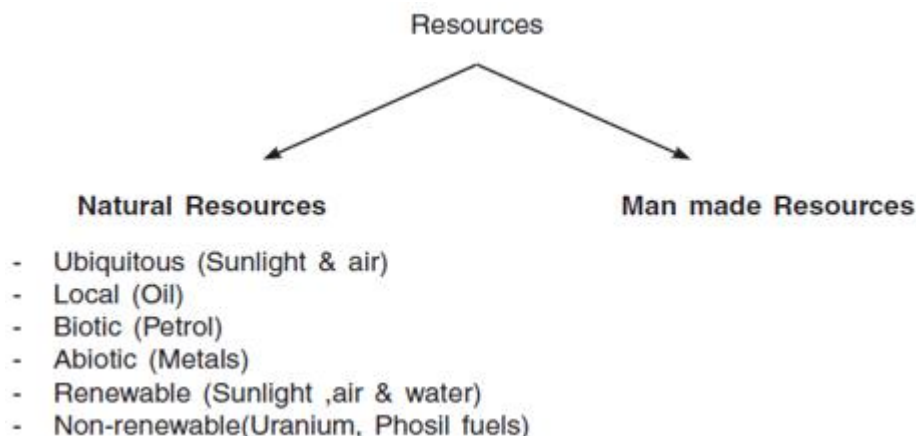
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- Rope
- Windcheater
- Map & compass
- Sun cream lotions

## **Safety measures**

- Basic knowledge of First aid for emergency
- Knowledge about the weather, Geographical condition & Hazards
- Drink sufficient water and liquids to avoid dehydration
- Use proper shoes or Boots according to the adventure activity
- Knowledge about the plants and animals in related areas
- Use multi-pocket carry bags for multi-purpose tasks
- Physical fitness
- Never consume alcohol
- Never Raft and track in the dark
- Notify others while raft or track
- Careful diet
- Avoid sickness or injury
- Be alert for each and every condition
- Prepare yourself
- Relax in every movement

## **Identification and use of Natural Resources**



## **Conservation of Surroundings:-**

“Environment conservation refers to the practice of protecting the environment, On individual, Governmental levels.”

“Conservation of Environment simply means the sustainable use as well as the Management of natural resources-Wild life, Water, Air, Energy, Earth deposits etc.” The aim of Conservation of Environment is the balanced and appropriate Use of Natural

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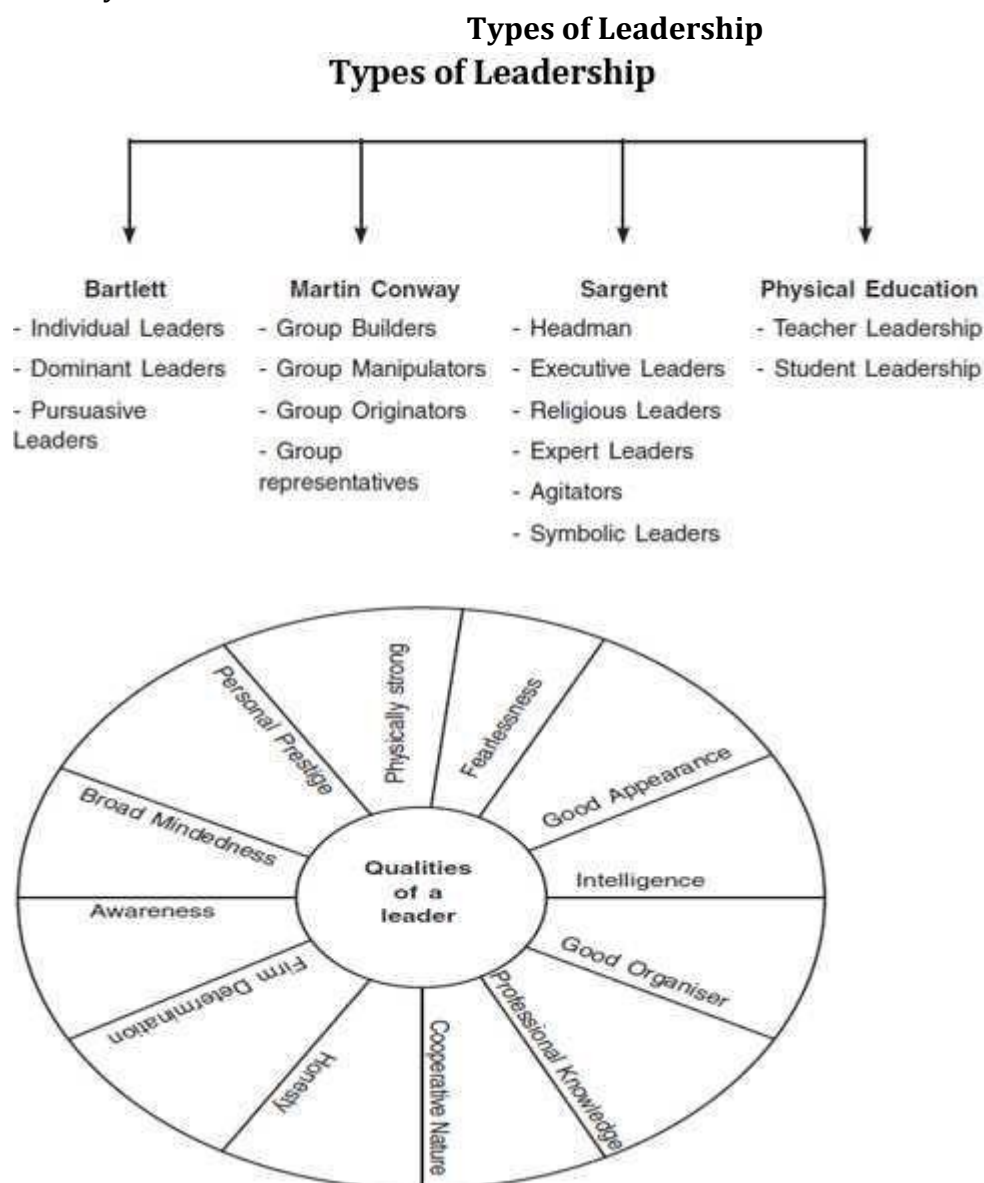
resources so that neither the Environment is effected nor the Coming generation is deprived of them.

## Creating the Leaders through Physical Education:-

**Leaders** are the individuals that help and guide followers to achieve personal as well as group goals.

## Leadership:-

Leadership is the quality of a person to lead others in a family, society, tribe, group or country.



## Developing leadership qualities Through Physical Education

- Health & Energy

# Key Notes

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- Determination and Assertiveness
- Well Developed components of Physical Fitness
- Dedication and Discipline
- Truth
- Integrity
- Credit & deserving
- Fair and Persistent
- Good social and communication skills
- Inspiration, Ambitious & Motivation
- Logical and Decisive
- Confidence
- Flexibility
- Intelligent
- Innovative, Futuristic & Creative
- Endurance & Tolerance
- Judgement Skill