



**BHARATHIDASAN UNIVERSITY,  
TIRUCHIRAPPALLI - 620 024**

**(Accredited With A+ Grade By NAAC In The Third Cycle)**

**Department of Physical Education and Yoga  
Bachelor of Physical Education (B. P. Ed)**



**EC-IV Theories of Sports and Major Games  
(21BPE44EA)**

**Sem. -IV**

**Credit-4**



# **Unit-1**

## **Introduction of Sports**

## Sportsmanship

- Sportsmanship is an understanding of and commitment to fair play, ethical behavior and integrity, and general goodwill toward an opponent. It is an affirmation that an athlete is disciplined enough to have perspective, maintain poise and do what is best for his or her teammates.

## Ethics

- Ethics is the study of moral principles and how they affect people's decisions and lives.

## Ethics in Sports:

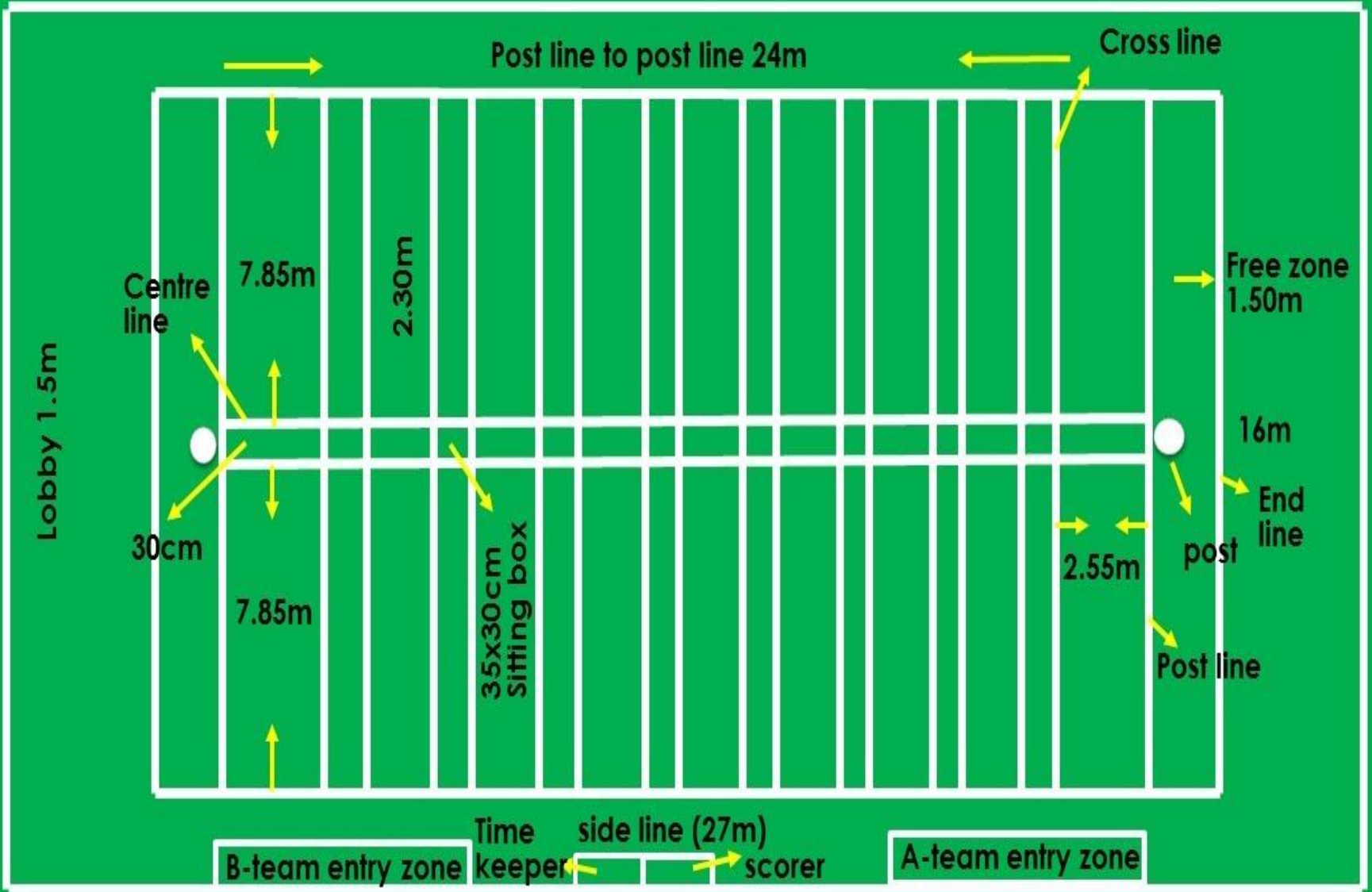
- An Overview One thing is clear: Ethics in sports are essential to good sportsmanship. The National Association of Intercollegiate Athletics states that key elements of sportsmanship include cooperation, gratitude, honor, humility and fairness—all principles that relate to ethical actions in sports.
- Sports ethics and sportsmanship are both important to creating a positive and inclusive environment in sports:
- **Sports ethics**
- The principles and moral issues that govern sports, including fairness, integrity, respect, and responsibility. Sports ethics ensure that athletes, coaches, and officials follow rules and guidelines, and avoid conduct like doping or match-fixing.

# Sportsmanship

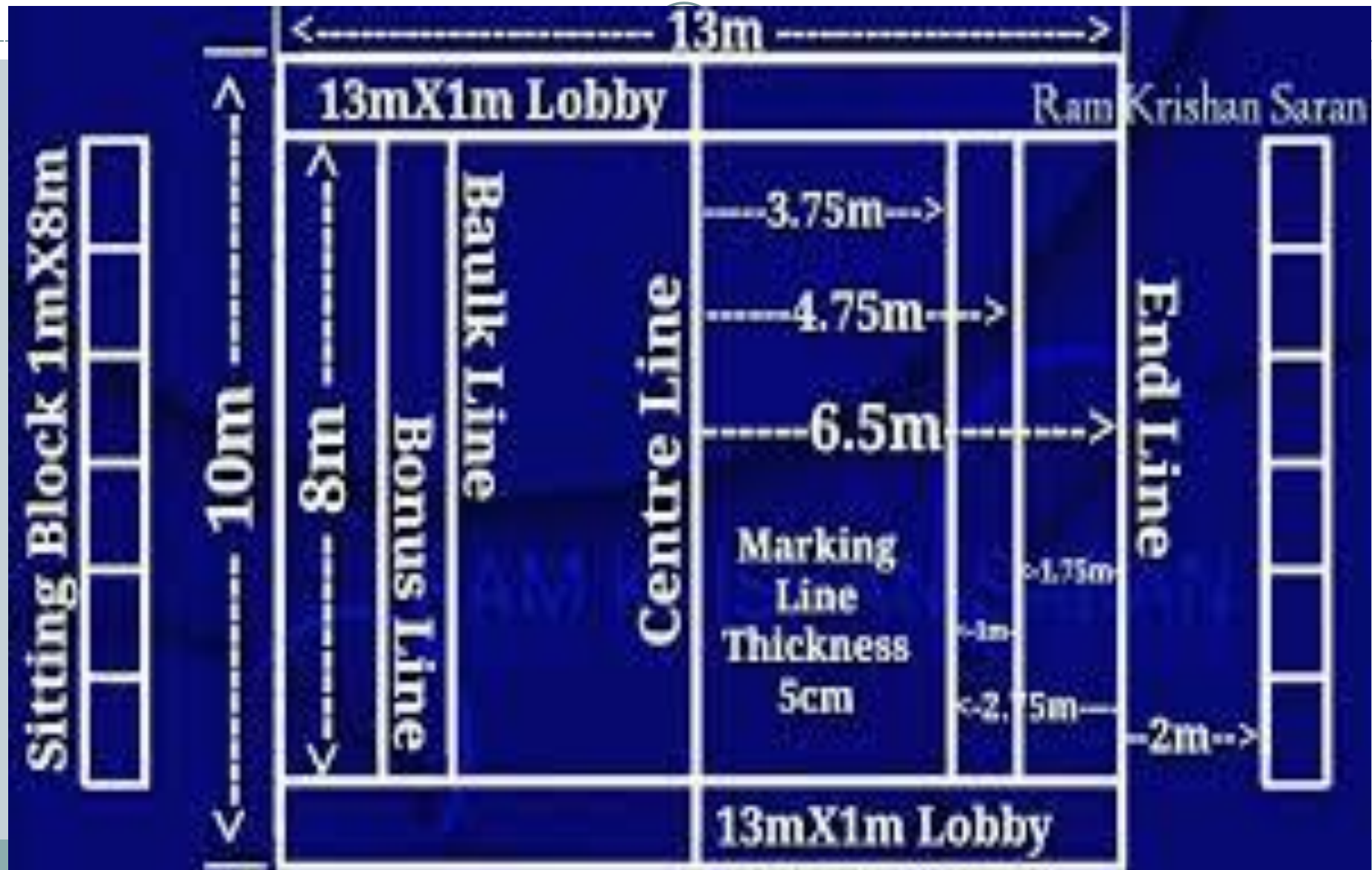
- The goal of sportsmanship is to pursue victory with honour, while also respecting opponents and being gracious in both winning and losing. Good sportsmanship encourages teamwork, builds character, and fosters a positive environment.
- Some other ethical principles in sports include:
  - Trustworthiness
  - Caring
  - Citizenship
  - Solidarity
  - Self-improvement
  - Respect for human dignity
  - Responsible behaviour in victory and defeat

# Kho-Kho

Men & women, Boys and Girls (Seniors and juniors) court

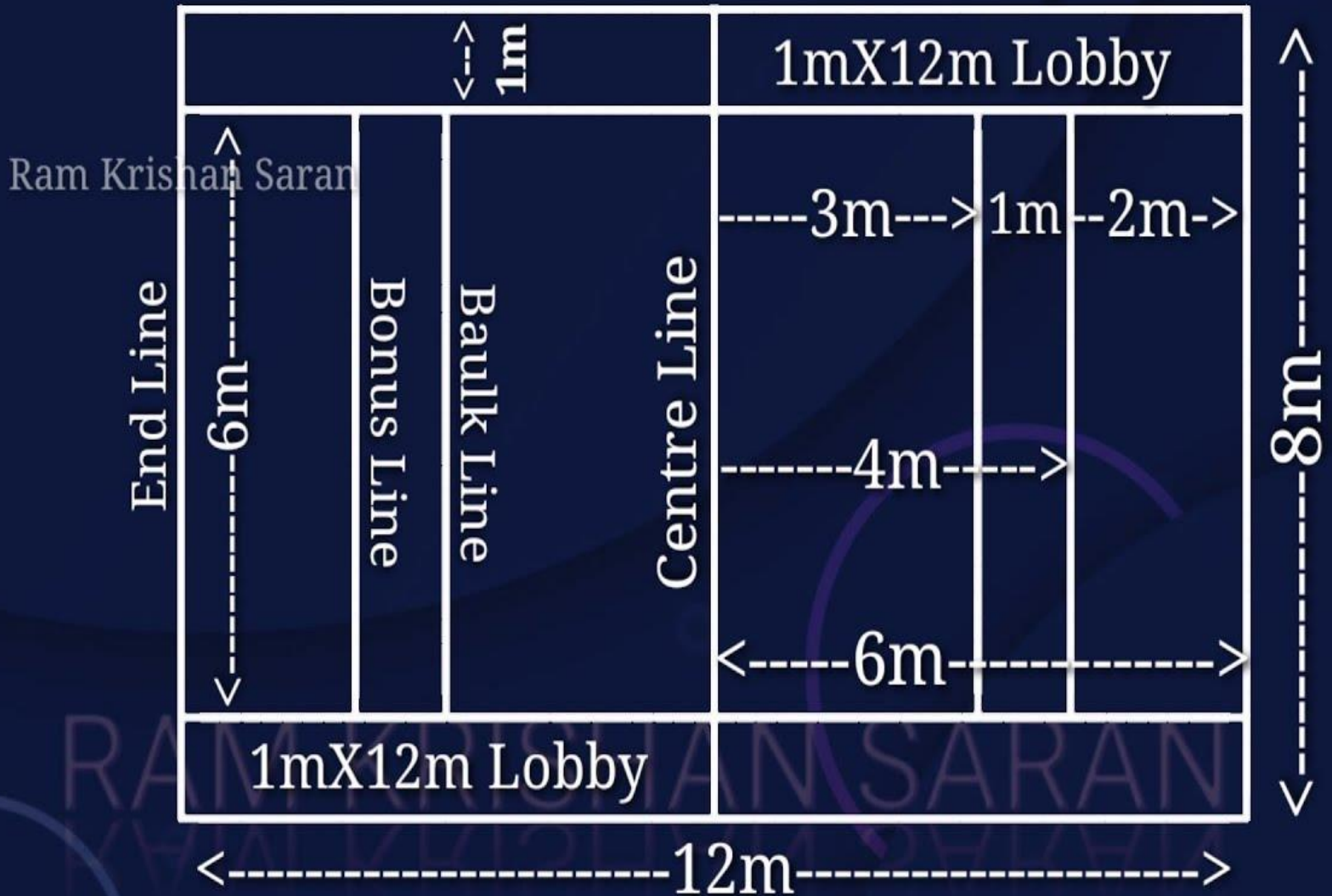


# KABADDI MEN COURT



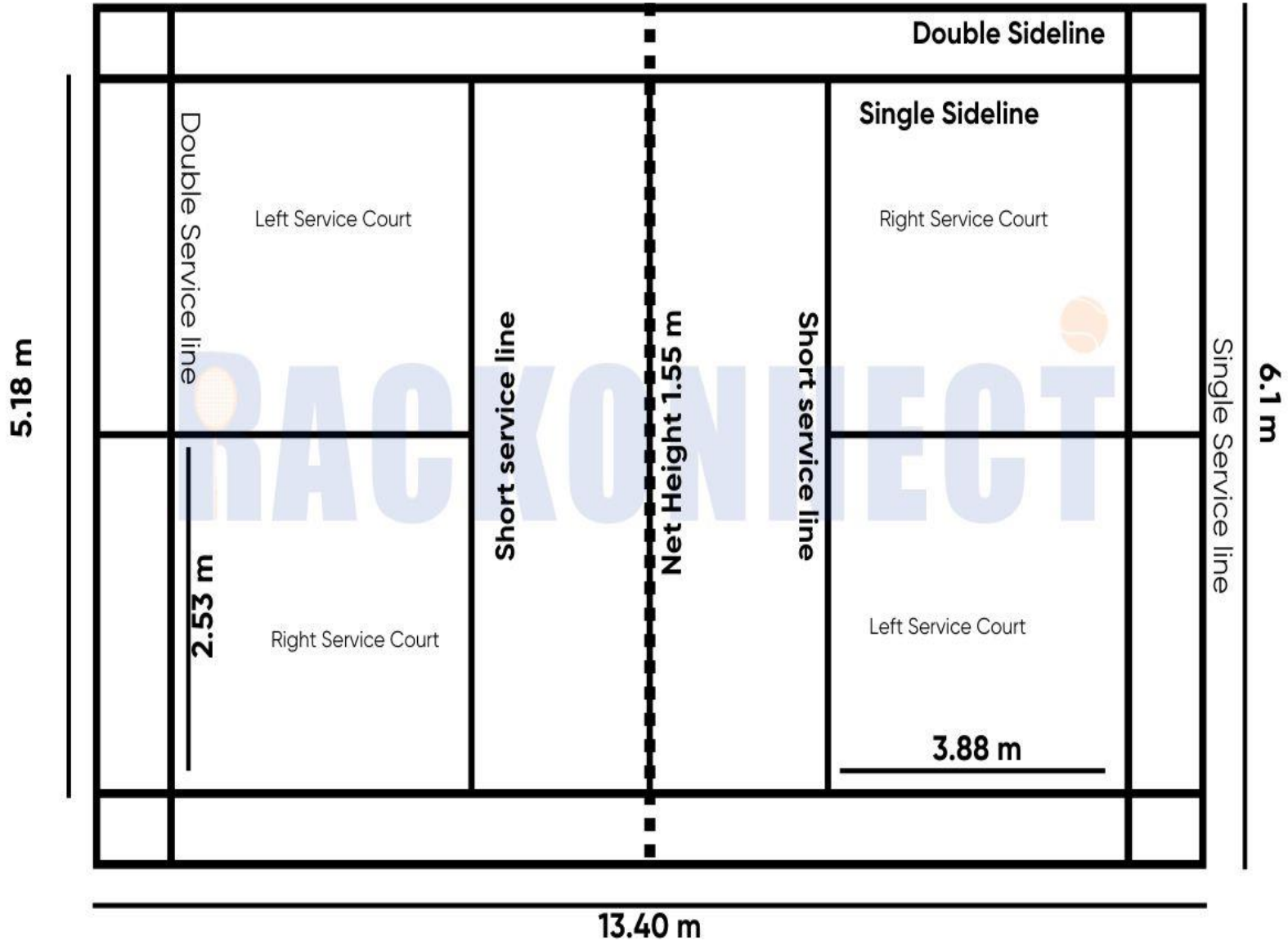
# KABADDI women court

Side Line Marking Line Width 5cm



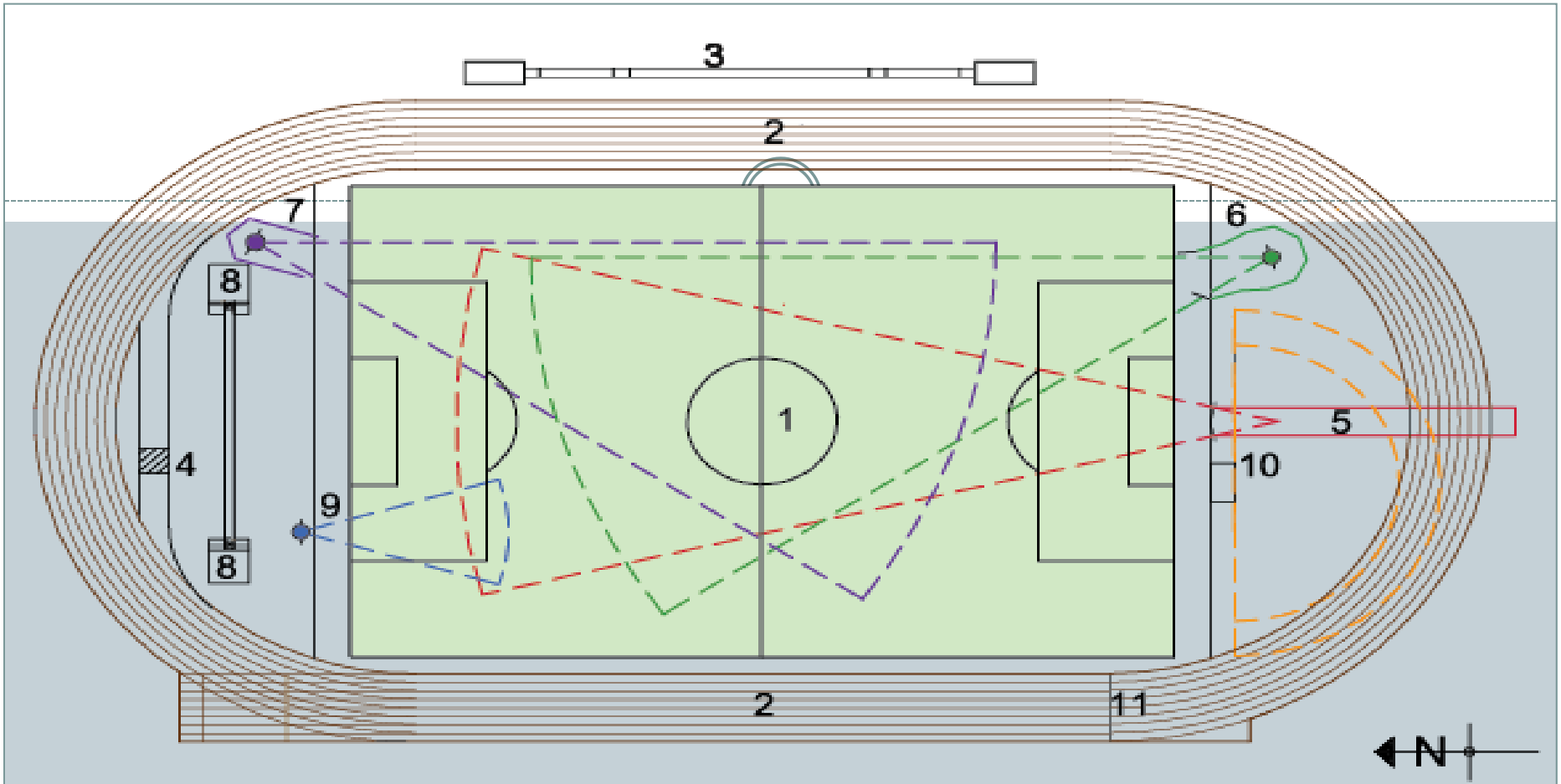


# Badminton court



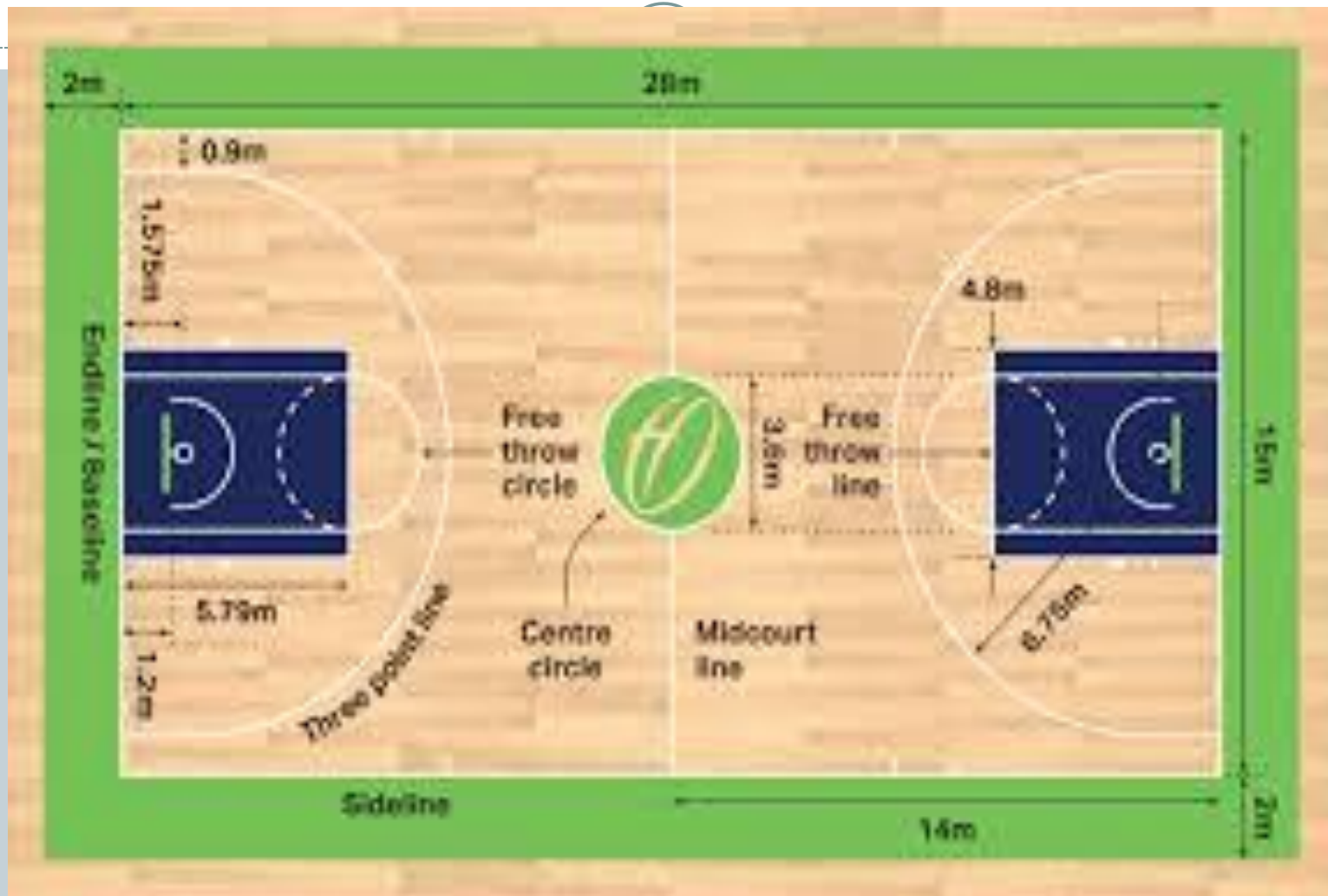
## Here are some measurements for a standard track and field track:

- **Length:** The first lane of a competitive track is 400 meters (1,312.3 feet) long.
- **Width:** Lanes are typically 1.22 meters (4.00 feet) wide.
- **Shape:** The track is made up of two semicircles with a radius of 36.5 meters and two straights that are each 84.39 meters long.
- **Lanes:** A standard track can have 4, 6, or 8 lanes, but the last lane is not used for international competitions.
- **Lines:** The lines on the track are 5 centimeters wide.
- **Staggers:** Lanes 2–8 have measurements taken along a 20 centimeter line from the inside edge of each lane.
- **Take over zones:** There are 10 meters of take over zones before and after the take over scratch line in each lane.
- Some tracks are not built to the standard 400 meter length. For example, some tracks are built to imperial distances like 440 yards (402.336 meters), which is a quarter of a mile.



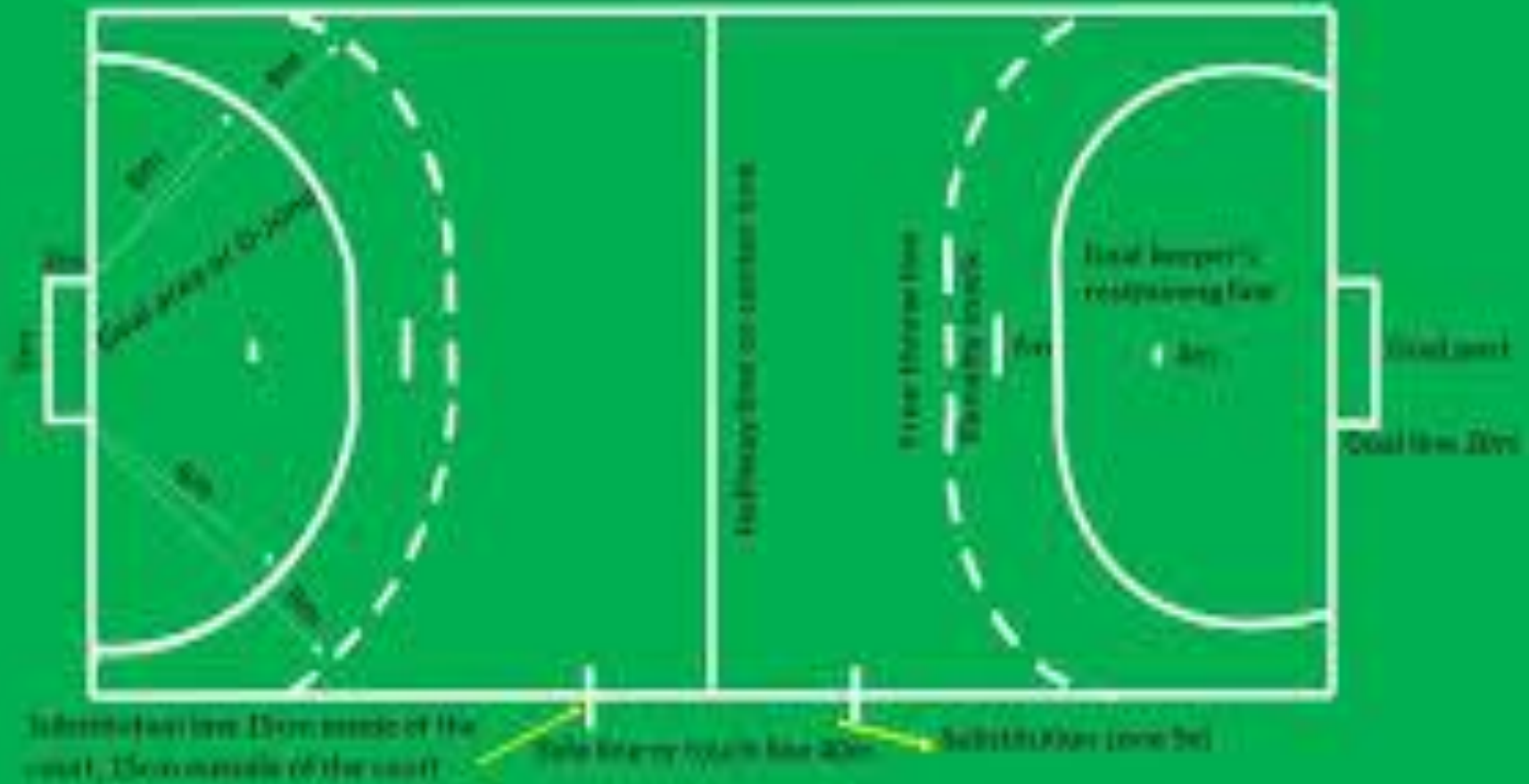
- |                                    |                         |
|------------------------------------|-------------------------|
| 1 Football pitch                   | 7 Discus Throw facility |
| 2 Standard Track                   | 8 Pole Vault facility   |
| 3 Long and Triple Jump facility    | 9 Shot Put facility     |
| 4 Water jump                       | 10 High Jump facility   |
| 5 Javelin Throw facility           | 11 Finish line          |
| 6 Discus and Hammer Throw facility |                         |

# Basketball court



# Handball court

## Handball court



# Football field

## FOOTBALL FIELD MEASUREMENT GUIDE



# Cricket field



Thank  
you