

UNIT 2

OLYMPIC VALUE EDUCATION



Content

Olympism - Concept and Olympics Values (Excellence, Friendship & Respect)

Olympic Value Education - Joy of Effort, Fair Play, Respect for Others, Pursuit of Excellence, Balance Among Body, Will & Mind

Ancient and Modern Olympics

Olympics - Symbols, Motto, Flag, Oath, and Anthem

Olympic Movement Structure - IOC, NOC, IFS, Other members





Learning Outcomes

At the end of this unit, you will be able to:

- ◆ incorporate values of Olympism in your life.
- ◆ differentiate between Modern and Ancient Olympic Games, Paralympics and Special Olympic games
- ◆ identify the Olympic Symbol and Ideals
- ◆ describe the structure of Olympic movement structure

Discussion

The Olympic Symbols are icons, flags, and symbols used by the International Olympic Committee (IOC) for the Olympic Games.

1. The Olympic flag was created under the guidance of Baron Coubertin in 1913 and was released in 1914. But it was first hoisted in 1920 in Antwerp, Belgium at the 1920 Summer Olympics in the main stadium. How many rings does the Olympics flag have? What do these rings represent? What are the colours of the rings? What do these colours represent? What values do the rings represent?
2. The Olympic motto is Citius, Altius, Fortius. What does it mean?
3. What values do the Modern Olympic Games embody? Look at the word cloud given below. List as many values as you think are embodied by the Olympic Games.

Create your own Olympics word cloud.



2.1.1 THE OLYMPISM

“Olympism is a philosophy of life, exalting and combining in a balanced whole the qualities of body, will and mind. Blending sport with culture and education, Olympism seeks to create a way of life based on the joy found in effort, the educational value of good example and respect for universal fundamental ethical principles.”

The Olympic Movement or Olympism is a philosophy of Olympic Games which is developed and endorsed by the International Olympic Committee. It promotes friendship, respect, fair play and sportsmanship through sports activities and stands against discrimination on the basis of gender, race, religion or nationality. It also expands the area of Olympism from sports activities to promoting peace and brotherhood. "The goal of the Olympic Movement is to contribute to building a peaceful and better world by educating youth through sport without discrimination of any kind and in the Olympic spirit, which requires mutual understanding with a spirit of friendship, solidarity and fair play."



Fundamental Principles of Olympism

In the Olympic Charter following Fundamental Principal of Olympism are described.

1. Olympism is a philosophy of life, exalting and combining in a balanced whole the qualities of body, will and mind. Blending sport with culture and education, Olympism seeks to create a way of life based on the joy of effort, the educational value of good example, social responsibility and respect for universal fundamental ethical principles.
2. The goal of Olympism is to place sport at the service of the harmonious development of human kind, with a view to promoting a peaceful society concerned with the preservation of human dignity.
3. The Olympic Movement is the concerted, organised, universal and permanent action, carried out under the supreme authority of the IOC, of all individuals and entities who are inspired by the values of Olympism. It covers the five continents. It reaches its peak with the bringing together of the world's athletes at the great sports festival, the Olympic Games. Its symbol is five interlaced rings.
4. The practice of sport is a human right. Every individual must have the possibility of practicing sport, without discrimination of any kind and in the Olympic spirit, which requires mutual understanding with a spirit of friendship, solidarity and fair play.
5. Recognising that sport occurs within the framework of society, sports organisations within the Olympic Movement shall apply political neutrality. They have the rights and obligations of autonomy, which include freely establishing and controlling the rules of sport, determining the structure and governance of their organisations, enjoying the right of elections free from any outside influence and the responsibility for ensuring that principles of good governance be applied.
6. The enjoyment of the rights and freedoms set forth in this Olympic Charter shall be secured without discrimination of any kind, such as race, colour, sex, sexual orientation, language, religion, political or other opinion, national or social origin, property, birth or other status.
7. Belonging to the Olympic Movement requires compliance with the Olympic Charter and recognition by the IOC.





2.1.2 OLYMPIC VALUES

The Olympic Games have established themselves as a global celebration of sport and peace. Through a combination of sport, culture and education, the Olympic Movement uses sport as a tool to promote fundamental ethical principles and support harmonious development for all. The Paralympic movement promotes universal values: courage, determination, inspiration, equality. The three important core values of Olympism central to Olympic Games are Excellence, Respect and Friendship. These core values are considered important in life to make it worth living and helps in decision-making on moral terms.

Olympic Values Friendship

Friendship is at the core of the Olympic Movement. It encourages us to see sport as an instrument for mutual understanding between individuals, and between peoples all over the world. Friendship brings Olympic and Paralympic athletes and people from around the world together in sport, play and competition. It breaks down barriers - encouraging individuals to look beyond the differences such as gender, ability, culture, race or religion. By welcoming everyone's differences we are able to establish stronger bonds. Friendships can be the basis of connections within community for working together and supporting each other.

Respect

Respect lies at the heart of Olympism - respect for yourself and your body, for other people, for rules and regulations, for sports and for the environment. In fact, respect is the key to strong friendships, fair play and sportsmanship. Understanding the impact of our actions, positive or negative, is an important part of playing a participative role in our communities. Respecting yourself and others goes beyond sport.

Respect includes

- knowing that we can offend or hurt someone by not letting them join in our game (respect of others).
- listening to and asking for the ideas, opinions and beliefs of everyone-boys, girls, people living with a disability (respect for others).
- helping others to feel safe from violence-teasing, bullying, and verbal, physical and sexual violence (respect for others).
- taking care of ourselves by choosing to eat healthy food, while getting enough rest and exercise (self-respect).
- being confident in ourselves to share and defend our ideas and opinions (self- respect).





Excellence

Excellence means doing the best we can, on the field of play 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. It is about having an ambition in life, and through determination, effort and perseverance reaching that goal. Excellence is not only on the sporting field; it is also in the classroom, where all children have the right to an education (Article 28), and also by helping children pursue excellence by chasing their dreams.

I. Tick the correct option.

1. IOC stands against discrimination on the basis of:
 - a. Gender
 - b. Race
 - c. Religion
 - d. Education
2. Which is NOT an Olympic core value?
 - a. Excellence
 - b. Commitment
 - c. Respect
 - d. Friendship
3. "Helping others to feel safe from violence" is an example of which of the following Olympic value?
 - a. Friendship
 - b. Respect
 - c. Excellence
 - d. Trust
4. In which of the following Olympics values "Mutual understanding between two persons" took place?
 - a. Friendship
 - b. Respect
 - c. Excellence
 - d. Trust





II. Answer the following questions briefly.

1. What do you understand by Olympism
2. Describe any one of Olympic core Value.

III. Answer the following questions in 150-200 words.

1. Write a note on the principle of Olympism.
2. Discuss the components of Olympic Movement.

2.2.1 OLYMPIC VALUE EDUCATION

The Olympic Values Education is based on the Olympic philosophy that learning takes place through the balanced development of body and mind. The core values also include five educational values which have been incorporated from three domains of learning: Mental, Emotional, and Physical.

- Joy of effort
- Fairplay
- Respect for others
- Pursuit of excellence, and
- Balance in life between body, will and mind.

Joy of Effort

According to the UNESCO Charter “every human being has a fundamental right to access to physical education and sport, which are essential for the full development of his/her personality. The freedom to develop physical, intellectual and moral powers through physical education and sport must be guaranteed both within the educational system and in other aspects of social life...”. Thus, the child needs to enjoy and have fun with sports and physical activities he/she is engaged in.

Otherwise, an individual, if forced to over-exert while playing without being given good experiences to remember or cherish, may develop bad memories. Sports or physical activities should be promoted with appropriate opportunity to enjoy the energy and effort with relative outcomes.





Do you know?

An example of joy of effort with running was published in a newsletter of the IOC, where in Kipchoge Keino, a 5-year - old boy from a small village Kenya, who lived four miles from his school with no public transport available, walked or ran to school and back. He enjoyed the running, and, in two to three years he would come home for lunch and go back to school for his remaining classes. At the same time, he developed an incredible aerobic system and soon he competed in national events and went on to become an international player. He got a job with the Kenyan police as a fitness train errand became an example to other cadets.

Fair Play

Although fair play is a concept of sports, it can be applied in many different ways and contexts beyond the sports field. Fair play refers to playing by the rules. Learning fair play behaviour in sport can lead to the development and reinforcement of similar behaviour in one's everyday life. After participating in sports an individual develops the habit of fair play that is reflected in his/her attitude and behaviour in life and towards the community he/she lives in. In sports, an individual follows the rules. Referees and officials enforce rules through penalties and punishments. There are many ways through which the concept of fair play can be reflected like shaking hands with the opponent at the end of the game, appreciating the opponent's extraordinary performance etc.

Do you know?

Eugenio Monti made Olympic fair play history in the town of Innsbruck, Austria, during the Winter Games of 1964. One of the world's best bobsleighters, Monti had already won a bronze medal in the four-man bobsleigh. He really wanted to win an Olympic gold medal in the two-man bobsleigh. As he waited with his partner at the top of the run for his turn, he realised his main rivals, Robin Dixon and Tony Nash of Great Britain, had lost a bolt that held the runner to their sled. Without that bolt, they could not participate in the race. Without giving it any second thought, Monti lent the pair the bolt from his own sled. Nash and Dixon raced down the track to capture the gold medal. Monti had to settle for third place, but he was awarded a special Fair Play Trophy by CIPF for his act of generosity. Four years later, Monti won gold medals in both the two-man and the four-man bobsleigh events.





Respect for others

As per the Olympic Charter "The goal contribute to building a peaceful and better world by educating youth through sport practised in accordance with Olympism and its values." Living in a multicultural world, we need to accept and respect diversity and promote peace. We should appreciate the worth of all peoples and all cultures, irrespective of race, age, gender and ability. Violence is not the best way to solve conflicts. This acceptance can be achieved through sport, because a sports team may consist of people from different cultures, all focussed on one goal, that is, victory for the team. The task of bringing peace to societies becomes even more challenging for sports leaders and educators in societies where there are ancient hatreds, conflicting values or great economic differences among people. For example, since the end of Apartheid, South Africans have worked together to create a new society, one in which there is acceptance and respect for people of all races. Sport persons and educators have an important role in this process as acceptance and respect for cultural difference has to be taught. Racism and intolerance are often a result of ignorance and fear. Understanding and acceptance of difference develops when people live, work and play together.

Do you know?

At Nazi-hosted 1936 Berlin Olympic Games, it was virtually demanded that white, Aryan supremacy and athletic prowess was to dominate. Jesse Owens, a black man from USA won four gold medals, and he was aided to one of those victories by a blond, muscular German athlete, Luz Long. Long, the European long-jump record holder, advised Owens, his competitor at the Games, when he was having difficulty qualifying for the final of the long jump. Owens had failed twice in his bid to qualify for the long jump final, and was on his final attempt when Long suggested Owens adjust his starting point to avoid overstepping the take-off board. Owens followed Long's advice, and he qualified. In the finals, with Hitler, Goebbels and Himmler looking on, Owens set about his final attempt. In the frenzied atmosphere, Long looked to the crowd, raised his arms and then lowered them to quell the noise, before casting a "furtive" glance at the Fuhrer. The stadium quietened, Owens was able to concentrate, and he leapt to victory, leaving Long with the silver medal.

Pursuit of Excellence

In today's competitive and demanding world, an individual's focus is to become the best. Focusing on excellence can help young people to make positive, healthy choices and strive to become the best that they can be in whatever they do. Sports provide an opportunity to players to become the best or to make healthy choices in safe social and physical surroundings. A healthy, clean and safe community makes the welfare of young people its number one priority. Sport sharpens skills





and attends to the needs of all children and youth—girls and boys, children with learning disabilities, and children with hearing, vision and other physical disabilities. It provides an environment free from discrimination, harassment and fear. Sport also provides daily opportunities for children and youth of all ages to participate in physical activity in an environment free from discrimination, harassment and intimidation. It is also a place in which individual differences and cultural traditions are valued and respected.

Balance Between Body, Will and Mind

Do you know?

Deng Yaping of China, a hugely talented table tennis player, started when she was five. By the time she was nine she had won her provincial junior championship. At the age of 13, she had won her first national championship. But being less than 1.5 metre tall, she was initially rejected for the national team, despite her talent. However, it was her talent, her confidence and her perseverance that finally saw her selected in 1988. She won her first international doubles title in 1989 when she was only 16, and her first singles title two years later. "Even from an early age, I dreamed of being world champion," she said. In 1989, she won the Asian Cup and in 1991 she captured the world singles title.

Pierre de Coubertin understood that an international revival of the Olympic Games would stimulate interest in sports and physical activity among young people. This remains as relevant today, as it was over 100 years ago. The focus of the modern Olympic Movement extends beyond sports, embracing cultures, artistic works, environmental awareness and education. All of these can play their part in helping young people to build a balanced approach to life. Pierre de Coubertin maintained, "Modern education... has allowed itself to be carried away by extreme compartmentalisation. Each strength works in isolation, without any link or contact with its neighbour. If the topic is muscles, they only want to see animal function. The brain is furnished as though it were made up of tiny, air-tight compartments." He believed in the concept that learning happened in the whole body, not just in the mind. Physical learning, too, took place in both body and mind but it could not be done without will. Sport is a medium of balancing body, will and mind.





Do you know?

At Montreal 1976, a young Japanese gymnast performed his routine on the rings. He twisted, turned and balanced, before performing his landing—a double somersault with a full twist— landing perfectly with both feet. He stood for the required three seconds, but then collapsed in agony because he had been performing with a broken knee, injured during the floor exercises. “I didn’t want to worry my team-mates,” explained Fujimoto. He couldn’t take painkillers because of doping regulations. “I made myself for get what might happen when I landed,” he said later. So, he endured his pain and kept it to himself. Though Fujimoto wanted to carry on inspite of his injuries, his coach and his team- mates, now aware of his pain, would not allow him to continue with such a severe injury. However, inspired by Fujimoto’s pride and courage, they all did their very best and won the gold medal defeating the team from USSR.

Extension Activity

You read about some athletes who embody Olympic values.

Working in groups find out about other such athletes and make a presentation in class.

I. Tick the correct option.

1. “Playing beyond the rules of the game” is violation of which of the following educational value?
 - a. Pursuit of Excellence
 - b. Balance Between Body, Will and Mind
 - c. Joy of Effort
 - d. Fair Play

II. Answer the following questions briefly.

1. Explain “Balance Between Body, Will and Mind” as Olympic Educational Value.
2. Illustrate the concept of fair play with sports examples

III. Answer the following questions in 150-200words.

1. Describe Olympic Educational Values with suitable examples.





2.3.1 ANCIENT OLYMPIC GAMES

The ancient Olympic Games were organized in honour of Zeus, the ruler of Greek gods and goddesses, as a part of a religious festival. Olympic Games or Olympics get their name from Mount Olympus, the highest mountain in Greece or Olympia, a town in Elis in ancient Greece. The festival and games began in 776 BCE at Olympia.

At first, the only event at Olympia was the foot race. Later, sprints wearing full armour, and longer races, were added. Chariot racing and combat sports such as boxing and wrestling were soon regular features too. The open-air track for horse racing was called hippodrome. The participants were free male citizens of different city states within Greece. All participants had to receive 10-month training prior to the Olympic Games. Women were not allowed to participate in the games. In fact, they were not even allowed to attend or witness the games. There was, however, a loophole to this rule - chariot owners, not riders, were declared Olympic champions and anyone could own a chariot. Kyniska, daughter of a Spartan king, took advantage of this, claiming victory wreaths in 396BCE and 392BCE.



The games were conducted every four years and the period between two games was known as Olympiad. The month when the Olympic Games were held was considered a sacred month and all disputes and wars would be stopped and peace would be declared to facilitate the movement of spectators and athletes.

Do you know?

It is said that when the Persians invaded Greece in the summer of 480BCE, a lot of the Greek city states agreed that they would put together an allied army but they had a very hard time getting one together because so many people wanted to go to the Olympics. So, they actually had to delay putting the army together to defend the country against the Persians.

Initially, the truce lasted for one month but in later centuries it was extended to three. No wars were permitted, no arms could be carried in the territory of Elis and no hindrance was to be given to any spectator, athlete or theoriai- (the official missions representing particular cities) travelling to the games wherever they came from and whichever territory they had to cross.

For the first 12 Olympics the stadion foot race was the only event and it remained the most prestigious event throughout the history of the Games. The race was run



over one length (a stadion) of the stadium track, 600 ancient feet or 192 m and preliminary heats were held with the winners of the heats going into the finals.

Do you know?

The ancient Olympic Games were initially a one-day event until 684BCE, when they were extended to three days. In the 5th century BCE, the Games were extended again to cover five days. The ancient Games included running, long jump, shot put, javelin, boxing, pankration and equestrian events.

Over time other events were added to the Games to bring the total Programme to 18 events spread over five days. Sports which were included in the ancient Olympic Games included foot race, chariot race, horse race, Pentathlon (running, long jump, discus throw, javelin throw, and wrestling), boxing, wrestling, Pancraticum etc. Athletes were grouped by lot, and in the interest of fairness, this was also the way pairings were matched in the other events. The eventual winner of the stadion would even give his name to that particular Games and so be remembered for all time. Koroibos a Greek cook, baker and athlete from Elis, won the stadion race in the first recorded Ancient Olympic Games in 776BCE.

Do you know?

The Olympic Games included

- **diaulos-** the two stadium lengths foot race, added in 724 BCE.
- **dolichos-** longer foot races 7 to 20 stadium lengths, added in 720 BCE.
- **wrestling-** added in 708 BCE. Competitors had to throw the opponent to the ground three times to gain victory.
- **pentathlon-** also added in 708 BCE. All done in a single day, the event order was: jumping (in a soft soil pit using hand-weights or halteres and accompanied music), discus (in stone, iron or bronze), stadion, javelin (in wood and thrown using a leather thong), and wrestling. Just how an athlete won the over all event is unclear, three event victories may have guaranteed overall victory.
- **boxing-** added in 688 BCE. Athletes wore straps of leather (himantes) around their hands, initially as protection but they evolved in to destructive weapons with metal pieces added. Rules were limited to no low-blows and no holding. Serious injuries were common and deaths not unknown.
- **Tethrippon -** the four - horse chariot race added in 680 BCE was run over ten or twelve circuits of the hippodrome. A version using of also over 8 circuits was added in 384 BCE.





- **keles-** a horse race added in 648 BCE and run over 6 circuits. A version for foals was added in 256 BCE.
- **pankration-** a mix of boxing and wrestling also added in 648 BCE. The pankration was a brutal event and the only moves not allowed were biting and gouging, although competitors did not wear the damaging leather thongs of the boxers.
- **Hoplitodromos-** the race in hoplite armor (helmet, shield and spear) between 2 and 4 stadium lengths was added in 520 BCE and was usually the last event of the Games.
- **apene-** a race with chariots pulled by two mules, added in 500 BCE (dropped from 444 BCE).
- **kalpe-** a trotting horse race for mares, added in 496 BCE (dropped from 444 BCE).
- **synoris-** the two-horse chariot race run over eight circuits of the hippodrome, added in 408 BCE. A version using three circuits was added in 268 BCE.

The opening ceremony of Ancient Olympic Games started with assembly of the competitors, their coaches, their fathers, their brothers and the judges in the council house in front of the statue of Zeus to take the oath. The competitors took an oath that they would not use unfair means and would participate in the games as per rules and regulations. The Judges pledged that they would be fair and honest in the judgments during the games. During the march past, the announcer/ commentator announced the name, father's name and city of the competitor in public and asked whether anyone from the spectators had any kind of objection as regards to their eligibility.

In the times of the ancient Olympic Games, there was only one winner. The Olympionik (the winner of the Olympic Games) was immediately rewarded after the competition. A herald announced the name of the winner, then he was awarded olive leaves plucked from the temple of Zeus and that was the

highest honour. They tied a ribbon of red wool, a taenia, around his head and hands in the sign of victory. The official prize ceremony took place on the last day of the Games in the raised hall in the Temple of Zeus. In a loud voice, the herald announced the name of the Olympic victor, his father and his city. Then a Hellenodikos placed a crown made of an olive branch, the kotinos, on the winner's head. Returning to his hometown, the athlete was welcomed as a hero and was given numerous advantages for the rest of his life. To show that he had become famous, the athlete had the right to have his own statue erected, among other things.

The Olympiad was named after the name of the winner of 200 yards race. The winner's names and figure were engraved on stone by sculptors and poems were written in their name to honour them.

The Roman Emperor Theodosius I legally abolished the games in 393 or 394 A.D. It was found that the games had lost their original values due to corruption, professionalism and foul play.



The "Discobolus" is a copy of a Greek statue from the 5th century BC. It represents an ancient Olympic discus thrower.

2.3.2 MODERN OLYMPIC GAMES

1503 years after Emperor Theodosius I ordered the closure of the Ancient Olympic games, once again Olympic games took place in 1896 in Athens, Greece. The idea behind restarting Olympic games came from French nobleman Baron Pierre de Coubertin. Coubertin was greatly interested in education, and he firmly believed that the best way to develop the minds of young people was to develop their bodies as well; he realised learning and athletics should go together. After he visited the ruins of ancient Olympia, it occurred to Coubertin that perhaps the best way to develop an interest in sports and games was to restart the Olympic Games. He hoped the new Games would bring back the ideals of physical, mental, and spiritual excellence displayed in the ancient Games, as well as build courage, endurance, and a sense of fair play in all who participated. In addition, he hoped the Games would turn the tide he saw world wide of the growing commercialism of sports. He also wanted an event that brought all nations together on one platform without barriers of race, creed, language and colour. In 1892, Coubertin first introduced the idea of starting the Olympic Games again. Few people were ready to accept his idea. But in 1894 Coubertin founded the International Olympic Committee (IOC) and began planning the first modern Olympiad.



Baron Pierre de Coubertin





Do you know?

Due to its historical significance, the Greek hosts wanted to win the marathon above all else. Spyridon Louis set off from the city of Marathon and took the lead four kilometers from the finish line and, to the joy of the 100,000 spectators, won the race by more than seven minutes.

As a result of Coubertin's efforts, the first modern Olympic Games were held in 1896 in Athens, Greece. The Games attracted athletes from 14 nations, with the largest delegations coming from Greece, Germany, France and Great Britain. Coubertin remained president of the International Olympic Committee until 1925. In this office he directed the course the Games were to take. He wrote the Olympic Charter, protocol, and athletes' oath, and he also planned the ceremonies.

Extension Activity

The Olympic Games have an interesting, and sometimes controversial history - from cancelled Games during World Wars to boycotts during international conflicts. Select one of the following Olympic Games and working in groups, research to find out more about it.

- 1920
- 1936
- 1948
- 1972
- 1976
- 1980

Present your ideas to the class in the form of a Power Point Presentation.

The Olympic games are a competition between sportspersons and not between countries. The selection of athletes is done by the National Olympic Committees of the respective nations.





Art Integration - RECREATING THE ANCIENT OLYMPICS

Each group must represent a Team from an ancient Greek city of their choice. They have to

- choose a different Greek god who will be the mascot of their team, research the god and make a clay statue of the god.
- Create their own banner for the opening parade.
- light the Olympic flame.
- sign the Olympic truce.
- take the Olympic oath at the start of the games.
- research and cook a Greek dish

On the day of the "Olympic Games" the Groups will come dressed in traditional Greek dress,

Although the modern Olympic Games are patterned after the ancient Greek Games, there are important differences. Unlike ancient Greece, modern nations have not stopped wars for peaceful athletic competitions. Because of World War I, Games were not held in 1916. Nor were they held in 1940 and 1944, during World War II. While at the ancient Games, athletes competed in individual sporting events, modern games also have lots of team events. Unlike the ancient Olympics, the modern games are not a religious festival. The earlier Games were open only to Greek males who participated in the games without wearing any clothes. The modern Games encourage athletes from all nations who have a National Olympic Committee (NOC) that is recognized by the International Olympic Committee (IOC) to compete. In modern Olympics man and women are equally encouraged and honoured. All participants at the modern Olympics must wear proper sports kit during the competition.

In the first Olympic Games held in Athens in 1896, 241 athletes from 14 countries participated in 43 events in the Panathenaic Stadium. In 1900, in the Paris Olympics, about 997 athletes from 24 countries competed. The 1900 Olympic Games are of great significance as this was the first one when 22 women competing in select sports. As the games became popular, lots of countries joined up. In 2016, 11,238 athletes from 207 Nations participated in 28 sports at the Summer Rio Olympics.

Do you know?

In 1904 the Olympic was hosted in St. Louis, but the number of nations and athletes competing fell to 12 countries and about 651 athletes. This decrease in participant numbers was due to the lengthy transatlantic boat ride needed to be made by the European competitors to attend the Games. However, ever since the 1908 London games, which attracted about 2,000 athletes, more than the first three Olympics combined, there has generally been a rise in participation.





Due to two World Wars, three times games were cancelled in 1916, 1940, 1944. The First Winter Olympics was held in 1924 in Chamonix, France, in connection with the Paris Games held three months later to feature snow and ice sports that were impossible to hold during the Summer Games. Although figure skating (in 1908 and 1920) and ice hockey (in 1920) were featured as Olympic events at the Summer Olympics, the IOC desired to expand this list of sports to encompass other winter activities. At the 1921 Olympic Congress in Lausanne, it was decided to hold a winter version of the Olympic Games. The 1924 Olympics in Chamonix were the first Winter Olympic Games. Although at first it was intended that the same country host both the Winter and Summer Games in a given year, this idea was quickly abandoned. The IOC mandated that the Winter Games be celebrated every four years on the same year as their summer counterpart. This tradition was upheld until the 1992 Games in Albertville, France; after that, beginning with the 1994 Games, the Winter Olympics were held every four years, two years after each Summer Olympics.

Do you know?

Host Cities			
Summer Olympics		Winter Olympics	
Year	City	Year	City
1896	Athens, Greece	1924	Chamonix, France
1900	Paris, France	1928	Saint Moritz, Switzerland
1904	Saint Louis, USA	1932	Garmisch Partenkirchen, Germany
1908	London, Great Britain	1936	Garmisch Partenkirchen, Germany
1912	Stockholm, Sweden	1948	Saint Moritz, Switzerland
1916*	not held because of war	1952	Oslo, Norway
1920	Antwerp, Belgium	1956	Cortina d'Ampezzo, Italy
1924	Paris, France	1960	Squaw Valley, USA
1928	Amsterdam, Netherlands	1964	Innsbruck, Austria
1932	Los Angeles, USA	1968	Grenoble, France
1936	Berlin, Germany	1972	Sapporo, Japan
1940*	not held because of war	1976	Innsbruck, Austria
1944*	not held because of war	1980	Lake Placid, USA
1948	London, Great Britain	1984	Sarajevo, Yugoslavia
1952	Helsinki, Finland	1988	Calgary, Canada
1956	Melbourne, Australia & Stockholm, Sweden (equestrian events)	1992	Albertville, France
1960	Rome, Italy	1994	Lillehammer, Norway
1964	Tokyo, Japan	1998	Nagano, Japan



1968	Mexico City, Mexico	2002	Salt Lake City, USA
1972	Munich, Germany	2006	Turin, Italy
1976	Montreal, Canada	2010	Vancouver, Canada
1980	Moscow, USSR	2014	Sochi, Russia
1984	Los Angeles, USA	2018	Pyeong Chang, KoreaSouth
1988	Seoul, Korea		
1992	Barcelona, Spain		
1996	Atlanta, USA		
2000	Sydney, Australia		
2004	Athens, Greece		
2008	Beijing, China		
2012	London, Great Britain		
2016	Rio de Janeiro, Brazil		
2020	Tokyo, Japan		

I. Tick the correct option.

1. The Ancient Olympic Games started in
 - i. 776 BCE
 - ii. 394 AD
 - iii. 1896
 - iv. 1986
2. The idea for reviving the Olympic Games came from
 - i. Eunice Kennedy Shriver.
 - ii. Baron Pierre de Coubertin
 - iii. Dion Nash
 - iv. Ludwig Guttmann
3. The first Modern Olympic games started in .
 - i. 1894
 - ii. 1996
 - iii. 1896
 - iv. 1898





II. Answer the following questions briefly.

1. Write down the eligibility conditions of a competitor in ancient Olympics.
2. Explain preliminary development to start modern Olympic games.

III. Answer the following questions in 150-200 words.

1. Write a brief note on the origin and conduct of Ancient Olympics.
2. How did the Modern Olympic games originate?

2.4.1 THE OLYMPIC CREED

The creed, or guiding principle, of the modern Olympic Games is a quote by Baron de Coubertin: "The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well."

2.4.2 THE OLYMPIC SYMBOL

The Olympic symbol is five interlocked rings of equal proportions of five different colours. The colour sequence of the rings from left to right is, blue, yellow, black, green and red, where blue, black and red rings are placed at the top, the yellow and green rings are placed at the bottom. The five rings reflect the union of the five continents namely North and South America, Africa, Asia, Australia, and Europe and this is a symbol of the unity of sportspersons from all continents at Olympic Games.



2.4.3 THE OLYMPIC FLAG

The Olympic flag was created by Baron Coubertin in 1913 and was released in 1914. It has a white background without any border. The Olympic symbol of the five interlocked rings is placed in the centre. In the words of Pierre de Coubertin, "The Olympic flag has a white background, with five interlaced rings in the centre: blue, yellow, black, green and red. This design is symbolic; it represents the five continents of the world, united by Olympism, while the six colours are those that appear on all the national flags of the world at the present time (1931).". The flag was hoisted for the first time in 1920 in Antwerp, Belgium.



2.4.4 THE OLYMPIC MOTTO

The motto of the Olympic Games is “Citius - Altius - Fortius” which is Latin for “Faster- Higher- Stronger”. It expresses the aspirations of the Olympic Movement. It was proposed by Pierre de Coubertin upon the creation of the International Olympic Committee in 1894. Coubertin borrowed it from his friend Henri Didon, a Dominican priest, who was an athletics enthusiast. The Olympic motto was first announced in 1924 held at the Olympic Games in Paris, France.



2.4.5 THE OLYMPIC EMBLEMS

Each Olympic Games has its own Olympic emblem, which is a design integrating the Olympic rings with one or more distinctive elements. They are created and proposed by the Organising Committee of the Olympic Games (OCOG) or the National Olympic Committee (NOC) of the host country. It is the responsibility of the International Olympic Committee (IOC) to approve Olympic emblems for the Olympic Games. Olympic emblems are used in promotional materials, by sponsors of the Olympics, on the uniforms of every Olympic competitor. All emblems are the property of the IOC.



2.4.6 THE OLYMPIC ANTHEM

The Olympic Hymn, also known as the Olympic anthem, is a musical work composed by Spiro Samara, and is played when the Olympic flag is raised in the opening of Olympic Games.

The Olympic anthem

“Immortal spirit of antiquity,





Father of the true, beautiful and good, Descend, appear, shed over us thy light
Upon this ground and under this sky

Which has first witnessed thy unperishable fame

Give life and animation to those noble games! Throw wreaths of fadeless flowers
to the victors In the race and in the strife!

Create in our breasts, hearts of steel!

In thy light, plains, mountains and seas Shine in a roseate hue and form a vast temple
To which all nations throng to adore thee, Oh immortal spirit of antiquity!"

2.4.7 THE OLYMPIC FLAME, OLYMPIC TORCHES

The Olympic flame was first lit in 1928 at Amsterdam, Netherlands Olympic Games. It is a continuity symbol of ancient and modern Olympic Games. The Olympic flame is lit in front of the ruins of the Temple of Hera in Olympia by focussing the rays of the sun using a parabolic mirror to ignite a flame. A long relay of runners carries the torches to the site of the Games, where the final torch is used to light a cauldron. The games are declared open officially by kindling the torch and the flame remains lit until it is extinguished in the Closing Ceremony. Remember, the runners do not pass the same torch; only the flame is passed on to the next torchbearer. Each runner is allowed to keep their torch.



The first such relay took place for the 1936 Berlin Games when 3,331 runners carried the flame through Greece, Bulgaria, Yugoslavia, Hungary, Austria,

Czechoslovakia, and Germany. Similar relays have taken place for every Summer Games since. The flame travels by plane between cities, and is relayed by foot within cities. Being a torchbearer is considered an honour, and is often given to local residents with a record of community service, in addition to athletes and celebrities. Since 1964, the Winter Games have also had a torch relay starting in Olympia.

2.4.8 RELEASE OF DOVES

In 2014, one leg of the torch relay took place in space as two Russian cosmonauts carried the torch outside the International Space Station, some 200 miles above Earth.

After the cauldron is lit, doves are released into the air, as a symbol of peace. This was first done in the 1896 Olympics, and then in the 1920 Olympics. Since 1920, this has been an official part of the Opening Ceremony of the Summer Games. They are



generally not released during the Winter Games, because it's too cold for the birds, but symbolic substitutions, like white balloons, are some times used.

The order—first lighting the cauldron, then releasing the doves—is important. In the 1988 Seoul Games, when it was tried the other way around, many of the doves were in the area of the cauldron just before it burst into flames, leading to their unexpected demise.

2.4.9 THE ATHLETES' OATH

The Olympic Oath is taken by one athlete and one judge from the home nation, during the Opening Ceremony, on behalf of all the competitors and judges. Since 1984, this has been taken while holding a corner of the Olympic flag. Before that, the national flag of the home nation was used.

The oath was first taken by an athlete in 1920. Originally, this was primarily a declaration that all the athletes were amateurs. The wording has been revised over the years, as being an amateur is no longer a general requirement. In 2000, a specific reference to doping was added. The current oath is "In the name of all the competitors I promise that we shall take part in these Olympic Games, respecting and abiding by the rules which govern them, committing ourselves to a sport without doping and without drugs, in the true spirit of sportsmanship, for the glory of sport and the honour of our teams."

First time the Olympic oath was taken in 1920 at Antwerp, Belgium by Victor Bo in on behalf of all the athletes who participated in the Olympic Games. The Official's oath was introduced in 1972 and the coach's oath was added in 2010. It is a promise made by an athlete, judge or official in each of the Olympic Games and is usually said in the language of host country.

2.4.10 OLYMPIC AWARDS

The winners at the Olympic Games are awarded medals. The winner gets a gold medal, the runner up receives a silver medal and the second runner up receives a bronze medal in the awards ceremony on the podium. Participants from first to eighth receive a diploma and all participants receive commemorative medals. The National Anthem of the country of the winner is played during the ceremony.

When Modern Olympic Games began in 1896, the winners were given a silver medal and an olive branch, while runners- up received a laurel branch and a copper or bronze medal. In 1900, most winners received cups or trophies instead of medals. The custom of the sequence of gold, silver, and bronze for the first three places dates from the 1904 Summer





Olympics in St. Louis, Missouri in the United States. The International Olympic Committee (IOC) retroactively assigned gold, silver and bronze medals to the three best placed athletes in each event of the 1896 and 1900 Games.

Extension Activity

Each Olympic Games has its own medal design. From 1928-2004, the front side of every Olympic Games medal carried an image of Nike, the Greek goddess of victory, the Olympic Rings, the Coliseum of ancient Athens, a Greek vase known as an amphora, a horse-drawn chariot, and the year, number of the Olympiad, and host city. However, a new design was created for the 2004 Games, which featured the Greek Panathenaic Stadium and a new image of Nike. Each host city has allowed to add special details to the other side that is to the Games.

Design a medal for the Olympic Games if they were to be held in your town.

Medal designs have varied considerably since the first Olympic Games in 1896, particularly in size and weight. However, the IOC has laid down the physical properties of the medals and has the final decision about the finished design though the medals are developed by the National Olympic Committee (NOC) of the country hosting the Games.

Recipients: The top three competitors receive medals

Shape: Usually circular, featuring an attachment for a chain or ribbon
Diameter: A minimum of 60mm

Thickness: A minimum of 3mm

Material: First place (Gold medal): It is composed at least 92.5% of silver, plated with 6 grams of gold.

Second place (Silver medal): 92.5 % silver.

Third place (Bronze medal): It is 97.0% copper with 0.5% tin and 2.5% zinc.

Event details: The sport for which the medal has been awarded should be written on the medal.



I. Tick the correct option.

1. Which of the following is the Olympic symbol?



2. The word "Altius" in the Olympic motto means

- i. Faster
- ii. Higher
- iii. Heavier
- iv. Stronger

3. The logo of Olympic Games was created by

- i. Eunice Kennedy Shriver.
- ii. Deion Nash
- iii. Guttmann
- iv. Baron Coubertin

4. The first Olympic torch was lit in

- i. 1896, Athens, Greece
- ii. 1920, Antwerp, Belgium
- iii. 1924, Paris, France
- iv. 1928, Amsterdam, Netherlands





5. The Olympic flag was used for the first time
 - i. 1896, Athens, Greece
 - ii. 1920, Antwerp, Belgium
 - iii. 1924, Paris, France
 - iv. 1928, Amsterdam, Netherlands

II. Answer the following questions briefly.

- a. write a short note on Olympic creed.
- b. What is the motto of the Olympic Games? What does it mean?
- c. Write a short note on the Olympic flag.
- d. Describe the Olympic oath.

III. Answer the following questions in 150-200 words.

1. Write a note on the symbols and ideals of the Olympic Games.

2.5.1 OLYMPIC MOVEMENT STRUCTURE

Under the supreme authority and leadership of the International Olympic Committee, the Olympic Movement encompasses organisations, athletes and other persons who agree to be guided by the Olympic Charter. The goal of the Olympic Movement is to contribute to building a peaceful and better world by educating youth through sport practised in accordance with Olympism and its values. The three main constituents of the Olympic Movement are:

the International Olympic Committee ("IOC"),

the International Sports Federations ("IFs")

the National Olympic Committees ("NOCs").

In addition to its three main constituents, the Olympic Movement also encompasses the Organising Committees for the Olympic Games ("OCOGs"), the national associations, clubs and persons belonging to the IFs and NOCs, particularly the athletes, whose interests constitute a fundamental element of the Olympic Movement's action, as well as the judges, referees, coaches and the other sports officials and technicians. It also includes other organisations and institutions as recognised by the IOC. Any person or organisation belonging in any capacity whatsoever to the Olympic Movement is bound by the provisions of the Olympic Charter and shall abide by the decisions of the IOC.





2.5.2 INTERNATIONAL OLYMPIC COMMITTEE

The International Olympic Committee (IOC) was constituted by Pierre de Coubertin on 23 June 1894 with Demetrios Vikelas as its first president. It is a non-governmental and non-profitable organization situated in Lausanne, Switzerland. The object of the IOC is to fulfil the mission, role and responsibilities as assigned to it by the Olympic Charter. English and French are the official languages of the IOC. It is an official and supreme authority to spread Olympic movement worldwide through International Sports Federations, National Olympic Committees, Organising Committees for the Olympic Games, United Nations etc. It reserves the right on Olympic Games, the symbols and other elements which are related with the Olympic Movement.

The Committee organizes Summer and Winter Olympic Games that were started in Athens, Greece in 1896 and Chamonix, France in 1924 respectively. Before 1992 Winter and Summer Olympics were conducted the same year, but after 1992, IOC changed the schedule of the Olympics Games. Now, while Summer Olympics take place every leap year, Winter Olympics take place two years later, in even years. For example, while Summer Olympic Games were held in 2000, Sydney, Australia and in 2004, Athens, Greece, Winter Olympic Games were held in 2002, Salt Lake City, USA and 2006 Turin, Italy. IOC also organizes the Youth Olympic Games (YOG), held in summer and winter, every four years. The first Summer YOG were in Singapore in 2010 and the first Winter YOG in Innsbruck in 2012.

United Nations General Assembly declared IOC as a permanent observer in 2009. The decision enables the IOC to be directly involved in the UN Agenda and to attend UN General Assembly meetings where it can take the floor. In 1993, the General Assembly approved a Resolution to further solidify IOC-UN cooperation by reviving the Olympic Truce.

2.5.2.1 MISSION AND ROLE OF INTERNATIONAL OLYMPIC COMMITTEE

As per Olympic Charter, the mission of the IOC is to promote Olympism throughout the world and to lead the Olympic Movement.

The IOC's role is:

1. To encourage and support the promotion of ethics and good governance in sport as well as education of youth through sport and to dedicate its efforts to ensuring that, in sport, the spirit of fair play prevails and violence is banned.
2. To encourage and support the organisation, development and coordination of sport and sports competitions.





3. To ensure the regular celebration of the Olympic Games.
4. To cooperate with the competent public or private organisations and authorities in the endeavour to place sport at the service of humanity and thereby to promote peace.
5. To take action to strengthen the unity of the Olympic movement, to protect its independence, to maintain and promote its political neutrality and to preserve the autonomy of sport.
6. To act against any form of discrimination affecting the Olympic movement
7. To encourage and support elected representative so athletes with in the Olympic movement, with the IOC athletes' commission acting as their supreme representative on all Olympic games and related matters.
8. To encourage and support the promotion of women in sport at all levels and in all structures with a view to implementing the principle of equality of men and women;
9. To protect clean athletes and the integrity of sport, by leading the fight against doping, and by taking action against all forms of manipulation of competitions and related corruption.
10. To encourage and support measures relating to the medical care and health of athletes.
11. To oppose any political or commercial abuse of sport and athletes.
12. To encourage and support the efforts of sports organisations and public authorities to provide for the social and professional future of athletes.
13. To encourage and support the development of sport for all.
14. To encourage and support a responsible concern for environmental issues, to promote sustainable development in sport and to require that the Olympic games are held accordingly.
15. To promote a positive legacy from the Olympic games to the host cities and host countries.
16. To encourage and support initiatives blending sport with culture and education
17. To encourage and support the activities of the International Olympic Academy (IOA) and other institutions which dedicate themselves to Olympic education.

2.5.2.2 ORGANIZATION AND SETUP OF INTERNATIONAL OLYMPIC COMMITTEE

The powers of the International Olympic Committee are exercised through the following three organs:



The Session

The IOC Executive Board

The President

The Session: The Session is the general meeting of the members of the IOC. It is the IOC's supreme organ. Its decisions are final. An ordinary Session is held once a year. Extraordinary Sessions may be convened by the President or upon the written request of at least one third of the members. Every member has right of one vote. The main decisions like choosing city for Olympic games sports Programmes, electing new members etc. are taken in the session and its decisions are final.

Powers of the session are:

1. to adopt or amend the Olympic Charter;
2. to elect the members of the IOC, the Honorary President, honorary members and honour members;
3. to elect the President, the Vice-Presidents and all other members of the IOC Executive Board;
4. to elect the host city of the Olympic Games;
5. to elect the city in which an ordinary Session is held, the President having the authority to determine the city in which an extraordinary Session is held;
6. to approve the annual report and financial statements of the IOC;
7. to appoint the independent auditor of the IOC;
8. to decide on the awarding or withdrawal by the IOC of full recognition to or from NOCs, associations of NOCs, IFs, associations of IFs and other organisations;
9. to expel IOC members and to withdraw the status of Honorary President, honorary members and honour members;
10. to adopt or amend the Athletes' Rights and Responsibilities Declaration upon recommendation of the Athletes' Commission and to promote respect for this Declaration within the Olympic Movement;
11. to resolve and decide upon all other matters assigned to it by law or by the Olympic Charter.

The **Quorum** required for a Session is half the total membership of the IOC plus one. Decisions of the Session are taken by a majority of the votes cast; however, a majority of two-third of the votes cast is required for any modification of the Fundamental Principles of Olympism, of the Rules of the Olympic Charter, or if elsewhere provided in the Olympic Charter.





Each member has one vote. Abstentions and blank or spoiled votes are not taken into consideration in the calculation of the required majority. Voting by proxy is not allowed. Voting is held by secret ballot when so required by the Olympic Charter, or if the Chairman so decides or upon the request of at least a quarter of the members present. In the event of a tie, the Chairman shall decide.

The Session may delegate powers to the IOC Executive Board.

The IOC Executive Board: The Executive board was founded in 1921 to manage the affairs of IOC. The Board consist of the President, four Vice-Presidents and ten members who are elected by the IOC members in the session by secret ballot by a majority of votes cast. The Executive Board undertakes overall responsibility for the administration and management affairs of IOC.

As per Olympic charter it performs following duties:

1. it monitors the observance of the Olympic Charter;
2. it approves all internal governance regulations relating to its organisation;
3. it establishes an annual report and the financial statements of the IOC in accordance with International Financial Reporting Standards and Swiss law, which it submits to the Session for approval together with the report of the auditor;
4. it submits a report to the Session on any proposed change of Rule or Byelaw;
5. it submits to the Session the names of the persons whom it recommends for election to the IOC;
6. it establishes and supervises the procedure for accepting and selecting candidatures to organise the Olympic Games;
7. it establishes the agenda for the Sessions;
8. upon the proposal of the President, it appoints - or dismisses - the Director General. The President decides on his compensation and may take sanctions;
9. it provides for the safe keeping of all minutes, financial statements and other records of the IOC in compliance with the law, including minutes of all Sessions, IOC Executive Board and other commission or working group meetings;
10. it takes all decisions, and issues regulations of the IOC, which are legally binding, in the form it deems most appropriate, such as, for instance, codes, rulings, norms, guidelines, guides, manuals, instructions, requirements and other decisions, including, in particular, but not limited to, all regulations necessary to ensure the proper implementation of the Olympic Charter and the organisation of the Olympic Games;

11. it organises periodic meetings with the IFs and with the NOCs at least once every two years. Such meetings are chaired by the IOC President, who determines the procedure and the agenda after consultation with the relevant bodies;
12. it creates and confers the honorary distinctions of the IOC;
13. it exercises all powers and performs all duties not attributed by law or by the Olympic Charter to the Session or to the President.

The President:

The President is elected by the IOC members in the session through secret ballot for a period of four years, which can be renewed for further four years. The President is the representative of IOC and is responsible for organization and preparation of all Executive meetings. He may give his power to the Director General. He can execute any action or decision on behalf of IOC. If the President is unable to fulfil his work, the senior Vice President can replace him.

2.5.3 THE NATIONAL OLYMPIC COMMITTEES (NOCs)

National Olympic committee (NOC) is a unit at national level of Olympic movement. There are 206 NOCs. The IOC is the sole authority to recognize a NOC. Together with the International Sport Federations, the NOCs are a constituent of the Olympic Movement under the leadership of the IOC. The mission of the NOCs is to develop, promote and protect the Olympic Movement in their respective countries, in accordance with the Olympic Charter. NOCs mission is to develop, promote and protect the Olympic Movement in their respective countries in accordance with Olympic charter. It was to promote fundamental principles, values of Olympism, Olympic educational programmes in their countries. It works to promote athlete to participate at apex level and give high performance by providing training and other logistics. NOCs also hold responsibility to send athletes in Olympic Games and may nominate their country cities to organize Olympic games.

In India, The Indian Olympic Association act as NOC which is a non-profit organization under the Societies Registration Act of 1860 founded by Sir Dorabji Tata as President and Dr A.G. Noehren as Secretary General in 1927. In the same year the association

was recognized by the International Olympic Committee. The prime objective of the Association was to promote and develop Olympic movement in India. In the early years, IOA selected sportspersons to represent India, but after 1947 they gave the responsibility of selection and training to the National Sports Federations. Now they only arrange transport, board and accommodation for officials and sports persons.



Sir Dorabji Tata





The Indian Olympic Association is the governing body for the Olympic Movement and the Commonwealth Games in India. It is also an affiliated member of the International Olympic Committee (IOC), Commonwealth Games Federation (CGF), Olympic Council of Asia (OCA) and Association of National Olympic Committees (ANOC). IOA is recognized by Ministry of Youth Affairs and Sports.

The IOA looks after several aspects of sports and sportspersons which includes sending athletes or teams to represent India in the Olympic Games, Commonwealth Games, Asian Games and other international multi-sport competitions of IOC, CGF, OCA and ANOC.

The members of the IOA include

- National Sports Federations affiliated to International Sports Federations whose sport is included in the Programme of the Summer and Winter Olympic Games.
- National Sports Federations affiliated to International Sports Federations whose sport is not included in the Programme of the Summer and Winter Olympic Games but is included in the Programme of all Asian and/or Commonwealth Games.
- Indian citizens who are member/s of the International Olympic Committee.
- Two (one male and one female) active athletes or retired athletes having taking part in the Olympic Games; subject to the condition that the retired athletes must retire from their post latest by the end of the third Olympiad after the last Olympic Games in which they took part.
- State Olympic Associations
- Union Territories' Olympic Associations
- Services Sports Control Board
- The National Federation of the Indian game Kho-Kho.

Extension Activity

Interview a member of the IOA or any Sports Federation of your State for your school Magazine.

2.5.4 THE INTERNATIONAL FEDERATIONS (IFS)

The International Sports Federations (IFs) are responsible for the integrity of their sport on the international level. The International Sports Federations are international non-governmental organisations recognised by the International Olympic Committee (IOC) as administering one or more sports at world level.



The national federations administering those sports are affiliated to them. While conserving their independence and autonomy in the administration of their sports, International Sports Federations seeking IOC recognition must ensure that their statutes, practice and activities conform with the Olympic Charter.

The IFs have the responsibility and duty to manage and to monitor the everyday running of the world's various sports disciplines, including for those on the programme, the practical organisation of events during the Games. The IFs must also supervise the development of athletes practising these sports at every level. Each IF governs its sport at world level and ensures its promotion and development. They monitor the everyday administration of their sports and guarantee the regular organisation of competitions as well as respect for the rules of fair play.

The IFs may formulate proposals addressed to the IOC concerning the Olympic Charter and the Olympic Movement in general, including the organising and holding of the Olympic Games; give their opinions concerning the candidatures for organising the Olympic Games, particularly concerning the technical capabilities of the candidate cities; collaborate in the preparation of the Olympic Congresses; and participate in the activities of the IOC commissions.

Association of Federations

In order to discuss common problems and decide on their events calendars, the summer federations, the winter federations and the recognised federations have formed associations: the Association of Summer Olympic International Federations (ASOIF), the Association of International Olympic Winter Sports Federations (AIOWF), and the Association of IOC Recognised International Sports Federations (ARISF).

I. Tick the correct option.

1. The IOA was established in
 - i. 1926
 - ii. 1927
 - iii. 1928
 - iv. 1930
2. What do you mean by NOC ?
 - i. National Olympic Committee
 - ii. National Olympic Congress
 - iii. National Olympic Course
 - iv. National Olympic Community





3. The IOC Executive Board has _members.
 - i. 1
 - ii. 2
 - iii. 8
 - iv. 10
4. Which is not a member of Association of Federations?
 - i. the Association of Summer Olympic International Federations (ASOIF)
 - ii. the Association of International Olympic Winter Sports Federations (AIOWF)
 - iii. the Association of Paralympic Sports Federations (APSF)
 - iv. the Association of IOC Recognised International Sports Federations (ARISF)

II. Answer the following questions briefly.

1. Write a short note on the Olympic Flag.
2. From where and how is the Olympic torch brought to the host city?
3. List the office bearers of the IOC.
4. Describe the Olympic oath.
5. Describe the formation of the IOA.

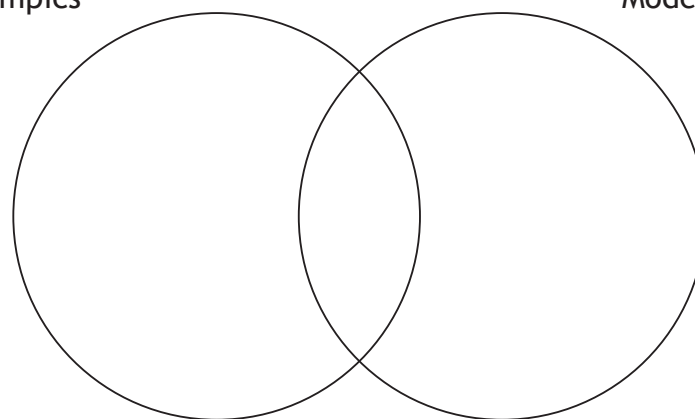
III. Answer the following questions in 150-200 words.

1. Describe the organizational step-up of International Olympic Committee.
2. Differentiate between Modern and Ancient Olympic Games.

IV. Complete the Venn Diagram given below listing the similarities and differences between Ancient and Modern Olympic Games.

Ancient Olympics

Modern Olympics



Differences

Similarities

Differences

V. Case Study

Olympism



While introducing the chapter Olympism in physical Education class Mr Davis found that children were not familiar with the term and were clueless about the various committees working in this field. So he explained in detail about IOC and various information related to it were discussed. On the basis of ur knowledge about IOC answer the following questions

- What is the full form of IOC?
- When was the IOC established?
- Where is the headquarter of IOC?
- How many active members are there of IOC?
- List down any three functions of IOC?

VI. Art Integration

ART INTEGRATION

Olympic mascots have been a key part of the Games since 1968. They're tasked with giving concrete form to the Olympic spirit, spreading the values highlighted at each edition of the Games, promoting the history and culture of the host city and giving the event a festive atmosphere.



Imagine India is hosting the 2032 Olympic Games.

Design a mascot for the Games. In a brief presentation, explain your choice of mascot.





Weblinks

Topic	Weblinks	QR Code
Olympic Value Education: IOC	https://olympics.com/ioc/education/olympic-values-education-programme#:~:text=What%20is%20OVEP%3F,the%20core%20principles%20of%20Olympism.	
Olympic Movement	https://olympics.com/ioc/olympic-movement	
Olympic History	https://olympics.com/ioc/overview	