



## ADVENTURE OF SPORTS FOR YOUTH

**Dr. Sharad  
Balasaheb Magar**

Director of Physical Education & Sports, New Arts, Commerce & Science College  
Ahmednagar (M.S) India

**ABSTRACT** Playing sports is the best medicine for maintaining good human health. You can't imagine great health without Sports in the race of life, betrayed yourself with adventure sports a stress booster in the race of life. Adventure sports give us enthusiasm and courage to explore you. Adventure sports stimulate balance growth of a body and mind in the past learning was focused. Thus, adventurous sports are a tool a magic wind that transforms the chicken heart into Daredevil. An adventure sport for youth is part of skill development.

**KEYWORDS :** Sports, adventure, youths, development, social development, encourage

**INTRODUCTION:-**

The present paper is an attempt to highlight the role of adventure sports in the youth empowerment through adventure and outdoor Sports. A very significant input of adventure sports is it gives Joy to the adventure and the adventure sports lovers. The history of adventure sports stress back from very early stage of human civilization and its has played a vital role in the development of personal and social life of people. Adventure sports can be employed to help achieve the theme. Youth improvement can be won throw adventure and outdoor games. Adventure and outdoor games have strong impact on the personal and social development of individuals. Individual skills and outstanding achievements and appreciate and awarded with social recognition. (Gurmeet Kumar-2018)

**Various Adventures Sports Games:-**

Terrestrial adventures sports comprises several adrenaline pumping activities such as alpine sports above the snow line, mountaineering, Rock climbing, hi altitude tracking, snow seeking etc. It is ideally suitable in the high altitude areas. These sports involve throwing our body into the air at an extremely high elevation. There are several aero sports that can be organized in anytime several areas and fit for parasailing, paragliding, hang gliding, skydiving, micro light fighting, Para jumping extra. There are number of this used and partially used airfield as well (Dr. John Perry -2016).

These airfields are the ideal pair for the promotion of area adventure sports paragliding can also be developed easily in many place with some efforts this can be transform into the most happening sites some of the sides are suitable for more than one activity.

**Scope of Adventure Sports:-**

Excellence in adventure sports in hands the sense of achievement national pride and patriotism on the youths. Adventure sports also provide beneficial recreation improve productivity and faster social harmony and discipline among the youths. The object of the adventure is two stimulate a spirit of adventure to reveal and develop sturdier qualities of character both physical and mental to instill a sense of comradeship, discipline, self sense of service to the community self Reliance physical fitness and the ability to think and live adventurously (Glegg Warrington-2019).

It will be a nice educational program which can save the lives of many youths who are otherwise would be the team of drug and other Anti social elements. The future of our country is largely dependent on the quality and physical moral and intellectual strength of its youth if our youth will strong moral strength and sense of dedication to any noble causes for the nation we need not worry for our future we need physically and mentally healthy positive confident patriotic and responsible citizen for the growth of our country. This is where we find the importance of adventure sports the promotion of adventure sports short play a major role in modeling the characters of our youth as well as empowerment of the youths (Anil Taneja -2017)

**Benefits of adventure sports:-**

One of the obvious benefits of adventure sports for youth is fitness adventure sports are not monotonous like your every day workout. Moreover they are enjoyable and do more in burning your calories and

hover of river rafting can burn 900 calories apparently while riding a skateboard for an hour can help you burn 500 calorie. Adventure sports for youth give you the much needed thrill and energy you might be seeking in life. When I started Rock climbing felt as if I was alive again. Adventure sports for youth challenge their physical strength like no other can. Obviously it is not so easy to climb a mountain. It is a human tendency that we feel confident after accomplishing a physical challenging task (Indmount.org).

This boost of cell confidence can have a great impact on a many aspects of our life. Extreme sport task youth with our coming difficult physical challenges after all it's not easy to climb mountain. But if you can complete these challenges your rewards will be much more than merely Physical studies have found a strong link between adventure sports a higher level of self confidence. This makes since when you consider the fact that accomplishing a task so physically doubting is a something that you should feel proud of the cell confidence boost can have a positive impact on every aspects of your life. Which make extreme sports a good idea for everyone who is physically capable of a meeting the applicable challenges adventure sports can help you lose weight and stay a shape and also can help to improve balance and coordination scale in individuals.

**Research Methodology:-**

The secondary source are given more importance in their paper the secondary source of information article of research journal newspaper faces and books of famous philosopher.

**CONCLUSION:-**

From the above presentation of a fact and figures observation it can sum up that youth can empower throw adventure and outdoor games. It has a wide scope for the lovers of adventure sports all over world.

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