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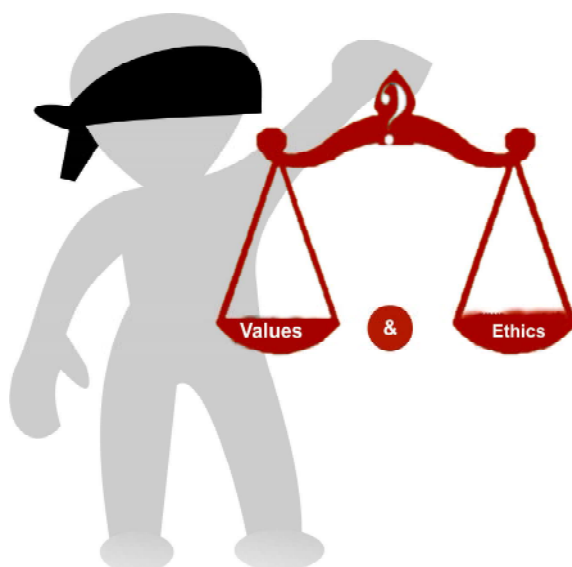
ETHICS AND VALUES



Note

The school team was not performing to its abilities and was losing regularly due to lack of physical fitness. The team players had heard about performance enhancing medicines and started taking harmful substances without consulting their coach. Their physique changed and fitness increased, but their rate of injury also increased over time. They started to face various health issues and problems which became a problem for their regular training. The coach, initiated a check program and identified the problem of athletes using anabolic steroids. The coach talked with the athletes during a player's workshop and addressed the issues and showed his concerns.

What did the coach address as the issues and concerns? Was it an issue of ethics and values or it concerned sportsmanship? Let's read this chapter and understand about ethics, values and sportsmanship



The generally accepted set of moral principles are known as **Ethics**. 'Moral' means the goodness and badness or right and wrong in action. Whereas, **Values** are personal standards which are valuable and important for an individual.



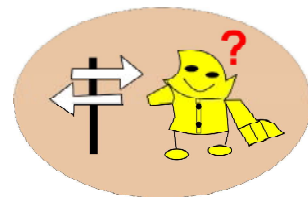
Concept of Physical Education and Yog



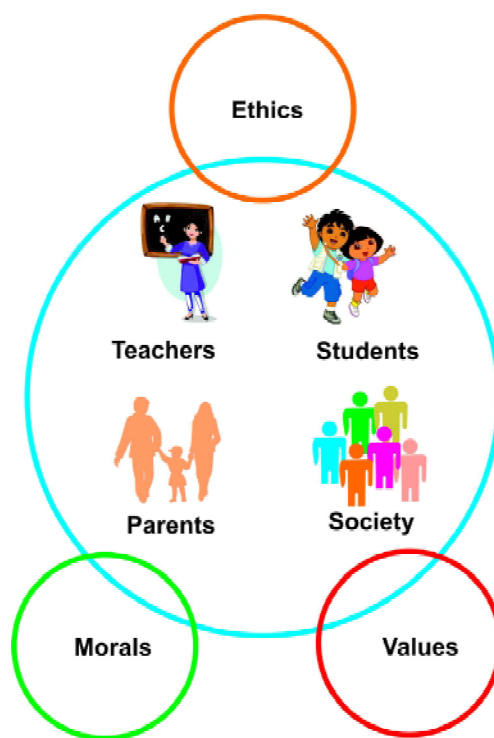
Note

What are Values?

- Something that is desirable, worthwhile, and important in persons' behaviour and attitude.
- Are influenced by family, friends, teachers, coaches, television and movies.
- Each person has different values which guide his/her daily decisions



Sports education is an important part for the development of ethical values. Moral education promote's values and ethics for children and young people within the framework of the child's right to education. It is the responsibility of teachers to inculcate ethical values in schools and parents are responsible to promote the ethical values.



OBJECTIVES

After studying this lesson you will be able to:-

- explain the meaning of sportsmanship;
- highlight the ethics in sports;
- explain the Olympic values and
- learn the social and personal ethics through yog and sports.



2.1 CONCEPT OF SPORTSMANSHIP

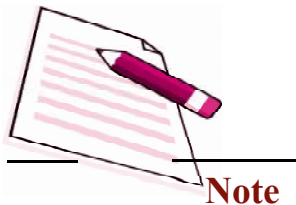


Note

Sportsmanship is a concept in sports that focuses in enjoying physical activity or sports through fairness, ethics, respect, self-control, courage and sense of fellowship with opponents. A “sore loser” refers to who does not accept defeat well, whereas a “good sport” means a “good winner” as well as a “good loser”. Sportsmanship is an ethical approach towards sports. Healthy competition is viewed as a way to foster character, quality, and personal honour. This helps in developing a behaviour that contributes towards trust and respect in society and between competitors. Sportsmanship goal is not just to win but to give best efforts and to honour the result of the game. The concept of sportsmanship helps in developing character through sports.

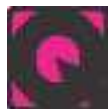
“**Sportsmanship**” is a behavior and attitude that show respect for the rules of the game and other players. Teams are praised for their sportsmanship and fair play. When the sports and activities are enjoyed with proper consideration of ethics, respect, fairness and sense of fellowship with competitors then it becomes the example of sportsmanship..





Example: **Shaking Hands: Shaking hands with the opponents after the match is considered as a symbol of good sportsmanship.**

“Suppose there are two teams who are going to play a football match. Before the match starts they shake hands with each other and also with the referees. Once the match is over they repeat i.e. they shake hands, give high five to each other; no matter which team has won the game. This is called the true sportsmanship”



INTEXT QUESTION 2.1

Fill in the blanks to make the sentence meaningful.

- Behavior and attitude that show respect for the rules of a game and for the other players is known as
- The sports and activity can properly be enjoyed with,, &
-with opponents after the match is considered as a symbol of good sportsmanship.

2.2 ETHICS IN SPORTS

Ethics are the principles, basis or foundation of a set of morals and values that form the character of each person through action, into their way of being. Ethics is thus the behavior and ways of life through which individual tends to realize the value of the goodness. There are four key ethics in sports: fairness, integrity, responsibility and respect.

Fairness

Player as well as coach must follow the rules and regulation of their specific game. The rules must be applied equally to both teams by the referees; personal interest or biasness should not be seen in results. Any person cannot be eliminated of the basis of sexual orientation, gender or race. Integrity of sports is violated when player or coach use unfair advantage over their opponent.

Integrity

Any means and methods used by opponent that are against the integrity of game or sports spirit show lack of integrity on that person's part. An example of football may give the clear picture, whenever a player fakes foul or injure during game,



the player is not behaving in the spirit of games, such things happen to cheat an official to make poor call.

Responsibility

Coaches and players must take responsibility for their actions on or out of the field. During a career of sports players often face defeats and most of the times they have excuse of poor officiating instead of different aspects of game like their performance, fitness etc. They have responsibility to update themselves from all rules and regulation of their sport. Coaches and players are responsible for their conduct not only on the fields but off the field also.

Respect

Players and coaches should show respect to officials, opponents, and teammates. To accept official's decision at ease is another form of respect. Parents, relatives and fans should show respect to officials and players of other teams

Sports offer the chances to learn 'what **team work**' is, beginning with getting to **know people** well over time. They offer **skill building**, **ethic development**, and the benefit of **regular exercise**. Through sport children do **learn how to win and lose graciously and handle disappointments**.

For example a girl used to play football. She learned from the children involved in her football team **how to stay positive**, when things do not work out during play. However, by observing she also learnt that few people manipulate rules for their benefits.

She loved football, studied it, and wrote about it. She observed the sports a lot like LIFE. There were moments of unfairness and happenings, a player could not control. She chose to focus on what she could control, on her attitude and efforts. Learning to live life through playing sports is the gift she got from sports. Sports do inculcate ethics and values.

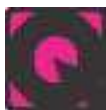
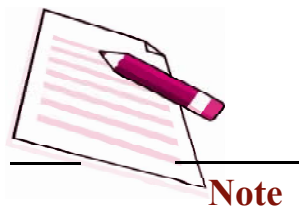
Ethics

- The word 'ethics' is defined as "moral principle that govern or influence a person's behavior".
- Ethics is a benchmark of human behavior.
- The conduct of human beings is influenced either by the emotions or the actions people perform in different situation
- The coordination of action and emotions generates eithics.



Note



**INTEXT QUESTION 2.2**

a) What is the main objectives of Ethics ?

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b) What does moral describe ?

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2.2.1 The components of value in sports

- Fair Play
- Respect for others
- Pursuit of excellence
- Coordination of mind and body
- Respect
- Health
- Performance in sports

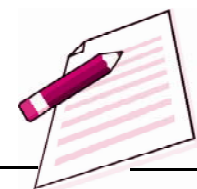


- Equal opportunities
- Joy of effort
- It promotes **ethical values**.
- It promotes the development of a positive **self-image** and **respect** for others.
- It **strengthens the community**.
- It promotes **socialization**, the development of new friendships and strengthening and reinforcing healthy lifestyles and stimulating community participation and social cohesion.
- It can promote **violence, doping, cheating and winning at any cost**.

“Physical Activities and Sports as major Stakeholders in building the ethics and values”

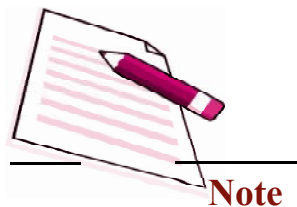


- Need to represent and express certain values to your student
 - Tolerance
 - Flexibility
 - Understanding
 - Discipline
 - Fun
 - Equality



Note



Concept of Physical Education and Yog

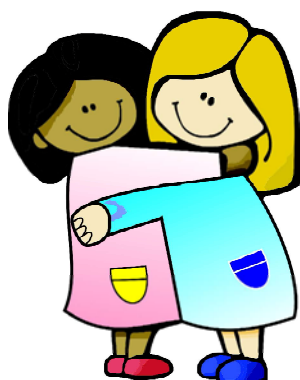
- Respect
- Understanding sports as a part of education system
 - Be imbued with the playful spirit.
 - Be open, not discriminating against anyone for any reason.
 - Promote full respect for the rules, others, and the self.
 - Stimulate personal and group effort.
 - Not to be worried about results, this also involves personal and collective development.

2.3 OLYMPIC VALUES

There are three core values of olympics which are central focus at the Olympic Games and Youth Olympic Games namely excellence, respect and friendship. There are five educational themes also based on the Fundamental Principles of Olympism which incorporated with three basic approaches to learning: intellectual, social/emotional and physical. Five educational themes of Olympism are: learning joy of effort; learning fair play; learning respect for others; learning to pursue excellence and learning balance in life between body, will and mind.



2.3.1 Olympic Value means Friendship, Respect and Excellence



Note

Friendship

Friendship is at the heart of the Olympic Movement. It encourages us to see sport as an instrument for mutual understanding between individuals, and between people all over the world.

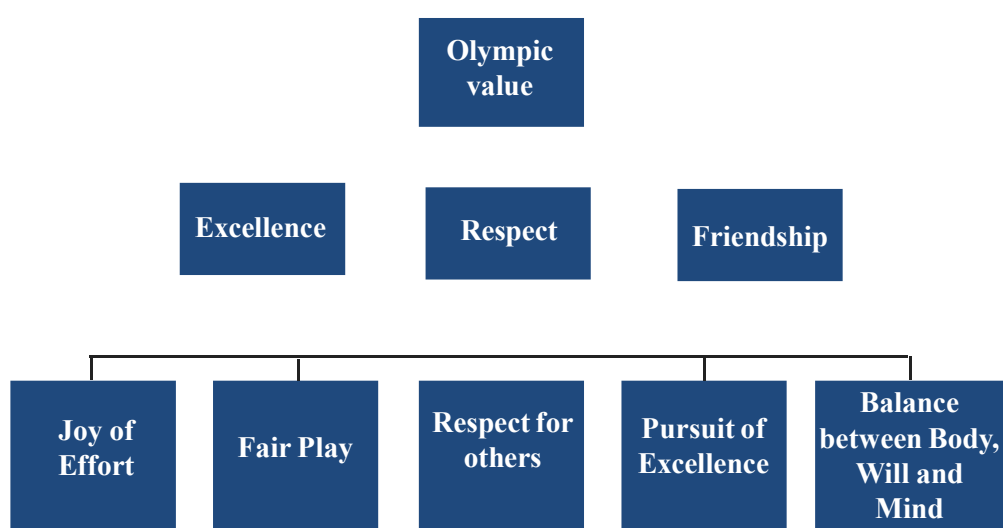
Respect

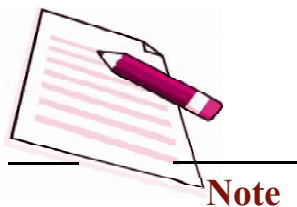
It includes respect for yourself and your body and for other people, for rules and regulations, for sport and for the environment.



Excellence

Excellence means doing the best on the playground or in our professional life. The important thing is not winning, but taking part, making progress and enjoying the healthy combination of body, will and mind.





2.3.2 Educational Themes of Olympism

Joy of Effort

An individual of younger age develops and performs physical, behavioural and intellectual skills by challenging their peer group in activities, movement, games and sports. In younger age an individual has lots of energy as they become older level of energy decreases. Sports or physical activities should be adopted on appropriate age, ability and skill level of an individual to achieve relative outcome. An example of 'Joy of Running' was published in newsletter of IOC. There was a boy Kipchoge Keino from Kenya living in a small village. His school was four mile away from his house and there was no public transport available. At age of 5 year Kipchoge Keino used to cover the distance from school to house and vice versa through walking or running. He enjoyed the running. He used to come home for a lunch and go back to school for remaining classes. Simultaneously he developed incredible aerobic system and soon he competed in national sports and became international player. He got job in Kenya police as fitness trainer and became example to cadets.

Fair Play

It is a concept of sports that an individual can apply in different ways of life. After playing sports an individual develops behaviour of fair play that reinforce in the community and in life. In sports, an individual plays with rules. Referees and officials enforce rules through penalties and punishments. There are many ways from which concept of fair play can be reflected like shaking hands at end of the game, appreciating opponent's extraordinary performance etc.

Respect for others

An individual living in a multicultural world should develop behaviour to accept and respect diversity. We should believe that all people and all cultures have worth. All people include women, children, people with disabilities, etc. and have human rights and community responsibilities. Violence is not the way to solve conflicts. In sports one team may consist of people belonging to different cultures focus on one goal that is to win for the team.

Pursuit of Excellence

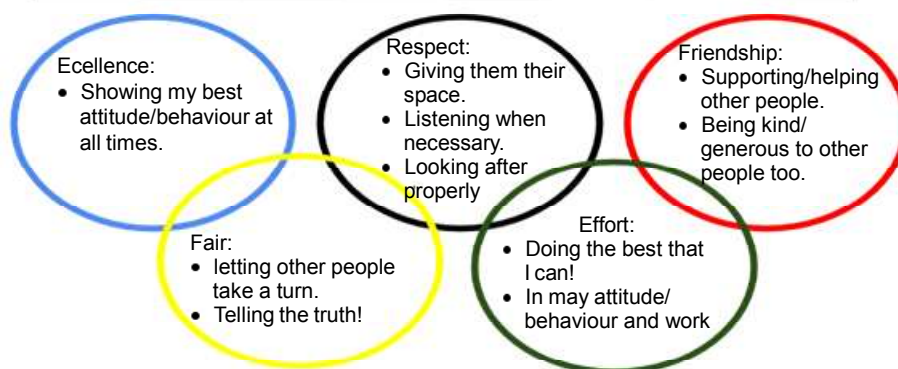
Today's world is so competitive and demanding in which an individual tries to become the best. Sports provide opportunity to become best or to make healthy choices in social and physical surrounding. Sports sharpen the skills to become best for children of all ages, girls and boys, children with learning disabilities and children with hearing, vision and other physical disabilities. Sports give an environment free from discrimination, harassment and fear.



**Note****Balance Between Body, Will and Mind**

This concept focuses on learning to happen in the whole body and not just in mind. Physical learning takes place in both body and mind but it cannot happen without will. Sport is a medium of balancing body, will and mind.

Olympic Values!



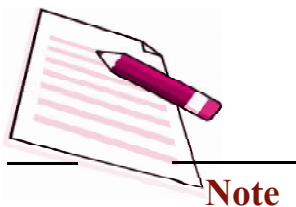
2.3.3 Four different ways of incorporating Olympic values in children/athletes

Olympians representing their countries draw their inspiration from set values that help them to prepare themselves to do their best when they compete, and to respond gracefully to whatever happens. You can help your kids to grow in their faith by teaching them following values :

Help them to develop strong work ethics

Olympians are known for their hard work – practicing their sport over and over again to develop their skills to the highest level possible.



Concept of Physical Education and Yog

For example, Steven Holcomb, leader of the American bobsled team in Sochi, has credited the value of hard work in helping him to overcome serious obstacles (a degenerative eye disease and depression) to succeed in his sport. Holcomb has said that Olympians “have to make a lot of sacrifices” in order to focus on working hard. “You have to love your doing and put your heart and soul into it and that only takes you to the next level,”

As we talk with kids about the value of hard work, “All hard work bring a profit, but mere talk leads only to poverty.” While it is also said, “I can do all things through him who gives me strength.” – GOD

Encourage them to approach both success and failure gracefully.

Whether they win or lose, Olympians often respond with graceful attitude that inspires others Consider what matters most: not the results of a single event, but the character of the person competing in it.

For example : Indian hockey player Sandeep Singh exemplified a graceful response to success when he made the Olympic team for India despite his poor performance in the national championships. Officials decided to give a spot to Sandeep based on his reputation as a top drag flicker at most events, rather than let his mistakes at the championships keep him out of the Olympics. Sandeep responded to his successful bid for the team with humility and gratitude, bringing to mind. “Humble yourselves before the Lord, and He will lift you up. You Can Be in the Right Place at the Right Time”.

Teach them excellence: The International Olympic Committee states that excellence is one of the core values around which the Olympic movement is constructed. Olympians strive to put their best effort into each practice and competition. They aim to do their personal best, no matter what circumstances or competitors they may be facing at the time.

“Whatever you do, do it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.” Encourage your kids to do their best in every situation to honor God, who cheers them to reach their full potential

Teach them friendship:

Another one International Olympic Committee’s core value is friendship. Olympic athletes gather from around the world to compete, and in the process



they form friendships with each other. They watch each other's work, encourage each other, and sometimes make sacrifices to support each other. For example,

Twin sisters Tracy and Lanny Barnes, American biathlon athletes who share a strong friendship with each other, made news headlines when both were trying to make the Olympic team for Sochi. Lanny couldn't participate in all of the required selection races due to illness, but she had delivered strong performances throughout the season prior to qualifying races. After Tracy earned a spot on the Olympic team, she chose to give her spot to Lanny because Tracy thought Lanny deserved it more than she did, given her stronger performance over the past year.

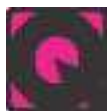
Teach them respect.

The last of the International Olympic Committee's three official core values is respect. Olympians respect each other's value and also as team players; who make valuable contributions to others.

For example, choosing players for the U.S. men's hockey team, team general manager David Poile made some controversial decisions and left out some of the best American hockey players. But Poile said that rather than choosing an all-star team, he was trying to choose a team of players whose specialties complemented each other, so they could work together with respect and maximize their chances of winning a gold medal.

2.4 ADAPT SOCIAL AND PERSONAL ETHICS THROUGH YOG

It is through practicing yog one can find an ease in living ethically in this world. Through the practice of Yog we can achieve the highest potential of our self, which gives us the ability to transcend human condition of pleasure and pain. Yog is about purifying ourselves, which includes body, mind, spirit, speech, actions and our thoughts. Yog is nothing but cultivating ethics, because ethics is the foundation of a set of models and values that form the character of each person through action, into their way of being.



INTEXT QUESTION 2.3

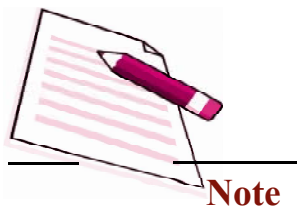
Complete the following sentences to make them meaningful.

- There are three core values of Olympism which are central focus at the Olympic Games and Youth Olympic Games namely



Note



Concept of Physical Education and Yog

- b) Referees and officials enforce rules through
- c) All people include women, children, people with disabilities, etc. and have
- d) Sport is a medium of balancing

**WHAT YOU HAVE LEARNT**

- Ethics education promotes values and ethics for children
- Sports education can play an essential role in the development of ethical values.
- **“Sportsmanship”** is a behavior and attitude that shows respect for the rules of a game and for other players.
- **The main objective of ethics** is to place the human at the heart of our care and try to act for his greatest good.
- Ethics, as an entity of values, helps us to be aware that we cannot live in any manner whatsoever
- **Friendship** :is a relationship between two individual or countries in which they help and support each other
- Yog is about purifying ourselves, which includes body, mind, spirit, speech, actions and our thoughts

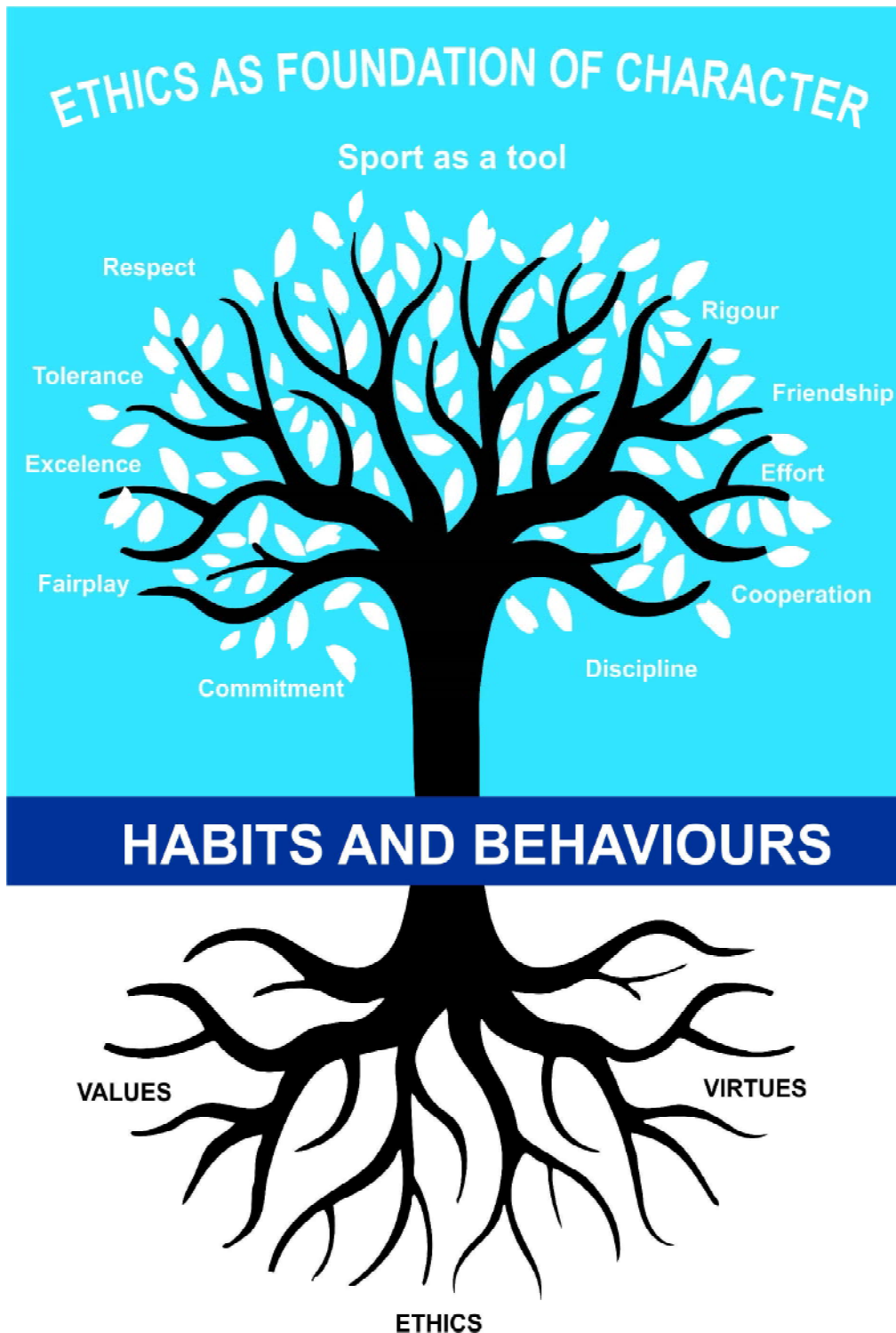
**TERMINAL QUESTIONS**

1. Why are physical educationist called the major stakeholders in building ethical values in children?
2. Explain the role of teachers in maintaining the code of sports ethics.
3. List the teacher’s responsibilities towards imbibing the values of ethics.
4. Highlight the two factors what effects the sports training.





Note



**Note****ANSWERS TO INTEXT QUESTIONS****2.1**

1. a) Sportsmanship,
b) ethics, respect, fairness and sense of fellowship
c) shake hands

2.2

- a) Ethics is to place the human at the heart of our care and try to act for his greatest good.
- b) Moral describes the goodness and badness or right or wrong in action.

2.3

- a) Excellence, respect and friendship
- b) Penalties and punishments
- c) human rights and community responsibilities.
- d) body, will and mind

