CHAPTER- I

PHYSICAL EDUCATION

Physical Education is one of the education that aims to aid the individual to attain its fullest development in meeting the living demands in a democracy to meet the value of civilization.

Physical education is an art of body movement incorporating the education to the society with social well being.

Physical Education is a part of education that has been affected by social changes and new knowledge just like other subjects such as, history, science and mathematics.

Through the decades, elementary physical education has progressed through three important stages-participation, socialization and physical fitness. But later on fourth stage rapidly developed the understanding of the environment, movement and man. It emphasized on efficiency of movement for self-discovery, self-direction, and self-realization together with understanding the fundamental and specialized motor skills.

The concept of anatomical and physiological nature of man is where the individual has to develop and maintain the muscular strength endurance, flexibility and balance if he has to survive without depending on others.

Physical education can also affect the attitude and behavioural changes. Mostly emotional involvement is associated with these activities and the degree of interaction among the students is important for social development.

Physical education Programme also promotes interaction among students because a physical education class or a sports team is more helpful to develop a communication among students. Moreover, physical education helps in developing leadership qualities and honesty in a student. The social values, which a student learns in sports field, are carried over to other fields of life and for this there is a need of physical educators.
PHYSICAL EDUCATION AIMS TO SOCIETY:

“Physical education have aim to supply skilful leadership and sufficient facilities which resolve give to an opportunity for the personality or group to act in situation which are physically healthy mentally motivating and fulfilling the socially wealth”

Physical or organic maturity, Neuromuscular or motor improvement, Cognitive maturity and Social emotional efficient development. These four objectives supply to the growth individuals who will become important members of society. These also can be normally in corporate in to four groupings namely physical, Neuromuscular, cognitive and social and emotional effective. Physical education is a vital part of general education sports and games are the part and package of physical education. Among varied games the investigator has chosen football for the investigation and it becomes necessary to explain the history and development of football besides the fundamental skills and its importance.

The aim and goal of physical education is very broad based. It does not touch only its physical well-being it should benefit to whole individual and he should be in a position to promote well-being of the society. It should increase physical, mental and intellectual capabilities for benefit of the society. It should help him in developing the quality of leadership.

The purpose of physical education which involves the process of acting in a particular way. The purpose is closely linked with its aim and includes determination courage, bravery, change in behaviour, and alteration in life style. It is enjoyable and various patterns of exercises fulfil various needs which go on change in a fast changing world.

The worth of physical education can be obvious from the examination of the objectives and their fulfilment. Physical education achieves hygienic, remedial, educative and recreate objectives. It improves health, remedies illness and injury, increases knowledge about the movement of the body and an increase in fun and enjoyment and reduction of tension. In the beginning of present century, physical education programs in addition to organic assumed psychomotor and intellectual
character. Later in 1934, the objectives of physical education were extended to include mental health, mental efficiency, emotional maturity and social and moral character in addition to physical efficiency.

In 1965, the American Association for Health, Physical education and Recreation started five main objectives of physical education:-

- To help children move in a skillful and effective manner in all selected activities in which they engage, in the physical education program, and also in those situations that they will experience during their lifetime.
- To develop an understanding and appreciation of movement in children and youth so that their lives will become more meaningful, purposive and productive.
- To develop an understanding and appreciation of certain scientific principles concerned with movement that relates to such factors as time, space, force, and mass energy relationships.
- To develop through the medium of games and sports better interpersonal relationships.
- To develop the various organic systems of the body so they will respond in a healthful way to increased demands placed on them.

The objective of physical education is the development of a child as a whole. It was stated that the objectives of education were health, command of fundamental processes, worthy home membership, vocation, citizenship, worthy use of leisure time and ethical character. This was put in other words to state that the objective of education was human relationship, civic responsibility, economic efficiency and self-realization. The success of any educational programme was judged from the extent of fulfilment of these objectives. The same objectives can be achieved by physical education programmes in schools as well as out of the educational institutions.

**PHYSICAL EDUCATION’S CONTRIBUTION IN QUALITY OF LIFE**

Quality of life means all aspects of life which makes a man really happy. It means happiness, health, well-being, enjoyment, fun, leisure; conversely, it includes absence from pain, misery, disease, safety from harm and freedom from oppression. It cannot be denied that a feeling of fitness and that of well-being add to the happiness
and well-being of life. For this very reason, employees ensure that their employees are healthy and fit in all respect to carry out their job efficiently. Employees also prefer to join firms which afford facilities for participation in games or sports. vacations are given by firms to enable the employee to spend some time with their families at some hill station or any other place for recreation. Arrangement for their lodging is made and they are given financial help for the purpose. Walking has become popular for all type of people – ladies, men, young or old. Even infirm people take to walking for sake of health. More people take or like to take part in running and races as a fun; sale of sport shoes and other sports materials is on the rise. In big towns, health clubs or health centres with or without exercise equipment’s are spreading like mushroom. People are becoming enamoured of them and it is becoming a fashion to join these clubs for the sake of health. These clubs cater for swimming, tennis, badminton, weight reduction, development of muscles etc.

It is generally becoming evident that health or longevity of life is not something that should be left to luck. Further in olden days, people had to exert themselves physically and there was not much need for any extra exercises for the many. They also did not have much leisure. But with the advancement of technology, man has not to exert himself so much physically. Further due to high competition, there is always stress and strain. The environment which has become unhealthy impoverishes his health. It has therefore, become essential that people should take particular interest in exercise and games and this is being done.

There is however one difficulty. Due to extremely competitive nature of life people remain busy all the time in their profession and have no time for physical exercise. These people should be made to realize that for success in a competitive world, exercise is most essential. Even with all this awaking, more than half of the population due to lethargy or on the pretext of lake of time does not pay any attention to this most important requirement. They have therefore, to be popularly educated. Those who are poor, uneducated and old also do not pay any attention to exercise. Special attention is therefore, required to be paid to them.
HISTORY OF SPORT AND PHYSICAL EDUCATION

History begins with the advent of writing, which occurred somewhere between 4000 and 3000 B.C. The period prior to the invention of writing is termed “pre history”.

The Stone Age is generally considered to have existed from 50000 to 4000 B.C., with the latter part being known as the Neolithic Age, from 8000 to 4000 B.C. This was the transactional period in which pre-historic societies began to control their environment. The two most significant developments were the domestication of animals and farming. Essentially, pre-historic men and women were hunters, fishers and food gatherers, living a semi-nomadic, and then, later, a semi-nomadic existence. Their main concern was survival, and survival depended on their skills at hunting and fishing in order to provide their daily sustenance. Children would be taught at an early age the techniques necessary to track and kill the various animals in their environment. These skills would be practiced in game-type situations, such as throwing for accuracy and throwing for distance.

Being physically fit was essential; for the weak did not survive. Muscular strength, endurance, muscular power, speed and reaction time were important physical attributes that insured survival. It would have been natural that foot racing and wrestling competitions would have evolved in these societies. Dancing had a very important place in pre-historic societies. It was considered a serious and usually a religious activity. Dancers painted their bodies, and sometimes dressed in animal skins as they performed their ritualistic dances, which were often very vigorous. Religion played a predominant and governing role in pre-historic cultures. Dances were performed for entertainment, but usually were connected with some religious significance. Ceremonial games and contests were often held to please the gods, or were held in their honor. For the ancient’s game, strings of none of animals or fish were tied together in the shape of a ring. A sharp wooden of bones piece was used for the pin, and was attached by a cord to the ring. The ring was thrown in the air and the object was to endeavor to pierce one of the holes. The majority of the games that were played by pre-historic cultures can be categorized as to whether they were economic-type games that are related to production and consumption of goods, or survival. Examples are
games such as those which involve techniques, methods or implements used in hunting and fishing. Throwing spears for distance and for accuracy were popular, as were popular, as were tree climbing contests. Some of the activities can be called political-type games, which are related to warfare and defense. Implements such as the spear, sling, and bow and arrow were used in various games. Sham fights were encouraged to help develop confidence and courage, as well as physical strength.

Other popular activities were domestic-type games, which were games related to the home or family life. Children played with crude dolls, played house and so on, imitating the daily activities of their parents. There were games of cultural identification by which the ideas, values, techniques and knowledge of the society were passed on to the next generation. Storytelling and singing games taught children their heritage, and provided amusement for them. Certain games were related to ceremonial rites, which were concerned with the significant stages of an individual’s life, such as the arrival of manhood. There were very specific games and dances which were part of the initiation rites of a particular society. Finally, there were games where the primary purpose was to achieve social interaction.

Evidence from archaeology, anthropology, and history indicates that sports and games, dances and festivals, and the endless play of children have formed cultural patterns inseparably woven into the history of man wherever and whenever he has lived. The mist primitive of men undoubtedly undertook to instruct their young in various physical activities involved in securing food, in self defense, and in other phases of self preservation. Archery is still popular activity in the physical education programme, but how many tens of thousands of years ago the first instruction in archery was given, no one known. Such play activities as wrestling, tag games, and others are as old as the human race. Ball games belong to the earliest eras of history of which we have any knowledge.

Thus we see that certain features of modern physical education come down to us from time immemorial. Our principal concern here, however, is to trace the influences which have affected our school programs of physical education, and to do this it is necessary to go back only as far as the Greeks of the fifth century B.C. For while it is
true that the history of the older civilizations- China, Egypt, Persia, and others-indicates the presence of more or less systematic schemes of physical training long before the golden age of Greek civilization, these systems can hardly be thought to have influenced our present day theory and procedures in this field.

**HISTORY OF PHYSICAL EDUCATION (Ancient Greece)**

The Greeks were the first people to develop physical education in the modern sense. They took regular exercise in gymnastics in their own way and they entered the different festivals, where they used to take part in athletics-wrestling, jumping, javelin throwing, and other events. The most famous of these festivals was held at Olympia-a western area of Peloponnesus-every four years from 776 B.C to A.D 383. Where over fifty thousand people were accommodated in the stadium. This historical festival was closed by the Christian Emperor Theodosius. The influence of these festivals was so great that every Greek considered it his duty to prepare himself for them in order to win the honours. The awards ranged from a crown of wild olives to costly prizes, and the accompanying hero-worship gave the winners such encouragement that they started visiting different cities for the sake of prizes, and the common love for physical education changed into professionalism in the festivals.

The philosophy and ideas of Greek education, together with the significance which the Greeks attached to physical education in relation to their whole conception of the adequate training of the young in mind, body and spirit still exert an influence on the thinking of those who concern themselves with speculation about education in relation to human welfare and human destiny.

The impact of Greek theory and practice upon later thought and procedures in the realm of education may be attributed largely to the brilliance of civilization with which these theories and practices we connected. The Golden Era of Greece was fully developed in the sixth century B.C. Each city, and the surrounding area, was regarded as a separate state with its own Government and military force, and having the compete loyalty of all the people. Greece was not a unified nation at this time but rather was a collection of city-states. Corinth was a noted business centre Sparta was famed as a
strong military power; and Athens was becoming recognized as an intellectual and cultural centre. Thus, the role of physical education differed in each city-state. Sparta and Athens, when viewed in historical perspective, seem to have provided the strongest influences on physical education theory and practice, which were passed down through the centuries by historians and philosophers of educational practice.

Athens and Sparta were the most powerful of all the city-states and there was great inter-city rivalry between them. They were also distinctly different. Sparta was one of the best examples the world has ever had of a complete military state and totalitarianism. Both city-states, Sparta and Athens, were successful in achieving their aims. Both had specific and different education systems which suited their individual philosophies and both used physical education and sport to achieve their goals. The aim of Spartan education was produce a perfect warrior. Intellectual subjects received scant attention, as mental education was deeded less important than physical education. Physical activities such as running, jumping, hiking, swimming, wrestling and throwing the javelin and discus were taught to build a sturdy, physically fit person who was courageous, strong and would follow orders. Even dancing was utilized to develop cohesiveness and rhythm, necessary for military maneuvers. Girls were given the same education as boys, as it was considered that the ultimate purpose for females was t produce healthy, sturdy children. The Spartan army was the best in the world, and for some years the best athletes came from there.

Sparta. Because of its emphases in military strength, Spartan boys were raised to become healthy, strong warriors, and girls were trained to become physically fit mothers. Sickly children were weeded out shortly after birth by the elders and often left to die on Mount Taygenetus. The boys were raised in home until age seven when the state assigned them to “packs” in which they remained until they were fourteen. During this time they engaged in rigorous physical training and conditioning as a base for the military training to follow. The “packs” were scheduled in to a variety of physical education activities including archery, ball games, wrestling, boxing, javelin, throwing and hunting. From age fourteen to twenty the boys were trained for military service. From then on they were available for military campaigns on call. Dancing was very
popular with both the boys and the girls. The men believed the welfare resembled
dance, so the dance forms symbolically emphasized the warriors in battle, the raiment of
battle, and the accompanying music of the flute. Dance was regarded as instrumental in
communicating the glory of the state through victory in war and paid honor to the
valiant deeds of the warriors. Dance was not necessarily valued for its intrinsic
aesthetic contributions to human development and emotional expression.

*Athens:* it has been suggested that, if one were to indicate by lights upon a map
of the world those regions in which civilization has in the past reached its highest
development, the smallest but brightest of these lights would mark the little city-state of
Athens in Greece. In the fifth century B.C. this small community of a few thousand
free citizens produced more men of the highest rank in human history than the whole
world has ever produced in an equal period of time. It is doubtful whether the brilliance
of Greek art, literature, and philosophy of this period has ever been approached in any
age by any nation or people.

The education of Athenian boy consisted of ‘literature’ “music” and
“gymnastics”. Literature was studied under the direction of a grammarian. The term
“music” included artistic, literary, and musical training. “Gymnastics” involved the
whole range of physical education activities which included, among others, throwing
the javelin and discus, running, jumping, wrestling and free play. An equal amount of
time was devoted to “music” and “Gymnastics”. This later fact ought to carry more
weight than if does with some modern educators who tend to balance several hours of
intellectual study with a daily allowance of ten to thirty minutes of physical education.

Olympia is in the north-western section of the Peloponnese in the district of
Elis. It is gracefully situated among gentle hills on a fertile plain. Visitors to Olympia
today are still captivated by its mystical atmosphere. There is a certain aura enveloping
the site, and one immediately senses its sacredness. There was a large religious area,
called the sacred altis. Two temples dominated the Altis, the Temple of Zeus and the
Temple of Hera. The Temple of Zeus was much larger, and in it was one of the Seven
Wonders of the Ancient world, the 10 meters high statue of Zeus. Nothing remains of the statue. The dating of the temple of Hera is earlier that that of Zeus. Once every four years, but not at the time of the Olympic Games, which were for men only, the women of the Committee of Sixteen presiding over the temple of Hera would arrange the Heraen Games. Three foot races for unmarried girls were held in the stadium.

**ANCIENT PHYSICAL EDUCATION IN ARYAN INDIA**

Aryans migrated to India in 1500 B.C. and they appear to have entered India as peaceful emigrants and as invaders. They established their suzerainty over the locals especially by the excellence of their physique. The cult of physical education co existed side by side with religion and they invoked the blessings and benedictions of god such as “May God give them power in the thighs”, “swiftness in their legs”, “Stead-fastness in their feet” and so many other invocations.

There are evidences to indicate that riding, archery, hunting, hurling of javelins, fist fighting, wrestling,, swimming, running, jumping, digging, dancing and many such similar exercises mist have been the different variety of exercises prevalent in those days. Breathing exercises done as a daily worship to God was considered as a significant contribution made by the Indians to the cause of physical education. The people during this period were health conscious and were concerned about public health and sanitation.

**PHYSICAL EDUCATION IN THE BUDDHISM AND JAINISM PERIODS**

Close on the heels of Aryan Civilization, Buddhism as a religion came into being. Notwithstanding the assertions made by the various Chinese travelers during the Buddhist period, one cannot use the yardstick to measure the state of physical education which could be safe compared to the Aryan civilization. Here and there, there may be stray mention of minor exercises but before the Aryan civilization and its extent of physical culture in the times of the Buddhism/ Jainism period (both were the followers of Ahimsa) pales into insignificance. There is, therefore, very little that could be said about state of physical education during these periods. It can be safely assumed that there was decadence of physical culture subsequent to the Aryans and it is not worth
commenting upon. However there are indications to show that swimming, archery, shooting marbles, sword fighting, wrestling, boxing, jumping, water sports, ball games, chariot driving and elephant driving were some of the popular activities of these periods. Yoga was also popular in Buddhism and Jainism times.

**SOUTH INDIA**

It is known fact that South India being geographically cut off from the North India remained comparatively safe from invasions of the foreigners. South India had absolutely contributed any of rather no charm, whatsoever, to the physical education. The main reason being that South Indians of that period were peace loving people and had not at all tasted what war actually was. There is, however, a passing reference in historical records that the Muslim King Alluddin khilji in vaded and had to beat a hasty retreat not because of the condition prevailing at that time in the region but there was nothing to add to his Empire. We can, however, give a credit to the South Indians that they functioned as a repository of the ancient Indo-Aryan culture. In support of non-existence of physical education, it will not be out of place to mention that gladiatorial contests patronized by the kings of Vijayanagara were obnoxious to the sense of model physical education. South Indians retained some of the oldest play traditions of the country. Wrestling, hunting, dancing, fencing, swimming and water sports were some of their favorite sports. One of the special features of this period was that the women had a place of honor in the society and also took part in physical activities.

**PHYSICAL EDUCATION GROWTH IN INDIA**

In India there was a long record for civilisation history; because of religious reaching physical exercises were not promoted self-denial and abstinence from activities including physical activities. The Buddha teachings prohibited most of the games and sports practices by other early civilisations.

In the previous days those who excelled in particular physical performance enjoyed the support of the rulers and they were provided them opportunity to show their skills and feats. But these activities were never treated as a part of common education.
Only Anglo-Indians and Europeans can develop into the members of the organization. When the Boy Scouts Association came into being in 1909 in India. They were not allowed but so many Indians wanted to be members of that Association that time. In 1916, Indian Boy Scouts Association in Madras was initiated by Mrs. Anne Beasant, in Allahabad 1918 Seva Samiti Boy Scout Association was started under Pandit Madan Mohan Malvia chairmanship. Prior to independence, in this country training teachers of physical education were five institutions only. In 1920, India was started the first college of physical education Y.M.C.A. in Madras. The central advisory Board of Physical Education and Recreation set up was to define and coordinate the functions of various agencies working in the field of physical education in 1950.

**PHYSICAL EDUCATION IN PRE-INDEPENDENCE PERIOD**

This period that is pre-independence era or technically speaking pre-partition period, has got its special and salient characteristics in so far as the physical Education is concerned, volumes can be written as to how much importance and the place of honor was earmarked for the sports and sports persons and top patronage was bestowed on those who excelled in this sphere. It will be pertinent to add that Physical Education was the huge tree which spread its tentacles and branches off to various sports and sports activities.

It is not our aim to compare or minimize the sportperson’s ability with their counterparts in the post-partition period. But certainly the sportspersons of the British rule deserve the fullest praise because they had devotion and dedication and to top all the integrity to place themselves for the honor of their motherland. The players in all the fields of sports were selected on the basis of their rigorous adaptability and strenuous practice in any and every sphere of activities. There were no strings attached or any extraneous considerations given while selecting the players to represent the country.

When we come to the question of patronage, our mind would at once jump to the prominent and conspicuous part played by the Indian Princes. The princes patronized English games like Cricket, Badminton, Tennis, Hockey and Football and also supported the clubs related to these games and sports. They also employed the
upcoming sportsmen in their States and trained, nurtured and chiseled them in the nest possible environment and treated each and every sportsman as a VIP and it will not be inapt to say that they were given the Royal Patronage. To mention a few one remembers with pride the maharaja of Nava Nagaram, Ranjith Singh Ji, Dalip Singh Ji, Maharaha of Patiala, the Holmar of Indore: Great cricketers themselves, patrons sportsman who have had the honor of producing players of eminence such as Lalla Amarnath, C.K. Naidu, the world No.1 wrestler Gama and host of other sportsman of repute of Salim Manna are the shining examples of the period under review. The polo game had reached its brilliant heights when the Maharajas of Jaipur and Cooch Bihar gave their patronage and themselves participated in and out of India in Polo matches with honor and credits.

**PHYSICAL EDUCATION IN POST- INDEPENDENCE PERIOD**

India has a long tradition for participating in physical activities, games and sports. Her people have always cherished qualities like strength, courage, valour, mental keenness, fair play etc., and have tried to inculcate these qualities in their youth through a variety of activities. We can take pride in the fact that we have develop a complete system of physical education that has conditioning exercises with and without apparatus, individual and team games, rhythmic, combative, etc., which have roots in our soil. Yogic practices which were designed by our ancient Rishis to develop the individual personality in an integrated manner are our contribution to the world. However, we seemed to have lost this great heritage during the latter half of the eighteenth and nineteenth centuries. The foreign rule suppressed and thwarted any organized effort t revise the traditional activities of the ‘Akharas’ to rekindle the spirit of nationalism to overthrow foreign domination.

With the attainment of political independence in 1947, a spirit of national resurgence emerged and while the country was faced with numerous pressing problems, education and programs of physical education in our educational institutions came to receive the attention of our educators and leaders. The whole country is indebted t late Prof. G.D. Sandhi, the dyon of emergence of physical Education in the Post Independence period for his foresight and mature understanding in promoting and
developing physical education in India. The government of India appointed important commissions to reform education to meet the changing needs of the country. The Radhakrishnan Commission on University Education (1949), Dr. Lakshmanaswamy Muddaliar Commission on Secondary Education (1953), Dr. Kothari commission on all levels of Education (1966) made several recommendations for the promotion of physical education like that the physical education was developed.

During 1954, the Ministry of Rehabilitation started the organisation named as National Discipline Scheme to check indiscipline among students and young men in refugee camps. The plan was later extended to other spheres. In 1953-54, labour and social service camps were organized by the way of such agencies as Bharat Sewak Samaj, N.C.C., Bharat Scouts and Guides, State Directorates of Education and Universities to provide youth of the country an chance for self-expression, help them to develop respect for dignity of labour and to inculcate in them love for social service. 1957 Laxmibai College of Physical Education, Gwalior, was opened with the degrees of Masters of physical education (MA, Recreation), Bachelor of Physical Education (Three years), the Punjab University, Chandigarh, implemented the masters degree in physical education in 1963.

The Education Commission (1964-66) worried the importance of physical education and it recommended that physical education must be essential subject in the school core curriculum. On the basis of this suggestion, in the 10+2 system of teaching education, physical education has been a essential subject up to the secondary level below this scheme, every pupil should study physical education up to class tenth.

**FOOTBALL**

It is one of the famous game around the world, which means a competition between two teams each 11 players has to play within 100 yards long 60 yards width rectangular place and two goal posts. The players may use running, jumping, throw-in, kicking, passing, heading skills and across the opponent with score the goal inside the goal arena, between the vertical post and below the crossbar with air /ground ball is called goal that is called football
HISTORY OF FOOTBALL

The old name of the present football or soccer is Harpasion. It started from Greece around 700 B.C. It was used for the Spartan soldiers. During the middle ages it spread from Greece to Rome. It was also played in one form or another by the Chinese, the Japanese, and the Aztec Indians. There was not much of rules and regulations and no limit to the number of players. So, it was also called mole football. The game was very rough and sometimes dangerous and the players used to sustain injuries. It did not involve any passing of ball from one player to another. The game was not played with the ball. Sometimes a bag stuffed with straw or skull of human or animal was used.

It is maintained that the Romans legions introduced this type of game to Britain about 2000 years ago. There is, however, evidence of the game being played in Britain in the twelfth century. A team in Derbyshire, England had still to-day an annual game in which the most of the people of the town participate. They move a large inflated object in any way by pushing, throwing or kicking from one end of the town to another. This may look strange but this is a legacy left to commemorate the game.

As early as 1175 the game of football, or camp ball was propelled by the foot, was well established in the social life of the citizenry. The game usually involved great numbers of people, often one village against another and the goal posts would be in each of the villages. It became a traditional game on Shrove Tuesday in Derbyshire, and other annual festivals. Beginning in 1314, continual bans and decrees against football were passed. However, by 1600, the game was accepted and played widely, even at Cambridge. There was considerable local variation, with unwritten rules.

The game was very popular in England in the 14th century and the game was developed in the country. Due to injuries sustained by players and because of foul play it was forbidden by King Edward. Some English kings thought the game was too popular and they forbade it by law. They wanted that the soldiers should spend their
time in archery practicing because that was essential defence for that country and not to waste their time in this game.

In 1893 the Football Association was formed in a public house in central London. It was the first attempt to control the game at the national level. It was from this body that the association football got its name.

In 1867, the first Scottish Club, known as Queen’s Park, was formed. It was a famous and powerful club. The Scottish Football Association was formed in 1873.

The game was first played according to the rules of the Football Association. In the late 1980s, the rules were improved. The name football given to the game football is most appropriate as ball is played by foot. So, this is rightly called by this name or a similar name in many countries. The Spanish and Russians call it Football. The Norwegians call it Football, the Swedes call it Football. The other popular name of the game is soccer. It was at first a slang term. It seems to be a peculiar name for football. This is how this name developed. At that time, a favorite form of slang among school boys was to add after shortening a form. So, the Association Foot was first known by its shorter name “Assoc” and then “Soccer”

**FOOTBALL CANADIAN**

Canadian football game has gone through many changes; the original game derives from English rugby. The present game is played on a field slightly larger than the American 110 yards by 65 yards with 25 yards end zones. Canadian goal posts are on the goal line. The area between the goal lines and sidelines is the fields of play. It is divided between the goal lines by parallel lines of 5 yards apart. These lines are intersected by short lines 24 yards from the sidelines. The boundary lines are outside the field of play.

There are twelve players in a team and only three downs are allowed to gain the ten yards. There is an additional way to score a single point; the offensive team, if it kicks the ball into the 25 yards end zone, can score a single rouge point by downing the receiver of the ball before he gets out of the end zone. There is 60 minutes actual
playing time divided into four quarters. A 14 minutes interval is allowed between the second and third periods. The time keeper stops the time when the ball is dead. If the game must produce a winner and the score is tied at full time. Extra periods of 10 minutes divided into halves are player, in addition to the present famous form, the association football, there are other forms of football. Football American, Football Australian, Football Canadian, and Gaclic Football; Gaclic Football was started in Ireland in 1527.

The football American was started in 19th century, the first professional games was played in 1892. The American professional football association was formed in 1920 and it became popular. The football Australian was first organized 1858 at Melbourne. It was included in the Olympics in 1908, in the first Asian games in 1951 and in the world club cup championship in 1960. It was included in the Durand cup in1888, the Santosh Trophy (India) in 1991-92 and the I.F.A. shield in 1950.

American football, a direct descendant of the British games of soccer and rugby, was first played at American universities in the 19th century. The first professional game took place in 1895 but it was not until the formation of the American professional football association in 1920 that it became on organized sport.

The field is uniform is size 100 yards (91.44m) long and 160 ft. 48.77 mts wide. Lines at 5 yard (4.57m) intervals are drawn across the pitch in grid fashion. The goal line indicates the end of the pitch, but beyond each goal line, is an area. The full width of the pitch and 10 yard (9.14 m) deep. The aim is to get the ball into your opponents’ end zone for a touchdown. Unlike rugby the ball does not have to be carried over the line. Also, as forward passing is allowed in American football, a player can stand in the end zone and if he catches the ball he is said to have made a touchdown. Field goals can often be scored from as far away as 50 yard (45.72). The other method of scoring is if a player on the defensive is forced to carry the ball over his own goal line. He gives away a safety; worth 2 points to the opposing team.
FEDERATION INTERNATIONALE DE FOOTBALL ASSOCIATION

FIFA history starting after first international competition outdoor of England which was played at Paris within Belgium and France, that was determined that an international soccer organization was required. For that reason the Fédération Internationale de Football Association (FIFA) was formed in Paris on May 21, 1904. Legislative body from France, Belgium, Sweden, Spain, Switzerland, the Netherlands, and Denmark were present at the beginning get-together and assisted in the Association of FIFA. After founded two days, the first FIFA congress in FIFA history was held. In 1909 FIFA was connected by its primary non-European country (South Africa). That was soon followed by the merging of Argentina and Chile in 1912 and the USA and Canada in 1913.

Woolfall worked tough to connect the rules of soccer around the world. He was effectual as well. Nevertheless, it all started upcoming apart 1918 when he was died. By the side the First World War which have taking place in 1914 and was just ending in 1918 dealt FIFA a main blow. It approximately didn't stay alive the next few years, but it managed to hang on by a thread. In 1921 Jules Rimet was selected as president of FIFA. This man was a great part of retrieval FIFA's reputation. After soccer was renounced from the Olympics in 1928, Jules Rimet determined to hold international competitions. The first World Cup was held in Uruguay in 1930 with Uruguay triumphing over Argentina in the finishing game grow to be the world champions. FIFA still continuous to gain reputation and world cup soccer was played on TV for the first time history of FIFA. When Belgium and France met in the first official international match in Brussels on 1 May 1904. The first FIFA Statutes were laid down and the subsequent points firm the reciprocal and limited credit of the national associations represented and attending; clubs and players were forbidden to play simultaneously for different national associations; recognition by the other associations of a player's suspension announced by an association and the playing of matches according to the Laws of the Game of the Football Association Ltd.
BIRTH OF FOOTBALL IN OLYMPICS

When the modern Olympic Games started in Athens in 1896, football was not included. In the 1900 and 1904 Olympic, football was included as an exhibition sport.

Though football was included in the 1908 Olympics, only 6 times had taken part. Football gained popularity in 1936 Olympics games in Berlin. Through the host country lost in the second round to Norway by 2 goals to nil, football matches attracted big crowd. Since 1952, the socialist bloc countries have had a hold over Olympic Football competition. In 1956, 1964, 1972, 1976 and 1980 all three medals-Gold, Silver and Bronze were begged by socialist block countries such as United Arab emirates, Jordan, Yemen, Egypt, turkey, Syria, Cyprus, Saudi Arabia, Bahrain, Qatar and Iraq. Teams are made up of the very best amateur players of countries who try to advance, through elimination rounds, to the Olympic Games, which are held every four years in a different host country.

WORLD CUP FOOTBALL

The International Championship of the world, contested every four years under the auspices FIFA. For best teams in world compete to decide the championship. From 1974 the world cup trophy was named simply as the F.I.F.A World Cup. The championship which was held in the Federal Republic of Germany (West Germany) in 1974 marked the beginning of the F.I.F.A World Cup era.

FOOTBALL AND ITS IMPORTANT IN INDIA

This game was introduced to India by British forces. They first played the game in an organized manner in this country in 1880. The matches played by the British army teams and witnessed by the Indians team, prompted the game here. It was one of the legacies left to us by the British.

In 1893, the Indian Football Association (IFA), Calcutta was formed. The story of the organized football in India is connected with the history of this organization. It is till to-day the governing body of the game in the state of west Bengal. The first football
league to be run in India was in Calcutta in 1898. The game first became popular in Calcutta where some of the clubs such as the mohammedon sporting and Mohan Began club gave great inputs to the game. Two important football tournaments were organized. One was the Durand Cup Tournament and the other the ‘Trader Cup’ which is now known as the IFA shield. The Durand Cup Tournament is the oldest football competition in India and only second in the world in seniority, next to the famous FA club of England. The All India Football Federation came into existence in 1937. Now a days this is the governing body of the game in India. India entered the international field as an independent nation in 1948, when the Indian team participated in the London Olympics. The overall performance of the team was high but they lost the first match to France by 1-2. In the Melbourne Olympics in 1956, India finished fourth. It is, however, unfortunate that India has not been able to qualify for the Olympic Games since 1964.

In the Asian youth Soccer which is open to players below 19 years, India won in 1974 at Bangkok.

In the Asian Games, India has won twice, beating Iran 1 - 0 the competition was New Delhi in 1951 and South Korea 2 - 1 the competition was at Jakarta 1962, India won a bronze medal in the sixth Asian Games played at Bangkok in 1970. The main trophies for Football in India are Durand cup, IFA shield. Santhosh trophy (National Football Championship) Rovers cup, Delhi cloth mills, Delhi Federation cup (India’s club Championship) Jawaharlal Nehru Gold cup; Invitation International Tournament, Mr. Iqbal Husaain Trophy (The Sub Junior National Football Championship), Sir Ashutosh Mukherjee Memorial Shield ( All India Inter University Football Tournament and Dutta Roy Trophy (Under-21 National Championship).

**INDIAN WOMEN IN FOOTBALL**

The first senior national Football championship for women was held at Lucknow in 1975. Shukala Dutta of West Bengal scored nearly 225 goals in national and international matches. The first ever women’s football league was commenced in Calcutta as part of the centenary celebration of the Indian Football Association in August 1993.
FOOTBALL IN SOUTH ASIAN FEDERATION GAMES

Football was introduced in the second South Asian Federation (ASF) Games in 1985 at Dhaka. There are seven football playing nations in the SAF Games.

AIFF

AIFF is Indian Governing body for football. The letters stand for All India Football Federation. AIFF was formed in 1937 and affiliated to FIFA in 1948.

The AIFF has 28 affiliated units including 26 states Associations and two institutional organizations in the Railways and Services. The headquarters of the Federation changes with the office-bearers. The following units are members of AIFF.

ASIA CUP

The Asia Cup tournament is held every four years to coincide with the years of the Olympic Games. All member countries of the Asian Football Confederation are eligible to compete with one team from each country. This competition is eligible to compete with one team from each country. This competition, which was started in 1956, is held every four years. India did not participate in the first Asia Cup in 1956 on account of her many international commitments at home and abroad. India finished runners-up in 1964 losing the hosts Israel.

ASIAN GAMES FOOTBALL

The Asian Games are the greatest festival of sports in Asia. Every four years, Asian countries send their best sportspersons to compete for Asia’s highest honor in sports.

The first Asian Games were held in the Capital of India at the renovated stadium. At first it was decided by the organizers to stage the first Asian Games in November–December, 1950 but the work could not be finished in time. Later on these were held from March 4-11, 1951 at New Delhi., Six nations.
TRAINING IN SPORTS

Training in sports it is a process to make a leading sports person to achieve top level performance enhancement in sports & games through the planned systematic, scientific way of implementation in training adaptation.

PLYOMETRICS

The plyometric exercises are created and developed by soviets, for long time this kind of exercises were used in western sports. The soviets were discovered the ployometric exercises are useful to enhancing the physiological factors such as elasticity and explosive power for muscles moreover its helpful to restoring viscoelasticity involved at group muscles.

This kind of exercises are risky to use, because the person has to lift up his/her total body from floor maximum so its required explosiveness to muscles because of that reason who is going to practice plyometric exercise they must have proper warming up and warming down after the exercises complete.

PLYOMETRIC TRAINING

It’s also one kind of systematic training for developing speed, power which means explosive power with the help of selected jumping exercises. Moreover it is helpful to enhance the producing muscular force maximum. This training also helps to enrich the athletic and various sports and games performance which are the games are involved with jumping and sprinting skills.

Now a days this kind of training are help to increase jumping capacity, speed, strength and power, it is not only for developing power also improve elasticity of muscles, neuromuscular function adaptation, the elasticity function also helpful for stimulate while muscles shortening and lengthening movement. The plyometric exercises are needful for beginners and youth persons to develop basic motor quality of strength. Explosiveness of Plyometric training can help the athlete become truly powerful.
BENEFITS

- It is useful to increasing metabolic rate, the training of the strength is to increases human body’s metabolic rate through this we can burn more calories on human body.
- It is helpful to developing and bone density restoring: through this kind of strengthening exercises will develop mass and muscle strength, stamina, power because of this training the particular person can work more means they can play more time and physical activity
- It is useful to prevent the various injuries like knee, muscles and other spots injuries.
- Through this training we can improve various motor qualities such as flexibility, balance, stability etc.
- This training helpful to reducing diseases related coronary means it’s maintaining our blood pressure and reducing cholesterol.
- It is also important in rehabilitation part, after injury to getting recover quickly we can use this kind of training exercises.
- This is increasing sports performance after these activities you will get more power to tolerate other exercises.
- After this training we will have capable to participate aerobic activities, indoor and outdoor physical activities/ exercises.

After completion of this kind of exercise we may feel better and looking better we will have more active/ fresh than the other normal persons. The plyometric training benefits were given above for that statement said that through this physical exercise every human being can get health wellness of our body without diseases.

WARMING UP

Warming up is implementation of physical exercises to increase intensity gradually (to raising pulse rate), It is also involved stretching, mobility exercise in joints. warming up is helpful to respond quick activities, prepare the muscles for applicable strenuous physical activity and safe from injuries like sprain, strain, muscle pull, dislocation and fracture etc..
For example before starting any sports and games they will start with show jogging because they have to prepare the muscle for further physical activities, warming up will improve the oxygen consumption in lungs through that muscles will get enough oxygen to do the specific activity without fatigue ultimately this warming up to prepare the sports person for strenuous activity, physically and mentally.

WARMING UP BENEFITS

- It is helpful to contract and relax the muscles faster.
- Warming up is making you ready to do physical activity and decreasing stiffness of muscles.
- Without any struggle we can continue our physical exercises, sports and games after warming up.
- It is helpful to getting more oxygen and circulating the oxygen to muscles and increasing blood circulation.
- It is needful for nerve transmission and muscle metabolism, after the warming up we can do all-out physical exercises.
- It is increasing blood flow that was circulating oxygen and activating the cells and tissues for future physical activity and metabolism.

LIMBERING DOWN

Warm down is done by following methods

- Warming down is essential one for athletes after the strenuous physical activity to relax our inner organs of our body.
- The way of warming down is through walking / jogging, slow mobility exercises it will helpful to take out unwanted products from worked muscles.
- Cool down is important for getting normal the muscle stiffness we can do this through stretching the muscles and joints to improve range of change movements.
- Cool down is more effortful when you are using passive stretching and yoga asana posture and relaxation techniques will help to develop our movements range.
CORE TRAINING

There are several approach in the direction of improve our health fitness, although another one of the largely accepted approach over the last few years have been developing the stability of core. For “CORE” the human body is basically shoulder, hip, pelvis and trunk.

Core exercises are known for re educate for our body system so we can use that efficiently. It’s an intelligent workout that strengthens your body from the inside out and is a safe and effective way to exercise.

The core muscle group functions not for only sports, also typical daily activities as well. It’s essential that your core is strong for the reason it’s functioning every movement. The core also helpful for producing force (for example, lifting), it’s also body stabilizing and produce energy other musculature (for example, during running), for that it’s called as energy transfer (for example during jumping). Everyone can benefit from core training, from new exercisers working on their fitness to exercise enthusiasts looking for increased performance. It can help the elderly to reform women’s their muscle shape back after the pregnancy over

A well-developed core region will act as a solid block on which the chest cavity sits, preventing it from moving during strenuous lifting exercises. Most gym-goers do a few crunches and the odd rowing exercise, but their goal is usually aesthetic. This training will help full to develop abdominal, torso muscles and our body posture-if your core is strong, your lower abdominal muscles will be drawn in toward the spine and help you sit up straight. Your balance and coordination will be improved, and, most important of all, these kinds of exercises will improve your strong spine and elasticity in whole life. Core stability is the effective use of the core muscles to help stabilize the spine, allowing your limbs to move more freely. Good core stability means you can keep your midsection rigid without forces such as gravity affecting your movements. The positive effects of this include reducing the likelihood of injury, better posture, increased agility and flexibility, and improved coordination –the way your body reacts and recovers from being unbalanced.
Core training aims to increase your core stability by developing trunk fitness, which is relevant to everyday life rather than just to sport. As a human being we can find our self in day to day life we are having a situation to do hundred sit-ups approximately like while reach to pick the child, for picking something from floor like that this will helpful to avoid the injuries our self. There are many ways of improving core stability, from traditional abdominal exercises to movement therapies such as Pilates and yoga and even water-based exercise. Actually if we got a benefits from core training ultimately we can have good body structure and better inner body functions flat abdomen and strong back muscles and spine.

**POSTURE**

Posture refers to the alignment of your muscles and joints. Good posture happens when your spine is in its natural alignment and permits normal movement without discomfort or pain. It helps you stand and sit properly, reduces the strain on your back, and allows your internal organs to function efficiently.

**CORE MUSCLES**

Muscles are made up of millions of tiny protein filaments that contract and relax to produce movement. Most muscles are attached to bones by tendons and are controlled by your brain. Nerves transmit electrical messages from the brain, which cause the cells within the muscles to contract. Movement is caused by muscles pulling on tendons, which move the bones at the joints. Muscles work in pairs so that bones can move in two directions, and most movements involve the use of several muscle groups. Anterior muscles are in the front of the body, posterior muscles at the back. The muscles you need to know about in order to improve your core stability are those that are arranged around your torso. At the front and side are the four main abdominal muscles, at the back are the spinal extensors and multifidus, and at the base of the trunk are the pelvic floor muscles.
ABDOMINAL MUSCLES

The abdominal muscles form a natural corset around your middle. They support the spine, protect internal organs, and enable you to sit, twist, and bend. The rectus abdominis is the muscle that runs from bottom of your ribs to the pubic bone. When highly toned, it creates the “six-pack” look, but its actual purpose is to let you bend forward and sit up form a lying position. At the side of the torso are two diagonal muscles: the internal oblique and the external oblique. These bend the spine to the side and rotate it. Underneath the obliques lies the transverses abdominis, the deepest layer of muscles in your core, which wraps horizontally around your torso like a corset from the rib cage to the public bone until it merges with the sheath covering the rectus abdominis. The transverses abdominis is responsible for trunk stability and pulls your stomach in tight.

BACK MUSCLES

There are two groups of back muscles (spinal extensors) that are important to core stability. The first group attach between each of the vertebrae: the second attach along the whole length of the spine. The multifidus is the most important of these muscles because it stiffens the spine and can also flatten the lumbar curve without moving the whole spine.

PELVIC FLOOR MUSCLES

These attach to the inside of the pelvis, forming a sling from the tailbone at the back to the public bone at the front. The pelvic floor muscles are vital for continence and help to maintain intra-abdominal pressure, which is important for stabilization.

TRUNK MUSCLES

The trunk muscles fall into two categories: inner (primarily responsible for stabilization) and outer (mainly responsible for movement). The inner unit muscles include the transverses abdominis (Which plays the major part), diaphragm, multifidusm and pelvic floor: the outer unit includes the obliques and spinal erectors.
The inner and outer units work together to create spinal stability and enable subsequent movement.

**OBJECTIVE FOR THIS STUDY**

- Objective for this study is to determine “Effect of Plyometric and Core Training on Selected Physical, Physiological and Skill Related Performance Variables Among Men Football Players”

**REASON FOR SELECTING THE PROBLEM**

Plyometric exercises and core training are essential qualities required in all sports and games like all ball games, rocket games and athletic events etc. Especially which are the games and sports are mostly involved with the skills of jumping; kicking, throwing and jumping are able to develop through plyometric training as well as core training. The training program which contains Plyometric exercises and core training for the development of muscular power and gross motor qualities lead to the improvement in increase of the accuracy and speed of skilful performance. In this study the researcher is going to find out the physical, physiological and skill related performance variables and effect of both training.

**STATEMENT OF THE PROBLEM**

For this study the reason to find out Effect of plyometric and core training on selected physical physiological and skill related performance variables among men football players.
HYPOTHESES

➢ It was hypothesized there would be significant differences among Plyometric and core training groups than control group in the physical variables namely Explosive power, Strength Endurance and Flexibility due to the particular trainings.

➢ It was hypothesized that there would be significant differences among Plyometric and core training groups than control group in the physiological variables Pulse rate, Respiratory rate and BMI due to the particular trainings.

➢ It was hypothesized that there would be significant differences among Plyometric and core training groups than control group in the skill related performance variables Dribbling, Shooting and Passing due to the specific trainings.

DELIMITATIONS

To achieve the purpose of this study the investigator delimited the following factors while interpreting the results for this study.

➢ For this study restricting 36 college men football players were selected, they were divided in to three equal groups each 12 players.

➢ The age of subjects ranged from 18 – 28 as per their college records.

➢ The study was restricted on physical, physiological and skill related performance variables.

➢ The training programmes were consisting of various Plyometric and core training which were exposed only on experimental group.

➢ The training was applied for only 12 weeks training for 3 days per week one session 45-90 minutes programme.

➢ The experimental group 1 was applying for Plyometric exercises experimental group 2 for core training and the control group does not have any kind of special program.
LIMITATIONS

- Subjects included in the study may not be controlled with regard to their life style, diet and habits which may have influenced their performance.

- Subject’s body type and the socio economic status of students are not taken into consideration for this study.

- Heredity and environmental factors which may influence the results of this study may not be controlled or assessed.

DEFINITIONS OF THE TERMS

PLYOMETRIC TRAINING

Speed and strength are integral components of fitness found in varying degrees in virtually all athletic movements. Simply put the combination of speed and strength in power.

Exercises characterized by powerful muscular contractions in response to rapid, dynamic stretching of the involved muscles. The muscle flexes and extends. Through this type of exercise this muscle reflex process is improved.

CORE TRAINING

The balanced developments of the deep and superficial muscles that stabilize, align, and move the trunk of the body, especially the abdominals and muscles of the back.

PHYSICAL FITNESS

Physical fitness can be defined as a state of the organism in which all body system are functioning optionally in term of individual requirements particularly those involving great muscle effect.
PHYSIOLOGICAL FITNESS

Includes non-performance components of physical fitness that relate to biological systems that are influence by one's level of habitual physical activity.

SKILL RELATED FITNESS

The abilities or components of skill related fitness are not the skills associated with any particular sport, such as running, catching, tackling or kicking, but are the underlying skills which are brought to bear when participating in a sport.

SIGNIFICANCE OF THE STUDY

➢ The study’s result will focus on the effect of plyometric and core trainings in college level men Football players.

➢ It will help the college level Football players to enhance their Physical, physiological and skills related performance variables in the game of Football.

➢ The results will be important one to the coaches and physical education teacher and physical trainers for college level programmers and the Football players.

➢ The study may help the physical educators to conduct further research in this area.

➢ Similar study may be conducted on women footballer and on different games.