

## **Importance of Competitive Sports in Games & Sports**

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### **Abstract:-**

There are many sports & games played by various peoples all over the world & at levels and every sport have its own specialty & importance. Competitive sports are the sports for which competitions are held by various associations or organizations at various levels. Competitive sports demands for high level of competitiveness, professionalism, fitness level, accuracy & standard. Today there are number of Competitive sports Played at international level, national level & at standard level all demand for high level of fitness & Human performance as it adds to the aesthetic of sport. Fitness which is the basic need of the sports for survival & existence in Competitive sports can be helpful for an individual for long term in his day to day life irrespective of his performance in the competitions, therefore competitive sports should not be looked upon from competitions point of view but also as a mean to achieve Maximum fitness or competitive fitness. There are various hurdles in improving competitive fitness of an individual which can be overcome with Support from all corners. We need professional approach towards the sport for its improvement which will improve the popularity of the Competitive sports.

*Data source has been collected from various publications and websites*

### **I] Introduction:**

There are many sports & games played by various peoples all over the world & at levels and every sport have its own specialty & importance.

#### **A] Popularly they are known as follows**

- 1] Recreational sport
- 2] Fitness Sports
- 3] Competitive sports

#### **B] They are also divided as**

- 1] Indoor sports
- 2] Outdoor sports
- 3] Aquatic sports
- 4] Combat sports
- 5] Racquet Sports
- 6] Track & field
- 7] Ball games
- 8] Gymnastics

Today I will speak about Competitive sports its Meaning, Preparation of a sportsman & organizer, Benefits, its limitations or Drawbacks, Suggestion towards its implications.

### **II] Meaning of Competitive sports:-**

Competitive sports, its meaning is very simple, all sports & games whose competitions at various level are organized by organizer or associations or federations at various levels are called as Competitive sports.

### **III] Preparation of a sportsman for Competitive sports**

For Competitive sports sportsman prepares himself for maximum fitness, best of the skills, tactics, & participates in the competitions & tries to get glory.

His preparation itself makes him attain highest level of his Personal all round fitness along with strong desire to excel in competition for which he sacrifices many things to obtain performance, thus showing strong determination & mental toughness.

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**IV] Benefits of Competitive sports:-** There are many benefits of Competitive sports

**1] Job opportunities:-** Sports creates many job opportunities to many people along with sports personnel's some of them are in

**a] Production industry:-** Various jobs are created in production industry where various equipments & Sports attire are prepared for sports & games it includes manufacturing ,sale, endorsement, etc. As Competitive sports aims at high performance, so the R & D of manufacturing sports goods has a great demand.

**b] Employment: -** Sportsmen's are recruited in various government & Private sectors companies under sports quota which reduces unemployment & it gives sportsmen a big opportunity to strive hard for further glory achievements at various levels give them increments.

**2] Admissions & Grace Marks: -** Seats are reserved for the sportsmen in various colleges & universities so the basis of sports merit they can get themselves enrolled in the desired college, university as well as course, Also they get grace marks at various board & university exams depending upon their excellence in sports.

**3] Health:-** Sportsmen are far better in Health & fitness then a layman as he works on his fitness for maximum fitness.

**4] Awards:-** Awards from Government, Various Paraprofessional Organizations. Sports Association is received by a sportsmen depending upon his sports excellence.

**V] Limitations or Drawbacks of Competitive sports: -** Competitive sports do have some limitations or drawbacks which are a cause of concern in recent times some are noted below.

**1] Stress-** Players are overstressed to perform due to which their health gets spoiled.

**2] Use of Steroids: -** In order to win the competition players are using steroids to boost their performance, this may leads to untimely death of the athlete.

**3] Match Fixing: -** Money is involved in the competitions in plenty this leads to Fixing of the results of the matches in some cases as observed recently.

**4] Sportsmen spirit: -** Due to over competitiveness during the matches.

The true spirit of the game is lost most of the time & malpractices are followed at all levels.

**Remedies to overcome the limitations of Competitive Sports:**

**1] Professional & idealistic approach towards the game as competitive sport.**

**2] Means of survival in the form of job or fixed remuneration to the professionals who are involved in it as Players, Coaches, Organizers and Referee and Umpires irrespective of performance.**

**3] Counseling & educating of the players, coaches & everyone regarding hazards effects of steroids.**

**4] Social policing regarding Match fixing Matters.**

**VI] BIBLIOGRAPHY:-**

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