

# Role of Some Yoga Elements in Physical Education and Sports

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**Abstract – For over 5,000 years, yoga has been practised. Over time, a number of schools and yoga organisations developed. You may discover a yoga style that connects with you at first. If you are a competitive athlete, your Yoga practise is best adapted to your workout programme, because some muscle parts may grow and others ignore. This process creates muscle and joint imbalances over time and results in excessive damage. Yoga helps muscles, tendons and ligaments move through the whole range of movements and thus cultivates balance and core strength. "I'm happy I have discovered Yoga and incorporated it to my weekly exercise, a tri-athlete from San Diego, Heidi Resiert. Heidi says. I feel not just stronger, but trust that I will continue to suffer without harm." Breath work is another important aspect of yoga (pranayama). Athletes may regard breathing attention during yoga as one of the most significant advantages. Learning to remain concentrated and focused in an uncomfortable position by focusing on even breathing and expiration enables the athlete to remain focused throughout a race or difficult training. The link between the mind and body in yoga is important for athletes to improve mental clarity and focus. Yoga also helps you relax not just tense muscles but nervous and worried brains. Not only does yoga operate on the sagittal plane, it works also on the frontal and transverse planes to ensure complete growth. Also athletic performance will benefit from being more calm. So, why not improve your play performance by incorporating yoga to your training regimen today and avoid injury.**

**Key Words – Athlete, Yoga, Injury, Performance, Exercise, Science, Physical Education In Schools, Muscle**

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## 1. INTRODUCTION

This centuries-old tradition from India has been utilised as a continuous training method for some time in many international football clubs, US foot bathers and rugby, golf & cricket clubs in Australia, South Africa, New Zealand & the USA. Yoga is both preventative and therapeutic, and has been proven to provide the body and mind with both physical and mental advantages. Yoga differs greatly from other types of exercise because it produces movement without creating stress and bodily imbalances. The practise thus complements other kinds of practise ideally and offers exceptional benefits for any activity. The "postures" are the physical positions that co-ordinate movement and keep them extended and enhanced by various sections of the body. They work consistently in the back, neck, and shoulders of all main muscle groups, deep abdominals, hip and buttock muscle, even knees, foot, wrists, and hands. Although most postures have a non-aerobic character, they do really transmit oxygen to the cells of the body via the deliberate deep breathing of various muscle groups and their continuous stretch and contraction. Yoga may assist to check any muscle growth imbalance and make the body work better. If the body is flexible and soft, sports injuries

are less likely to occur since the joints are lubricated. "When a lake's surface remains, you can see quite clearly down to the bottom" this is impossible when the surface is waved. Likewise, we may suppress mental turbulence while the mind still is by concentrating on perfect concentration. When, in any sport, a player tries to meet thousands, hundreds of thousands or plays for his nation, the expectations of millions of people are totally strained and their effectiveness decreases. No amount of coaching or preparation can prepare a player's psyche for uncertainty or anxiety during a game. With constant postures and deep abdominal breathing focus, we may improve our body awareness, alleviate chronic stress patterns in the body, calm the mind, focus our attention, sharpen our concentration and "remain in the zone." Many athletes suffer greater injuries because to the increasing emphasis on weight resilience strength training.

This technique is extremely effective and efficient to increase strength and muscular development, but reduces the flexibility significantly. However, in combination with strength training and practical exercises (using the body so as to imitate the movements of their particular sports, while doing

balance or core movement), the wound can be minimised while engaging in other sports which require athletes to be more spontaneous with their skills. The athlete will not only improve the flexibility of yoga, but also the balance and equilibrium from yoga. When balance poses are learned, the sportsman is then conditioned to recover, moment after moment, automatically from any imbalances in his body. It is here when the athlete starts doing wonderful feats. You may utilise your body in ways that you never thought possible while you stay focused and free from injury. Yoga also supports tightening connective tissues, breaking off the attachments (slight scar tissue) from previous wounds and over-workouts, which are tightened as we age. Deep rhythmic breathing in yoga also generates and accumulates the life power energy or Prana in China's healing and martial arts, which is also called Qi or Chi. So you generate more energy than you spend in a yoga practise. The energy of our food is a cosmic energy rather than the caloric intake we eat.

The term "yoga" implies "to connect or unite." It brings together body and mind to create a sensation of harmony. Man is a physical, mental and spiritual entity; yoga enables all three to grow in a healthy way. Yoga is a learning technique which seeks to balance "mind, body and spirit." Yoga is an old Indian philosophical practise which has historical roots. Yoga differs greatly from other types of exercise because it produces movement without creating stress and bodily imbalances. Other physical activities, such as aerobics, are simply physical. The growth of the spirit and astral body has nothing to do with them. Yogic practises refresh and assist the body with cosmic energy. The growth of the spiritual or astral body is quite unconnected. Yogic practises refresh the body and promote the use of cosmic energy.

## 2. BENEFITS FOR PHYSICAL EDUCATION

Yoga is thus often considered to be a spiritual system of physical education, but reality is the opposite: Yoga is a physical component spiritual system. Asanas are still a minor component of the whole physical cultural and education system called Hatha Yoga.

The role of yoga in education from many perspectives, including the kind of education given to students all over the globe and the varied stress levels faced by children in the classroom setting. Also examined were the challenges, issues, disputes, diversions and dispersion of energy. We began with certain concepts and practises of yoga, initially to improve the learning skills of the children and then to encourage instructors to teach their topics in a little different manner. We believe that without consideration or care for the development of their whole personality, we educate our children.

Without building a support network beyond the classroom setting in which they may continue with their education we bind their brains and minds with knowledge. We must examine what science says about children's development, what psychoanalysis says about children's psychology, and how the hormones and drums change and impact children's reasoning, emostructure and creative output.

## 3. BUILDING UP THE WHOLE MIND

Secondly, the brain is simply the vehicle through which we teach our mind. The mind has four distinct faculties designated as manas, buddhi, chitta and ahamkara in yogic language. The term manas implies something to be streamlined and to ponder about. The intelligence of Buddhimean. Chitta is a field of awareness that contains impressions. The idea of ego is Ahamkara.

We feed on just one element of the mind - buddhi in the contemporary system of education. We do not address the manas component, the capacity of knowing what is right and what is wrong. There is no question of Chitta in the form of memory and experience. We are not dealing with Chitta. Even Ahamkara, the ego, we do not. We're rather tangling buddhis with knowledge without strengthening our mind's other dimensions. So we cannot use it productively and creatively in our lives despite all of our knowledge.

## 4. YOGA IN THE CLASSROOM

There must be a new method of teaching youngsters. It needs to be coupled with techniques to eliminate its mental blocs, that may inform you of psychological changes in your body and brain, make you aware of your own distractions and enable you to concentrate on the topic of your subject matter.

So what did we do? What did we do? We began by using basic yoga practises in the classrooms, adopting a few ideas from RYE's work with youngsters in Europe (Yoga Research in Education). In RYE schools, two asanas and one pranayama start to finish lessons. So if a kid must attend six or 8 lessons a day, then at the beginning and at the conclusion of each session the child practises two asana and one pranayama seventeen times a day.

## 5. FITNESS AND YOGA IN SPORTS

### 5.1 Improved Strength

A regular practise of different yoga asanas helped me develop strength and enhance lean muscle mass. In my chosen physical activities swimming, cycling and running, especially, many muscle groups are underutilised. These advantages have strengthened bodily stability and substantially prevented overuse by strengthening the supporting,

but otherwise underdeveloped muscle around the most used muscles, which creates an overall strength that is more balanced and ideally functioning.

## 5.2 Balance

I was always very flexible as a swimmer. But traditionally my equilibrium is awful. But my coordination and balance have improved enormously with a regular yoga practise. Why does it matter? More balance and coordination imply improved control over how I shape my body and in turn lead to better techniques and shape—either a swimstroke, golf, jogging and jump shot or wrestling, every athlete spends his or her career perfecting.

## 5.3 Flexibility

Yoga always enhances joint and muscle flexibility, which is vital to the general structural health of the body. Enhanced joint and muscle pliance means a wider range of motion for a specific action or sequence of movement or an increase in latitude of performance. For example, a bathroom with soft shoulder and hip connections may collect and draw more water than a bathroom with restricted movement. The consequence is greater forward stroke action and an improved muscle economy. This expanded range of mobility in turn gives a specific muscle group a higher strength by increasing the total strength of each movement. The overall force may be improved. While there is considerable debate about the suitability of 'over-spreading' (especially for runners), I remain a big supporter, finding that the more I work for my flexibility, the less likely I am to be overused, is to stay flexibly.

## 5.4 Free Your Mind

Yoga is of major value to the capacity to produce a stress-free mind. Physical activity is utilised as an instrument to increase respiratory control, which helps to improve attention and concentration, to clarify thinking and make clear decisions. An important instrument in every field of athletics. Mental exercise in any sport will teach you how to manage your emotions so that your performance is not hampered by excitement and fear.

## 5.5 Meditation is a mental practice proven to

- Reduce anxiety and stress
- Reduce cortical levels and increase calming hormones
- Improve cognitive function
- Reduce blood pressure and heart rate
- Increase immune function

- These advantages combine to improve relaxation, sleep and recuperation and to provide a greater capacity to think under pressure.

## 5.6 Biomechanical Balance

Excessive use of certain muscles causes muscular imbalances that alter the balance of the musculoskeletal and decrease biomechanical efficacy. Biomechanical imbalances lead to discomfort and damage, for sports people in the majority. A muscle contracts (i.e., an agonist) or is lengthened according to the activity; (i.e., an antagonist). For instance, the biceps tighten when you form a fist and raise your forearm while the triceps extend out. If you want to have flashy biceps and repeated biceps to pump up your muscle, you may cut down on the triceps and lose your capacity to straighten your arm. A good balance is necessary to work to maintain both muscular balance and functioning. For example, the quadriceps must contract while extending the hamstrings. This coordination not only a deeper and safer string stretch, but also the chance to enhance the quadriceps, particularly the inner quadriceps, which in many runners are weak.

## 6. HEALTH BENEFITS OF YOGA

1. Stable autonomic nervous system balance that tends to dominate the parasympathetic nervous system rather than to the typical tension caused by the sympathetic domination of the nervous system.
2. Pulse rate decreases.
3. Respiratory rate decreases
4. Blood pressure decreases (of special significance for hypo reactors)
5. Galvanic Skin Response (GSR) increases
6. Enlargement of EEG-alpha waves (theta, delta and beta waves also increase during various stages of meditation)
7. Cardiovascular efficiency increases
8. Increased respiratory efficiency (amplitude and smoothness of respiration, increased tidal volumes, increased vital capacity, increased breathing duration).
9. Gastrointestinal function normalizes
10. Endocrine function normalizes
11. Excretory functions improve

12. Muscular-skeletal flexibility and joint range of motion increases
13. Posture improves
14. Strength and resiliency increase
15. Endurance increases
16. Energy level increases
17. Weight normalizes
18. Sleep improves
19. Immunity increases
20. Pain decreases

## 7. YOGA IMPROVES

- ▶ Strengthens or minimises the deep connective tissue. è bis Makes the entire body flexible.
- ▶ Improves mobility and the range of motion.
- ▶ The physical balance is dramatically increased by raising the athlete's sense of centre stage of his body, thus maintaining their physical balance moment by moment in activity, increasing agility and manoeuvrability while enabling them to recover from or avoid falls.
- ▶ Meals circulation, massages inside organs and glands in order to ensure optimal health.
- ▶ Yoga circulates the LYMPH FLUID and it detoxifies to accelerate the recuperation period 15% quicker after training, which eliminates tiredness.
- ▶ The building of yoga breath enhances the vitality of life.
- ▶ The improvement of sensory acuity, mental focus, concentration, mental clarity, will power and determination.
- ▶ Helps balance and regulate emotions that obscure attention, judgement and focus.
- ▶ The train gets and remains in the mental zone of the athlete.

## 8. TYPE OF ASANAS

The asanas are primarily health and strength supporters. There are many asanas, but they are not all needed, I only treat asanas that are helpful when it comes to cure and keep good health.

- **Ardha Chakrasana (Half Wheel Posture):** This stance is like half a wheel, thus Ardha or half a wheel posture is termed chakrasana,.
- **Tadasana (Palm Tree Pose):** 'Tada' is a palm tree in Sanskrit. The body is stable in its ultimate position like a palm tree, which is what this posture is named 'Tadasana.'
- **Trikonasana(Triangle Posture):** The ultimate position of this posture appears like a 'triangle,' thus it's named trikonasa.
- **Veerabhadrasana -2:** 'Veera Bhadra' is one of Lord Shiva's Gana (may be called Soldier). This position is devoted to him, therefore it is named Veerabhadrasana. This position was also known as the stance Warrior.
- **Parshwa Konasana (Side Angle Posture):** 'Parshwa' is side in Sanskrit, 'Kona' is angle. The body creates a side angle in the end position of the pose thus it is termed Parshwa Konasana. This position.
- **Bhujangaasana:** The ultimate position of this stance epitomises the movement of cobra rising itself just before hitting its victim.
- **Padahastasana:** "Pada," "up" implies "soccer." The precise equivalent into English is the foot hand. This asana was often referred to as the forward bending position.
- **Ustrasana:** Camel, nicknamed the camel posture, or Ustrasana, appears the ultimate position of this pose.
- **Marjarasana:** 'Marjara' meaning Cat, it imitates Cat's up and down cyclic stretching, thus the name is Marjarasana.
- **Paschimottanasana:** Paschima means back or west, "uttana" means to extend, the back of this posture extends beautifully, so-called back extending position. This position was also known as Ugrasana.
- **Ardha Matsyendrasana (Half-Spinal Twist Pose):** In this position, Great Yogi Matsyendra Nath meditated. That is what Ardha Matsyendrasana called.
- **Padmasana:** 'Padma' means lotus, its end position looks like lotus, therefore it is named Padmasana. It looks like lotus.
- **Ananta Shyanasana:** 'Lord Vishnu' is referred to as 'Ananta shayana.' Lord

Vishnu slept in this posture during 'maha pralaya' above 'Adishesha'(1000 serpents heads). That's what Ananta Shyanasana named this pose.

- **Pavana Muktasana:** 'Pawan' in Sanskrit refers to wind, 'Mukta' to release. This position is extremely helpful to remove bowel and stomach wind. This is what Pawan muktasana called.
- **Purvauttanasan:** The front of the body is called 'Purva.' 'Uttana' implies upliftment. In the final position of this pose, the front half of the body is rising, thus this is "Purvottanasana."
- **Vrkshaasana (Tree Posture):** The tree signifies 'Vrksha,' whereas the ultimate position is like a tree. It's termed a stand of a leg or Vrkshasana.
- **Garudasana (Eagle Pose):** Garuda's Lord Vishnu's vehicle. This position is similar to garuda or eagle and is called Garudasana.
- **Shalabhasana (Locust Posture):** The ultimate position of the posture imitates the tail of a cripple, thus this pose is known as Shalabhasana or Locust. 'Shalabha' means lock.
- **Dhanurasana (Bow Posture):** Dhanur meaning "bow," the body is similar to a bow in the ultimate position of this pose, and thus the position is named "Bow" or "Dhanurasana."
- **Ardha Halasana (Half Plough Pose):** The ultimate position of the posture is like half plough, and it is called Ardha Halasan. The final position of the pose is half plough.
- **Vipareeta Karani Mudra:** 'Vipareeta' in Sanskrit means inverted, 'karani' signifies mudra, psychic attitude; thus the inverted psychic attitude in the english version is this.
- **Sarvangasana (Shoulder Stand):** 'Sarva anga' signifies the whole body in Sanskrit. This is what the entire body benefits from, thus it is termed. This posture is often known in English as a shoulder position. This is one of the most important positions in yoga. The Queen of all positions named this stance, while the King of postures was called the head stand.
- **Uttana Padasana:** "Uttana" in Sanskrit signifies uplift, "pada" denotes foot. Both footstools in the ultimate position rise, as Uttana Padasana termed this pose.

- **Halasana (Plough Pose):** 'Hala' is Plough in Sanskrit. The ultimate position of this stance is similar to a plough, thus it is termed the Halasana stance or plough stance.
- **Chakrasana (Wheel Posture):** The wheel signifies "Chakra." Chakra. In the ultimate position of this posture the body appears like a wheel shape, therefore it's named Chakrasana.
- **Naukasana (Boat Posture):** The last position of this pose looks like a boat, therefore it is known as Naukasana. This posture signifies Nauka in Sanskrit.
- **Gomukhasana:** "gomukha" in Sanskrit signifies the face of cows. This attitude mimics the face of a satisfied cow, as Gomukhasana was named.
- **Shavasana (Relaxing Pose):** 'Shava' signifies body dead. It's called Shavasana, lying on the ground like a dead corpse. Shavasana describes one of Yoga's major ancient books called the Hatha Yoga pradeepika by Yogi Swatmarama in the 16th century.
- **Makaraasana:** 'Makara' signifies crocodile, which continually relaxes on the floor downward like the crocodile.

**Table 1: Yoga name in Sanskrit & English language**

Sanskrit name	English Name
Surya Namaskar	Sun salutation
Anjaneya asana	Salutation Posture
Ardha chandra asana	Half-moon Posture
Padma asana	Lotus Posture
Vajra asana	Diamond Posture
Sirsha asana	Head stand Posture
Tada asana	Mountain Posture

## 9. CONCLUSION

As said earlier, researchers discover that yoga in sports is as essential as others, and in a sports man's life it supports us in many ways and degrees. To execute sport effectively and efficiently, we have increased our performance by practising daily yoga; a person has to be concentrated and focused on a mind that is calm and controlled; yoga may assist a sportsman to feel equal and controlled under stress and/or adversity. Yoga may play an important part in maintaining mental control and focus, which helps a sportsman perform at his best, and yoga is a great aid for us.

Yoga provides fresh learning options for a broader number of students, which is a useful complement to any educational programme, than conventional sports or exercise courses. Adding yoga to the curriculum of a school will also assist provide a great physical education programme to change conventional physical education. Yoga is as essential for sports as other people, and in a sports men's life it helps us in various ways and degrees. Yoga may be a significant factor in developing mental control and focus that assists a gaming player. It gives children and adults the chance to succeed in physical exercise, which helps to create a basis for life that is robust. However, the true difficulties of yoga education, as well as real life, should be carefully analysed and learned in schools, instructors, trainers and students.

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# Sports as a Social Institution

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**Abstract – The purpose of this study is to look at sports as a social institution. A society is a group of people who are bound together by particular relationships or behaviours that distinguish them from those who do not engage in those relationships or who behave differently. Institutions are the building blocks of societies. Social institutions are established systems for the satisfaction of fulfilment of some basic human needs. Sport is an essential component of any social institution. The authorities organise sporting events in every institution in order to create a favourable learning atmosphere. Sport is one of the most effective means of connection and socialisation. Sport, as a social institution, has close and intense relationships with other social institutions in this sense (primarily with family, economics, mass media, politics, healthcare, law, religion).**

**Keywords – Sport, Society, Social Institution**

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## 1. INTRODUCTION

Man is a social creature. There is a natural desire in him to live his life by being involved with society. The foundation of human existence is society. For survival and development, the human child is dependent on his family and other members of society. Only in a civilized society can a child's inherent strengths, abilities, and talents be developed. The ultimate goal of society is to promote healthy, happy, and fulfilling lives for its members. By assigning varied jobs to individuals, society generates conditions and chances for all-round personality development. Despite individual differences and their periodic disputes and tensions, society maintains tolerance, social peace, and collaboration. If society assists individuals in their development journey, qualified citizens contribute to society with their wisdom and experience. As a result, society and the individual are linked by an intimate and harmonious tie, and both strive for long-term harmony in the face of temporary problems and disputes (1).

## 2. SOCIETY

Society is global and omnipresent, with no clearly defined boundaries or bounds. A society is a group of people who are bound together by particular relationships or behaviours that distinguish them from those who do not engage in those relationships or who behave differently. As a result, we can conclude that society is the entire complex of social behaviour and social interaction network (2). Each individual in society seeks and contributes something. Within a dominant, huge society, a society might also comprise of likeminded people

ruled by their own standards and ideals; A society can be represented as an economic, social, or industrial infrastructure made up of a diverse group of people. Finally, we can say that Human societies are defined by patterns of relationships (social relations) among individuals who share a common culture and institutions; a given society can be defined as the sum of such relationships among its constituent members (3).

## 3. SPORT

International Council for Sport and Physical Education (ICSPE) define the sport in following way "Any form of physical activity that establishes the characteristics of play and which involves some form of struggle with oneself or involves competition with others is called sport (4)." Michener, (1977) has also defined sport according to the characteristics of the play – "Athletic activity of competitive nature which requires physical ability or skill is called sport (5)."

In many parts of the world, sport plays a significant role in the formation of society. It has an impact on the lives of those around us, as well as those who live within us. However, we are unable to fully appreciate the distinct impact of athletic and non-sporting socialization experiences on an individual's and society's general standard of living, on the character of a culture and the nature of interpersonal connections. Sport does not, by itself, make significant changes in a person's nature, attitudes, or behavior. Within a larger context of socialization processes, it always functions in