Chapter-I

INTRODUCTION

Physical education also offers a unique setting in which to foster positive interactions among students. Through quality, structured activities and games, physical education can help students develop appropriate game play behaviors, such as treating equipment and players with respect, playing fairly with regard to etiquette and demonstrating good sporting behaviors.

The history of physical education and sport from ancient to modern times. Its purpose is to assist students in developing an understanding of the historical foundations of physical education and sport so that they will be equipped to undertake further work in the socio cultural study of human movement. Students will be encouraged to seek out the meanings that sport and physical education held for people during different historical periods, and to identify the linkages between modern sports and physical education and their earlier counterparts. Special emphasis will be given to: the origins of the Olympic Games; the modernization of sport; the diffusion of the games
ethic through the British Empire; and the inception of the modern Olympic Games. The unit also aims to assist students in gaining an appreciation of the different theoretical and methodological approaches related to the history of sport and physical activity in society.

In many countries, the terms physical education and sport are used together to describe the academic discipline that we commonly refer to as physical education in the US. However, the US is unique because we offer interscholastic sport competition. Only a handful of other countries do this. Others rely on independent club amateur, semi-pro, and professional leagues for competitive sports. Because of the coupling of athletic competition to academic institutions, physical educators have found it difficult to coexist with athletic personnel. Consequently, athletics and physical education have always had different goals and more or less have followed divergent paths in their development in the US.

Successful Sport for Development and Peace programs work to realize the right of all members of society to participate in sport and leisure activities. Effective programs intentionally give priority to development objectives and are carefully designed to be inclusive. These programs embody the best values of sport while upholding the
quality and integrity of the sport experience. Strong Sport for Development and Peace programs combine sport and play with other non-sport components to enhance their effectiveness. They are delivered in an integrated manner with other local, regional and national development and peace initiatives so that they are mutually reinforcing. Programs seek to empower participants and communities by engaging them in the design and delivery of activities, building local capacity, adhering to generally accepted principles of transparency and accountability, and pursuing sustainability through collaboration, partnerships and coordinated action.

While Sport for Development and Peace is widely seen as an emerging field in the area of development, its antecedents can be traced back to antiquity when the Olympic Truce was first used to establish temporary peace between warring states, to allow for competition among their athletes.

There is a long history of material, starting in the last couple of decades of 19th century, which has examined the history of physical education (Ainsworth, 1930; Hartwell, 1886, 1905; Le onard, 1905, 1915, 1923; Rice,1926, Schwendener, 1942). Nancy Struna has argued that the growth in the research on the history of physical education
reflected an increased interesting physical education both publicly and institutionally at schools, colleges and universities

The history of physical education reflects people's attitudes about physical activity. From prehistoric times, because survival was related to physical stamina and to people's ability to find food, no separate physical fitness programs were needed. Gradually, ancient societies in China, Egypt, Greece, and Rome adopted physical education as part of military training. As the more developed societies came to value the scholarly life, physical education lost favor. Many developed countries have had to strike a balance between physical and intellectual interests. The history of physical education frequently shows a pattern of military, social, and political influence.

In one high point of ancient history, Athenian Greeks came to the forefront in the era 700 to 600 B.C. with their quest for physical and intellectual perfection. In numerous festivals, Athenians celebrated the beauty of the human form in dance, art, religious rites, and athletics. Athenians honored the gods of Olympus, especially Zeus, with the first Olympic Games. The Olympic Games offered a civilizing influence, with social class disregarded and all citizens judged on athletic competition. If a war was being fought, it was halted during the
Olympic Games. Many historians regard Athenian culture as the height of early physical education, but like their Chinese predecessors, the Athenians felt the competing influence of intellectualism.

The middle Ages saw the fall of the Roman Empire and the rise of Christianity, and the Christian influence brought about a denial of physical activity for anything other than manual labor. Christians saw sports and physical play as immoral, and in 394 they halted the Olympic Games. This trend was not reversed until the medieval societies grew and sought power through military expansion.

During the Renaissance, the pendulum swung once again as artists showed the human body as an object of admiration. The humanist faction, centered in Italy, valued education in sports such as fencing, archery, swimming, running, and ball games. The moralist faction, influenced by the Protestant Reformation, saw physical activity only as a way for carrying out work. During this period, much of Europe was still Catholic, and Catholics favored recreational physical activity with the view that care should be taken of the body as the vessel that held the soul. The other major Renaissance faction was realism, which favored physical education as part of a sound mind in a sound body.
In 19th-century Europe, Sweden and Germany developed systems of gymnastics that were adopted internationally with Germany building the first indoor gymnasium. In Finland, which also built a gymnasium, exercise was for the first time seen as a way to achieve physical rehabilitation. Scholars began to study anatomy and physiology in relation to exercise. Denmark was among the first countries to require physical education in schools.

Physical education fulfilled a political role in early-20th-century Russia after the rise of communism. Physical fitness helped insure military strength, productivity, and nationalism. Sports were viewed as a way of achieving international fame.

The United States followed other countries in its approach to physical education. During the Colonial period, the sheer physical demands of survival made physical education unnecessary. War required physical training as a part of military preparation. Between the Revolution War and the Civil War, Americans followed some recreational activities such as riding, hunting, dancing, swimming, and early forms of golf and tennis. By the 1820s, some American schools offered gymnasia and physical education. Instruction included the development and care of the body, and training in hygiene. Students
learned callisthenic exercises, gymnastics, and the performance and management of athletic games. Women’s colleges offered exercise and dance classes. The Young Men's Christian Association (YMCA) opened its first American chapter in 1851. Many sports gained in popularity around this time, including baseball.

After the American Civil War, large school systems began to adopt physical education programs and many states passed laws requiring that physical education programs be taught. For the first time, specialized training was offered for physical education instructors. In another first, colleges offered intercollegiate sports such as rowing, football, and track and field. In keeping with this wave of interest in physical education, the Olympic Games were restored in 1896, after a 1,400-year interlude.

Surprisingly, many Americans were not physically fit for military service during World War I, and there were many postwar efforts to add physical education at all levels of schooling. During World War II, physical fitness was again required of soldiers— but it was also required of many others, particularly women, since the war effort required manual labor. Soldiers once again came up short in physical fitness requirements, so after the war, schools instituted more rigorous
physical education requirements, and there was greater interest in the teaching of physical education.

By 1950, there were over 400 United States colleges and universities offering majors in physical education and there was increasing recognition of the scientific foundation of physical education. The fitness of the military in the Korean War again fell short of expectations, and the federal government set up the President's Council on Physical Fitness, which helped to raise fitness standards in schools across the country. A series of 1970s and 1980s recessions brought about cutbacks in many school programs, including physical education. By the 1970s, interest in the President's Council had waned and physical education courses began to emphasize lifetime sports such as golf, badminton, tennis, and bowling. In another swing of the pendulum, the American public spontaneously developed an intense interest in fitness in the late 1970s.

One of the most significant shifts of the 1970s was the Title IX amendment to the Federal Education Act, which stipulated that no federally funded education programs could discriminate on the basis of gender. Enforcement of Title IX opened up many new opportunities for
women in competitive athletics, both at the high school and collegiate levels.

In a continuation of 1980s trends, during the 1990s many school districts have limited the amount of time students spend in physical education or have even dropped the program in response to economic problems or concerns about poor curriculum. Some reformers in the field are turning to sports education as a way of reengaging the students.

Men’s shooting was one of the nine events at the first modern Olympic Games in Athens, in 1896. In the Paris Games in 1900, live pigeons were used as moving targets. Thankfully, people started to realize what a barbaric practice this was and replaced the pigeons with clay targets. In 1907 the International Shooting Sport Federation came into existence. The women's shooting disciplines were only included in the Los Angeles 1984 Games.

The sport first appeared in 1896. There were also events in 1900, but none were contested during the 1904 and 1928 Games. Shooting became an Asian Games event at the Second Asian Games in Manila, Philippines, in 1954.
About Shooting Sports:

Shooting is a target sport that covers a number of different types of events for men and women including: Rifle, Pistol, Trap, Skeet and Running Target. They all use different weapons and ammunitions.

At the Olympics there are 15 events: 7 for women and 8 for men. The shooting events are divided into four different groups:

A shooting sport is a competitive sport involving tests of proficiency (accuracy and speed) using various types of guns such as firearms and air guns. Hunting is also a shooting sport, and indeed shooting live pheasants was an Olympic event. The shooting sports are categorized by the type of firearm, targets, and distances at which the targets are shot from.

1.1 History of shooting game:

Shooting sports arose from the use of weapons and hunting implements. Long before gunpowder, hunters defended themselves and killed game from a distance. Rocks and spears gave way to boomerangs, arrows, darts, and bolts. “Chinese snow” appeared in fireworks a couple of centuries before English friar Roger Bacon
described gunpowder in 1249. In 1327 England’s Edward II used guns to invade Scotland, but their performance did not match their novelty.

The first guns were heavy tubes that required two attendants. One held the tube while his partner lit a priming charge with a burning stick or rope. The first lock was a lever by which a smoldering wick was lowered to the touch - in the barrel. Such guns were called matchlocks. Sixteenth - century German gun designers replaced the wick with a spring - loaded jaw that held pyrite (flint) against a serrated bar. Pulling the bar across the pyrite showered sparks into a pan that held a trail of fine gunpowder leading to the touch - hole. Around 1515 in Numbering the bar was replaced by a spring - loaded sprocket wound with a spanner wrench. Pulling the trigger released the wheel to spin against a fixed shared of pyrite held against the wheel’s teeth. The subsequent flintlock featured a cock or hammer with a clamped flint that struck a steel plate above the pan. In 1806, Scotch clergyman Alexander John Forsythe became the first on record to ignite a spark inside the chamber of a gun. He used an explosive fulminate to generate sparks. In 1814, sea captain Joshua Shaw of Philadelphia upstaged a host of experimenters to produce a viable percussion cap.
Columbus reached the Americans while armed with a trigger less matchlock. Pilgrims carried long 75 - caliber smoothbore flintlocks, although the superior accuracy of rifled bores had been proven as early as 1498 in Germany. Americans did come to favor the jaeger (hunter) rifle with small bores. To shave weight they trimmed the stock. The svelte “Kentucky rifle” derived mostly from Pennsylvania - based German gun markers, resulted. Undersize balls in greased patches speeded loading.

As the frontier edged west, the needs of hunters changed. Grizzly bears, bison, and elk were hard to kill with Kentucky rifles, whose barrels were also awkward in the saddle. Brothers Sam and Jake Hawken of St. Louis developed a shorter rifle with a half - stock and heavy 50 - caliber soft - iron barrel with a slow rifling twist. Mid - nineteenth - century, mountain men converted their haw kens.

In 1848, New York Inventor Walter Hunt developed a repeating rifle with the charge in the base of his “rocket ball” bullets. Financier George Arrow smith and mechanic Lewis jennings made rifle more reliable. In 1849, Arrow smith sold this “Volitional” repeater for $100,000 to railroad magnate Courtland palmer with palmer’s backing, Horace.
Smith and Daniel Wesson developed a metallic cartridge for it. In 1855, a group of forty New York and New Haven investors bought out Smith, Wesson and Palmer to form the Volcanic Repeating Arms Company. Their first director, shirt salesperson Oliver F. Winchester hired B. Tyler Henry to reengineer both rifle and ammo. In 1860, Henry came up with a fifteen-shot repeater that would later impress Confederates as the “damned Yankee rifle you loaded on Sunday and fired all week. “But the Henry lacked the punch needed by buffalo hunters, who favored Remington Rolling Block and Sharps 1874 dropping-block single-shots chambered for cigar-size cartridges. When the Sharps Rifle Company folded in 1880. The sustenance and market hunting was over human scavengers would glean more than three million tons of bison bones from the plains. The day of buffalo hunting was short and shameful.

By that time, Winchester had discovered John Moses Browning, a Frontier gun genius working from a crude shop in Ogden, Utah. Between 1883 and 1900, Browning would deliver forty-four designs to Winchester's New Haven plant. The Model 1886 lever-action brought
Browner $50,000 in 1885. The first successful gas-operated guns came from Browning, whose machine gun cycled 1,800 rounds in Colt's test lab without malfunction. It weighed half as much as a Gatling. A fearsome succession of weapons followed. Hermann Goering would remark that if Germany had Browning 50s. It might have defeated Britain's RAF.

By 1900, three of every four guns used by American sportsmen were Winchesters of Browning design. Only Peter Paul Mouser, who developed the bolt-action rifle in Germany during the 1880s has had such lasting impact on the design of modern sporting guns. His rifles would allow twentieth-century designers like Roy Weatherby to extend the reach of hunters, target shooters, and tactical marksmen.

The period between 1820 and 1900 was the most active in the history of firearms design. From flintlock to cap lock, muzzle-loader to breech-loader, single-shot to repeater, firearms became more effective and reliable. They also determined the games that would entertain sportsmen and women.

While hunters established the rifle market on the western frontier, target shooting became popular in the East. German and Swiss
style Schuetzennfests included beer, sauerbraten, and beautiful single shot rifles. The first recorded Schuetzennfest occurred in New York the year after the Civil War ended. Most shooting was done at 183 meters, off land. The rifles weighed from 5.5 to 7.3 kilograms, with 32 to 45 caliber bores and sophisticated aperture sights. Shortly after 1900 scopes were permitted in some events.

1.1.1 History overview of shooting sports:

From the spear and the projectile throwing contests to the modern day Olympics games, shooting has evolved into a competitive sport with nearly 20 million target shooters participating in the United States alone.

It can be said that shooting began with spears and sicks. Bur by The 10th century, marksmanship because a social and recreational sport. The Germans found the first shooting clubs in the 13th and 14th centuries, and membership was typically reserved for men only. in the beginning bows and wheel lock muskets were shot from the standing position, but by the 16th century, firearms with rifled barrels are used in public matches. Some early clubs competitions were festive and shot matches fired elaborately painted wooden targets. Usually matches and
shooting festivals for one or more gun clubs were held on New year’s Day, religious holidays or other special occasions where prized of gold and money were frequently awarded.

1.1.2 Development of shooting game:

Shooting with the rifle pistol and shotgun has been practiced in many countries since the middle Ages. During the 19th Century, however, shooting also developed into a sport. Associations, federations, councils, confederations, unions or organizations were formed in some countries, using different words to describe the alliance of shooters in clubs or the alliance of clubs in local, regional or national organizations. In history books report of shooting competitions in some European countries as early as the 11th Century, but the modern concept of our sport began in the 19th Century with the development of shooting equipment, and several of the present days. National federations were formed.

Shooting as a sport of marksmanship with firearms was developed around 14th century in 1466, the first shooting clubs-Lucence Guild was formed in Switzerland and in 1472. First shooting match was
organized. The National Rifle Association of Great Britain - the first in this sport was formed in 1860.

Concerned over poor marksmanship during the American Civil War, veteran union officers Col. William C. Church and Gen George Wingate formed the National Rifle Association in 1871 for the purpose of promoting and encouraging rifle shooting on a "scientific" basis. In 1872, with financial help from New York State, a site on Long Island, the Creed Farm, was purchased for building a rifle range. Named Creedmoor, the range opened in 1872, and became the site of the first National Matches until New York politics forced the NRA to move the matches to Sea Girt, New Jersey. The popularity of the National Matches soon forced the event to be moved to its present, much larger location: Camp Perry. In 1903, the U.S. Congress created the National Board for the Promotion of Rifle Practice (NBPRP), an advisory board to the Secretary of the Army, with a nearly identical charter to the NRA. The NBPRP (now known as the Civilian Marksmanship Program) also participates in the National Matches at Camp Perry.

At the first time International Shooting Competitions had began already with shooting at the first Olympic game of the modern times in
the year 1896 in Athens, nine different sports were placed on the program by the international Olympic Committee.

In 1903, the NRA began to establish rifle clubs at all major colleges, universities and military academies. By 1906, youth programs were in full swing with more than 200 boys competing in the National Matches. Today, more than one million youth participate in shooting sports events and affiliated programs through groups such as 4-H, the Boy Scouts of America, the American Legion, U.S. Jaycees, NCAA, the Scholastic Clay Target Program, National Guard Bureau, ROTC and JROTC. These programs have all continued to thrive despite political pressures to disband. The success of these programs in often attributed to an emphasis on safety and education that has resulted in an unprecedented scholastic and collegiate athletic safety record.

The first world championship in our sport was organized in 1897 in France, and eight national shooting federations founded the “Union International des Federations et Associations Nationals de Tir” on 7th July 1907 in Zurich, Switzerland. This was the name until the current name international Shooting Sports Federation (ISSF) was adapted in 1988. The concept of an international federation for the shooting sport was first discussed during a six-nation shooting competition in Milan,
Italy in June of 1906. There, it was agreed to drop a constitution and shooting regulation.

These regulations were intended to define the specification of arms, targets, clothing, firing positions and standardized rule of conduct and organization for the competitions. The athletes, who practice the shooting sport throughout the world, are being reminded that it was the “National Union of the Society Societies of France” that had accepted the great responsibility of producing these first drafts of the regulation, and in principle, these drafts are still the basic rules of 100 years of application. The inaugural meeting discussed the choice of language for the conduct of proceedings, and French was chosen, but was also decided that the statues and other official documents should also be published in the German language. The French title of the “International Union of National Federations and Associations of Shooting” started to use the initials, UIT.

This Union was dissolved in 1915 during World War I but was reorganized in 1921 under the new name of “Union International de Tir”, also using the initials, UIT. After World War II had started, the activities of the Union were again suspended and then reorganized in 1947 under the new name, “International Shooting Union”, using the
title in the English language which from then on was decided to be the official working language of the organization.

The initials of the International Shooting Union would have been ISU, but organization had to continue using the letters of its French title, UIT, in order not to confuse it with the initials used in the international sport world by the International Skating Union which was founded in 1892 in Scheveningen and which has used ISU as its official abbreviation even since.

Today, the International Shooting Union is recognized by the International Olympic Committee – IOC – as the sole supervising body of the International amateur shooting sports for all international competitions. It is presently composed of 157 national federations from 137 affiliated countries.

Major goals of the International Shooting Union are to promote and manage the development of amateur sport shooting in the world, to organize and supervise the shooting competitions, and to control all technical facilities at the Olympic Games in cooperation with the International Olympic Committee. In order to realize these goals, the Union has adopted uniform, technical regulations in the various sport
shooting disciplines, whose observance is controlled by licensed judges. This is to guarantee that all sport shooters throughout the world can measure their strength in fair competition under equal conditions at all championships organized by the UIT. Further tasks are the basic and advanced education of trainers and the scientific research of educational and medical fundamentals in sport shooting.

The Executive Committee is composed of the president, four vice presidents, the secretary general, the chairman of the Technical Committee and three other members. Apart from the General Assembly, which meets every two years, the most important decisions are made by the Administrative Council, which, in addition to the members of the Executive Committee, is made up of the representatives of the continental federations and the chairpersons of the individual section committees as well as seven other members.

In 1986, final competitions for the Olympic sport shooting events were introduced according to the traditional program. In the same year the UIT introduced an Olympic qualification system, in which athletes from all parts of the world could qualify for the Olympic Games. Apart from the world championships and continental championships, international competitions were designed for this qualification system,
and the world cup born. The World Cup Final is the highlight of each world cup season and was conducted for the first time in 1988.

In 1989, the electronic scoring system was introduced for scope displays, which did away with the traditional paper targets at the final competitions of the large sporting events. Spectators, and the winners, immediately celebrated, could witness the sport shooting competitions. With this development, sport shooting was seen on television for the first time at the Olympic Games in Barcelona in 1992. A new era in sport shooting had been begun. The shooting sport had fulfilled the requirements demanded of a modern, contemporary sport with spectator appeal.

At the 96 Olympic Games in Atlanta the UIT certainly enjoyed the best coverage of the finals in all 15 Olympic events by the Atlanta Olympic Broadcasting System which can truly be considered the best television production that our sport has ever received in its history.

Today, shooting sport may undisputedly be regarded as an important pillar of the Olympic Movement and is firmly anchored in the program of the Olympic Games.
1.2 Shooting game in America:

The first forms of shooting competitions in the U.S.A. were called “rifle frolics” or “turkey shoots”. Prices ranged from beef, turkey or other food items. The matches usually consisted of one-shot affairs which were fined from a distance of 250-300 feet from either the standing or rest position.

The first matches were developed between 1790 and 1800. These firearms featured 38-40 inch barrels, double-set triggers and target sights similar to those that were used for European target arms. After rifle markers began to use new percussion caps in 1825, target accuracy greatly improved. Formal match shooting began shortly. Thereafter and competition in all parts of the USA drew large attendance from shooters and spectators.

One particular match in Glendale Park, New York, in the 1880 has attracted more than 600 competitors and 30,000 spectators for a one-day event in 1898, a shooting festival at the same location offered $25,000 in cash prizes.

The trap shooting began in the USA around 1825. The first recorded match was conducted in Cincinnati, Ohio, just six years later,
where American’s led the way in developing artificial targets for the trap competition. First glass balls containing teachers were used, but soon clay targets would be developed and become the standard for the sport. The greatest trap shooters of the 19th century included Adam Bogardus, Ira Pance and Anie Oakley. In a one-day exhibition Bogadus broke 5,681 glass balls before missing, and Oakley shot 4,722 of 5,000 glass balls released.

In pistol, the first recorded match was in 1860 and it was a duet between two men who nine-inch china plates from a distance of 100 feet. The winner broke 11 of 15. In 1865, w.f. “Buffalo Bill” cody produced shooting pistol exhibitions, which further promoted the sport of shooting throughout the rest of the United States.

Between 1910 and 1915, skeet shooting originated as a sport to stimulate upland game hunting. Competitors fired “around the clock” using a complete circle of shooting stations. This format was later modified to the present day half-circle with targets thrown from high and low houses on either side of the field.
1.3 Shooting Sport in India:

Shooting has been a popular sport in India since yore. Shooting was a favorite sport with the Maharajas of the former princely states of India. These Indian kings were expert with guns and often used to go on shooting sprees on horseback. The shooting expertise was an essential constituent of the royal grooming process and hence the origin of some of the leading shooters of India can be traced back to the erstwhile imperial families of India. Shooting as a sport gained importance in India when the National Rifle Association of India (NRA) was set up in 1951. NRAI, which is affiliated to the (ISSF) International Shooting Sports Federation, is the principal administrative body promoting the sport of shooting in India.

Lastly, India has produced several champions in shooting. Indian shooter, Abhinav Bindra, is the current Olympic champion, having won gold for India in the 10 m Air rifle event at the Beijing games 2008. In the 2003 world championships, Rajyavardhan Singh Rathore won the silver medal in the double-trap event in Nicosia. At the 2004 Olympics, he won the silver medal, the first shooting medal for the country in the Olympics in 2006 ISSF World Shooting Championships at Zagreb, Croatia, Abhinav Bindra won the 10 m Air
Rifle, Manavjit Singh Sandhu won the Trap event, and the Indian team won the Silver in the Trap event. At the 2006, ISSF World Cup Gagan Narang won the gold in the 10 m Air Rifle event in Guangzhou, China, Rajyavardhan Singh Rathore won the gold in the double trap event at Cairo, Egypt, Manavit Singh Sandhu also ranked second in the World Cup at Kerrville, TX, USA in 2006. In 2008, Ronjan Singh Sodhi won the World Cup in double trap at Belgrade with a world-record equaling performance. Gagan Narang won the bronze medal in the 10 m Air Rifle at the 2008 ISSF World Cup. At the 2008 Olympic, Abhinav Bindra won the gold medal for India in the 10 m Air rifle event. This is the first individual gold medal for India in Olympic discipline.

Ridding on the good work of India shooters, shooting is giving stiff competition to games like cricket in the popularly stakes. In 2004, the game of shooting gave India its first Olympic individual silver medal and, with two years to go for the Beijing Games, speculation is rife that Indian marksmen will come home with a bigger tally.

Notwithstanding the soaring popularly, shooting is generally regarded an expensive sport which only the affluent, powerful and the talented with institutional support can pursue as a serious career. While shooters like Abhinav Bindra and Gagan Narang come from wealthy
families, others like Rajyavardhan Rathore are decorated Indian Army officers.

The National Rifle Association of India and the Indian government should make sure that Indian shooters get regular international exposure and can concentrate on honing their skills without bothering about financial constraints.

1.4 International Shooting Sport Federation:

International shooting competitions had begun already with shooting at the 1896 summer Olympic, and the first World championships were held in 1897. However, there was no governing body until 1907, when eight national federations founded the union, soon to be called Union International de Tiro (UIT) (French for the International Shooting Union and sometimes-referred to in English as the ISU). This was the name until the current name International Shooting Sport Federation was adopted in 1998.

The International Shooting Sport Federation (ISSF) is an organization that governs international shooting sports. While for from the only such organization. It is the one that is a member of the International Olympic Committee and so it is in charge of the Olympic
Shooting events. Not all ISSF shooting events are Olympic, however. The Organization with 157 national member federations has its headquarters in Munich, Germany.

1.5 National Rifle Association of India:

The national rifle association of India (NRA) is the central administrative body for the promotion of shooting sport in India. The NRAI was founded in 1951 with GV Mavlankar, the first speaker of Lok Sabha, as its Founder president. The NRAI is affiliated to the International Shooting Sports Federation (ISSF) the apex body in shooting sport. Digvijay Singh, Minister of State for External affairs is the current president of NRAI. The NRAI, which has a network of 46 State Rifle Associations / Units from all over India, holds national level competitions in Rifle, Pistol and Shotgun events. India has also played host to a slew of international shooting events like the ISSF World Cup and the First Commonwealth Shooting Championship at Delhi in 1995.

The Indian shooting Association deserves kudos for the remarkable improvement in the standard of the game in India. It played an active role in the construction of the Dr. Kami Singh Shooting Ranges, New Delhi, which was the first range in the country built as per international standard.
1.6 Competitions of Shooting Game at World Level:

1.6.1 ISSF World Shooting Championships:

The international Shooting Sports Federation governs the ISSF World Shooting Championships, World Shooting championships began 1897, after the successful 1896 Summer Olympics and although the ISSF was not founded until 1907, these early competitions are still seen by the organization as the beginning of a continuous row of championships. By this logic, the ISSF 2006 competition in Zagreb was called the 49th ISSF World Shooting championships. These championships, including all ISSF shooting events, are held every four years since 1954. For the shotgun events only, this is an additional World Championship competition in odd-numbered years. These extra competitions are not numbered. In running target, these will be World Championships in Olympic years.

The World Championships were held each year from 1897 to 1931, with the exception of the year 1915-1920 (interruption by World War I) and 1926 from 1933 to 1949, they were held biennially, although the year 1941-1945 competitions were cancelled (again, because of world war). The current schedule, with large World Championships only every four years, was adapted in 1954.
Originally, 300-meter rifle (in various positions) was the only discipline on the programmed, despite many other events having been included in the Olympics. In 1900, 50-meter pistol was added. This programmed was in use until 1929, the only change being the addition of 300-meter army rifle, with mandatory use of the host nation’s army weapon, in 1911. The 1929 championships in Stockholm saw the addition of most of the remaining events from the Olympic programmed 100 meter running deer, 50-meter rifle and trap; 25-meter rapid-fire pistol had to wait until 1933.

Immediately after World War II, 300-meter standard rifle (with more strict rules than 300-meter rifle but less than 300-meter army rifle) was added along with 25-meter centre-fire pistol and skeet. There was also briefly a companied 50 and 100 m rifle competition. Specific women’s events began to be slowly added from 1958, although women had previously, and at times successfully, been allowed to compete alongside the men. The last remaining army rifle event and 100 meter running deer were dropped in 1966, the latter in favor of 50 meter running target, 50-meter standard rifle was also added for both men and women, but was soon dropped for the men due to the similarly to 50-meter rifle. The 1970 World Championships in Phoenix added air gun
events, 25-meter standard pistol and the mixed running target competition, 10-meter running target was added in 1982.

For the 1994 competitions in Milan, a number of profound changes were made. First, junior competitions were added (like the senior championships, these are only held every four years), they had previously been tested in the special shotgun and air gun championships. Second, there were no longer medals awarded in single positions in the 300-meter and 50-meter rifle matches (except for the prone position, which has its own match). Third, double trap had been introduced five years earlier in Montecatini and now made its way into the large championships. With only minor additions, the 1994 programmed is still in use.

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Championships for men and women in all disciplines are held every four years.

1.6.2 ISSF World Cup:

The ISSF World Cup was introduced by international shooting sport federation in 1986 to provide a homogeneous system for qualification to the Olympic shooting competitions. It still is carried out in the Olympic shooting events, with four competitions per year in each event. For the best shooters there is since 1988 a World Cup Final.

World Cup Final:

The world cup final in rifle and pistol is often, but not always, held in Munich in the end of August. The location and date of the world cup final in shotgun are more flexible. To the final, the following shooters are qualified.

- The last Olympic or World Champion.
- The last world cup final winner
- The eight shooters that have made the best performances at a single world cup competition during the year. For rating the performances, a special system is used, where both the rank
achieved in the competition and the score in the qualification round count.

**Venues:**

The venues are decided by the ISSF from time to time. However, some are more common than others are. Two world cups in rifle and pistol event are usually held in Munich and Milan. The other two are usually held outside Europe in places like Fort Binning, Buenos Aires, Seoul, chagwon or Sydney. Some common locations for the shotgun competitions are Nicosia, Lonato, New Delhi and Americana sao Paulo. A new location for the shotgun competitions is held in Merrville, Texas located in the Hill country of Texas.

In Olympic years, an early world cup is held at the Olympic venue and considered a Pre-Olympic test event.

**1.6.3 Summer Olympic :**

French nobleman Baron Pierre de Coubertin orchestrated the first modern Olympic Games in 1896 in Athens, Greece. It began with nine competitive sports, including shooting. A former French pistol champion, de Coubertin supported the inclusion of four pistol and two high-power rifle events on the Olympic program. Shooting events have
been a part of all the Olympic Games except the 1904 Games in St. Louis, Missouri, and the 1928 Olympic Games in Amsterdam. Individual and team events were fire until 1948, when team contests were eliminated by the Union International de Tiro (UIT).

The number of Olympic shooting events has ranged from a lot of two at the 1932 Los Angeles to a high of 21 events in Atwerp in 1920. Beginning in 2008 at the Beijing Olympic Games, the Olympic program now includes 15 events; six for women and nine for men. The athletes are divided into shotgun, rifle and pistol disciplines.

The first few Olympiads saw a large number of assorted shooting events without much standardization. When shooting was reintroduced in 1932, it consisted of only two events. From this, the number of events has increased steadily until reaching the 2000-2004 maximum of seventeen events. The 2008 games had only fifteen. Events marked as “Men’s” were actually open events before the inclusion of separate women’s events in that discipline. Two women won medals in such mixed events; Margaret Murdock, Silver in 50m. Rifle three positions (1976) and Zhan Shan, Gold in skeet (1992).
1.6.4 Commonwealth Games Federation:

The first Commonwealth Games were held in 1930 in Hamilton, Canada where 11 countries sent 400 athletes to take part in 6 sports and 59 events. 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 with the City of Hamilton providing $30,000 to help cover travelling costs of the participating nations.

Since then, the Games have been conducted every four years (except for 1942 and 1946 due to World War II) and the event has been many changes, not least in its name. From 1930 to 1950, the Games were known as the British Empire Games, from 1954 until 1966 the British Empire and Commonwealth Games and from 1970 to 1974, they took on the title of British Commonwealth Games. It was the 1978 Games in Edmonton that saw this unique, world class, and multi-sports event change its name to the Commonwealth Games.

Shooting is an optional sport for men and women that made its appearance on the programmed in Kingston 1966. After a gap in Edinburgh 1970, the sport has been included in every Commonwealth Games. Shooting events will feature in both Delhi 2010 and Glasgow 2014.
1.6.5 Commonwealth Youth Games:

The inaugural Millennium Commonwealth Youth Games took place in Edinburgh from 10 – 14 August 2000. The Games provided an opportunity for young athletes under 18 to compete in an international multi-sport event and were supported by the Commonwealth Games Federation.

The Games were so successful that it was decided to hold them every 4 years and the second Games were held in Bendigo, Australia between 29 November and 4 December 2004. One thousand athletes competed at the Games in 10 sports – athletics, badminton, boxing, cycling, gymnastics, lawn bowls, and rugby 7s. Swimming, tenpin bowling and weightlifting. Shooting was also included in the commonwealth Youth Games in Pune-2008.

1.7 Different events in shooting:

1.7.1 Rifle events:

In the Qualifications competitors, shorts are fired at a 10-ring target. The higher score is awarded when a shot touches the line between two zones. In the Finals, 8 shooters compete firing shot by shot on command. The 10 rings on the target are sub-divided into ten
“decimal” score zones (10.0 to 10.9), the highest score for a shot 10.9. The finals score is added to the qualification score to determining the winner.

**50m Rifle 3 Positions Men:**

The shooter fires 40 shots each in the prone, standing and kneeling positions at a target 50 meters away. Prior to the first competition shot, any number of sighting shots may be fired. The rifle is a small bore rifle (single loaded) in 5.6 mm (22 Long Rifle) caliber with a maximum overall weight of 8 kg with a well shaped stock incorporating adjustments to suit the individual, including a hook type butt plate and in the standing position only a palm rest if desired. Only “metallic” sights are permitted-see rifle sights. The centre ten, which is as large as a “Dime” coin, must be hit at a distance of 50 meters within a time limit of 45 minutes in the prone position, 75 minutes in the standing position and 60 minutes in the kneeling position.

The best eight shooters from this opening program are qualified for the final. The final consists of 10 shots in the standing position with a time limit of 75 seconds per shot. Each shot is evaluated in decimal tenths and added to the score of the opening program.
**50m Rifle Prone Men:**

Sixty shots are fired in the prone position. Prior to the first competition shot, any number of sighting shots may be fired. The competition time, including the sighting shots, is 75 minutes. The distance of the target, the size of its centre and the rifle correspond to the 50m rifle 3 positions match. In the final, 10 shots are fired with a time limit of 45 seconds per shot in the “prone” position. The decimal score is added to the opening score to determine the winner.

**50m Rifle 3 Positions Women:**

20 shots are fired in the prone, standing and kneeling positions. The time limit for all three positions, including the sighting shorts, is 135 minutes. A small bore rifle as for the men but with a maximum weight limit of 6.5 kg. The shots are once again fired at the target’s centre, which is the size of a “Dime” coin, at a distance of 50 meters. In the final, the best eight shooters fire 10 shots in the standing position with a time limit of 75 seconds per shot, and the score is evaluated in tenths. The final score is then added to the opening score to determine the total result.
**50m Rifle Prone women:**

Forty shots are fired in the prone position. Prior to the first competition shot, any number of sighting shots may be fired. The competition time, including the sighting shots, is 75 minutes. The distance of the target, the size of its centre and the rifle correspond to the 50m rifle 3 position matches in the final, 10 shots are fired with a time limit of 45 seconds per shot in the “prone” position. The decimal score is added to the opening score to determine the winner.

**10m Air Rifle Men and Women:**

Air Rifles are 4.5mm (.177”) with a maximum weight of 5.5 kg from which the pellet is propelled by air compressed either by an external lever or by a pre-compressed air cylinder. The stock is shaped for comfort but this together with the rifle and sights have many restrictions regarding dimensions under the rules. Only “metallic” sights are permitted-see rifle sights. In the main competition, only the entire rings are counted. The men complete 60 shots in 105 minutes with any number of sighting shots before the first competition shot is fired. The women complete 40 shots within a maximum of 75 minutes, including the sighting shorts. The shots are fired in the standing
position at a very thin, “pinhead” centre of exactly 0.5 mm at a distance of 10 meters. In the following final, each of the eight finalists only has 75 seconds to file each of his 10 final shots. The points achieved are subdivided into lengths. A shot that hits directly in the centre of the ten counts as a 10.9, whereas a shot just barely is touching the centre counts as 10.0. The results from the normal program and the final are added together.

1.7.2 Pistol events:

Pistol events are scored in the same way as the rifle events, with competitors aiming at a 10-ring target for Precision Events or Stages, and aiming at a larger 10-ring target with only the five highest scoring rings for Rapid Fire Events or Stages. Pistol shooters use a standing position and must hold and fire the gun with one hand, unsupported in the Finals for Precision Events; eight shooters compete, firing short by shot on command. For the 25 m Pistol Women eight shooters compete in the Finals, but for 25m Rapid Fire Pistol Men there are only six.

50m Pistol Men:

Within a maximum of 120 minutes, any numbers of sighting shots plus 60 competition shots are fired at a target 50 meters away. A
small bore pistol in 5.6 mm (.22”) caliber loaded with one cartridge only and with no restrictions on weight, barrel length or trigger pull weight is permitted in the competition. A well fitting grip is used but this must not go beyond the hand or touch any part of the writ. Only “open” sights are permitted – see pistol sights. The centre of the target is 50mm in size, and the gun must be fired, single-handed, in the standing position. In the following final, 10 shots must be completed within a maximum of 75 seconds per shot. Here again, the score is evaluated in tenths and added to the qualification score.

25m Rapid Fire Pistol Men:

This program consists of two stages of 30 shorts each. Each stage consists of two senses of five shots in eight, six and four seconds. A series of five shorts is fired, one shot at each of five targets, 75 cm apart at a distance of 25 m. The match is started with the shooter’s arm at an angle of 45 degrees, known as the “Ready” position. The pistol used is of 5.6 mm (.22 Long Rifles) caliber capable of firing five shots. A maximum weight of 1400 grams is specified and minimum triggers put weight of 1000 grams. The pistol grip has various restrictions on shape and dimensions and must not touch any part of the writ. The position must be capable of fitting into a box of 300 x 150 x 50 mm
with a tolerance of 1.0mm in each direction. Only “open” sights are permitted in the Final of the six best shooters, four series of five shots each must again be completed, each in four seconds. The shots are evaluated in decimal tenths. The scores from the “Qualification program” and the Final are added together to determine the winners.

25m Pistol Women:

The program consists of a combination of 30 precision shots and 30 rapid-fire shots, at a distance of 25 meters. The centre of the target is 50 mm in diameter for the precision stage. Six sense of five shots each must be completed each series in five minutes. In the rapid fire stage the target has a centre of 100 mm and six senses of five shots each must be completed with three seconds allowed for each short with a break of seven seconds in between. The pistol used is of 5.6 mm (.22 Long Rifle) calibre capable of firing five shots. A maximum weight of 1400 grams is specified and minimum triggers pull weight of 1000 grams.

The pistol grip has various restrictions on shape and dimensions and must not touch any part of the writ. The pistol must be capable of fitting into a box 300 x 150 x 50 mm with a tolerance of 1.0 mm in each direction. Only “open” sights are permitted.
In the Final of the eight best shooters, four series of five shots each are completed in the rapid fire stage. The shots are evaluated decimal tenths. The scores of the “Qualification program” and the final are added together to determine the winners.

**10 m Air Pistol Men and Women:**

Air Pistols are 4.5mm (.177”) with a maximum weight of 1500 g from which the pellet is propelled by air either by an external level or by are-compressed air or C02 cylinder. The trigger pull must be a minimum of 500 g. The pistol grip must not go past the hand nor touch any part of the wrist, and has other restrictions on shape and dimensions and the pistol must be capable of fitting into a box of 420 x 200 x 50mm. Only “open” sights are permitted. The match is shot, single-handed, in the standing position at a distance of 10 meters, and the centre of the target is 11.5 mm in diameter. The time limit for men with any number of sighting shots and the 60 competition shots is 105 minutes. For women, 40 shots must be fired within 75 minutes.

The final of the best eight consists of 10 shots within 75 seconds per shot, and the score is evaluated in tenths. The final result is added to the score of the qualification program.
1.7.3 Shotgun events:

There are 3 – Trap, Double Trap and Skeet. The shooters stand on designated shooting stations to shoot at clay targets, which are released on or after the shoulder’s command. A “HIT” is declared when the target is shot at according to the rules and at least 1 visible piece is seen by the Referee to fall from it. The shooter who hits the most targets qualification rounds + Final) wins.

**Trap Men and Women:**

The Trap event is considered to be shotgun’s “long range” contest. The double barreled guns weigh about 4 kg (9 lbs.), have barrel lengths anything up to 80cm (32 inches) and most have a single trigger which permits the firing of two shots extremely rapidly. The gun barrels are designed to give a fairly tight pellet pattern (spread) at the distance at which these targets are normally shot (30–50 m). The Trap range has an underground pit with 15 trap machines in a straight line below ground level, set to throw targets at various heights, angles and speeds, away from the shooter.

These 15 machines are divided into 5 groups of 3 and “a group” is sited. The shooters shoot from 5 designated shooting stations (1-5)
arranged in a straight line, 15m back from the front edge of the pit roof and about 3m apart. In front of each shooting station is a “group” of 3 trap machines, and there are 5 such “groups” and it is from one of these machines in that group that shooter well receive a target. All the trap is set to deliver clay targets at differing heights (1.5m – 3 m at 10m forward of the front of the pit roof), angles (0-45 degrees both left and right) and speeds (90km/h-110 km/h). The shooters does not know, from what trap in the group in front, will operate, although it is arranged that all shooters receive the same number of targets from each machine at during the round. The shooters fire at 1 clay target (2 shots are permitted) before moving to the next station after the shooter on that station has also fired. Competitors move through a series of five adjacent shooting stations. At each station, competitors load, mount their guns call for the target and fire up to two shots per target. The targets, 110 mm or four-inch clay discs, are thrown from an underground bunker a minimum distance of 75 meters and at speeds of up to 105 km/h or 65 miles per hour. The men’s match consists of 125 targets, shot in five rounds of 25 over two days. Three rounds are fired on day one; two rounds plus the final are shot on day two. The women’s match consists of 75 targets, shot in three rounds on one day
plus final. After the qualification round of 125 targets for men or 75 targets for women, the top six competitors advance to a 25 targets final round. The medals are awarded based on aggregate (qualification and final) scores. As such target is released; the shooter is allowed two shots.

Skeet Men and Women:

The “short range” event:

Guns mostly weigh about 3 kg which is less than those used for Trap and Double Trap and usually have shorter targets. Because of the very varied distances at which targets are shot,(from 4m up to a maximum of about 30m) the guns are regulated to shoot a more open pattern, but when used with a cartridge loaded with very small pellets (2mm dia) still gives a pattern which is efficiently capable of breaking the targets. In the skeet event, the 2 targets are released from separate two houses) (“high” and “low”) situated at each end of an arc of a circle about 40 m diameter. The course of fire consists of both “singles” and “double” consists of two targets thrown simultaneously), one from each trap house. Competitors move round this semi-circular arc which has 8 fixed shooting stations at intervals.
At each station, “single” and/or “doubles” are thrown according to the required course of fire. The high house target emerges 3.05 meters above the ground, the low house target 1.05 meters above the ground. Each is set to travel a distance of 65-67m. The 110mm (4 inch) targets travel at up to 88 km/h or 55 miles per hour and competitors may fire only one shot per target. Competitors must also hold the tip of their shotgun stock on or below an official marker tape, which is fixed at elbow level, until the target appears.

The interval after the shooter’s call can vary randomly from 0.3 seconds. The men’s match consists of 125 targets, shot in five rounds of 25 over two days. Three rounds are fired on day one, two rounds plus the final are shot on day two. The women’s match consists of 75 targets, shot in three rounds on one day plus final. After the qualification round of 125 targets for men or 75 targets for women, the top six competitors advance to a 25 target final round. The medals are awarded based on aggregate (qualification and final) scores.

**Double Trap Men**:

A “medium range” event. Guns used are similar to those used in trap but have a slightly more pellet spread because the targets shot are
shot at when only some 25 – 40m from the shooter. After a shooter’s command, two targets (the “double”) are released simultaneously within a period of 0 -1 second. The two targets travel at different heights and angles and emerge from the centre bank of trap machines. The shooter fires on shot at each target and require extremely rapid reactions. The shooter on that station has also fired. Competitors move through a series of five adjacent shooting stations. At each station, competitors load, mount their guns, call for the targets. The targets, 110 mm or four inch clay discs, are set to be thrown from the underground bunker a distance of 55 meters and at speeds of about 80 km/h or 50 miles per hour. The men’s match consists of 3 qualification rounds (150 targets) plus a Final (50 targets), all shot in 1 day. The top six competitors only advance to the final round. Medals are awarded based on aggregate (qualification + final) scores.

**Shotguns and Cartridges :**

Shotguns differ rifle and pistols in that they are smooth bored rather than “rifled” and fire a number of pellets rather than a single projectile. The maximum effective range for clay target shooting is considered about 50m.
“Clay” Targets:

The modern flying sauce shaped targets that are now shot in competitions are not now made of clay but of pitch and chalk. They are approximately 110 mm x 25 mm (4” x 1”) most are colored for better sighting and the targets used in the Finals rounds also contain a powder which is more easily seen by spectators and on television when the target is hit.

Target Launching Machines:

These are called “traps”. They are sophisticated automatic machines that are capable of throwing a clay target the trajectories and distances required for each event. The target is released from the trap via a microphone system that responds to the call of the shooter.

1.8 Shooting Rules:

The rules for Olympic Shooting events differ according to the event, distance, and types of target and arm, firing position, number of shots and the time limit imposed that dictates how quickly the shots must be fired. Each event consists of a qualification round and a final round. The shooters score in the final round is added to the shooters score in the qualification round and the winner is the shooter who has
the most points at the end of the match. There are also special rules that are used to determine rankings in the event of a tie.

**Officials:**

**Rifle and Pistol:**

Officials in the Rifle competition include a jury usually 5 people who control the competition, a chief range officer and they have deputies for each event who will administer the shooting register keepers who record the shooting and target and pit officials who oversee the targets.

**Shotgun:**

The Chief Official is responsible for all of the logistical facets of the competition. The Chief Range Official directs shooters to their positions and checks their equipment and shooting position. There are three Assistant Range Officials. Two of these officials watch the clay pigeons as they are released and signal if a pigeon is missed. The third Assistant Range Officials makes a sure that the Scoring Officials has posted the correct results after each shot has been taken. The Scoring Official is in charge of recording the results on a score board and score sheets.
1.8.1.2 Shooting Events:

Rifle Events:

There are two rifle events at a 10-meter (33 feet) and three at a 50-meter (165 feet) range, each with an electronic target.

Scoring:

In rifle events, the shooters fire from prone, standing and kneeling positions, earning points by firing at a 10-ring target, 10-points are awarded for hitting the centre ring. 9 for the next ring, and so on. In the final, each ring is divided into ten score zones and the highest possible score is 10.9.

Men’s 50 meter Rifle – Three Positions:

Shooters fire 40 shots from the prone, standing and kneeling positions at a target 50 meters (160 feet) away, within 45 minutes from the prone position, 75 minutes from the standing position, and 60 minutes from the kneeling position. An unlimited number of sighting shots, to sight the gun in, are allowed before the match starts. The eight top shooters from the qualification round move onto the final round, which consists of 10 shots with a time limit of 75 seconds from the standing position.
**Men’s 50 meter – Rifle Prone:**

From the prone position, sixty shots are fired at a target 50 meters (160 feet) away, within 75 minutes. An unlimited number of sighting shots, to sight the gun in, are permitted before the match starts. The eight top shooters from the qualification round move onto the final which consists of 10 shots with a time limit of 45 seconds.

**Women’s 50 meter – Rifle Three Position:**

Shooters fire twenty shots each from the prone, standing and kneeling positions at a target 50 meters (160 feet) away. The time limit for this event is 135 minutes. An unlimited number of sighting shots, to sight the gun in, are permitted before the match begins. The eight best shooters from the qualification round move on to the final round, which consists of ten shots with a time limit of 75 seconds from the standing position.

**Men’s and Women’s 10 meter – Air Rifle:**

In both the men and women events shots are fired standing at a target 10 meters (323 feet) away. For the men 60 shots must be fired within 105 minutes with unlimited sighting shots. For the women 40 shots within 75 minutes sighting shorts are included in this time. The
eight top shooters from the qualification round move on to the final found, which consists of 10 shots with a 75-second time limit.

**Pistol Events:**

The pistol events are one at 50 meters, two at 25 meters, and two at 10 meters. Electronic targets are used for all events. Pistol events are scored in the exact manner as the rifle events, with shooters aiming at a 10-ring target. Pistol shooters are in a standing position and are required to hold and fire the gun with the one hand. There can be no support for the arm or wrist.

**Men’s 50 meter – Pistol:**

60 shots are fired and these shots must be finished in 120 minutes. An unlimited number of sighting shots can be taken before the match begins. The eight top shooters from the qualification round move on to the final round, which consists of 10 shots that must be taken within 75 seconds.

**Men’s 25 meter – Rapid Fire Pistol:**

Two rounds of 30 shots, in a six shot series of five shots each, are fired at a target 25 meters away. The first two series are required to
be completed within a time of 8 seconds each, the second two in 6 seconds and the last two in 4 seconds. The six top shooters from the qualification round move on to the final round, which consists of two series of five shots that must be taken within 4 seconds of each other.

**Women’s 25 meter – Pistol:**

This event is made up of six series of five precision shots, and six series of five rapid-fire shots. Each precision series must be finished in five minutes, while each shot of the rapid-fire series must be finished in a 3 seconds. The eight top shooters from the qualification round move on to the final round, which consists of ten rapid-fire shots.

**10 meter – Air Pistol:**

60 shots are fire and these shorts must be finished in 105 minutes for men, with unlimited sighting shots, and 40 shots in 75 minutes for women, practice shots included in the time. The eight top shooters from the qualification round move on to the final, which consists of ten shots taken within 75 seconds.
Men’s 10 meter – Running Target:

In the running target event, shooters shoot at a moving target that is 10 meters away. The event consists of a slow run and a fast run. In both of these events, 30 shots are taken at the target. In the slow run, shooters have 5 seconds to aim and fire at the running target, in the fast run, they have 2.5 seconds. They shoot in a standing position and they must initially have the gun on their hip, but when the target starts to move, he is allowed to lift the gun to his shoulder and fire. The target is pulled across a 2-meter (6-feet) wide aisle at a range of 10 meters (32 feet) from the firing point. The six top shooters from the qualification round move on to the final, where they fire ten 2.5 second shorts.

Shotgun Events:

In all shotgun events, trap, skeet and double trap shooters stand in stations and fire at clay targets (also called clay pigeons), which are 11 centimeters round disks that can reach speeds of 105 km/h, 65 miles an hour. The targets are released when the shooter signals and the shooter who is able to hit the most targets wins.
**Trap:**

In the Trap event, which is named after the machine that fires the clay targets into the air, fifteen pullers are placed in groups of three and there are different release grids that control the heights, angles and speeds the targets are released. The shooter does not know which of the three traps will release next and as each target is released, the shooter is allowed two shots. Shooters move through a series of five contiguous shooting stations. In group of six, they move round the five firing stations clockwise, with the five taking their place at one of the stations and the sixth shooter waiting their turn behind the competitor who is shooting from station.

The clay targets are released at speeds they can cover up to a distance of 75 meters with a trajectory height of two to four meters (6 to 12 feet). Every shooter is allowed to take two shots at each clay target while it sin the air in Men’s Trap, shooters shoot at 125 targets, 5 rounds of 25 targets over 2 days. In Women’s Trap, shooters shoot at 75 targets, 3 rounds of 25. The six top shooters from the qualification round move on to the final round and they shoot 25 day targets.
**Double Trap:**

The only difference between double and single trap is that two targets are released at the same time from the left and right traps of the central station, reaching a height of some three to three and a half meters (9 to 9 ½ feet). Therefore the shooter knows the angels and heights in advance. Every shooter must shoot at both targets in Men’s Double Trap, competitors shoot at 150 clay targets, 3 rounds of 50 targets, launched 2 by 2. In the Women’s event, at 120 targets, three rounds of 10 targets. The six top shooters from the qualification round move on to the final round. Men shoot 50 targets and Women 40 targets.

**Skeet:**

The firing line is a semi-circle that has seven shooting stations on it and a middle shooting station of the semi-circle for a total of eight shooting stations, and shooters must advance to each station. Two clay targets are released from separate trap houses that are at either end of the semicircular. The releasing procedure involves single and double targets thrown from two houses, a “low house” and a “high house”. Shooters can only take one shot at each target. The shooter holds the
shotgun at hip level until the target appears at which point they raise their shotgun to shoulder level and fire. The number of targets and rounds is the same as in trap. Men’s Skeet shooters shoot at 125 targets, 5 rounds of 25 targets, over 2 days. Women’s Skeet shooters shoot at 75 targets, 3 rounds of 25. The six top shooters from the qualification round move on to the final round and they shoot 25 clay targets.

1.9 How to qualify?

Since 1988, the Participation in the Olympic Shooting events is not guaranteed. Each national shooting federation must earn “Quota Places”. Quota Places are generally awarded when an athlete wins gold medals at the ISSF World Cups or posts a top finish at the World Championship or Continental Championships. Africa, America, Asia, Europe and Oceania – in the last two years before the Olympics.

One shooter can obtain only one quota place for his country (NOC) in any event for the Olympic Games. A quota places guarantees that someone from a given country – not necessarily the athlete who earned it– will be competing in that Olympic event. Each nation can earn a maximum of 28 quota places, one each in trap and skeet women,
and two each in all other events. For the host country of the 2006 Olympics, there are reserved nine quota places for China in the 15 events. The “Tripartite Invitation Places” (10) enable the Tripartite Commission to grant the right for participation to one shooter from a country (NOC) which has not obtained a quota place (starting position) for participation in the Olympic Games according to the new quota system, if it would be in the interest of the IOC/NOC/ISSF that at least one (1) shooter could represent this country in the shooting events of the Olympic Games. This decision is based on consideration of the overall size of the delegation of that country including entries in other sports. Applications for “Invitation Places” from NOCs (ISSF Member Federations) will be received by a tripartite commission, composed of the IOC, NOCs and ISSF, for high-level athletes who have minimum qualification scores, but who belong to NOCs with no or only few quota places and which are entering few competitors in other sports. The final decision regarding the technical level of the athletes for the allocation of these “Invitation Places” will rest with the ISSF.

The Special “University Places” (14) for hardship cases are granted by the ISSF on request of the IOC, or a NOC, or a Member Federation of the ISSF to a country which has a shooter without a quota
place, but who has obtained an outstanding result in one of the Olympic Shooting Events in an official qualification competition. The total number of athletes who may complete in the sport of shooting is 390, 243 men and 139 women.

1.10 Changes since Athens 2004 Olympic Games:

For the Beijing 2008 Games, there is no event from the Running Target discipline. There is no Double Trap Women event. The 25 m Rapid Pistol Men Finals and the 25 m Pistol Women finals will be shot as four series of five shots. In the 25 m. Rapid Fire Pistol Men Finals the series will each be in four seconds. In the 25 m, Pistol Women finals the series will each be in the rapid-fire manner in 3 seconds exposure. In the Trap, finals shooters fire just single shot per target.

Description of events of Olympic Games:

The 15 Olympic shooting events consist of nine men’s and six women’s events with a range of firearms and air guns. Shooters contest three different disciplines with five events for rifles, five for pistols and five for shotguns.
Table 1.1

Olympic game events for Men & Women

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1.11 Women in shooting:

Women were first allowed to compete in Olympic shooting in 1968. In that year Mexico, Peru and Poland each entered one female contestant. In 1984, the International Shooting Union (UIT) now called the ISSF – International Shooting Sport Federation introduced separate events for women. Between 1984 and 1992, the number of women’s
events increased gradually. In addition, several of the events on the programmed remained mixed, i.e. open to both men and women. As of 1996 in Atlanta, the shooting programmed was segregated, with men’s events being separated from the women’s.

Margaret Thompson Murdock’s silver three-position victory at the 176 Games made her the first markswoman in history to win an Olympic medal. The event was open meaning that men and women competed against each other. Murdock’s success predated the institution of three separate women’s events at the 1984 Games in Los Angeles: women’s air rifle, women’s three-position rifle, and sport pistol. With her standout performance in women’s air rifle that year. American Pat Splurging became the first markswoman in history to capture an Olympic gold Ruby Fox (pistol) and Wanda Jewell (rifle) also won medals for the U.S. that year. The number of female competitors has increased dramatically since 1984, and women’s participation is now growing at twice the rate of men’s. Separate men’s and women’s air pistol events were added to the 1988 Games in Seoul. In addition, for the first time in history all-women’s shotgun event, double trap, will join the Olympic program in 1996.
1.12 Indian shooting players:

Shooting used to be a pastime for the maharajahs of India. Lately India has produced several champions in shooting. Indian shooter, Abhinav Bindra, is the current Olympic champion, having won gold for India in the 10 m Air rifle event at the Beijing games 2008. In the 2003 world championships, Rajyavardhan Singh Rathore won the bronze medals in the double-trap event in Nicosia. At the 2004 Olympic, he won the silver medals, the first shooting medal for the country in the Olympics. In 2006 ISSF World Shooting Championships at Zagreb, Croatia, Abhinav Bindra won the 10m Air Rifle, Manavjit Singh Sandhu won the Trap event, and the Indian team won the Silver in the Trap event. At the 2006, ISSF World Cup Gagan Narang won the Gold in the 10m Air Rifle event in Guanghou, China, Rajyavardhan Singh Rathore won the gold in the double trap event at Cairo, Egypt. Manavjit Singh Sandhu also ranked second in the World Cup at Kerrville, TX, USA in 2008. Ronjan Singh Sodhi won the World Cup in double trap at Belgrade with a world-record equaling performance. Gagan Narang won the bronze medal in the 10m Air Rifle at the 2008 ISSF World Cup. At the 2008 Olympics, Abhinav Bindra won the gold medal for India in the 10m Air Rifle event. This
is the first individual gold medal for in any Olympic Discipline; Jaspal Rana was one of the great shooters of India who bagged the gold medal at the 46th world shooting championship (junior section) and had a world record score of 590 points in the centre fire pistol at Milan in 1994.

**India in Olympic Games:**

Participation in the Olympic Games was open until 1984. From the Seoul Olympic Games in 1988, as per the agreement with the International Olympic Committee, the UIT (now ISSF) put a restriction on the number of shooters per event and all the shooters were required to earn “Quota Place” through designated competitions such as World Cup, Continental Championships and World Championships.
Table 1.2
Indian Olympic Shooters participation in Olympic Games

<table>
<thead>
<tr>
<th>Shooter</th>
<th>Year of Participation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. Harihar Banerjee</td>
<td>1952, 1956</td>
</tr>
<tr>
<td>H.C. Shaw</td>
<td>1956</td>
</tr>
<tr>
<td>Thakur Devi Singh</td>
<td>1964</td>
</tr>
<tr>
<td>R.K. Chatterjee</td>
<td>1972</td>
</tr>
<tr>
<td>Gurbir Sinjgh</td>
<td>1976</td>
</tr>
<tr>
<td>Maharaj Bhim Singh of Kota</td>
<td>1976</td>
</tr>
<tr>
<td>Gian Chand</td>
<td>1980</td>
</tr>
<tr>
<td>S.K. Roy Choudhary</td>
<td>1980</td>
</tr>
<tr>
<td>Baljit Singh</td>
<td>1984</td>
</tr>
<tr>
<td>Soma Dutta</td>
<td>1984, 1988, 1992</td>
</tr>
<tr>
<td>Bhagirath Samai</td>
<td>1984</td>
</tr>
<tr>
<td>Major R.K. Vij</td>
<td>1984</td>
</tr>
<tr>
<td>Name</td>
<td>Year</td>
</tr>
<tr>
<td>-------------------------------</td>
<td>--------</td>
</tr>
<tr>
<td>Mohinder Lal</td>
<td>1984</td>
</tr>
<tr>
<td>H.S. Sandhu</td>
<td>1984</td>
</tr>
<tr>
<td>Abha Dhillan</td>
<td>1992</td>
</tr>
<tr>
<td>Jaspal Rana</td>
<td>1996</td>
</tr>
<tr>
<td><strong>Anajali Vedpathak/Bhagwat</strong></td>
<td><strong>2000, 2004, 2008</strong></td>
</tr>
<tr>
<td>Anwer Sultan</td>
<td>2000</td>
</tr>
<tr>
<td>Manavjit Singh Sandhu</td>
<td>2004, 2008</td>
</tr>
<tr>
<td>Major R V S Rathore</td>
<td>2004, 2008</td>
</tr>
<tr>
<td>Suma Shirur</td>
<td>2004</td>
</tr>
<tr>
<td>Deepali Deshpande</td>
<td>2004</td>
</tr>
<tr>
<td>Avneet Kaur</td>
<td>2008</td>
</tr>
<tr>
<td>Sanjeev Rajput</td>
<td>2008</td>
</tr>
<tr>
<td>Samaresh Jung</td>
<td>2008</td>
</tr>
</tbody>
</table>
Table 1.3
Olympic Games Quota Winners of India Players

<table>
<thead>
<tr>
<th>Year</th>
<th>Olympic</th>
<th>Name of shooter</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1996</td>
<td>Atlanta -1</td>
<td>Mansher Singh</td>
<td>Trap</td>
</tr>
<tr>
<td>2000</td>
<td>Sydney – 3</td>
<td>Anjali Bhagwat</td>
<td>Air Rifle</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Abhinav Bindra</td>
<td>Air Rifle</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Anwer Sultan</td>
<td>Trap</td>
</tr>
<tr>
<td>2004</td>
<td>Athens – 8</td>
<td>Abhinav Bindra</td>
<td>Air Rifle</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Gagan Narang</td>
<td>Air Rifle</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Anjali Bhagwat</td>
<td>Air Rifle</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Suma Shirur</td>
<td>Air Rifle</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Deepali Deshpande</td>
<td>Sport Rifle 3P</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Manavjit Singh Sandhu</td>
<td>Trap</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mansher Singh</td>
<td>Trap</td>
</tr>
<tr>
<td>Year</td>
<td>Event</td>
<td>Athlete 1</td>
<td>Event Type</td>
</tr>
<tr>
<td>------</td>
<td>-------</td>
<td>-------------------</td>
<td>------------</td>
</tr>
<tr>
<td>2008</td>
<td>Beijing – 9</td>
<td>R V S Rathore</td>
<td>Double Trap</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Gagan Narang</td>
<td>Air Rifle</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Anjali Bhagwat</td>
<td>Sport Rifle 3 P</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Manavjit Singh Sandhu</td>
<td>Trap</td>
</tr>
<tr>
<td></td>
<td></td>
<td>R V S Rathore</td>
<td>Double Trap</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Abhinav Bindra</td>
<td>Air Rifle</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Avneet Kaur Sidhu</td>
<td>Air Rifle</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sanjeev Rajpur</td>
<td>50M Rifle 3 Position</td>
</tr>
<tr>
<td>2012</td>
<td>London</td>
<td>Samaresh Jung</td>
<td>10M Pistol</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mansher Singh</td>
<td>Trap</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Gagan Narang</td>
<td>Air Rifle</td>
</tr>
</tbody>
</table>
Table 1.5

World Record Holder of Indian Players

<table>
<thead>
<tr>
<th>Year</th>
<th>Name</th>
<th>Event</th>
<th>Score</th>
<th>Place</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>1994</td>
<td>Jaspal Rana</td>
<td>Standard Pistol</td>
<td>569/600</td>
<td>World Championship, Milan, Italy</td>
<td>Equaled World Record</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Junior Men</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2006</td>
<td>Jaspal Ranna</td>
<td>Centre Fire Pistol</td>
<td>590/600</td>
<td>15th Asian Games, Doha</td>
<td>Equaled World record</td>
</tr>
<tr>
<td>2008</td>
<td>Ronjon Sodhi</td>
<td>Double Trap</td>
<td>145/160</td>
<td>ISSF World Cup Belgrade</td>
<td>Equaled World Record</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Ronjon Sodhi</td>
<td>Double Trap</td>
<td>194/200</td>
<td>ISSF World Cup Finals,</td>
<td>Equaled World Record</td>
</tr>
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<td></td>
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</tr>
<tr>
<td></td>
<td>Gagan Narang</td>
<td>Air Rifle</td>
<td>600/600</td>
<td>ISSF World Cup Finals, Bangkok</td>
<td>Equaled World Record</td>
</tr>
<tr>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Gagan Narang</td>
<td>Air Rifle</td>
<td>703.5</td>
<td>ISSF World Cup Finals, Bangkok</td>
<td>New World Record</td>
</tr>
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</table>
Table 1.6
Ranked World Number One Indian Player

<table>
<thead>
<tr>
<th>Year</th>
<th>Name</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>2002</td>
<td>Anjali Bhagwat</td>
<td>Air Rifle</td>
</tr>
<tr>
<td>2004</td>
<td>R V S Rathore</td>
<td>Double Trap</td>
</tr>
<tr>
<td>2006</td>
<td>Gagan Narang</td>
<td>Air Rifle</td>
</tr>
<tr>
<td>2006</td>
<td>Manavjit Singh Sandhu</td>
<td>Trap</td>
</tr>
</tbody>
</table>
### Table 1.7

Medals won by Indian Shooters at the Olympics, World Championships Words Cups, Asian Games and Commonwealth Games till 2008

<table>
<thead>
<tr>
<th>Year</th>
<th>Olympics</th>
<th>World Championship</th>
<th>World Cup</th>
<th>Asian Games</th>
<th>Commonwealth Games</th>
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<tbody>
<tr>
<td>1962</td>
<td>-</td>
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<td>-</td>
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<td>1974</td>
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<td>1978</td>
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<td>-1</td>
<td></td>
</tr>
<tr>
<td>1982</td>
<td>-</td>
<td>-</td>
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<td>21</td>
<td>111</td>
</tr>
<tr>
<td>1986</td>
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<td>-</td>
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<td>12</td>
<td></td>
</tr>
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<td>1990</td>
<td>-</td>
<td>-</td>
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<td>1113</td>
<td></td>
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<tr>
<td>1994</td>
<td>-1</td>
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<td>11322</td>
<td></td>
</tr>
<tr>
<td>Year</td>
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<tr>
<td>1997</td>
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<td>-</td>
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<td>1998</td>
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<tr>
<td>2000</td>
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<tr>
<td>2001</td>
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<td>-</td>
<td>-</td>
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<tr>
<td>2002</td>
<td>-</td>
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<tr>
<td>2003</td>
<td>-</td>
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<tr>
<td>2004</td>
<td>-</td>
<td>1</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>2005</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>2006</td>
<td></td>
<td>3</td>
<td>1</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>2007</td>
<td>1</td>
<td>-</td>
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<td>-</td>
<td>-</td>
</tr>
<tr>
<td>2008</td>
<td>1</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>
The discipline of social psychology began in the United States at the dawn of the 20th century. The first published study in this area was an experiment in 1898 by Norman Triplett on the phenomenon of social facilitation. During the 1930s, many Gestalt psychologists, most notably Kurt Lewin, fled to the United States from Nazi Germany. They were instrumental in developing the field as something separate from the behavioral and psychoanalytic schools that were dominant during that time, and social psychology has always maintained the legacy of their interests in perception and cognition.

Attitudes and small group phenomena were the most commonly studied topics in this era. During World War II, social psychologists studied persuasion and propaganda for the U.S. military. After the war, researchers became interested in a variety of social problems, including gender issues and racial prejudice. Most notable, revealing, and contentious of them all were the Stanley Milgram shock experiments on obedience to authority. In the sixties, there was growing interest in new topics, such as cognitive dissonance, bystander intervention, and aggression. By the 1970s, however, social psychology in America had reached a crisis. There was heated debate over the ethics of laboratory experimentation, whether or not attitudes really
predicted behavior, and how much science could be done in a cultural context. This was also the time when a radical situation is approach challenged the relevance of self and personality in psychology.

Social psychology reached a more mature level in both theories and methods during the 1980s and 1990s. Careful ethical standards now regulate research. Pluralistic and multicultural perspectives have emerged.

Modern researchers are interested in many phenomena, but attribution, social cognition, and the self-concept are perhaps the greatest areas of growth in recent years. Social psychologists have also maintained their applied interests with contributions in health, environmental, and legal psychology.

The way we perceive ourselves in relation to the rest of the world plays an important role in our choices, behaviors and beliefs. Conversely, the opinions of others also impact our behavior and the way we view ourselves. Social psychology is a branch of psychology concerned with how social phenomena influence us and how people interact with others.
Understanding social psychology can be useful for many reasons. First, we can better understand how groups impact our choices and actions. Additionally, it also allows us to gain a greater appreciation for how our social perceptions affect our interactions with other people.

Social psychology is usually considered as subfields of psychology or sociology, which concentrate on the relative importance of individual or social influences and effects respectively. Some of the differences are organizational (e.g., psychological and sociological social psychologists tend to publish in different journals) whilst other differences include the type of processes emphasized by the respective disciplines.

Psychological social psychologists tend take an interactional approach to human social behavior which emphasizes factors both within the person (cognition, affect, motives, neurophysiology, and personality traits), and the immediate social situation. Sociological social psychologists tend to emphasize processes outside of the person at a more distant macro-level, such as social structure and a more immediate micro-level, such as social interaction. Both include the use of the individual and the group as units of analysis in their research.
Personality refers to individual differences in characteristic patterns of thinking, feeling and behaving. The study of personality focuses on two broad areas: One understands individual differences in particular personality characteristics, such as sociability or irritability. The other understands how the various parts of a person come together as a whole.

Personality is made up of the characteristic patterns of thoughts, feelings and behaviors that make a person unique. Almost every day we describe and assess the personalities of the people around us. Whether we realize it or not, these daily musings on how and why people behave as they do are similar to what personality psychologists do.

While our informal assessments of personality tend to focus more on individuals, personality psychologists instead use conceptions of personality that can apply to everyone. Personality research has led to the development of a number of theories that help explain how and why certain personality traits develop.

Extraversion is "the act, state, or habit of being predominantly concerned with and obtaining gratification from what is outside the
self". Extraverts tend to enjoy human interactions and to be enthusiastic, talkative, assertive, and gregarious. They take pleasure in activities that involve large social gatherings, such as parties, community activities, public demonstrations, and business or political groups. Politics, teaching, sales, managing and brokering are fields that favor extraversion. An extroverted person is likely to enjoy time spent with people and find less reward in time spent alone. They tend to be energized when around other people, and they are more prone to boredom when they are by themselves.

People who prefer extraversion are energized by active involvement in events, and they like to be immersed in a breadth of activities. They are most excited when they are around people, and they often have an energized effect on those around them. Extraverts like to move into action and to make things happen--extraverts usually feel very at home in the world.

Today, if you want to get success in the field of performance of physical education activity or sports, you will have systematic training to develop physical and psychological variables on the one hand and training and consideration of psychological characteristics on the other hand. The crucial factor influencing development of physical fitness
through participation in physical education and sport appear to be psychological characteristics of student and their socio-economic background. To appear in physical education activities besides developing physique gives contribution in building self-confidence, reduction of Sport psychology as an applied psychology is considered as the greatest boon of the modern day sports. In a short time, sports psychology has completed long steps. The knowledge which we have in the all field of human hard working sector, especially of behavior has increased to such a level that we find ourselves helpless in order to discuss one character of behavior without giving the reference of others. Singer has rightly remarked that “sports psychology explores one’s behavior in athletics”. At present, in the sports, the psychological aspects are getting more and more importance and getting the most important place in the study of psychological characteristics of time limit of performance of an individual in a high level of competition.

According to the encyclopedia of psychology, the totality of attitudes, judgments and values of an individual relating to his behavior, abilities and qualities is called self- concept.

In general self-concept means those perceptions, belief, attitudes and feelings, which the individual views as part of characteristics of
him-self. It is own concept of his health and physique, intellectual abilities, mental health, habits and behavior, emotional tendencies and socio-economic status etc.

Self-concept is the image that we have of ourselves. This image develops in a number of ways, but is particularly influenced by our interactions with important people in our lives. Like many topics within psychology, a number of theorists have proposed different ways of thinking about self-concept.

According to a theory known as social identity theory, self-concept is composed of two key parts: personal identity and social identity. Our personal identity includes such things as personality traits and other characteristics that make each person unique. Social identity includes the groups we belong to including our community, religion, college, and other groups. Self-concepts are not always perfectly aligned with reality. Some students might believe that they are great at academics, but their school transcripts might tell a different story. According to Carl Rogers, the degree to which a person's self-concept matches up to reality is known as congruence and incongruence. While we all tend to distort reality to a certain degree, congruence occurs
when self-concept is fairly well aligned to reality. Incongruence happens when reality does not match up to our self-concept.

Locus of Control refers to the way persons perceive reasons controlling their behavior. Persons with an Internal Locus of Control, believe they are in control of their behavior, and have the skills, abilities and experience to be able to control their behavior and affect events, whereas those with an external locus of control believe that events are the outcome of forces outside personal control and that the environment is under external control the theory of locus of control was developed by Rotter (1966).

Locus of Control is a cognitive style or personality trait characterized by a generalized expectancy about the relationship between behavior and the subsequent occurrence of reinforcement (1) in the form of reward and punishment. People with internal locus of control tend to expect them to be the consequences of chance, luck, fate, or the actions of powerful others. Between these two extremes lies a continuum of intermediate cognitive styles Rotter also provided the internal external scale to measure it and called internal external control of reinforcement.
Locus of control is the framework of Rotter's (1954) social-learning theory of personality. In 1966 he published an article in *Psychological Monographs* which summarized over a decade of research (by Rotter and his students), much of it previously unpublished. In 1976, Herbert M. Lefcourt defined the perceived locus of control: "...a generalized expectancy for internal as opposed to external control of reinforcements". Attempts have been made to trace the genesis of the concept to the work of Alfred Adler, but its immediate background lies in the work of Rotter and his students. Early work on the topic of expectations about control of reinforcement had been performed in the 1950s by James and Phares (prepared for unpublished doctoral dissertations supervised by Rotter.

Locus of control a belief regarding responsibility for actions. Individuals with an internal locus of control generally hold themselves responsible for actions and consequences, while those with an external locus of control tend to believe that they are not able to affect personal outcome and that luck or destiny are responsible for their actions.

Locus of control a person’s generalized belief or expectation about whether behavioral outcomes (specifically, rewards and punishments) are within their control (the consequence of their own actions) or due to
external factors (the consequence of chance, fate or the influence of powerful others). Individuals' generalized locus of control beliefs apply to most of their behaviors, especially in novel situations. Individuals also develop domain specific control based upon personal experience., for example health locus of control beliefs: whether health outcomes are due to their own behavior or to external, uncontrollable factors.

A locus of control is a person's belief about how much power one has over the events in one's life. According to psychologist Julian Rotter, who formulated the concept in the 1950s, the locus of control is a dimension of personality; it helps explain one's traits and behavior. An internal locus of control is the belief that the course of one's life is largely up to oneself. Those with an external locus of control regard the events in their lives as occurring regardless of their own efforts. People who have an internal locus of control tend to be less influenced by others, more politically active, and more motivated to achieve. Many researchers believe an internal locus of control is more healthful than an external one.


Statement of the Problem

The purpose of the study was to find the “self concept, personality and locus of control of Rifle Shooting players at different levels of participation”.

Delimitations

1. The study was delimited to the rifle shooting player of India.

2. The study was further delimited to age ranging from 14 to 19 years.

3. The study was further confined to the following socio-psychological

Variables:

a) Personality

b) Self concept

c) Locus of control
Limitations

1. Different ways of living, socio-economic conditions, nature of activity, daily routine & habits of different rifle shooting groups which were not under the control of research scholar were considered as a limitation of the study.

2. Questionnaire research has its limitations. As such any bias that might have crept into the subject response on their account may be considered as limitation.

3. The test were administered at different points of times considering the availability of the subjects, their mood states as a result of winning or losing a particular match might have influenced their response pattern on a particular scale/instrument. This was another limitation imposed on the study inadvertently.

4. No special motivational technique was used during the test, therefore the differences that might have occurred in performance due to lack of motivation was recorded as the limitation of the study.
Hypothesis

On the basis of the literature reviewed, available research findings, expert’s opinion and scholar’s own understanding of the problem, it was assumed that there would be no significant difference between the district, state and national school rifle shooting players in different socio-psychological variable

Definition and Explanation of the Terms

Personality

While there are many different theories of personality, the first step is to understand exactly what is meant by the term personality. The word personality itself stems from the Latin word *persona*, which referred to a theatrical mask work by performers in order to either project different roles or disguise their identities.

A brief definition would be that personality is made up of the characteristic patterns of thoughts, feelings and behaviors that make a person unique. In addition to this, personality arises from within the individual and remains fairly consistent throughout life.
Personality is the particular combination of emotional, attitudinal, and behavioral response patterns of an individual. Different personality theorists present their own definitions of the word based on their theoretical positions.

**Extroversion**

An extrovert is someone who likes to be social and whose interests mostly lie with things beyond him/herself, such as other people and the physical environment. Extroverts are not as concerned with themselves and thus do not focus much on their own thoughts or feelings.

**Neuroticism**

An enduring tendency to experience negative emotional states, such as anxiety, anger, guilt and depression. Those who score high on neuroticism scales are more likely than average to respond poorly to stress and to interpret situations as threatening or hopelessly difficult.
**Self Concept**

Self-concept as a composite for numerous self-perception encompassing the values, attitudes and behavior towards one-self in relation to environment.

Self-concept is our perception or image of our abilities and our uniqueness. At first one's self-concept is very general and changeable... As we grow older, these self-perceptions become much more organized, detailed, and specific."

A self-concept is a collection of beliefs about one's own nature, unique qualities, and typical behavior. Your self-concept is your mental picture of yourself. It is a collection of self-perceptions. For example, a self-concept might include such beliefs as 'I am easygoing' or 'I am pretty' or 'I am hardworking

**Locus of Control**

Locus of control is a theory in personality psychology referring to the extent to which individuals believe that they can control events that affect them.
Locus of control generally refers to the mechanism through which individuals determine or do not determine their actions and behavioral controls.

A theoretic construct designed to assess a person's perceived control over personal behavior; classified as internal if the person feels in control of events, external if others are perceived to have that control.

**Significance of the Study:**

The characteristic psychological variables for each player might allow both the coach and the players to acquire a deeper insight into their own interactive processes. A player may be able to develop a higher sense of internal control to be exerted over his competitive performance ability because ‘self-knowledge’ is a key to higher accomplishments.

The finding of this study might certainly help the coach/trainer to know the psychological strengths and weaknesses of the Indian rifle shooting players, so that, in future, due consideration is given by the selectors to the psychological variables which are most relevant to the higher performance.
Finally, the present study is a manner of examine into a complex composition called ‘sport person’ with a view to remove the misconception now surrounding ‘his/her’ both inside and outside the world of sports. More than anything else, ‘search for talent’ that is a million dollar question, might become easier than ever before.

**The study will contribute in the following ways:-**

1. The findings of the study may be used to highlight the socio psychological Variables of district, state and national school rifle shooting player.

2. The result of the study may contribute to teach the rifle shooting player characteristics which will be helpful for the physical education teachers and coaches in selection, manifestation and evaluation process of potential candidates to organize the physical education and sports programmed successfully.

3. This study may act as an aid to the coaches and selectors to know the strong and weak points of the rifle shooting participants in relation to socio psychological variables.
4. The findings of the study would provide a guide-line to the future research investigators in sports psychology and sports sciences to conduct further research in this field.

5. The results of the present study will add to the existing body of knowledge in the respective areas.

6. The results of this study will help the coaches, athletes, and sports psychologists to identify those socio-psychological factors which contribute to sports performance and shall in turn help them to develop training programmed on the same line and direction.