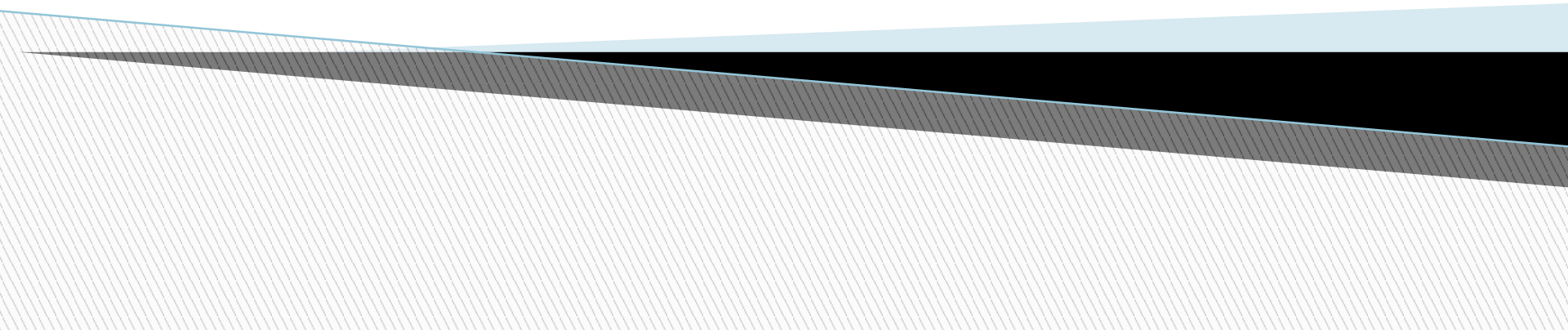


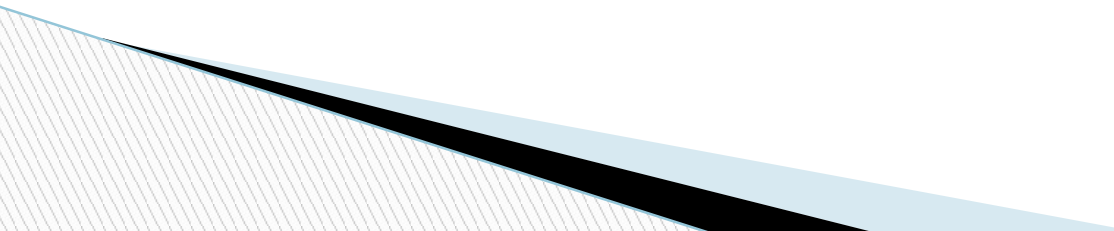
**Olympic sports**

**akanksha vyas**

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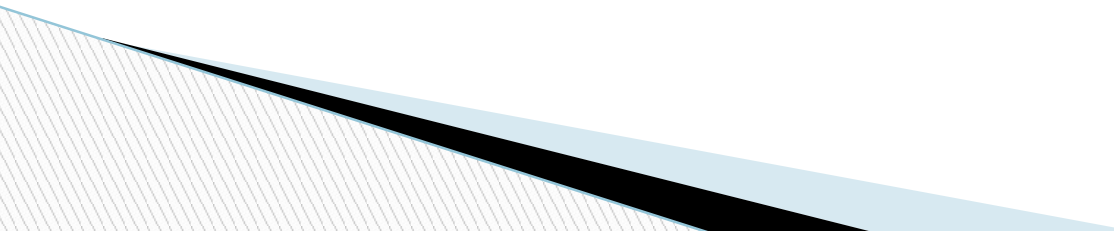


# olympic sports-:

- The term "sport" in Olympic terminology refers to all events sanctioned by an international sport federation, a definition that may differ from the common meaning of the word "sport". One sport, by Olympic definition, may comprise several disciplines, which would often be regarded as separate sports in common usage.
  - For example, aquatics is a summer Olympic sport that includes six disciplines: swimming, synchronized swimming, diving, water polo, open water swimming, and high diving (the last of which is a non-Olympic discipline), since all these disciplines are governed at international level by the International Swimming Federation.
- 



# 5 names of Olympic sports-:

- Only five sports have been contested at every summer Olympic Games since 1896:
  - **Athletics,**
  - **Cycling,**
  - **Fencing,**
  - **Gymnastics and**
  - **Swimming.**
- 

# Athletics-:

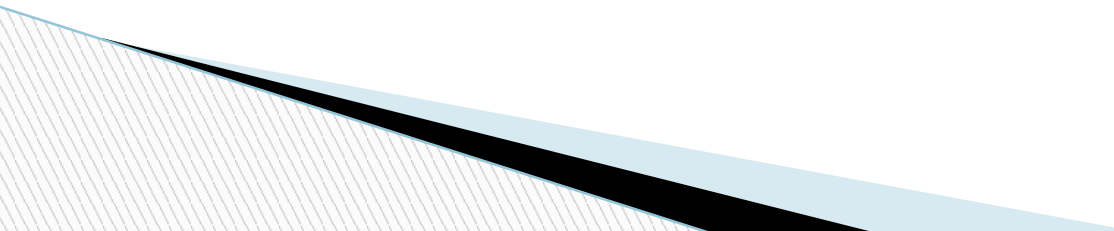
- ▣ **Athletics** is a group of sporting events that involves competitive running, jumping, throwing, and walking. The most common types of athletics competitions are track and field, road running, cross country running, and race walking.

# History-:

- Athletic contests in running, walking, jumping and throwing are among the oldest of all sports and their roots are prehistoric. Athletics events were depicted in the Ancient Egyptian tombs in Saqqara, with illustrations of running at the Heb Sed festival and high jumping appearing in tombs from as early as of 2250 BC. The Tailteann Games were an ancient Celtic festival in Ireland, founded circa 1800 BC, and the thirty-day meeting included running and stone-throwing among its sporting events.

# Cycling-:

- ▣ **Cycling**, also called **bicycling** or **biking**, is the use of bicycles for transport, recreation, exercise or sport. People engaged in cycling are referred to as "cyclists", "bicyclists", or "bikers". Apart from two-wheeled bicycles, "cycling" also includes the riding of unicycles, tricycles, quadricycles, recumbent and similar human-powered vehicles (HPVs).

- Bicycles were introduced in the 19th century and now number approximately one billion worldwide. They are the principal means of transportation in many parts of the world.
  - Many schools and police departments run educational programs to instruct children in bicycle handling skills, especially to introduce them to the rules of the road as they apply to cyclists. In some countries these may be known as bicycle rodeos, or operated as schemes such as Bike ability in the UK. Education for adult cyclists is available from organizations such as the League of American Bicyclists.
- 



# Fencing-:

- ▣ **Fencing** is a group of three related combat sports. The three disciplines in modern fencing are the foil, the épée, and the sabre (also *saber*); winning points are made through the weapon's contact with an opponent. A fourth discipline, singlestick, appeared in the 1904 Olympics but was dropped after that, and is not a part of modern fencing. Fencing was one of the first sports to be played in the Olympics. Based on the traditional skills of swordsmanship, the modern sport arose at the end of the 19th century, with the Italian school having modified the historical European martial art of classical fencing, and the French school later refining the Italian system.

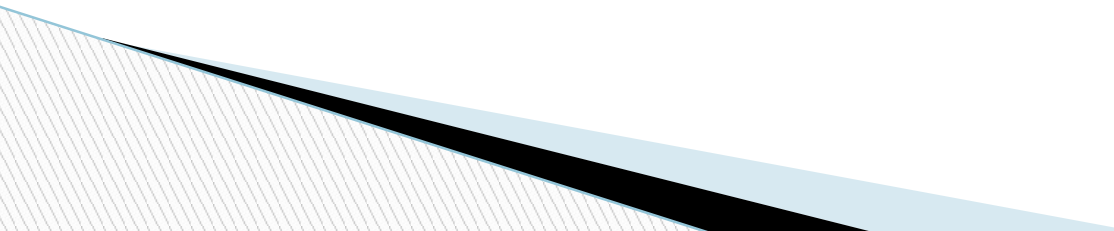
# Gymnastics-:

- ▣ **Gymnastics** is a sport that includes physical exercises requiring balance, strength, flexibility, agility, coordination, and endurance. The movements involved in gymnastics contribute to the development of the arms, legs, shoulders, back, chest, and abdominal muscle groups. Gymnastics evolved from exercises used by the ancient Greeks that included skills for mounting and dismounting a horse, and from circus performance skills.



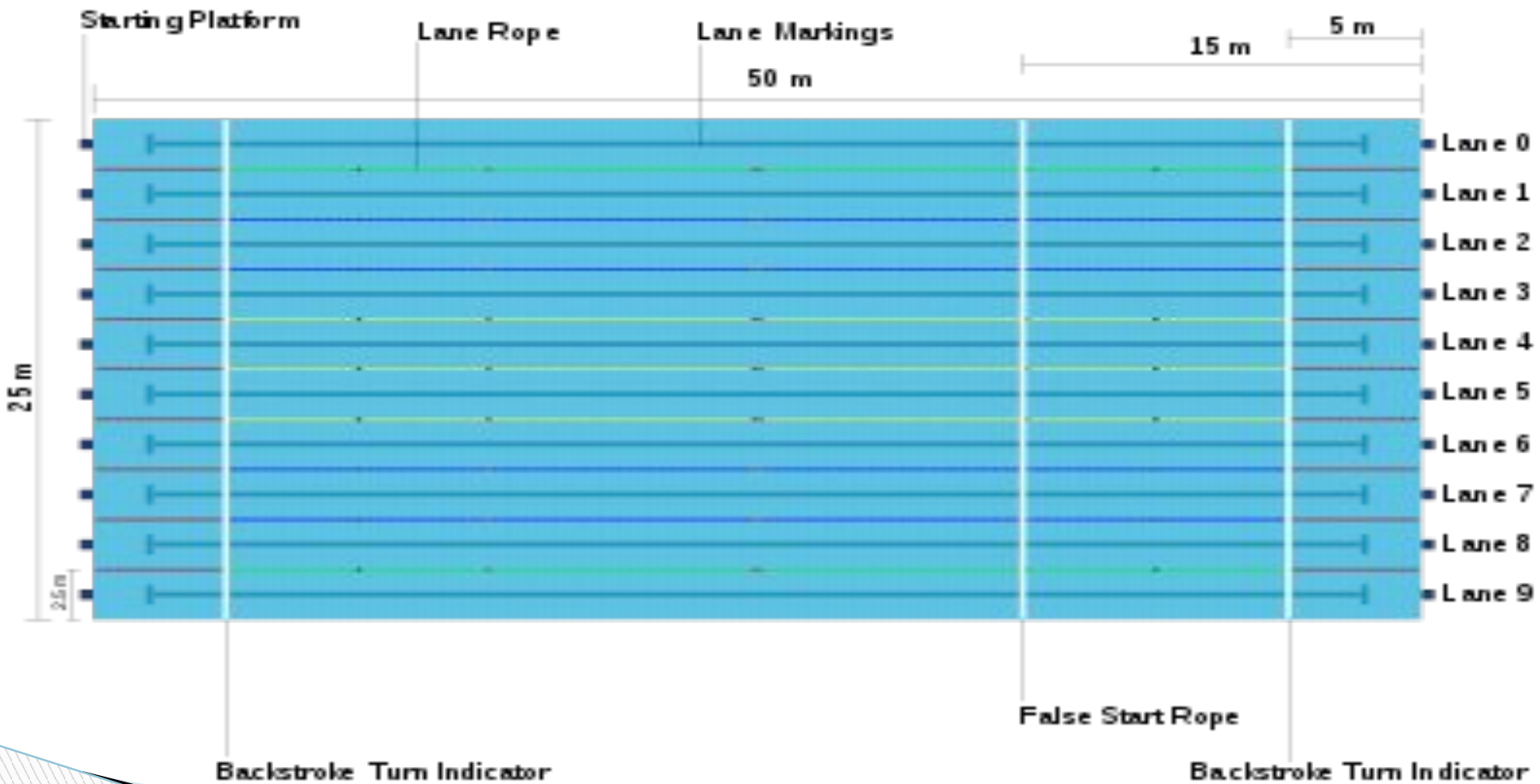
# Swimming-:

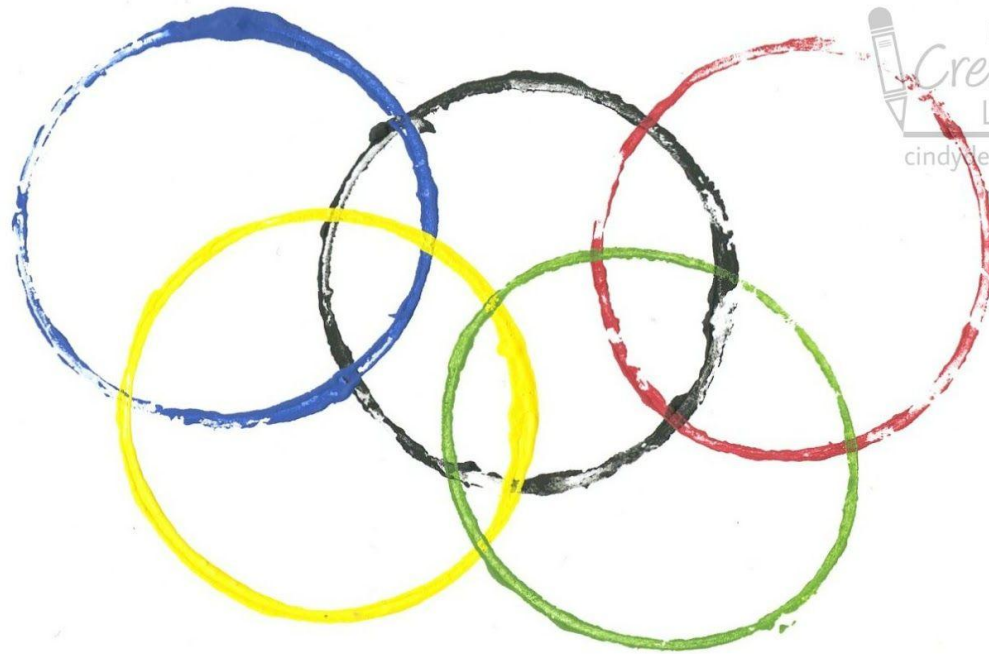
- ▣ **Swimming** is an individual or team racing sport that requires the use of one's entire body to move through water. The sport takes place in pools or open water (e.g., in a sea or lake). Competitive swimming is one of the most popular Olympic sports, with varied distance events in butterfly, backstroke, breaststroke, freestyle, and individual medley. In addition to these individual events, four swimmers can take part in either a freestyle or medley relay. A medley relay consists of four swimmers who will each swim a different stroke, ordered as backstroke, breaststroke, butterfly and freestyle.

- Swimming each stroke requires a set of specific techniques; in competition, there are distinct regulations concerning the acceptable form for each individual stroke. There are also regulations on what types of swimsuits, caps, jewelry and injury tape that are allowed at competitions.
  - Although it is possible for competitive swimmers to incur several injuries from the sport, such as tendinitis in the shoulders or knees, there are also multiple health benefits associated with the sport.
- 

# Pool -:

- World Championship pools must be 50metres (160 ft) (long course) long and 25metres (82 ft) wide, with ten lanes labelled zero to nine (or one to ten in some pools; zero and nine (or one and ten) are usually left empty in semi-finals and finals); the lanes must be at least 2.5metres (8.2 ft) wide. They will be equipped with starting blocks at both ends of the pool and most will have Automatic Officiating Equipment, including touch pads to record times and sensors to ensure the legality of relay takeovers. The pool must have a minimum depth of two metres.





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Thank You!