Chapter 1

INTRODUCTION

In many ways sports has defined society. Sports have been an integral part of human life, which develops a sound body and mind. To excel in sports at the higher level needs a lot of hard work and perseverance to be successful. The scientific approach towards sports in today modern era has made competition tougher.

In one way or the other, everyone is involved in sports whether they are playing or watching any sports increasing popularity of television, computer, and video games contribute to children’s life style. Sports and other recreational activities diminish unhealthy habits and patterns in younger and older age category that lead to diabetes, high blood pressure, cholesterol, joint pain, heart diseases and serious complications. Engaging in sports activities gives an opportunity to avoid such problems and helps to interact socially and stay healthy.

Sports, helps in developing human life in many ways like physical fitness, team spirit, mental health, confidence, decision making, constructive use of time and many more.

It is widely accepted that participation in sports builds character and develops values such as teamwork, perseverance positive attitude and many more.

Sports brings people together and also sets people apart. so when there are two teams fan base is divided into two. Sports are played for fun satisfaction or money.

Sports often reflects the culture of the countries in which they are played, example countries like Kenya with a wide spread open spaces which encourages them in walking, running, that has produced excellent runners at the international level.

Olympics Games is one such sporting event that every country takes part. Every athlete dreams that he/she represent and win laurels for their country. Winning a medal at the Olympics is a feeling which cannot be explained.
Here is a study of one such athlete, who represented India at the 1964, Tokyo Olympics and created Asian record in 4x100meters relay. He was one such athlete who came from a rural background, against all odds and went on to become an Olympian.

1.1 HISTORY OF THE ATHLETICS:

Athletics existed since the earliest times in human history. Track and Field athletics is a sporting discipline which includes many events that are themselves separate sports. The common basis is - natural motions of human body - jumping, running, throwing and walking. The objectives are to run fastest, to throw farthest, and to jump highest or farthest. The character of these events has changed over the centuries. "Athletics or Athlesis" originally meant any type of ancient Greek sports, struggle with special reference to combat sports. It is an individual sport. The term "athletics" is derived from the Greek word "Athlon" which means a contest, and the word "athlete" denotes a person who takes part in such contests which involve physical activity. "Athletics" are the oldest forms of the organized sports, contested between individuals and or teams. Athletics is enjoying global popularity. Athletics require different combination of sports fitness (viz., endurance, strength, speed and flexibility) and motor skills for the athlete to be successful in the events. Athletics comprise of more than thirty (30) different track and field events in Olympic Games which involve walking, running, jumping and throwing events.¹

1.2 DIFFERENT ATHLETIC EVENTS:

There are different athletic events in athletics as follows,

1.2.1 Track Events

To know about "running", we have to go back to the very long distant past i.e. the very beginning of human existence on the earth. Running was a part and parcel of human existence and was the only way to survive.

Running is a natural form of fast human movement. It is the most suitable type of physical exercise for human development. Running movement consists of resistance and flight stages both feet off the ground. Running was developed in sports forms by the Greeks.

The youth must get track facility to enhance the level of their performance. Proper track enables to conduct races in a very systematic manner, enables accurate and easiest recording of time and distance. It imparts discipline and reduces foul performance. The spectators have a better view, officials feel convenient to conduct various events. Track and field events can be conducted simultaneously. It enables easy march past.

The track includes all the lanes (paths) with line markings on both sides, having minimum width of 1.22 meters and maximum width of 1.25 meters. The width of marking line should be 5 centimeters except where otherwise specified.

The track (running) events are the races to be finished within minimum possible time and include sprints, relays, hurdles, distance running and steeplechase.

- **SHORT DISTANCE RACES** - 100m, 200m, 400m, 400m hurdles, 100m hurdles (women), 110m hurdles, 4x100m Relay and 4 x 400m relay.

  Anthony Coutinho was a short distance runner who broke the 12 years record of Levy Pinto with a timing of 10.5 seconds at the Delhi National Games.

- **MIDDLE DISTANCE RACES**
  800 m and 1500 m.

- **LONG DISTANCE RACES**
  3000m, 5000m, 10,000m, 3000m steeple chase, marathon, 20 kilometers and walking.²

² Ibid.P.9-11.
COMBINED EVENTS:
The order of events is:

- MEN'S DECATHLON
  First day: 100m, Long Jump, Shot Put High Jump and 400m.
  Second day: 110m Hurdles, Discus Throw, Pole Vault, Javelin Throw, 1500m.

- WOMEN'S HEPTATHLON
  First day: 100m Hurdles, High Jump, Shot Put and 200m.
  Second day: Long Jump, Javelin Throw and 800m.

RELAY RACE
In relay race sport event, a defined distance is run by a few contestants and each contestant runs in a different section. The relay races are most often run by four men. The main object of this race is to carry an object (a baton) passed from one relay member's hand into the hand of another relay member during run and to finish the race in shortest possible time.
Relay Races appeared at the end of nineteenth century in U.S.A. and 4x100m appeared for the first time in 1897 in Czechoslovakia. These are of two types - 4x100m and 4x400m. Four athletes compete for a team, each running an equal distance, first with a cylindrical baton, rigid and made of wooden and smooth hollow tube or of any material made of single piece of wood or metal in between 28-30cm in length, 4.5 to 5 inches in circumference and weighing not less than 50gms in his hand. The runner must carry the baton one after another from start to finish. The first runner will pass the baton to his next (second) runner within, the changing/ taking over zone (TOZ) and similarly second runner will pass the baton to his third runner within the next changing/taking over zone and the third runner will finally pass the baton to

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3 Ibid. P.9-11.
his last (fourth) runner within the last changing/taking over zone. There is no run-up zone. There are two substitutes.  

Anthony Coutinho was an athlete who represented India at the 1964; Tokyo Olympics Games in the 4x100m relay and created a new Asian record at the Olympics Games. His team mates were Kenny Powell, Rajashekrana and Makhan Singh.

- **HURDLE RACE**

Races with obstructions i.e. a combination of two actions - running and jumping. Hurdle race is run in lanes and has ten hurdles in each lane. Good hurdling features are - centre of gravity will increase little and the higher point is near the hurdle. Shorter time and longer distance spent off the ground will give maximum speed. Good hurdler is he who is able to run faster and has the ability to jump. Speed, flexibility and co-ordination are the additional qualities.

- **STEEPLE CHASE**

The beginning of steeple chase (originally a horse race with obstacles) was founded by Crick Run in 1837 at Rugby School. It was included in Track and Field events in 1879 for men and became Olympic event for men in 1900 Olympics and is still for men only. It was, however, held over various distances until 1920 Antwerp Olympics and then it was standardized at 3000m. It was not held in 1912 Stockholm Olympics and there were no Olympic Games in 1916. Jump over hurdle.

In track and field athletics, it is a group of long distance races over an obstacle (hurdle) course and a water ditch. These are held over a specially prepared 400m running track.

One lap includes four fences (hurdles) and one water ditch which are 91.4 cm high and must be at least 3.66m wide. The water jump are should be of 3.66 x 3.66 m (square) and may be up to 70 cm deep.

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4 Ibid. P.27.
5 Ibid. P.39-40.
6 Ibid. P. 45-46.
JUMPS

Jumping is the very beginning of human existence on the earth. It is part and parcel of human existence and to survive. It is a natural from human movement and most suitable kind of physical exercise. To know about jumping as sports, we have to go back to the distance past.

In supporting events, it has four forms - tow horizontal jumps - broad or long jumping by sprinting to take off board and to leap the farthest into a sand pit, and triple jumping by sprinting to takeoff board and to hop, step and jump into a sand pit and two vertical jumping events - high jump over a cross bar, pole vaulting over a cross bar using flexible pole.7

HIGH JUMP

High Jump is a natural and ordinary running human activity to overcome man-made obstacles. Jumping over a wooden horizontal bar without knocking it down has been practiced from the time immemorial. In standing jumps, one throws himself over a bar from a standing position without running.8

LONG JUMP

In the prehistoric times, man used to run and jump for his survival and slowly running and jumping became sport. The need to jump over the obstacles, water ditch and or cracks in the ground was the reason for which humans preferred long jumping. The competitor tries to cover the farthest distance possible with running jump/high speed sprint from a fixed mark or board. Presently jumpers take off from a wooden board and land in a landing area filled with sand. It is an important natural exercise of skills useful in life and is a simple event known as broad jump.9

7 Ibid.P.51.
8 Ibid.P.52.
9 Ibid.P.59.
TRIPLE JUMP
It is as old as ancient Greece as some scholars say that long jump may have been a triple jump in ancient Greece. Some of the scholars say that it was originated in 19th century in Ireland. It was included for men in first Modern (Athens) Olympics in 1896 and for women in 1996 Atlanta Olympics as a new event. Triple jump was mainly promoted in the 1930s by the Japanese and after the Second World War, Brazilians and Soviets promoted it.\textsuperscript{10}

POLE VAULT
It is said that King Pylos of ancient Greece had been the inventor of Vaulting Pole. While hunting, the king was attacked by a bull. The king ran and jumped over cracks in the ground using a long and strong spear. Soldiers also used spears and specially prepared poles to cross the obstacles in the terrains and climb on the forts/castles. It was a useful skill to jump over canals.\textsuperscript{11}

THROWING EVENTS
There are four throwing events - Discus throw, Hammer throw, Shot put and Javelin throw. For discus and javelin, its lift depends on its shape. Shape effects air flow. Dense air gives more lift. There should be a greater angle of attack. The best features are - (1) larger the angle, better the attack and (2) longer the surface area, faster will be the speed. Speed of release is the most important in throwing events. Implements of various shapes and sizes are hurled to achieve the maximum distance horizontally. Each event has its specific rules with specific techniques.\textsuperscript{12}

DISCUS THROW
Discus throwing is the oldest in the ancient history of throwing events. It's origin (Discobolia - not a separate event) is traced from the days of ancient

\textsuperscript{10} Ibid.P. 67.
\textsuperscript{11} Ibid.P.72-73.
\textsuperscript{12} Ibid.P.81.
Greek Games (Pentathlon) which dates as far back as 1100 BC. It was promoted as a valuable type of bodily exercise. About 1800, German pioneer of gymnastics J. C. Guts - Muths introduced it as a throwing exercise using metal discus. This event was included in the first Modern Olympics in 1896. Women discus throw was first recognized in 1922 on international level and was then included in Women’s World Games in 1926. It made its first appearance in 1928 in Amsterdam Olympics.

➤ HAMMER THROW

The hammer throw was known in ancient times but not as sporting event. The earlier evidence about this event dates as far back as the year 2000 BC. Similar event known as "Roth Cleas" or "Wheel Feat" is recorded in the history of Ireland's Tailteann Games. The event involved swinging and throwing the hub (used as weight) and spoke (used as handle) of a chariot for distance. Time passed on and the hub and spoke were replaced. The blacksmith's sledge hammer became the official implement. In 1907, the rules finally standardized the throwing circle of 7 ft in diameter and hammer itself made up of spherical metal head attached with a flexible metal wire or chain attachment with a looped handle. In 1920, the first known three turn throw came into acceptance.

➤ JAVELIN THROW

It is an athletic field event involving throwing a javelin for a distance or at a target or as far as possible. It dates back to pre-historic period when the ancients improved their skills and developed into sporting competitions. It attained sporting status in various cultures. Originally used in hunting and war, it was introduced during 708 BC as an Olympiad. It is the only event where there is no circle but a runway. Throw is made by the lightest implement - a spear type, from a runway. Javelin (as a throwing spear type implement) is said to have originated from "spear" by the tribal people for combat and their

13 Ibid. P. 82-83.
14 Ibid. P.89.
survival and, therefore, this sport activity is very ancient as it features in the ancient Greece Olympic programs. It was first included in 1906 Olympics\textsuperscript{15}.

1.3 THE ANCIENT OLYMPIC GAMES:

The first record of the Olympics Games dates from 776 BC, but they were probably established hundreds of years before that. The Ancient Olympics began as a small event but gradually gained popularity to become the premier festival in Greece. For at least 1,000 years, they were held every four years, and survived in spite of numerous wars and the Roman invasion of Greece in about AD 150. The Games became so important that the Greeks recorded historical events according to the Olympiad, or four-year period, in which they took place.

The Olympic Games were held in honor of Zeus. On the third day of the Games, a procession of competitors, judges, and important guests made its way to the Altar of Zeus, to sacrifice 100 Oxen. The most important building at Olympia was the great Temple of Zeus. Inside stood a statue of the God, 13m (43 ft) tall, cast in Gold and Ivory. It was one of the seven wonders of the ancient world. At the end of the 4th century, the statue was taken to a palace in Constantinople (now Istanbul), where it was later destroyed in a fire.\textsuperscript{16}

All the expenses of the Games were covered by the rich offerings made by the spectators, the presents made by the delegations from the City-States and the fines imposed on athletes or Cities for various offences.

Well in advance, the "Truce-bearers of Zeus" went far and wide over Greece to proclaim the armistice. A month before the Games, the competitors assembled at Elis to undergo the final stages of training under the eyes of judges, who were called "Hellanodikai" and ranked as high religious and diplomatic dignitaries. Two days before the full moon, the competitors went in procession along the sacred road to Olympia, where visitors in thousands had been assembling for days past and were now encamped upon the plain.

\textsuperscript{15} Ibid. P. 97.
No competitor was allowed to withdraw or concede a "walk-over" to his opponent at any stage. The punishment for doing so was a fine of one "talent", which would amount to Rs 1,500 by today's standards. The fine was paid either to the competitor who had suffered or to the Temple. If the competitor could not pay the fine himself, his City had to do so, failing which the City was banned from the Games. The other penalties imposed for more serious offences were flogging and the exclusion of the guilty competitor and the City to which he belonged from the Olympics.\(^7\)

In the Ancient Olympic Games, women were not allowed to take part, and those who were married could not even attend. There is, in this connection, an interesting story. Pherenice, daughter of a former Olympic champion, Diagoras of Rhodes, disguised herself as a trainer to see her son, Pisirpdus, take part in the Games. To her great joy, her son was crowned champion, and, as she ran to embrace him, her robe fell off and everyone saw that she was a woman. Pherenice would have been severely punished for breaking the rules; but she was pardoned because her father and brothers were Olympic champions. But, to make sure that the same thing did not happen again, it was decreed that, in future, the athletes and trainers should remain naked during the competitions. This is why the ancient Greek statues of athletes are sculptured in the nude.\(^8\)

### 1.4 MODERN OLYMPICS GAMES:

More than 1,500 years after the ancient Greek Olympic Games came to an end; the Frenchman Baron Pierre de Coubertin had a dream to bring the Games back to life. At a conference on International sport, held in Paris in 1894, Coubertin put forward a resolution to revive the Games. His idea was enthusiastically received and the International Olympic Committee (IOC) was founded, with Coubertin among its members. Just two years later, in Athens in April 1896, the king of Greece declared open the first Olympic Games of the

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\(^8\) Ibid.P.16-17.
modern era. Over the next 100 years, the Olympics gradually grew into the fabulous sporting occasion we know today.\textsuperscript{19}

### 1.5 LIST OF OLYMPIC GAMES:

Olympic, France has hosted three Games, while Switzerland, Austria, Norway, Japan and Italy have hosted twice. The most recent Games were held in Vancouver, Canada's Second Winter Olympics and third overall. The Next Winter Games will be in Sochi, Russia in 2014, which will be the first time this nation has hosted.\textsuperscript{20}

<table>
<thead>
<tr>
<th>Games</th>
<th>Year</th>
<th>Host</th>
</tr>
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<tbody>
<tr>
<td>I</td>
<td>1896</td>
<td>(\text{\textregistered\ }}) Athens, Greece</td>
</tr>
<tr>
<td>II</td>
<td>1900</td>
<td>(\text{\textregistered\ }}) Paris, France</td>
</tr>
<tr>
<td>III</td>
<td>1904</td>
<td>(\text{\textregistered\ }}) St. Louis, United States</td>
</tr>
<tr>
<td>IV</td>
<td>1908</td>
<td>(\text{\textregistered\ }}) London, United Kingdom</td>
</tr>
<tr>
<td>V</td>
<td>1912</td>
<td>(\text{\textregistered\ }}) Stockholm, Sweden</td>
</tr>
<tr>
<td>VI</td>
<td>1916</td>
<td>Originally awarded to Berlin, cancelled because of world war I</td>
</tr>
<tr>
<td>VII</td>
<td>1920</td>
<td>(\text{\textregistered\ }}) Antwerp, Belgium</td>
</tr>
<tr>
<td>VIII</td>
<td>1924</td>
<td>(\text{\textregistered\ }}) Paris, France</td>
</tr>
<tr>
<td>IX</td>
<td>1928</td>
<td>(\text{\textregistered\ }}) Amsterdam, Netherlands</td>
</tr>
<tr>
<td>X</td>
<td>1932</td>
<td>(\text{\textregistered\ }}) Los Angeles, United States</td>
</tr>
<tr>
<td>XI</td>
<td>1936</td>
<td>(\text{\textregistered\ }}) Berlin, Germany</td>
</tr>
<tr>
<td>XII</td>
<td>1940</td>
<td>Originally awarded to Tokyo than awarded to Helsinki, cancelled because of world war II</td>
</tr>
<tr>
<td>XIII</td>
<td>1944</td>
<td>Originally awarded to London, cancelled because of world war II</td>
</tr>
<tr>
<td>XIV</td>
<td>1948</td>
<td>(\text{\textregistered\ }}) London, United Kingdom</td>
</tr>
<tr>
<td>XV</td>
<td>1952</td>
<td>(\text{\textregistered\ }}) Helsinki, Finland</td>
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</tbody>
</table>

\textsuperscript{19} Chris Oxlade and David Ballheimer,(1999). Olympics, Dorling Kindersley, P.14.

BIRTH OF THE RINGS

On a visit to Delphi, site of the ancient Pythian Games, Barron Pierre de Coubertin saw the emblem of five linked rings on this alter. It gave him the idea for the design on the Olympic flag. The five intertwined rings symbolized the five continents of the world that participated in the Games, Africa, Asia, America, Europe and Australasia.\(^\text{22}\)

1.6 ASIAN GAMES:

Asian Games are held for the purpose of developing intercultural knowledge and friendship within Asia. The member countries and regions affiliated to the Olympic council of Asia participate in this multi-sports event. This World Games is held every four years in between the Olympic Games.

10/06/2011.

Origin of Asian Games

Unofficial historical data traces the origination of the Asian games to the Eastern Olympics inaugurated in Manila, the Philippines, in 1913 with 6 member countries of the Philippines, Thailand, China, Japan, Malaysia, and Hong. This biennial sports meet changed name to the Far East Championship, and continued to be held till 1934, and in 1935 years later as the Eastern Championship held in Tokyo in 1934.

From 1913 to 1934, 10 Far East Championships were held in Asia, but the championships stopped because of the outbreak of World War II. After the war a number of Asian countries became independent, their economy and culture developed, and Asian people had an increasing desire become less isolated from each other and strengthen mutual intercourse. In order to keep abreast of the times, the Indian Prime Minister, Jawaharlal Nehru, proposed an Asian sports meet in 1947 at a conference on relations between Asian countries.

In August 1948, during the 14th Olympic Games held in London, India proposed to sports leaders of the Asian teams the idea of having discussions about holding the Asian Games. As a brainchild of Professor Guru Dutt Sondhi, with assistance from Korea, Taiwan, India, the Philippines, Burma and Ceylon, the concept of the Asian Games was formalized at New Delhi in 1949.

A preparatory committee was set up to draft the charter for the Asian Amateur Athletic Federation. February, 1949, the Asian Amateur Athletic Federation was formally formed, and its name was changed to the Asian Athletic Federation. It was decided to hold the first Asian Games in 1950 in New Delhi, the capital of India. Since then the Asian Games has been regularly held once every four years. At the General Meeting of the Asian Games in 1982, the participants agreed to the formation of the Olympic Council of Asia. This body has since been an official governing body of the Asian Games.23

1.7 LIST OF ASIAN GAMES:

Table No. 2
List of Asian Games

<table>
<thead>
<tr>
<th>Year</th>
<th>Games</th>
<th>Host</th>
<th>Dates</th>
<th>Nations</th>
<th>Athletes</th>
<th>Sports</th>
<th>Events</th>
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<tbody>
<tr>
<td>1951</td>
<td>I</td>
<td>New Delhi, India</td>
<td>Mar 4-11</td>
<td>11</td>
<td>489</td>
<td>6</td>
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<tr>
<td>1954</td>
<td>II</td>
<td>Manila, Philippines</td>
<td>May 1-9</td>
<td>19</td>
<td>970</td>
<td>8</td>
<td>79</td>
<td>(30)</td>
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<tr>
<td>1958</td>
<td>III</td>
<td>Tokyo, Japan</td>
<td>May 28-Jun 1</td>
<td>16</td>
<td>1,820</td>
<td>13</td>
<td>97</td>
<td>(31)</td>
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<tr>
<td>1962</td>
<td>IV</td>
<td>Jakarta, Indonesia</td>
<td>Aug 24-Sep 9-20</td>
<td>16</td>
<td>1,945</td>
<td>14</td>
<td>88</td>
<td>(32)</td>
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<tr>
<td>1966</td>
<td>V</td>
<td>Bangkok, Thailand</td>
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<td>1,945</td>
<td>14</td>
<td>143</td>
<td>(33)</td>
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<tr>
<td>1970</td>
<td>VI</td>
<td>Bangkok, Thailand</td>
<td>Aug 24-Sep 4</td>
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<td>2400</td>
<td>13</td>
<td>135</td>
<td>(34)</td>
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<tr>
<td>1974</td>
<td>VII</td>
<td>Tehran, Iran</td>
<td>Sep 1-16</td>
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<td>3010</td>
<td>16</td>
<td>202</td>
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<td>VIII</td>
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<td>19</td>
<td>201</td>
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<td>23</td>
<td>3411</td>
<td>21</td>
<td>147</td>
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<td>1986</td>
<td>X</td>
<td>Seoul, South Korea</td>
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<td>4839</td>
<td>25</td>
<td>270</td>
<td>(38)</td>
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<td>1990</td>
<td>XI</td>
<td>Beijing, China</td>
<td>Sept. 22-Oct 7</td>
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<td>6122</td>
<td>29</td>
<td>310</td>
<td>(39)</td>
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<tr>
<td>1994</td>
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<td>Oct. 2-16</td>
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<td>6828</td>
<td>34</td>
<td>337</td>
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<tr>
<td>1998</td>
<td>XIII</td>
<td>Bangkok, Thailand</td>
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<td>6554</td>
<td>36</td>
<td>376</td>
<td>(41)</td>
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<tr>
<td>2002</td>
<td>XIV</td>
<td>Bussan, South Korea</td>
<td>Sept. 29-Oct 14</td>
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<td>7711</td>
<td>38</td>
<td>419</td>
<td>(42)</td>
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<tr>
<td>2006</td>
<td>XV</td>
<td>Doha, Qatar</td>
<td>Dec. 1-15</td>
<td>45</td>
<td>9520</td>
<td>39</td>
<td>424</td>
<td>(43)</td>
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<tr>
<td>2010</td>
<td>XVI</td>
<td>Guangzhou, China</td>
<td>Nov. 12-27</td>
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<td>9704</td>
<td>42</td>
<td>476</td>
<td>(44)</td>
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<tr>
<td>2014</td>
<td>XVII</td>
<td>Incheon, South Korea</td>
<td>Sep.19-Oct. 4</td>
<td>45</td>
<td>9520</td>
<td>39</td>
<td>424</td>
<td>(43)</td>
</tr>
</tbody>
</table>

1.8 COMMONWEALTH GAMES:

Origin of Commonwealth Games.

The first Commonwealth Games were held in 1930 in Hamilton, Ontario, Canada, Bobby Robinson, a major influence within athletics in

Canada at the time, finally implemented the event that had been talked about amongst Commonwealth nations for over thirty years. Eleven countries with 400 athletes in total participated in the first Commonwealth Games. $30,000 was provided by the City of Hamilton to these nations to help cover travelling costs. Since then, the Games have been conducted every four years except for 1942 and 1946, due to World War II.

From 1930 to 1950 the Games were known as the British Empire Games, then the British Empire and Commonwealth Games until 1962. From 1966 to 1974 they took on the title of British Commonwealth Games and from 1978 onwards they have been known as simply the Commonwealth Games. A governor-general represents her in the country.

While other Games around the globe have been founded on geographic or climatic factors such as the Asian, Pan Am, African Games and Winter Olympics, the Commonwealth Games has been founded on unique characteristics of the Commonwealth Games include being the only Games which shares a common language.

All athletes and officials can converse with each other in English, creating an atmosphere that has led to the Commonwealth Games being long known as the "Friendly Games".

The Bonds of the Commonwealth Games help to encourage and support the pursuit of health and fitness in each of the member countries and provide an inspiration for youth to strive for excellence.25

The three nations to have hosted the games the most number of times are Australia (4), Canada (4) and New Zealand (3). Furthermore, five editions have taken place in the countries within the United Kingdom (Scotland 2, England 2 and Wales 1) Two cities have held the game on multiple occasions: Auckland (1950 and 1990) and Edinburgh (1970 and 1986).26

### Table No. 3

#### List of Commonwealth Games

<table>
<thead>
<tr>
<th>Games</th>
<th>Year</th>
<th>Host</th>
<th>Dates</th>
<th>Sports</th>
<th>Events</th>
<th>Nation</th>
</tr>
</thead>
<tbody>
<tr>
<td>I.</td>
<td>1930</td>
<td>Hamilton, Canada</td>
<td>16-23 Aug.</td>
<td>6</td>
<td>59</td>
<td>11</td>
</tr>
<tr>
<td>II.</td>
<td>1934</td>
<td>London, England</td>
<td>4-11 Aug.</td>
<td>6</td>
<td>68</td>
<td>16</td>
</tr>
<tr>
<td>III.</td>
<td>1938</td>
<td>Sydney, Australia</td>
<td>5-12 Feb.</td>
<td>7</td>
<td>71</td>
<td>15</td>
</tr>
<tr>
<td>IV.</td>
<td>1950</td>
<td>Auckland, New Zealand</td>
<td>4-11 Feb.</td>
<td>9</td>
<td>88</td>
<td>12</td>
</tr>
<tr>
<td>V.</td>
<td>1954</td>
<td>Vancouver, Canada</td>
<td>30 July-7Aug.</td>
<td>9</td>
<td>91</td>
<td>24</td>
</tr>
<tr>
<td>VI.</td>
<td>1958</td>
<td>Cardiff, Wales</td>
<td>18-26 July</td>
<td>9</td>
<td>94</td>
<td>36</td>
</tr>
<tr>
<td>VII.</td>
<td>1962</td>
<td>Perth, Australia</td>
<td>22 Nov. 1 Dec.</td>
<td>9</td>
<td>104</td>
<td>35</td>
</tr>
<tr>
<td>VIII.</td>
<td>1966</td>
<td>Kingston, Jamaica</td>
<td>4-13 Aug.</td>
<td>9</td>
<td>110</td>
<td>34</td>
</tr>
<tr>
<td>IX.</td>
<td>1970</td>
<td>Edinburg, Scotland</td>
<td>16-25 July</td>
<td>9</td>
<td>121</td>
<td>42</td>
</tr>
<tr>
<td>X.</td>
<td>1974</td>
<td>Christchurch, New Zealand</td>
<td>24 Jan. 2 Feb.</td>
<td>9</td>
<td>121</td>
<td>38</td>
</tr>
<tr>
<td>XI.</td>
<td>1978</td>
<td>Edmonton, Canada</td>
<td>3-12 Aug.</td>
<td>10</td>
<td>128</td>
<td>46</td>
</tr>
<tr>
<td>XII.</td>
<td>1982</td>
<td>Brisbane, Australia</td>
<td>30 Sep. 9 Oct.</td>
<td>10</td>
<td>121</td>
<td>46</td>
</tr>
<tr>
<td>XIII.</td>
<td>1986</td>
<td>Edinburg, Scotland</td>
<td>24 July – 2 Aug.</td>
<td>10</td>
<td>142</td>
<td>26</td>
</tr>
<tr>
<td>XIV.</td>
<td>1990</td>
<td>Auckland, New Zealand</td>
<td>24 Jan 3 Feb.</td>
<td>10</td>
<td>163</td>
<td>55</td>
</tr>
<tr>
<td>XV.</td>
<td>1994</td>
<td>Victoria, Candida</td>
<td>18-28 Aug.</td>
<td>10</td>
<td>204</td>
<td>63</td>
</tr>
<tr>
<td>XVI.</td>
<td>1998</td>
<td>Kuala Lumpur, Malaysia</td>
<td>11-21 Sept.</td>
<td>15</td>
<td>217</td>
<td>70</td>
</tr>
<tr>
<td>XVII.</td>
<td>2002</td>
<td>Manchester, England</td>
<td>25 July 4 Aug.</td>
<td>17</td>
<td>213</td>
<td>72</td>
</tr>
<tr>
<td>XVIII.</td>
<td>2006</td>
<td>Melbourne, Australia</td>
<td>15-26 March</td>
<td>16²</td>
<td>281</td>
<td>71</td>
</tr>
<tr>
<td>XIX.</td>
<td>2010</td>
<td>Delhi, India</td>
<td>3-14 Oct.</td>
<td>17</td>
<td>245</td>
<td>71</td>
</tr>
<tr>
<td>XX.</td>
<td>2014</td>
<td>Glasgow, Scotland</td>
<td>23 July 3 Aug.</td>
<td>272</td>
<td></td>
<td></td>
</tr>
<tr>
<td>XXI.</td>
<td>2018</td>
<td>Gold Coast, Australia</td>
<td>To be decided</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1.9 COMMONWEALTH YOUTH GAMES:

The Commonwealth Games Federation discussed the idea of a Millennium Commonwealth Youth Games in 1997. In 1998 the concept was agreed on for the purpose of providing a Commonwealth multi-sport event for young people. The Commonwealth Youth Games are a mini Commonwealth Games attracting the best young athletes in the Commonwealth.

The inaugural Commonwealth Youth Games were held in Edinburgh, Scotland from 10-14 August 2000. 14 countries contested 483 medals over 3 days of competition in 8 sports- Athletics, Fencing, Gymnastics, Hockey, Lawn Tennis, Squash, Swimming and Weightlifting. A total of 733 athletes
and team officials, 280 Technical Officials and around 500 volunteers participated in the event.

The success of these Games in Scotland gained the support of the Commonwealth Games Federation who has pledged continued support for a Commonwealth Youth Games to be held every 4 years.

The second edition of the Commonwealth Youth Games was held in Bendigo, Australia in December 2004, 24 countries participated and contested in 10 sports events spread over a period of 3 days, which included Athletics, Badminton, Boxing, Lawn Bowls, Rugby 7’s, Tenpin Bowling, Swimming, Cycling, Gymnastics and Weightlifting. 1000 athletes and team officials were involved in the Games in Bendigo.

The III Commonwealth Youth Games will be held in Pune, India 2008. It is for the first time in history that Commonwealth Youth Games are being held in Asia, in India. The city of Pune, the cultural capital of Maharashtra and a fast growing Metropolis, will host the 3rd Commonwealth Youth Games between 12 - 18 October in 2008 with the for 9 disciplines; Athletics, Badminton, Boxing, Shooting, Swimming, Table Tennis, Tennis, Weightlifting and Wrestling. Over 1,300 athletes and 350 Officials from 71 countries will participate in the games. It is for the first time that this multi-sporting event is going to be held at a single venue – the Shri Shiv Chhatrapati Sports Complex, Pune.27

Table No. 4
History of Commonwealth Youth Games

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Year</th>
<th>Host City</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2000</td>
<td>Edinburgh</td>
</tr>
<tr>
<td>2</td>
<td>2004</td>
<td>Bendigo, Australia</td>
</tr>
<tr>
<td>3</td>
<td>2008</td>
<td>Pune, India</td>
</tr>
<tr>
<td>4</td>
<td>2011</td>
<td>Isle of land</td>
</tr>
</tbody>
</table>

1.10 AMATEUR ATHLETIC FEDERATION OF INDIA (AAFI)

Amateur Athletic Federation of India (AAFI) was formed in 1946 at the initiative of Maharaja Yadvindra Singh, the then President of Indian Olympic Association with Prof. G.D. Sondhi as its first President.

The AAFI got affiliated to IAAF (International Amateur Athletic Federation) in the year 1946. But it followed the IOA for holding the National Athletic Championship once in two years. It was in 1949 that AAFI took the decision of holding the National Athletic Championship every year. The AAFI for the first time selected 8 athletes (6 Men 2 Women), who participated in 1948 Olympic Games at London. Indian Women competed in the Olympic Games for the first time in 1948.

Coaching of athletes, training of Coaches, preparing a set of qualified Officials, bringing in foreign Coaches for training of Indian Coaches and Athletes, arranging the visit of Olympic Champions to India for guiding the Athlete and popularization of athletics. Organization of Coaching Camps for Athletes in preparation for Asian Games and Olympic Games, holding Clinics and examination for AAFI Officials, were all the pioneering efforts of the Federation.

The introduction of age Group Competitions, the addition of Open National Championship and Zonal and Inter Zonal Championships was the contribution of this federation.28

1.11 IAAF CALENDAR DATABASE

The IAAF Calendar Database contains dates and venues of all IAAF and IAAF sanctioned categories of competitions which are summarized below.

IAAF World Athletics Series IAAF World Challenge Meetings Diamond League Meetings IAAF World Athletics Tour
IAAF Golden League
IAAF Super Grand Prix
IAAF Grand Prix
Area Permit Meetings that qualify for the Tour
IAAF World Combined Events Challenge

IAAF World Race Walking Challenge
IAAF World Indoor Meetings
IAAF World Cross Country Meetings
IAAF Label Road Races
IAAF Gold Label
IAAF Silver Label World Mountain Running Grand Prix

1.12 INDIA AT THE OLYMPICS GAMES:

- India first participated at the Olympic Games in 1900, with a lone athlete (Norman Pritchard) winning two medals in athletics. The nation first sent a team to the summer Olympic Games in 1920, and has participated in every summer games since then. India has also competed at several Winter Olympic Games since 1964.

- India athletes have won a total of 20 medals, mostly in field hockey. For a period of time, India's men's field hockey team was dominant in Olympic competition, winning eleven medals in twelve Olympiads between 1928 and 1980, including six successive gold medals from 1928-1956.

- The National Olympic Committee for India is the Indian Olympic Association, and was created in 1927.

Table No. 5

India's Performance at the Olympics Games

<table>
<thead>
<tr>
<th>Gold</th>
<th>Team</th>
<th>Angeles</th>
<th>Field Hockey</th>
<th>Competition</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Gold</td>
<td>National Team</td>
<td>1948 London</td>
<td>Field hockey</td>
<td>Men's Competition</td>
</tr>
<tr>
<td>1. Gold</td>
<td>National Team</td>
<td>1952 Helsinki</td>
<td>Field hockey</td>
<td>Men's Competition</td>
</tr>
<tr>
<td>3. Bronze</td>
<td>Khashaba Dadasaheb Jadhav</td>
<td>1952 Helsinki</td>
<td>Wrestling</td>
<td>Men's Freestyle Bantamweight</td>
</tr>
<tr>
<td>1. Gold</td>
<td>National Team</td>
<td>1956 Melbourne</td>
<td>Field hockey</td>
<td>Men's Competition</td>
</tr>
<tr>
<td>2. Silver</td>
<td>National Team</td>
<td>1960 Rome</td>
<td>Field hockey</td>
<td>Men's Competition</td>
</tr>
<tr>
<td>1. Gold</td>
<td>National Team</td>
<td>1964 Tokyo</td>
<td>Field hockey</td>
<td>Men's Competition</td>
</tr>
<tr>
<td>3. Bronze</td>
<td>National Team</td>
<td>1968 Mexico</td>
<td>Field hockey</td>
<td>Men's Competition</td>
</tr>
<tr>
<td>3. Bronze</td>
<td>National Team</td>
<td>1972</td>
<td>Field hockey</td>
<td>Men's Competition</td>
</tr>
<tr>
<td>1. Gold</td>
<td>National Team</td>
<td>1980 Moscow</td>
<td>Field hockey</td>
<td>Men's Competition</td>
</tr>
<tr>
<td>3. Bronze</td>
<td>Leander Paes</td>
<td>1996 Atlanta</td>
<td>Tennis</td>
<td>Men's Single</td>
</tr>
<tr>
<td>2. Silver</td>
<td>Rajyavardhan Singh Rathore</td>
<td>2004 Athens</td>
<td>Shooting</td>
<td>Men's double trap</td>
</tr>
<tr>
<td>1. Gold</td>
<td>Abhinav Bindra</td>
<td>2008 Beijing</td>
<td>Shooting</td>
<td>Men's 10m Air Rifle</td>
</tr>
<tr>
<td>3. Bronze</td>
<td>Sushil Kumar</td>
<td>2008 Beijing</td>
<td>Wrestling</td>
<td>Men's 66 Kg Freeestyle</td>
</tr>
<tr>
<td>3. Bronze</td>
<td>Vijender Kumar</td>
<td>2008 Beijing</td>
<td>Boxing</td>
<td>Men's 75 Kg</td>
</tr>
</tbody>
</table>

- IOC regards these medals as credited to India; However, International committees credit these medals to Great Britain.\(^{31}\)

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\(^{31}\) http://en.wikipedia.org/wiki/India_at_the_Olympics 10/06/2011
1.13 1964, TOKYO OLYMPICS GAMES:

Venue : Tokyo, Japan
Opening Date : 10th October 1964
Athletes : 5151
Nations : 93
Events : 163
Winner : USA with 90 points

Medals : Gold Silver Bronze
USA 36 26 28
USSR 30 31 35
Japan 16 5 8

The 1964, Olympic Games at Tokyo were the first to be held in Asia. The Olympic flame was carried by the Japanese runner Yoshinori Sakai, who was born in Hiroshima on the day the atom bomb was dropped. This Olympic Games debuted the first use of computers to keep records. America became the first swimmer to win four gold medals in a single game. Soviet gymnast Larissa in 1964 won the maximum 18 medalsm, including nine gold during her career. The 1964 Games saw the first time as two Bulgarian athletes, long jumper Diana Yorgova and gymnast Nikolai Prodanov, exchanged vows at the Olympic Village.32

Anthony Coutinho took part in the 1964, Tokyo Olympics Games, in which he took part in the 4 x 100 m relay and created a new Asian record.

1.14 STATEMENT OF THE PROBLEM:

The Researcher has conducting a study on an Indian Olympian Anthony Francis Coutinho and his athletic journey to the Olympics.

Hence to achieve this purpose the problem selected by the researches is as follows:

AN INDIAN OLYMPIAN ANTHONY FRANCIS COUTINHO: A CASE STUDY

1.15 THE NEED AND SIGNIFICANCE OF THE STUDY:

- The study will help us to know about the athletic life of Anthony Francis Coutinho.
- The study will help us to know about Anthony Francis Coutinho’s participation and achievements at different levels.
- The study will help us to know about Anthony Francis Coutinho’s family background.
- The study will help to know the training schedule adopted by Anthony Francis Coutinho.
- The study will help to know the training methods adopted by Anthony Francis Coutinho.
- The study will help to know the personality of Anthony Francis Coutinho.
- The study will help us to know the different problems faced by Anthony Coutinho.
- The study will help to know Anthony Francis Coutinho’s childhood with regard to the game.
- The study is necessary to know Anthony Francis Coutinho’s adulthood with regard to the game.
- The study will help us to know the support Anthony Coutinho received from his family, athletes, coaches, society, media, association and the government.
- The study will help us to know the opinions of Anthony Coutinho's family, friends, coaches, athletes and students regarding his personality, as an Olympian, as a player and as a coach.
- The study will help us to know the contributions of Anthony Francis Coutinho with regard to the game.
- The study will help to know the socioeconomic influence on Anthony Francis Coutinho with regard to the game.

1.16 OBJECTIVE OF THE STUDY

- To know the family background of the Anthony Francis Coutinho.
- To know about the childhood period in Anthony Coutinho’s athletic career.
• To know about the Adulthood period in Anthony Coutinho’s athletic career.
• To know the Educational Background of Anthony Coutinho.
• To study the Socio Economic influences on Anthony Francis Coutinho with regard to the game.
• To know about the Support, Anthony Francis Coutinho got from his Family, Society and the Government.
• To know the Training Methods and Schedule adopted by Anthony Francis Coutinho with regard to the game.
• To study Anthony Coutinho’s role as a player, an Olympian and as a Coach.
• To know the role of different coaches in Anthony Francis Coutinho’s athletic career.
• To know about the Diet and Life Style of Anthony Francis Coutinho.
• To know Anthony Francis Coutinho’s participation and achievements at different athletic competitions.
• To know the difficulties Anthony Countinho faced during his athletic career.
• To know Anthony Francis Coutinho’s contributions with regard to athletics.
• To know the role of media in his athletic career.
• To study the views of Anthony Francis Coutinho with regard to the game.
• To know the Personality of Anthony Coutinho.
• To know the Opinion of Anthony Coutinho’s family members, friends coaches, athletes and students on him.

1.17 DEFINITION OF TERMS USED:
A Case Study: The case study is a way of organizing social data for the purpose of viewing social reality. It examines a social unit as a whole. The unit may be a person, a family, a social group, a social institution, or a community.33

• Olympics Games: a sports festival held every four years in different countries.\(^{34}\)
• Olympian: a competitor in the Olympics Games.\(^{35}\)

1.18 LIMITATIONS OF THE STUDY
• The study is limited to the athletic achievements, contributions and role of Anthony Coutinho in the field of athletics.
• The information obtained from his family, friends and coaches is limited to Anthony Coutinho’s achievements, contributions and his role in the field of athletics.
• The information is obtained from all written sources available related to Anthony Coutinho’s athletic career.

1.19 DELIMITATIONS OF THE STUDY:
• The study is only related to Anthony Coutinho, as it is an individual case study.
• The study is delimited to the information sort from Anthony Coutinho, his family, friends, coaches and written sources.
• The study is delimited to Anthony Coutinho and his achievement, contributions and, role in the field of athletics.
• The study is delimited to Anthony Coutinho’s childhood, adulthood, family background, athletic career, his coaches, achievements, socioeconomic status, diet, training schedule, educational background, personality and health.

1.20 ASSUMPTIONS
• It is assumed that the personal information given by Anthony Coutinho will be true regarding his contributions and achievements in sports.

\(^{35}\) Ibid.
• It is assumed that the information given by his family members, coaches and friends with regards to Anthony Coutinho’s achievements, contributions and role in the field of athletics will be true.

• It is assumed that the information given by his family, friends and coaches regarding Anthony Coutinho as a coach, as an athlete, as an Olympian and about his personality will be true.

• It is assumed that the questionnaire administered Anthony Coutinho’s family, friends and coaches would give a true picture of Anthony Coutinho.

• It is assumed that the information given by his family, friends and coaches were in the best frame of mind to give the true information.

• It is assumed that the opinions of Anthony Continuo’s family members, friends, coaches, fellow athletes and students will be true.