

Career in Adventure Sports

Dr. Pradeep Kumar^{1*} Deepshikha B.² Rinku Kumar³

¹ Assistant Professor in Physical Education, Veerbhumi Govt. P.G. College, Mahoba (UP)

² Researcher Scholar, Jiwaji University, Gwalior (MP)

³ SOS, Dept. of Physical Education and Sports Sciences, Jiwaji University, Gwalior (MP)

Abstract – Physical Education has a very big area for career prospective. Adventure Tourism is one among the various fields in the travel and tourism industry. the improved number of international and Indian travellers looking for adventure, at the moment adventure tourism in India offers many challenging career opportunities. It is true that We all like adventure in some or more amount in our lives.

Adventure/Extreme sports are leisure activities supposed as concerning a high degree of threat Adventure Sports often involve momentum, altitude, a high level of physical effort, and highly specific device. Basically there are three type of Adventure Sports 1. Land Sports 2. Air Sports and 3. Water Sports. There are a number of career options to choose from, one can either specialize in one particular sport or a number of them.

Keywords- Adventure Sports, Extreme Sports, Air Sports, Water Sports, Career.

INTRODUCTION

All of us have some sort of a hobby, it may be reading, Play, gardening and so on. Some of these hobbies have a very good scope to be pursued seriously as a career. However, for a full –fledged profession, one wants to enlarge proficiency in the subject/work area he/she wants to explore as a career. There are a lot of daring diversion which can be a part of pleasure as well as good career choice. i.e a career in an adventure sport.

Adventure or Extreme sports are recreational activities supposed as involving a very high or high degree of danger. Adventure sports activities often involve pace, altitude, a high level of physical effort, and highly specialized gear.

Definition- it is very difficult to bind Adventure sports in a definition. The meaning of an extreme/adventure sport is not exact and the source of the term is not very clear, but it gained high reputation in the 1990s when it was selected up by many marketing companies to sponsor/promote the extreme Games/Adventure Sports and when the TV Channels which show Extreme Sports and website like Extreme.com launched. Recently, the normally used description from research world is "a competitive activity within which the contributor is subjected to expected or extraordinary physical and psychological challenges such as pace, altitude, strength or natural forces and where quick and precise cognitive

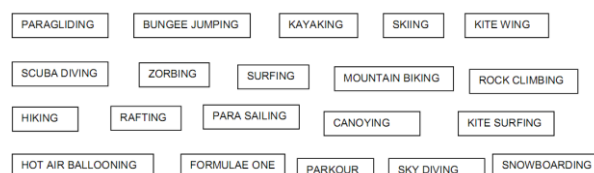
perceptual processing may be required for a winning outcome" by Dr. Rhonda Cohen (2012).

History of Adventure Sports

The origin of the separation of the term "extreme sports" from "sports" may date to the 1950s in the appearance of a saying usually, but mistakenly, attributed to Ernest Hemingway.

In recent years the term extreme sport was further supported after the new TV Channel i.e. Extreme Sports Channel, Extreme.com launched and after it the Extreme Sports, a multi-sport event was created and established by ESPN. The first Extreme/adventure Sports were held in Newport, in the United States.

List of Main Extreme Sports



Adventure Sports in India

India have very unique environment. One of the most excellent things regarding India is the diverse variety of geological circumstances and climates that the country offers. Starting from the deserts of Golden

Rajasthan to the snowy mountains region of Himalayas to the unspoiled lagoons of Kerala, there are only very not many countries in the world, if any, can boast of such diversity. It's not very shocking that India is a interesting good destination for adventure/Extreme sports enthusiasts.

What Are the Benefits of Adventure Sports?

1. Adventure sports and Extremer sports keeps us exceptionally fit. It helps us to burn calories and keeps the blood flowing in perfect position. It stretches the limits of our body slight by slight thus helping us become stronger.
2. Adventure sports and Extremer sports really is a very huge method of having fun. Just similar to any other sport, it relaxes one's mind and body and revives it.
3. Adventure sports/Extremer sports gives us with fresh experiences. It provides an occasion to survive life to the fullest and to break away from daily schedule. It gives some very fantastic thrill to life and these experiences become great remembrances to cherish during the routine life.
4. It also gives a sense of achievement.
5. It helps build confidence and its and inspiration. This in turn helps people to take risks in their work where sometimes when needed, people are too fearful to take a risk or hard decision.
6. They help dispose of dull life as well as disappointment, stress, bad emotions, etc.
7. It also helps stunned fear and builds strength - physical and mental, survival, will-power, and accountability, etc.
8. Despite this, a lot of of the extreme and adventure sports are outdoor actions and help us get in touch with natural world.

Career in adventure sportsⁱ

This career is planned to set you up for lifetime pleasure in adventure pursuitsⁱⁱ. The rising entrance of tourists has made Adventure tourism a unbeaten sector. Due to the contribution of the media, people have turn into more aware of the adventure sports activities around them and desire to plan an adventure outing instead of a routine break.

The great demand of trained authorities in this field is much more than their availability. And in future this is going to further increase in the near future. Any qualified graduate with a certificate in adventure sports can pursue her/his career in a travel agency as an administrative/policy making/ or guide.

Prospects

There are lots of courses available for both beginners and experienced sports people. It depends on what sort of sports you attract you to participate in. Many of the popular Adventure/Extreme Sports ones are water-based and have a propensity to take in coastal. marine sports are often in tropical climates. Obviously, skiing and snowboarding be inclined to take place in icy places with lots of mountains and during the winter season.

Most course providers instructor training as well. This regularly results in an internationally-recognized coach/trainer certificate, which enables anyone to get paid work as a sports instructor/Coach/Teacher around the globe.

Opportunities for extreme/adventure sports professionals survive in the following types of organizations/Institutions:

- Tour agencies
- Holiday resorts, leisure camps and commercial recreation centers
- Sports centers and athletic clubs.
- You can become an instructor in the discipline
- Set up your own adventure sports centre
- Work as a liaison officer in various travel and tourism agencies
- Work in a training organization specializing in outdoor training.
- Adventure Sports Photographer

The Job

- Researching the activity and geographical area
- Goal Setting for all activities
- Risk assessment
- Collecting/ maintaining materials required for the activity
- Briefing participants on group skills, techniques
- Accompanying participants for the activity
- Route planning/ navigation/ activity detailing
- Completing accident and incident forms

- Participation in administrative activities in the camp

Personality Traits

- High degree of risk taking ability
- Ability to work in physically difficult terrains
- Excellent coaching skills
- Team-Worker
- Leadership Skills
- Ability to work under pressure & deadlines
- High degree of discipline in maintaining physical fitness
- Environmental awareness and love for conservation
- Awareness of first aid, camp management, map and compass reading and survival training

Salaries

Salary in this field is not a very big issue. An adventure sports instructor can expect a pay packet starting at Rs. 20,000 - 30,000 per month. This can go up to Rs. 50,000 - 70,000, depending on what sport the instructor is dealing with. Besides regular job one can earn by part time trainer in different clubs or institutes.

Study Routes

To protect employment in this field, certification from any Adventure sport institute is good enough and you can use it as required eligibility. Every Adventure Sports or Extreme Sports requires different type of Fitness and requirements. Expertise in swimming is compulsory for water based sports. For getting jobs in Travelling agencies and Holiday resorts proficiency in any foreign language is very necessary as the candidate might have to deal with tourists from different countries across the world. There is lot of courses available for both beginners and experienced sports people. In India /Organizations/Institutes like Himalayan Mountaineering Institute(HMI), Nehru Institute of Mountaineering(NIM), Jawahar Institute of Mountaineering and Winter Sports(NIM) offers Basic mountaineering Course, Advance mountaineering courses which are of 28 days duration. National Institute of Water Sports, Atal Bihari Vajpayee Institute of Mountaineering and Allied Sports, Jawahar Institute of Mountaineering and Winter Sports are the other leading institutes that offer courses in various adventure sports.

There are a number of career possibilities to pick from, one can either specialize in one specific sport or a number of them. These specialists or experts can work as free lancers or may be employed by specific agencies. Profession options in adventure sports sector can be as Adventure Sports Teacher/Instructor, Adventure Sports Athlete, Outbound Training Organizer & Trainer, Adventure Sports activity based Photographer, Agencies which organize Adventure Tour, Adventure Camp analyst, Professional involve in Extreme Sports, Water sports and Aero Sports expert, Trekking & Mountain Guide, Adventure Tour Guide and so on.

Chances for adventure sports specialists occur in Expedition agencies, Holiday resorts, leisure camps and commercial recreation centers, Sports centers and athletic clubs. You can make your own adventure sports hub providing services and convey training in any specific area of specialization. They can work as mentors to teach students in institutes. Another selection is to work in a training institute specializing in outdoor training. One can also select Adventure Sports Photography as a profession.

Requirement for Admission/Selection in Adventure/Extreme Sports -Class XII may be completed in any subject. There are no subject restrictions.

- The essential conditions for admission is the physical health of the candidate to various basic mountaineering courses, the candidate should be between the ages of 16 and 40.
- Swimming is necessary criteria for water sports courses.
- You may be taken first if you have a bachelor's degree. expertise in a foreign language is an benefit in getting jobs in tour and travel agencies.

Places to study Adventure/Extreme Sports in India

Diploma/ Certificate courses are offered by the following institutes in India –

- Himalayan Mountaineering Institute (HMI), Darjeeling.
- Nehru Institute of Mountaineering (NIM), Uttarkashi.
- Jawahar Institute of Mountaineering and Winter Sports (JIM), Pahalgam, J&K.
- Directorate of Mountaineering and Allied Sports, Manali. (himachal.nic.in/dmas)

- Regional Mountaineering Centre, McLeodganj.
- Winter Sports Skiing Centre, Kulu.
- High Altitude Trekking & Skiing Centre, Narkanda.
- Mountaineering Sub-Centres, Bharmour and Jispa.
- Water Sports Centre, Bilaspur.
- Regional Water Sports Centre, Pong Dam.
- Adventure Sports Centre, Hatkoti
- Balloon Club of India, Bahadurshah Zafar Marg, New Delhi
- Tenzing Norgay Himalayan Mountaineering Institute, Jawahar Parbat, Darjeeling
- The Indian Institute of Skiing and Mountaineering
- The National Institute of Water Sports in Panjim, Goa
- India Outdoors, H2O, National Education Foundation (NEF), Pune
- Himalayan Adventure Institute, Mussorie.

Dr. Pradeep Kumar*

Assistant Professor in Physical Education, Veerbhumi Govt. P.G. College, Mahoba (UP)

E-Mail – kumarpradeep_27@rediffmail.com

CONCLUSION

Adventure Tourism is one among the various fields in the travel and tourism industry. In a country similar to India, where tour and travel industry plays an significant role in earning income, Adventure Tourism has great importance. This is the latest trend in the field of Adventure Sports that more and more people are getting aware and involve through various resources.

Now-a-days life has become very difficult due to many reasons but one can find relief as well as inner pleasure by doing some adventurous sports. Stay young, Stay fit!

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Corresponding Author