

## **Sway of multi sports summer camp (Residential) for adolescent students of south India**

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### **Abstract**

Physical education and sports professional have a high responsibility to promote healthy people of the nation. To establish a change Multi Sport Summer Camp for 15 days as a Residential Programme was organised, the children were detached from electronic devices, Television and e-games. The purpose of the study is to know about Influence of Multi sports Residential Camp for Adolescent Students of South India. 113 students from southern Region of India between 8 to 14 years of age participated in the 15 days Multi sports summer camp. Pre and post test were conducted to analyze the basic physical fitness components before and after the camp. It was concluded that Sports camps make the Adolescent Students of South India to be disciplined and it boosts the inner qualities of the person irrespective of age and sex. It showed their involvement in sports and group cohesion they love to be with their friends than the gadgets, they developed the habit of healthy intake, personality traits and showed interest in playing traditional games which provided all round development.

**Keywords:** multi sport summer camp, adolescent, sports and games

### **Introduction**

Sports plays a vital role in hale and healthy life style. It makes a person a well-being with all good qualities which are required for life. Now a days the kids were an addict to the ICT gadget which changes their life style and leads to health complications. Today children are tomorrow leaders of our mother land. So we the Physical educators must contribute something to the society to make our country Healthy and Wealthy. Physical education and sports professional have a high responsibility to promote healthy people of the nation. We the Physical Education professionals planned a multi sports summer camp to create awareness and interest on physical activity and sports. The children who were an addict to the gadgets were totally out of that, they were free from mental stress and anxiety so the camp will nurture the campers in all round development to be good citizens of India.

### **Related Literature**

Klazine Van (2007) a systematic review was conducted and included studies published between January 1999 and January 2005. Results: The 60 reviewed studies showed that for children (age range 4–12), gender (male), self-efficacy, parental physical activity (for boys), and parent support were positively associated with physical activity. For adolescents (age range 13–18), positive associations with physical activity were found for gender (male), parental education, attitude, self-efficacy, goal orientation/motivation, physical education/school sports, family influences, and friend support. Caryle syne (2000) The research suggests that physical fitness training leads to improved mood, self-concept, and work behavior; the evidence is less clear as to its effects on cognitive functioning, although it does appear to bolster cognitive performance during and after physical stress. Except for self-concept, personality traits are not affected by improvements in physical fitness. Mentally retarded children demonstrate psychological improvement following physical

fitness training, but no conclusion can be reached regarding the effects of physical fitness training with other clinical syndromes.

Steven Prymachuk (2014) the mental health of children and young people (CYP) is a major UK public health concern. Recent policy reviews have identified that service provision for CYP with mental health needs is not as effective, responsive, accessible or child-centred as it could be. Sixty-five of 71 included studies were meta-analysable. These 65 studies elicited 71 comparisons which, when meta-analysed, however, judged against Cochrane criteria, the studies were mostly low quality. The mapping exercise identified 27 providers of 33 self-care support services. According to the case study data, effective self-care support services are predicated on flexibility; straightforward access; non-judgemental.

### **Statement of the problem**

The purpose of the study is to know about Influence of Multi sports Residential Camp for Adolescent Students of South India.

### **Significance of the study**

The main focus of the study is to detach the students from technology and ICT gadgets at the same time to create interest in sports and traditional games and to develop their physical fitness and playing ability.

### **Objectives**

- Creating interest in sports among school children
- Motivating to play traditional games
- Developing the habit of playing games regularly in the evening.
- Inspiring them in healthy intake including traditional food.
- Educating them on self-care and social care
- Stirring them on Team Cohesion

**Methodology**

113 students from southern Region of India between 8 to 14 years of age participated in the 15 days Multi sports summer camp (residential), the camp scheduled as for seven sessions namely i) general warm up ii) yoga iii) martial arts, iv) motivational Lectures, v) Traditional game and vi) major games, vii) Talent identification. Pre and post-test were conducted to analyze the basic physical fitness components

before and after the camp. Motor related fitness components were tested by the following test items Agility, Strength, Speed, Balance, Reaction time and co-ordination, Social and Moral qualities were tested, a Standardized test procedure and the standardized questionnaire were used to analyze the result with percentile method for pre and post-tests. The 15 days programme schedule is as follows.

**Table 1:** Programme Schedule for Summer Camp – 2016

Day	Session I 6 to 8.30 am	Session II 10 to 11.00 am	Session III 11.15 to 12.15 pm	Session IV 2.30 to 4.00 pm	Session V 4.30 to 6.30 pm
Day 1	Yoga	Taekwondo	Lecture on “Physical Fitness”	Chess	Volleyball
Day 2	Stretching Exercise	Taichi	Lecture on “Health”	Palanguli & Golli Kundu	Cricket
Day 3	Swissball Training	Boxing	Lecture on “Leadership”	Carom	Basketball
Day 4	Aerobics	Kalari	Lecture on “Personality”	Seven Stone	Tennis
Day 5	Strengthening	Taekwondo	Lecture on “Time Management”	Tipri	Softball
Day 6	Trekking	Payattu	Lecture on “Sportsman Behaviour”	Pambaram & Nondi	Badminton
Day 7	Gymnastics	Kung - fu	Lecture on “Social Response”	Fun Games	Handball
Day 8	Zumba	Taekwondo	Lecture on “Ambition”	Tag Games	Athletics
Day 9	Circuit Training	Taichi	Lecture on “Talent Identification”	Silambam	Kabaddi & Kho - Kho
Day 10	Yoga & Meditation	Boxing	Lecture on “Nutritious Food”	Gili Dhanda	Football
Day 11	Stepping	Kalari	Lecture on “passion”	Camp Song	Throwball
Day 12	Yoga & Pranayama	Taekwondo	Lecture on “Habits & Manes”	Mock Sport	Athletics
Day 13	Cardio Workout	Payattu	Lecture on “Moral Stories”	Camp Song	
Day 14	Sand Training	Kung - fu	Lecture on “Cohesion”	Valedictory	Camp Fire

**Camp Routine**

- Daily session started with start with Surya Namaskar
- Morning Snack Time - 11.00 to 11.30 am
- Evening Snack Time - 4.00 to 4.30 pm

**Hypothesis**

It was hypothesized that the students who participated in the multi sports summer camp may show the significant difference in all ten components of tests.

**Results and analysis**

One should live healthy and happy life, they must involve in some of the physical activity, to analyze the physical and mental fitness level of the students 113 students were evaluated with standard test procedure and questionnaire pattern and the test scores were converted into a percentile. The significant results were based on the percentile scores of the subjects.

The results of the study is

**Table 2**

S. No	Test Components	Enhancement percentage	Diminishing Percentage
1.	Agility	90	10
2.	Speed	80	20
3.	Strength	70	30
4.	Endurance	60	40
5.	Balance	50	50
6.	Co-ordination	85	15
7.	Reaction time	90	10
8.	Moral and social qualities	95	5
9.	Cleaning habits	90	10
10.	Interest in sports	80	20

**Conclusion**

Sports camps make the Adolescent Students of South India to be disciplined and it boosts the inner qualities of the person irrespective of age and sex. This Multi Sports Summer camp kept the children healthy and happy even though they are away from Television, ICT Gadgets, and Home, it showed their involvement in sports and group cohesion they love to be with their friends than the gadgets, they developed the habit of healthy intake, personality traits and showed interest in playing traditional games which provided all round development, they were aware of various types of self-defense activities and interested to participate in further camps too, It

shows the significance of the camp without collecting the data, it gives awareness to the parents and helps them to grow their children flanking sports and games.

**Recommendation**

1. Their camp may be contacted for various age groups with different program.
2. The tripe of camps may be conducted in school and colleges too.
3. Residential camp is better than the day camps
4. If we want to entree the moral qualities their camp

5. The residential camp for school children May be contacted with more of physical activity and lecture of art and craft activity
6. All the P.E teachers are advised to conduct such campus to create awareness about sports

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