

# A Study of Yoga Schedule Especially for Athletics Players

Mundhe Chetan Gangadhar<sup>1\*</sup>, Dr. Atul Shukla<sup>2</sup>

<sup>1</sup> Phd Student, Kalinga University, Raipur

<sup>2</sup> Professor, Kalinga University, Raipur

**Abstract** - The health advantages of yoga are secular and real. Yoga has been practiced for thousands of years with the intention of bettering one's physical health, mental health, and spiritual connection. Athletics is a catch-all term for any human-played competitive sport or game that requires physical skill, as well as the methods used to prepare athletes for those activities. Athletes take part in athletic tournaments because they provide a human-centered, physical environment in which to evaluate factors like stamina, fitness, and talent. Athletic competition is the norm, but interest in motor sports, precision events, and even animal sports is on the rise. The Ancient Olympic Games featured both horse and prehistoric athletic disciplines. The current word "athletic" derives from the Ancient Greek word (athios) for "contest." Beginning in the late 19th century, organizations such as the Amateur Athletic Union in the United States and the Union des Sociétés Françaises de Sports Athlétiques in France established formal frameworks for amateur sports. The National Collegiate Athletic Association (NCAA) was created in 1906 to oversee the operations of the Intercollegiate Athletic Association of the United States, the governing body for college sports in the United States. Talented athletes can now receive athletic scholarships to attend college and go on to represent their alma mater in a competitive athletic league, demonstrating the increased importance academic institutions are placing on athletics. Since the Industrial Revolution, people in the developed world have been less physically active, making sports increasingly crucial to their everyday lives. Athletes can gain access to gyms and other training facilities for a wide range of sports and games at athletic clubs located all over the globe.

**Keywords** - Yoga Schedule, Athletics Players, mental health, physical environment, Olympic Games

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## INTRODUCTION

Athletics is the umbrella term for a wide variety of physically demanding sports and games played at competitive levels (physical culture). Sports has multiple meanings. Athletics is a subset of track and field that includes only certain events like sprinting, jumping, throwing, and walking for points in a competition. [1] Track and field, road running, cross country running, and race walking are among the most popular forms of athletic competition. In the case of races, the winner is determined by the finisher's position (or time, if applicable), whereas in the case of jumps and throws, the winner is determined by the athlete who achieves the highest or furthest measurement over several attempts. Athletics is one of the most popular sports in the world because of how accessible it is and how little money is required to participate in a competition. With the exception of team-scoring events like cross country and relay races, athletics is primarily a solo pursuit. The first modern-day Olympic Games can be dated back to 776 BC during the Ancient Olympic Games. Throughout the world, current sports events and their rules and formats can be traced back to the 19th and early 20th

century, when they were first established in Western Europe and North America.

## SPORT OF ATHLETICS

The International Association of Athletics Federations (IAAF) and its member federations organize and host most of the world's most prestigious athletics competitions today. The Summer Olympics would not be the same without the athletics competition. The IAAF World Championships in Athletics, which features track and field, marathon running, and race walking, is the premier international athletics meeting. The IAAF World Cross Country Championships and the IAAF World Half Marathon Championships are two additional world-class athletics events. Physically challenged athletes compete at the Summer Paralympics and the IPC Athletics World Championships. The Ancient Greek words (athletes, "combatant in public games") and (athlon, "reward") are the origins of the English word "athletics" (athlos, "competition"). Originally, the phrase referred to any sporting tournament where human physical accomplishments played a significant role. The name "athletics" narrowed its scope in the 19th

century in Europe, referring only to competitions including running, walking, jumping, and throwing. The United Kingdom and most of the former British Empire still use this definition as their primary one. The meaning of the word "athletics" is comparable to that of its counterparts in numerous Germanic and other languages. In many parts of North America, the term "athletics" is used interchangeably with "sports" to reflect a more traditional understanding of the word. In this part of the world, the sport of athletics is rarely referred to by the word "athletics." In the United States and Canada, the term track and field is used for a wide variety of sports competitions, from sprinting to Marat honing (although cross country running is typically considered as a separate sport).

### Antiquity

An exact replica of the ancient Greek sculpture Disco bolus, depicting a discus thrower. The origins of athletic competitions involving running, walking, jumping, and throwing can be traced back to the Stone Age. As early as 2250 BC, athletic events like the Heb Sed festival's running and high jump were depicted in the tombs of the ancient Egyptian city of Saqqara. The Tailteann Games were a Celtic festival held in Ireland for thirty days beginning around 1800 BC. Events included a marathon and a stone-throwing competition. As the name implies, the station was the first and only event of the first Olympic Games in 776 BC, and it was held inside a stadium. The ancient pentathlon eventually grew to incorporate throwing and leaping competitions as well. Other PanHellenic Games, established circa 500 BC, also featured athletics sports.

### Modern era

Athletics took the shape of sledgehammer throwing competitions at the Cotswold Olimpick Games, a sports festival that first appeared in 17th-century England. There was an early version of the contemporary Summer Olympic Games called L'Olympiade de la Republique, which took place in revolutionary France every year from 1796 to 1798. A running event served as the highlight of this competition, which also featured demonstrations of other ancient Greek sports. Olympic competition adopted the metric system for the first time at that year's games. Around 1812, the Royal Military College, Sandhurst, had an athletics tournament, and in 1840, the Royal Shrewsbury School Hunt was conducted in Shrewsbury, Shropshire. In 1849, there was a formal competition at the Royal Military Academy in Woolwich, and beginning in 1850, Exeter College in Oxford began holding a series of restricted sessions available to only undergraduates. Beginning in 1850 in Wenlock, England, the annual Wenlock Olympian Games included athletics competitions as part of their sports program. Somewhat later, in the 1860s, the first indoor sports meets in the contemporary style were recorded, including a meet at Ashburnham Hall in London that comprised four

running events and a triple jump competition. In 1880, the Amateur Athletic Association (AAA) of England was founded as the first national governing body for athletics, and it began hosting its own annual athletics competition, known as the AAA Championships. The New York Athletic Club hosted the inaugural annual USA Outdoor Track & Field Championships in 1876. Later in the 19th century, organizations like the Amateur Athletic Union (established in the United States in 1882) and the Union des sociétés françaises de sports athlétiques (formed in France in 1883) helped to codify and standardize the sport of athletics (founded in France in 1889).

Since the inaugural modern Olympic Games in 1896, when athletics were included, they have been one of the most prominent competitions at the quadrennial multi-sport event. Athletics events for women were included in the Olympics for the first time in 1928, previously solely open to males. Athletics have been a part of every Paralympic Games since the very first one in 1960. In contrast to the attention it receives during the Olympics and other big championships, athletics generally has a low profile among the general public. The International Association of Athletics Federations (IAAF) was established in 2001 as the successor to the International Amateur Athletics Federation (IAAF), which had been in existence since 1912. In 1983, the IAAF created its own outdoor World Championships. An end has been put to the era of so-called "amateurism" in sports now that athletes can be paid to compete. By 1922, worldwide athletic competition for the deaf was governed by the Comité International Sports des Sourds. In 1952, the inaugural international Stoke Mandeville Games were held for disabled World War II veterans. Wheelchair athletes were the only ones included. As a result, the inaugural Paralympic Games were staged in 1960. As time went on, competitions would not only include wheelchair events, but also those primarily contested by athletes with amputations, cerebral palsy, and vision impairment.

### Events

Track and field, road running, race walking, cross country running, and mountain running are the five main categories of athletics according to the International Association of Athletics Federations, the sport's regulatory organization. Except for relay events, all forms of athletics are conducted by a single competitor. At international championships, however, athletes' individual results are typically aggregated by country, and in the case of cross country, the combined times of the top athletes from each team or country are used to determine a victorious team.

### Track and field

During the late 19th century, athletes from competing educational institutions, military

organizations, and sports clubs began competing against one another in track and field events. [18] Athletes might choose to compete in a single event or multiple events based on their interests. Both sexes have their own competitions. Indoor track and field competitions are more common in the winter, whereas outdoor tournaments are more common in the summer. The track and field stadium is synonymous with the sport itself. There are many different types of track events, but they can be categorized by their distance: sprints, middle distance, and long distance. In a relay race, four-person teams compete against one another to cross the finish line first by passing the "baton" amongst themselves at predetermined distances. Athletes in the steeplechase and at other hurdle-based events take a spin on the traditional flat-running format by having to overcome obstacles on the course. Field events can be classified as either jumping or throwing. Athletes are judged on how far they can throw a specific object; notable throwing events include the put, discus, javelin, and hammer throw. There are four main types of jumping competitions: the long jump, the triple leap, the high jump, and the pole vault. The decathlon and heptathlon are examples of combined events, in which athletes participate in a number of different track and field events, with their best results from each event counting toward a total score. Most of the top track and field competitions are held as part of athletics championships or the athletics programs at larger multi-sport events. The Olympics, World Championships in Athletics, and Paralympics, as well as the IPC World Championships in Athletics, are the pinnacle events in track and field. Many of the most well-known athletes in sports specialize in track and field events, and these competitions have grown in prominence at major championships. National championships and annual invitational track & field tournaments both feature separate competitions. Track & field's grassroots can be found at all-comers' track meets, inters ports club meetings, and school contests, while its professional epicenter can be found in IAAF Diamond League series meets.

### **Road running**

Road running competitions are races (typically long distance) run on paved or asphalt roads, though the last stretch of the course is sometimes held on the track of a major stadium. Marathon races, in particular, have made the highest level of the sport of athletics one of the most watched events in the world. The marathon, the half-marathon, the ten-kilometer, and the five-kilometer races are the most popular and well-known distances for road racing events, but races of any distance are possible. Although there is an annual IAAF World Half Marathon Championships, the marathon is the only road running event contested at the IAAF World Championships in Athletics and the Summer Olympics. At both the IPC Athletics World Championships and the Summer Paralympics, the marathon is the sole road running event offered. Berlin, Boston, Chicago, London, and New York City are the five elite-level marathons that make up the

World Marathon Majors series. Footmen, male slaves who accompanied aristocratic carriages and ran errands for their masters over large distances in the 18th century, are considered the ancestors of modern road running. Racing on foot originated as a form of wagering amongst nobles who would pit one aristocrat's footman against another's. It eventually reached the level of a vocation, with employers selecting prospective footmen based on their athletic prowess, and those individuals devoting their entire lives to training for the gambling competitions. The professional, gambling paradigm of competition was pushed to the sidelines by the amateur sports movement of the late 19th century. The modern marathon was born at the 1896 Summer Olympics, and it has since spawned a plethora of other road running races at yearly events like the Boston Marathon (first held in 1897) and the Lake Biwa Marathon and Fukuoka Marathon, all of which were founded in the 1940s. The United States saw a "running boom" in the 1970s, which popularized the sport at all levels from recreational to Olympic. In contrast to the traditionally solitary nature of road running, the Japanese invented and continue to widely celebrate the relay event known as the ekiden.

## **INTERNATIONAL CHAMPIONSHIPS**

### **Olympic Games**

The first really international athletic competition took place at the contemporary Summer Olympics. Since its establishment in 1896, the Olympic Athletics Programme has featured all four major disciplines within athletics (with the exception of cross country, which was dropped later). As the most renowned athletics competition, the Olympic Games attract massive audiences every four years. At the Olympics, there are a total of 47 athletic competitions, 24 for men and 23 for women (as of London 2012). Except for the 50-kilometer race walk, all of the events on the men's and women's schedules are the same or essentially the same.

### **Paralympic Games**

Athletics at the Paralympic Games is the topic of this article. Athletes of all abilities compete at the Summer Paralympics. Since its beginning in 1960, the Paralympic Games have included an athletics competition that includes both track and field and road events. Athletes who have a physical impairment can showcase their skills at their highest level at the Paralympics. Wheelchair races are an athletic event in the Paralympic Games, with competitors using lightweight racing chairs. Blind athletes compete with the assistance of a sighted guide. Like the pilots in cycling and the guides at the Paralympic Winter Games, the guides at the 2012 Summer Paralympics in London will get medals for the first time at an international athletics event.



## World Championships

The International Association of Athletics Federations (IAAF) World Championships in Athletics is the most prestigious international competition of its kind. This competition, conducted every two years since 1983, has adopted an event schedule that is identical to that of the Olympic Games. Therefore, the competition will involve the sports of road running, race walking, and track & field. The International Association of Athletics Federations (IAAF) World Cross Country Championships have been held regularly since 1973. The International Association of Athletics Federations (IAAF) hosts an indoor track and field competition every two years. The annual IAAF World Half Marathon Championships is the most prestigious individual road running event in the world (formerly World Road Running Championships). Although the IAAF World Race Walking Cup is not recognized as an official world championship event, it serves a comparable purpose for the sport of race-walking every two years. Although the IAAF Continental Cup (a quadrennial competition between continental teams) consists exclusively of outdoor track and field events, outdoor track and field is the only sport in athletics that does not have its own specific global championship that is different from other types of athletics. There are also world championships for younger athletes, such as the IAAF World Junior and World Youth Championships in Athletics. For athletes over the age of 35, World Masters Athletics hosts the World Masters Athletics Championships, with competition split up into 5-year age groups. Until recently, ekiden marathon relay races only had one major international competition: the IAAF World Road Relay Championships. Both the IPC Athletics World Championships and the Commonwealth Games include the world's best disabled athletes.

## Commonwealth Games

In the Commonwealth Games, which are held every four years, athletes compete in a variety of events. It was first included in the British Empire Games in 1930, making it the first Commonwealth Games. A staple of the Olympic Games, this activity is always featured in the schedule of events. Fans of sports anywhere you look. Millions of people play and even more people watch each year. It's not uncommon for someone to watch a competition from the sidelines one day and enter it themselves the next. On the same weekend, he might go to a baseball game, play golf, watch a tennis match, and go fishing. There isn't a huge divide between the audience and the players. So many people around the world have mastered both fields and found fundamental happiness in them. I was wondering how widespread the involvement was. Things of this nature are notoriously difficult to assess with any degree of precision, but it's probably reasonable to assume that, if there are forty million children under the age of twelve, forty million of them have, at some point in their lives, played tag, two o'cat, or hide-and-seek. In the urban environment, a new form of baseball known as "stick ball" emerges. Or

they gather in the town square to play marbles under the elm trees. Every year, hundreds of thousands of kids learn to ride a bike for the first time or put on roller skates for the first time. And other people get the opportunity to take up skiing or ice skating. In fact, the majority of them become enthusiastic swimmers after experiencing the joys of swimming in water such as a pool, lake, or river. We have come to believe that our children need a healthy dose of playtime in order to have a decent quality of life. We tell ourselves that we'll get down to the serious business of creating a living and settling down at a later date. Get your play on while you're still young and able to appreciate it fully. About 14 million men and women in the United States go fishing annually for recreation, and many more do it as a source of income for themselves and their families. Over a billion dollars is spent annually on gear by the fishing industry. Millions of people fire at targets for leisure and millions more have hunting licenses. Around six million individuals participate in golf annually, and maybe even more consider howling to be their favorite sport. When you consider the six billion dollars or more spent year on motorboats for use on inland and coastal waters, as well as the millions more spent annually by individuals who canoe and sail, it's clear that boating is one of the most popular recreational activities in the United States. Each year, more than seventy million people pay to watch baseball games. Hundreds of thousands of visitors flock to witness the players. Approximately sixty million people tune in to watch a regular season of football each year. These viewers get to see everyone from rookies who can't see over their huge helmets to seasoned pros. Dancing, in all its forms, is a popular activity that draws large crowds. Young and old alike, whether at a husking bee or a carnival, discover that dancing satisfies their desire to let loose and have fun. Children around the country flock to dance studios to learn not just the steps but also the social skills that go along with the dance styles that are most popular in today's culture. During the summer, millions of people flock to the ocean, mountain lakes, and backyard pools. Water sports including swimming, diving, surfing, scuba diving, water skiing, and boating tend to attract enthusiasts of all ages. These pursuits provide liberation from the bounds of conformity that our society imposes on us. When given the chance, people revert to their natural condition of voluntary participation in play because they are anxious when restraints are placed on their ability to engage in play. Most studies that have looked at sportspeople's personalities in depth have used evaluation tools based on the factor theory. Cattell (1973) explains that the factor theory attempts to identify patterns of behavior. We believe that fundamental character traits are more powerful than external factors. Given this, it follows that questions may be asked in any context and answers might be extrapolated to any sporting event. Anxiety is just one of several disorders that fall under this umbrella. Is it safe to assume that someone who scores low on a generalized anxiety disorder survey will never show any signs of anxiety; are there no

circumstances in which his heart rate might elevate slightly? Mischel's [1969] social learning theory provides an extreme example of the situation perspective by engaging in an open dispute with people. This perspective, which can be seen as the polar opposite of the factor theory, argues that individual differences in behavior result predominantly from contextual factors.

## CONCLUSION

Athletics, in reality, is a dynamic, multifaceted activity that is difficult and technical and tactical in nature. Athletes' achievements can be attributed in part to their training, age, experience, gender, and the strategies they employ during competition. Even though every athlete is aware of these techniques, they nonetheless suffer from unnecessary stress in the lead-up to each and every athletics competition. Both Yoga and Pranayama as well as cooling down exercises have been shown to be a successful technique to achieve a state of confidence, calm, and concentration; nevertheless, it is believed that Yoga and Pranayama may be more valuable to boost performance efficiently among the Athletics players. The current investigator has listed certain drawbacks/limitations that were honestly admitted during the course of the trial. Each key phrase has been defined in detail, and the significance and value of this study have been emphasized in the introduction of the study. After an hour of athletics training, it is common practice to apply 30 minutes of cooling down activities to return the body to a normal resting state as soon as possible. Athletes might gain even more from their workouts if they use yoga and pranayama relaxation rather than traditional cooling routines.

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**Mundhe Chetan Gangadhar\***

Phd Student, Kalinga University, Raipur