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COMMUNICATION THROUGH SPORTS

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Abstract

There are a lot of things in life that cannot be taught via books. This is where sports comes in. Values such as team spirit, quick thinking, alertness and judgement can not only be taught but also can be best realized through sports. It teaches you that sometimes you win and sometimes you learn. The main objective is not to win but to improve oneself with each passing day. It teaches one to strive and take chances no matter how difficult the road may be. As boxer George Foreman had said about Muhammad Ali-“I was faced by a man who could not go down even if he wanted to.”



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INTRODUCTION

Sports can be broadly defined as an activity that involves both physical perseverance and mental resolve in which an individual or a group of individuals compete against each other. Every sport has a specific set of rules that are enforced by a governing body. This is done so as to maintain the decorum and sanctity of the sport.

There are different types of sports like:

Adventure sports, Aquatic Sports, Athletics, Ball Sports, Motorized Sports and Mind Sports

METHOD

Since ancient times, skills such as running, swimming, fighting and throwing has been crucial for the survival of human race. With the passage of time, these skills were showcased to the audience as a method to acquire fame and accolades. In the ancient times gladiators put their lives at stake for the entertainment of the audiences of the Roman Republic and Roman Empire. As time passed sports became a medium not only for entertainment but also a platform to voice the most pressing issues of the society. We gathered six different types of sports encompassing most of them played in the world. As these sports are followed by millions of people all across the world, our objective is to show results on how sports help in the betterment of lives.

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ADVENTURE SPORTS

EXAMPLES:

Mountaineering, Kayaking, Canoeing, Sky Diving

ABOUT THE SPORTS:

In Adventure sports the participants compete in a natural environment more against themselves than against others.

MESSAGE CONVEYED:

To develop a sense of togetherness, leadership abilities and the ability to think on our feet.

FAMOUS ICONS:

Apa Sherpa (Mountaineering) , Brad Ludden (Kayaking)

BALL SPORTS

EXAMPLES:

Cricket, football, baseball, hockey, tennis, ice hockey

ABOUT THE SPORTS:

Sports which uses a ball (or a puck) as a part of play. These are widely followed all across the world.

MESSAGE CONVEYED:

These type of sports require the perfect fusion of physical and mental Abilities.

FAMOUS ICONS:

Lionel Messi(Football) , Kapil Dev (Cricket)

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MOTORSPORTS

EXAMPLES:

Formula Racing

ABOUT THE SPORT:

One of the most physically and mentally challenging of all sports. It requires the use of a vehicle.

MESSAGE CONVEYED:

It teaches us how to control anxiety in nervous situations and think calmly. FAMOUS

ICONS:

Michael Schumacher (Motor Racing), Lewis Hamilton (Motor Racing)

ATHLETICS

EXAMPLES:

sprint, shot put, high jump, long jump, discus throw

ABOUT THE SPORT:

These type of sports require more of physical strength and endurance. The use of strategies is minimal in comparison

MESSAGE CONVEYED:

These type of sports teaches us that there is no substitute for hard work and sheer grit.

FAMOUS ICONS:

Jesse Owens (Sprint), Tommie Smith(Sprint), Usain Bolt (Sprint)

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MINDSPORTS

EXAMPLES:

Chess, Mahjong, Checkers

ABOUT THE SPORT:

In this type the participants are engaged in a battle of wits, where each participant tries to read their opponent's mind to counter and gain victory.

MESSAGE CONVEYED:

In addition to strategy these games teaches us that sacrifices are necessary in order to fulfil a higher objective.

FAMOUS ICONS:

Viswanathan Anand (Chess) , Meri Grigoryan(Chess)

COMBATSPORTS

EXAMPLES:

Boxing, wrestling, Taekwondo, Mixed martial Arts

ABOUT THE SPORT:

These sports involve combat as a method of competition. These require incredible physical strength and toughness.

MESSAGE CONVEYED:

It shows importance of self-discipline and respecting your opponent irrespective of anything, not holding grudges.

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FAMOUS ICONS:

Muhammad Ali (Boxing) , Geeta Phogat (Wrestling)

RESULTS

Communication through sports is a very wide concept. Cricket gave hope to those Afghans playing in the refugee camps that life has much more to offer than misery and despair in war-torn Afghanistan. The Ivory Coast National Football team helped end a civil war in their own country as their country qualified for the World Cup for the first time ever. This shows how sports can communicate a sense of unity among people. US athletes Tommie Smith and John Carlos raised clenched fists, wearing black gloves to draw the attention of the whole world to the racial discrimination against the blacks. All these instances show us the impact sports and sportsmen have on countless lives.

CONCLUSION

International tournaments and Sports meets such as the Olympics communicate a sense of amity among the participating countries who play in an amicable environment. Finally, sportspersons can raise awareness about various topics like breast cancer, racism and drug abuse. As most sports are broadcasted they communicate a range of qualities possessed by the Sportsmen. These Sportsmen eventually become role-models and they ignite millions of dreams in people who wish to emulate their qualities and even their careers.

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