

Important Questions

1 Marks Questions :

1. Write a short note on the Olympic Flag?

Ans. Olympic Flag was created in **1913** at the suggestion of **Baron Pierre de Coubertin**.

It was first hosted in 1920 Olympic games at Antwerp (Belgium). It is made of white silk and contains five inter-locking rings in five colours yellow, green, red, blue and black representing the five continents of the world.

The inter-locking rings symbolises **cooperation and friendship**.



2. Briefly explain development of values through Olympic movement?

Ans. The aim of Olympic games is to create peace and cooperation amongst the nations with the spirit of sports competition. Olympic games played a significant role to develop following values:-

1. Friendship
2. Solidarity
3. Fair play
4. Freedom from discrimination

3. What is Olympic oath?

Ans. At the beginning of the games the **host country representative** will take oath on the behalf of all participating athletes. That is “We swear that we will take part in the Olympic games in loyal competition representing and abiding by the rules which govern them without the use of doping and drugs in the true spirit of sportsmanship for the glory of sport and the honour of our teams”.

4. Describe the objectives of CBSE sports?

Ans. The central Board of Secondary Education conducts the various tournaments at various level to promote games & sports in India. There are following objectives of CBSE sports :

1. To raise the general standard of sports.
2. To organize orientation, refresher and training programmes for physical education teachers.
3. To organize inter- school tournaments and competitions.
4. To encourage sportsmanship and promote friendly relations among schools.

3 Marks Questions :

Q.1. Briefly explain the development of values through Olympic movement?

Ans. The aim of Olympic games is to create peace and co-operation amongst the nations with the spirit of sports competition. Olympic games plays a significant role to develop the following values :

- (a) Friendship (b) Solidarity
- (c) Fair Play (d) Freedom from discrimination

- (a) Friendship:** The value of friendship is steeped in the tradition of the ancient Olympic. The athletes express this value by forming life long bonds with their teammates as well as their opponents.

- (b) Solidarity:** The Olympic movement is committed to developing programmes that, together creates a meaningful and comprehensive social response.

(c) Fair Play : Olympic movement ensures fair play. Athletes participate in the Games in Loyal competition with respecting the regulation. Fair play means without using any doping aid to enhance the performance for winning medal and not using and wrong method for winning medal.

(d) Free of Discrimination : Main aim of Olympic is that there should be no racial discrimination of the athletes all are equal. They have equal right to participate in every event to show their performance.

5 Marks Questions :

Q.1. Give the important function of International Olympic Association.

Ans. The international Olympic Association consists of members from various countries.

President : The President of IOC is selected by its members for a term of eight years. The current IOC president is Thomas Bach.

Vice President : In the IOC four vice presidents are elected. They are elected for four years.

Executive Board: The IOC executive board consist of President, Vice President and other members.

Main Function of International Olympic association committee :

1. It decides the venue and date of Olympic games.
2. It ensure the regular celebration of Olympic games.
3. For conducting the competition and general for the Olympics fundamental rules set by this committee.
4. It also acts against any form of discrimination affecting Olympic movements.
5. It leads the fight against doping in sports.

Q.2. Describe the formation and objectives of Indian Olympic association.

Ans. Indian Olympic Association was established in 1927 sir Dorabji Tata and Dr. Noehren became the founder President and General Secretary of the International Olympic committee, the election of the office bearers of the Indian Olympic Association is held after every four years The council consists of various members.

- (a) President
- (b) Vice President-9
- (c) Joint secretaries-6
- (d) Secretary General-1

Executive Members: One honorary Treasurer, seven representative of state Olympic association and twelve representatives national sports federations.

Objective of Indian Olympic Association:

The main objectives of Indian Olympic Association are:

(1) Enforcement of all rule and regulations of international Olympic committee and in Indian Olympic association.

(2) Development and promotion of the Olympic movement.