

Qualities of Sports and Sportsmanship

Life is a sport. Right from a child to an old man participates in it. This tendency of man is inborn. Early man made sports the support of his life and made it a means of his livelihood by hunting with the help of arrows and spears. Exactly opposite to it, modern man has made it a means of entertainment. Although there is a difference between the sports of ancient time and modern times, yet there is a common spirit between the two. The early man used it for ruling and overpowering others but the modern man has got the happiness of life by obeying the rules and living in discipline.

Games were not only played for entertainment but for physical fitness, enthusiasm, strength and show of power right from ancient times up to now. In the ancient sports, the citizens of Rome and Sparta exhibited their greatness.

Game is a type of activity that brings the human body into action. The activities of ancient times as Javelin throw, races and boxing were although considered preparatory for fighting. Yet the modern sports not only fulfil the above cited objective but are played by way of being a good citizen. In the ancient times only those games were played which were useful for fighting but in the modern games, all sorts of games are included for example, hockey, football, dances, walking, gymnastics and activities of defence.

Games were played for every age and gender. For children, there are small games, motion stories, action songs and dances etc. For the young people, there are hard activities as hockey, football, gymnastics and for the elderly people, entertainment activities as dances, songs and dramas are useful.

Whatever the sports are, they hold a great importance for the age and gender, they are meant for.

The tendency of tolerance and cooperation gets developed in human nature by sports. As a result of it, his personality is developed and he makes his own place in society.

Our body comes into motion because of sports. Our body consumes more oxygen because of this motion and throws out waste matter and poisonous germs out of it. Our body gets more power to digest the nutritious food and in this way, body remains hale and hearty, strong and active.

Game is such an activity through which the player attracts the spectators, opponents and fellow players by his minor actions. In this way, the character of the player comes to the fore and he becomes very popular.

Game is an activity in which it is very essential to obey the orders of the referee and observe the rules. So a player becomes an obeying person. He respects the views of others and does not interfere instead he respects the opinion of others in a tolerant way.

A person who takes part in games coordinates with every senior and junior player. He does not impose his ideas on others instead he evolves a common opinion through exchange of ideas while playing a match. By way of this quality, he becomes a source of victory for his team.

A good player cooperates in his surroundings. While living in society, he respects it. Like a good citizen, he respects his neighbours. In this way he lives in society as a good citizen.

Game is an activity in which one can participate without any consideration of religion, faith or class. No body can turn out any body from the play ground on the basis of religion. It

brings uniformity in the whole society and the feeling of national integration develops.

At times, players are provided opportunities to meet players of different countries in games. So by way of contact with others, international peace is encouraged.

A person who participates in games makes best use of his leisure time. By doing so, he keeps his leisure time safe from bad habits and misdeeds and makes his life happy.

Sportsmanship (Judicious Nature)

Sportsmanship is such a feeling as sprouts from within a person. It is not hereditary but rises like the intensity of a wave from within. Every teacher of Physical Education tries his utmost to help arouse this feeling more and more in a player because this type of player or person is more respected in society. If we think that we will get this feeling in our advanced age, then we are in a doubt. It starts from our very birth and as we grow it also gets seasoned and flourishes.

It is essential for the feeling of sportsmanship that a player may listen to the view point of others very carefully and concentrate over the latest techniques of the game. He should not interfere while the discussion is going on. Instead he may express his opinion with some logic after the discussion. By doing so, a person will get tolerance and he will use logic in place of impatience.

A good sportsman is always pleasing. He is not irritable, instead he respects opponents with a good game. While playing, he always observes rules. Thus he helps to raise the standard of the game.

A good sportsman is very social and friendly. He does not boast of victory instead considers it as an outcome of a joint effort of the team. Thus the feeling of collective effort and respect for others grows within him.

Like a good leader, a good sportsman also leads his team by facing many difficulties. He encourages his fellow players in every difficulty and inspires them to put in more efforts. Thus the words of 'De Coubertin' always echo with in him that is to rise, to move forward, to become fast and powerful. He is considered to be a good sports man who obeys the rules and participates in the game honestly without harbouring the feeling of defeat or victory, he participates in game for the prestige of the country and honour of the sports. The words of De Coubertin always echo with in him that victory is not every thing, to participate is also important.

A sportsman is not emotional. He does not believe in victory or defeat, instead he respects his opponents.

A good sportsman is an ambassador of his country. He interacts with the players of other countries.

A good sportsman believes in hard work. He does not make use of unfair means for the higher achievements in games. He moves ahead for the prestige of games and honor of his country.

A good sportsman does not get discouraged, instead he supports his team in the hour of difficulty and changes defeat into victory.

EXERCISE

1. Write in detail the qualities of sports.
 2. What is sportsmanship ? What are the qualities of a good sportsman ?
 3. A good sportsman is the ambassador of his country. How ?
 4. Write any one quality of a good sportsman.
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