

A PROPOSED SPORTS RECREATIONAL CENTER  
ASABA, DELTA STATE.

BY

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BEING A PROJECT WORK SUBMITTED TO THE DEPARTMENT OF  
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## CERTIFICATION

This is to certify that the project work (Research and write-up) titled “Sports Recreational Centre” was carried out by Okolosi Daniel Enahoro, in compliance with the rules and guidelines for preparation and presentation of project work in this Federal Institution of Higher learning, and it is adequate in scope and quality for the requirement for partial fulfillment of the award of Higher National Diploma (HND) in Architectural Technology.

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Arc. (Mr.) AIGBOJE.T  
(Project Supervisor)

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Date

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Arc. (Mrs.) AKHARIA. O  
(Head of Department)

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Date

## DEDICATION

With all form of joy, happiness, and profound smiles, I , in all sincerity, dedicate this project to Jehovah GOD , in HIS infinite mercies, granted me life, during my entire years, and course of study.

## ACKNOWLEDGEMENT

With profound joy, worship, and acknowledgement, I am forever grateful to Jehovah GOD, for making this day turn into a reality, the day I have waited for so dearly, and seeing it coming to fruition, is more than what words can expressed, and my family, for all the financial support, love, words of encouragement towards the success of this project.

To my course mates, friends turned brothers and sisters, who helped me greatly, with every smile, words of advice, happiness, memories, we all made, I , say a big thank you and I am forever grateful, for having you all in my life, for giving me the zeal, for the total completion of this project.

Special thanks, to My parents, my beloved sisters, my brother, my Supervisor and course mates I write this, to all the lecturers in architecture department, I say a big thank you, all the laughs, the smiles, the corrections, the shouts, the sleepless nights, with extravagating assignments, smiles, they all led to this moment, and I have never regretted a day, and everyday has been a journey, and today, I show sincere appreciation.

## **ABSTRACT**

Sports and recreation facilities are becoming more important in the development of physical activity. This study follows a line of research on the sustainable development of physical activity in dense urban environments. **Study Objective:** This study discusses the role of sports and recreation facilities and how they promote healthy lifestyle, impact the physical activity of the modern community, namely the residents of Asaba, Oshimili south local government area Delta State, and in the nearby towns surrounding it. **Sources and Methodology:** In addition to analyzing the available literature in the field, research was carried out based on an original questionnaire in selected sports and recreation facilities. **Results:** The survey demonstrated that, among other results, both younger and older generations are increasingly aware of the benefits of the physical activity, because it makes them feel healthier, relaxed and stronger when facing everyday challenges. **Conclusions:** Numerous sports and recreation facilities have become destinations not only for business people and managers but just about anybody looking to improve one's fitness and health, including students, elderly and the unemployed.

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## **CHAPTER ONE**

## INTRODUCTION

### 1.1 .BACKGROUND OF STUDY

Sports and recreation are fast developing activities in Nigeria, country of an estimated 177.5 million inhabitants which counts many lovers of sports and adapts of leisure games. Sports have become a unifying factor in Nigeria and an essential ingredient towards nation building. It is actually a very important aspect of Nigeria social-cultural life. It is a medium through which competition, friendship, tolerance, endurance, diplomacy and unity are promoted amongst human beings within nations and internationally, irrespective of race, gender, class and other parameters. It impacts on many of the individuals' precious personal mementoes and deepest values male or female. Nigeria enjoy a large number of indigenous games and sports. Such as traditional wrestling others include, ija kadi, ayo among the yorubas, dara among the Hausa, okwe among the igbo and Nsa isong among the efik. It is a board game for two players played with seeds or stones. Sports such as lawn tennis, table tennis, basketball, squash, and handball are supported by the government, corporate bodies and individuals. Wealthy Nigerians in the cities may belong to exclusive clubs, which have facilities for tennis, golf or swimming.

A demographic analysis of people actively in sports in Nigeria indicates that men constitute the greater number either as players, coaches or administrators.

### SPORTS PLAYED IN NIGERIA

The National Sports Commission (NSC) promotes about 24 (twenty-four) different sports each being organized by a non-autonomous governing body. Some of the sports that are played in Nigeria include: athletics (track & field) badminton, baseball, basketball, boxing, chess, cricket, cycling, and football (called soccer in the United States and in some other places). Gymnastics , golf, handball, hockey , judo, tennis, rowing , shooting, squash rackets, swimming , table tennis, taekwondo, volleyball, powerlifting, wrestling traditional sports and a host of other Para sports (physically challenged). The federal, state and local governments make funds available for clubs from different provinces were invited to play. The most major sports widely played with major honors include: football (male and female) basketball, athletics (track and field) including Para sports recently boxing and wrestling.



## AIMS

1. It promotes participation and engagements in various or such activities.
2. To improve physical fitness, fun.
3. To improve social involvement often prominent.
4. It provides a healthy, lifestyle that leads to less incidence of serious disease (particularly diabetes and cardiovascular diseases associated with obesity).
5. To build healthier, happier and safer communities and environment.

## OBJECTIVES

1. Right to public access.
2. Strong commitment and collaboration for outdoor recreation and indoor recreation.
3. Accessible nature for everyone.
4. Attractive urban nature.
5. Sustainable regional growth and rural development.

## SCOPE

The scope of this study is one which is structured to provide facilities and functional spaces to encompass the sports and recreational design project and its organized framework i.e. administrative offices, basketball court, health facilities, gym, locker room, conference hall, storage room, hall of fame. Each of the facilities cannot be trivialized because of its function and ability to give proper and adequate functionality, and circulation.

## RESEARCH METHODOLOGY

To execute broadly adequate examination, taking on a proper strategy is significant for the acknowledgment of the exact outcome and it makes the exploration more significant. The take on strategy, incorporates ordering of data from perusing the web and related materials. The examination strategies would be additionally buttressed in part three (3) of this proposition.

## BENEFICIARY

This research will serve as a benefit to the following people:

1. Primarily, the community.
2. The nation Nigeria, as a whole.

## DEFINITION OF TERMS

Sports terminology refers to the important words used in the field of sports. It is important to know about various sports terminology. This increases general awareness and helps enjoy sports programs to the maximum.

It also encourages several people to join the field of sports as they feel more confident about it. There is different terminology for various sports such as boxing, football, snooker, cycling, polo, wrestling, etc. It is important for sportspersons to be aware of such terminology when they are under training.

List of Sports terminology

Important Terminology Of Sports

## **Basketball Terms**

**Personal Fouls:** These refer to the fouls caused by commencement of contact with an opponent player. These are of 2 major types – offensive and defensive. These include charging, holding, tripping, elbowing, blocking.

**Technical Fouls:** These refer to the fouls displaying a lack of sportspersons spirit. There is an inclusion of ill behaviors and poor conduct during the game. This includes aggressiveness against opponents, coaches, referees, etc.

**Free Throws:** These are also known as foul shots. This is for the opposite team when the members of their opponent team commit a foul. These are also given out after technical fouls or when the foul conducting team enters the bonus or penalty situation. The player has to shoot from a 15 – foot free throw line.

**Double Dribble Foul:** This takes place either when a player dribbles the ball using both their hands or when a player stops to dribble and then starts to dribble again.

**Lay Up Shot:** When a shot occurs from very near to the hoop, occurring usually when a player moves towards the basket.

## **Football Terms**

**Penalty Kick:** A method of resuming the game, wherein a player gets the opportunity to score on the goal which is only defended by the goalkeeper of the opposite team.

**Goal:** Scored when the ball crosses the goal line at any end of the football field between the goalposts which are set up.

**Hat trick:** Term used when a player scores 3 goals in a single football match.

**Defender:** A player whose role is to stop the attacks and attempts to score goals by the opponent team members.

## **Badminton Terms**

**Smash:** A quick, sudden, powerful shot that takes place from high above to below landing in the opponent's court. It refers to taking control over the game for that particular instant.

**Net:** The equipment which divides the court into 2 equal halves. The shuttlecock must pass over this to play a continuous rally game.

**Shuttlecock:** The equipment which acts as the projectile goes from one side to the other. It has a conical shape with feathers based on a rounded cork base. It is aerodynamically very stable.

**Double Fault:** When both the umpire and the service judge call out a fault for the server. It means there were two faults committed.

**Fore Hand:** A swinging shot made by the racket which moves across the player's body with the moving hand's palm first.

### **Billiards and Snooker Terms**

**Cue:** A sporting equipment stick used to strike a ball. It is a tapered stick about 60 inches long.

**Object Ball:** The first ball struck by a cue ball is the object ball. It is usually referred to as any ball except the cue ball.

**Break Shot:** Breaking the racked object balls pocketing at least one ball and starts to pocket the remaining balls without giving a chance to the opponent at the table.

**Scoring:** Potting balls by a cue ball into a pocket. This is done by cannons too. This helps to score a point.

### **Gymnastics Terms**

**Sit Up:** A strength and endurance exercise to tone up and highlight the abdominal muscles.

**Horizontal Bar:** An equipment bar placed parallel to the ground for exercises such as chinning up used majorly by men.

**Parallel Bar:** Consisting of two wooden bars on uprights about 11 feet high, adjustable in height, and used for swinging, vaulting, balancing exercises, etc.

**Floor Exercise:** Exercises and movements performed on the floor in an area of 12 meters square. Only cushioning of the floor is there and the time duration for this is short.

### **Chess Terms**

**Checkmate:** Instance of maneuvering the opponent's king into a check or trap from which there is no way out. It is a warning symbol of threat and usually used when the game is about to end.

**International Master:** A title awarded to brilliant chess players under the level of grandmaster. This lasts for a lifetime and the giver is an international chess body called the 'FIDE'.

**Gambit:** A chess opening in which a player sacrifices a possessioned material in order to achieve an advantageous position. Eg: Sacrificing a pawn.

**Move:** This refers to the chance to turn off a player to go ahead with their game trickles according to the rules of the game.

### **Tennis Terms**

**Netplay:** Refers to the activity or play made from a position close to the net.

**Grass Court:** A court made from different compositions of grasses for the sport of lawn tennis. This is one of the 4 major types of courts.

**Grand slam:** This refers to the accomplishment of winning all four major championships- the championships of Australia, France, Britain (Wimbledon), and the United States in the same calendar season.

**Break:** To win a game as a player or team, there is a breaking serve that takes place. At a high level of play, the server is more likely to win a game, so breaks are often key moments of a match.

### **Swimming Terms**

**Butterfly Stroke:** A technique in which the arms come forward above the water. It helps create propulsion and allows the swimmer to keep its head of the water.

**Lane:** Swimmers swim up one side of the track called Lane. They swim up and down the same line. Swimmers in a lane swim in 'chains' – they leave a few seconds gap in between. The fastest swimmer is usually given the center lane.

**Pool:** The structure designed to hold water and enable swimming as a sport.

**Crawl:** The fastest of the 4 primary strokes, in these arms, move alternately overhead accompanied by a flutter kick.

### **Volleyball Terms**

**Smash:** A high energy powerful shot which takes place when the ball is at a good height and near to the opponent's court.

**Penetration:** This technique includes moving a back row setter into the frontcourt in order to perform a set. A front-court setter can then act as a third smasher.

**Libero:** In this position, you're expected to cover the whole court and make sure the ball doesn't hit it.

### **Table Tennis Terms**

**Back Hand:** It involves topspin and is an attacking stroke. These use float balls.

**Chop:** A shot in which The racket face points primarily horizontally, perhaps a little bit upward, and the direction of the stroke are straight down. The object of a defensive chop is to match the topspin of the opponent's shot with your own racket speed

**Drive Spin:** Spin given onto the ball using the racket in a tangential brushing action. But when brushing your racket against the ball at an angle of less than, or more than, 90° using an upward, downward, or sideways movement, the ball will spin

**Volley:** A major foul in Volleyball, and it's an illegal shot in table tennis. On doing this players lose the point. The player is not allowed to hit the ball while it's on its way to bouncing on the table.

### **Conclusion**

The above article mentions important sports terms which help in boosting general knowledge. These are a must – know and also make one prepare well for competitive exams. This also increases public interest in sports and further supports the field by encouraging them to join such sports.

## CHAPTER TWO

### LITERATURE REVIEW

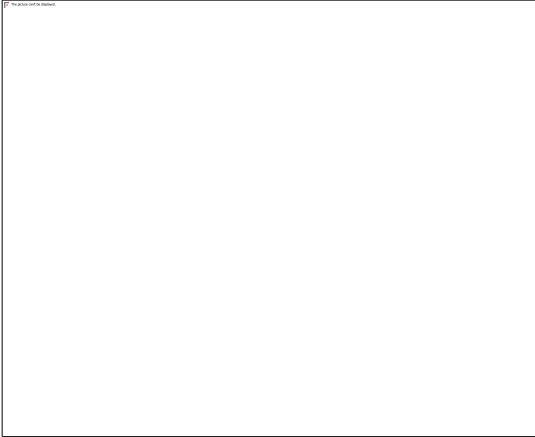
#### 2.0: HISTORY OF SPORTS IN GENERAL

The documented history of sports goes back at least 3,000 for war or training as a hunter, which explains why so many rocks, and sparring one-on-one with opponents. With the first Olympic Games in 776 BC—which included events discus and javelin throwing—the ancient Greeks introduced exhaustive list takes a look at the beginnings and evolution of some of today's most popular sporting pastimes. The game of cricket originated in south-east England sometime in the late 16th century. By the 18th century, it had become the national sport, making inroads globally in the 19th and 20th centuries. The prototype for the modern cricket bat featuring a willow blade and a cane handle layered with strips of rubber, and then tied with twine and covered with another layer of rubber to form a grip was invented around 1853. (The longest recorded game of cricket took place in 1939 and spanned a period of nine days.)

**Baseball:** Alexander Cartwright (1820-1892) of New York invented the baseball field as we know it in 1845. Cartwright and the members of his New York Knickerbocker Base Ball Club devised the first rules and regulations that became the accepted standard for the modern game of baseball.

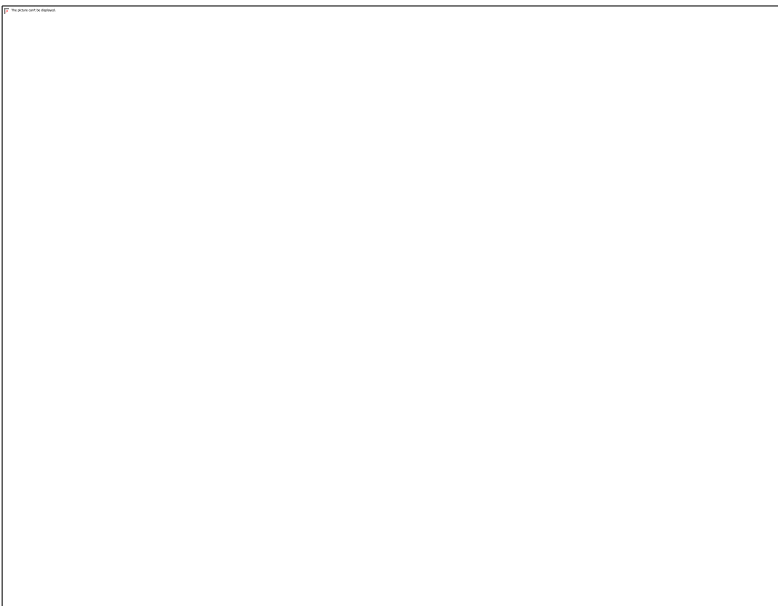
**Softball:** In 1887, George Hancock, a reporter for the Chicago Board of Trade, invented softball as a form of indoor baseball that was first played on a cold winter day inside the warm Farragut Boat Club.

#### **Basketball**



The first formal rules for basketball were devised in 1892. Initially, players dribbled a soccer ball up and down a court of unspecified dimensions. Points were earned by landing the ball in a peach basket. Iron hoops and a hammock-style basket were introduced in 1893. Another decade passed, however, before the innovation of open-ended nets put an end to the practice of manually retrieving the ball from the basket each time a goal was scored. The first shoes specifically designed for the game, Converse All Stars, were introduced in 1917 and were soon made famous by legendary player Chuck Taylor who became an early brand ambassador in the 1920s.

### **Rugby and American Football**

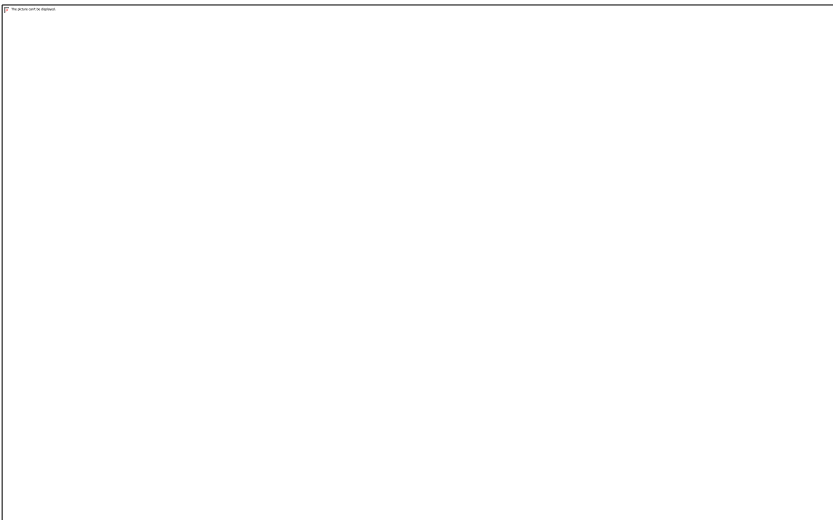


Football team in typical team pose of the early 1900's at Oklahoma University. Bettmann Archive / Getty Images



- **Rugby:** The origins of rugby can be traced back over 2000 years to a Roman game called *harpastum* (from the Greek for “seize”). Unlike soccer, in which the ball was propelled by means of the foot, in this game, it was also carried in the hands. The game made its modern debut in 1749 at a newly built school in Rugby in Warwickshire, England, which boasted “every accommodation that could be required for the exercise of young gentlemen.” The eight-acre plot on which the game evolved was known as “The Close.” Between 1749 and 1823, rugby had few rules and the ball was kicked rather than carried to move it forward. Games could go on for five days and often more than 200 students participated. In 1823, player William Webb Ellis was the first to pick up the ball and run with it. This was the beginning of the modern version of the sport as it’s played today.
- **Football:** [American football](#) is a descendant of rugby and soccer. While Rutgers and Princeton played what was then billed as the first college football game on November 6, 1869, the game did not come into its own until 1879 with rules instituted by Walter Camp, a player/coach at Yale University. On November 12, 1892, in a game that pitted the Allegheny Athletic Association football team against the Pittsburgh Athletic Club, AAA player William (Pudge) Heffelfinger was paid \$500 to participate—marking him as the first-ever professional football player.

## Golf

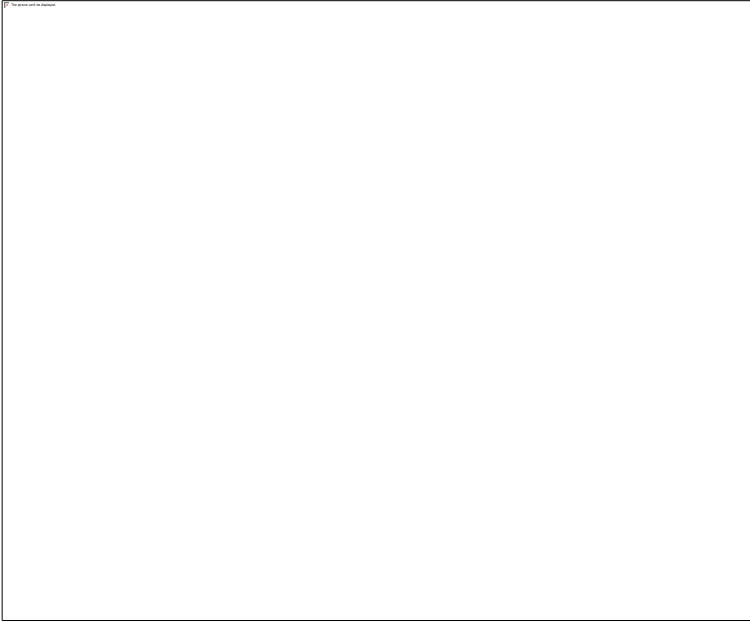


St. Andrews Golf Club in Yonkers founded by Reid in 1888.

The game of Golf is descended from a game that originated in the Kingdom of Fife on the eastern coast of Scotland in during the 15th century. While there were similar games in other parts of Europe at the time that involved swatting a rock with a stick around a predetermined course, the game as we know it—including the innovation introduction of the golf hole—was invented in Scotland.

- During the mid-15th century, the games of golf and soccer suffered something of a setback. As Scotland prepared to defend its borders against English invasion, the rising popularity of the games was thought to be responsible for men neglecting more useful pursuits such as archery and swordsmanship. Golf and soccer were officially banned in Scotland in 1457. The prohibition was lifted in 1502 with the signing of the Treaty of Glasgow.
- In the 16th century, King Charles I popularized the golf in England and Mary Queen of Scots, who was French, introduced the game to her homeland. (In fact, it's possible that term "caddie" is derived from the name given to the French cadets who attended Mary when she played).
- The first reference to golf at Scotland's most famous golf course, St Andrews, was in 1552. The clergy allowed public access to the links the following year.
- The golf course at Leith (near Edinburgh) was the first to publish a set of rules for the game, and in 1682, was also the site of the first international golf match during which a team pairing the Duke of York and George Patterson playing for Scotland beat two English noblemen.
- In 1754, the St Andrews Society of Golfers was formed. Its annual competition relied on the rules established at Leith.
- Stroke play was introduced in 1759.
- The first 18-hole course (now standard) was constructed in 1764.
- In 1895, St Andrews inaugurated the first women's golf club in the world.

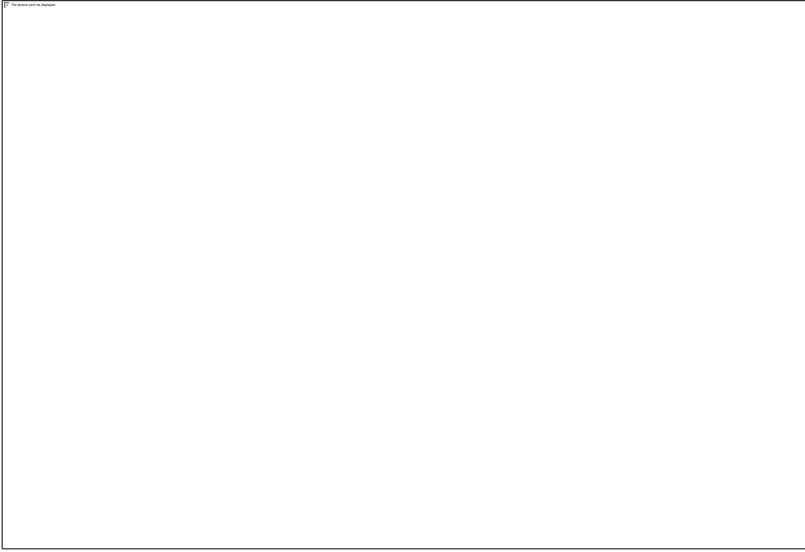
## Hockey



While the exact origin of [ice](#) hockey is unclear, the game likely evolved from the centuries' old Northern European game of field hockey. The rules of modern ice hockey were created by Canadian James Creighton. The first game was played in [Montreal, Canada](#) 1875 at Victoria Skating Rink between two nine-player teams, and featured a flat circular piece of wood that served as a prototype for what would eventually evolve into the modern hockey puck. Today, barring penalties, each team has six players on the ice at a time, including the goalie, who guards the net.

Lord Stanley of Preston, [Governor-General of Canada](#), inaugurated the Dominion Hockey Challenge Cup—known today as the Stanley Cup—in 1892, to recognize the best team in Canada each year. The first award went to the Montreal Hockey Club in 1893. The awards were later opened to both Canadian and American league teams.

## Ice Skating

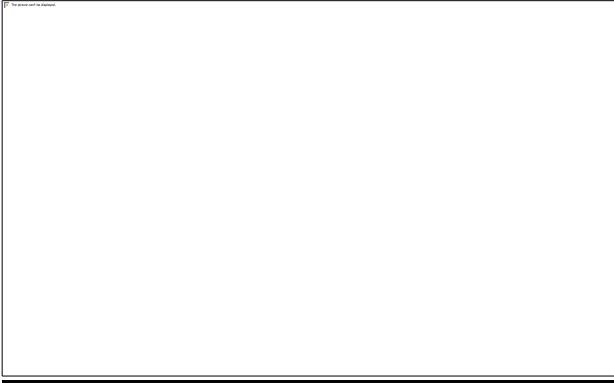


A frozen pond in Central Park, New York City, 1890s. Museum of the City of New York/Byron Collection / Getty Images

Around the 14th Century, the Dutch started using wooden platform [skates](#) with flat iron bottom runners. The skates were attached to the skater's shoes with leather straps. Poles were used to propel the skater. Around 1500, the Dutch added a narrow metal double-edged blade, making the poles a thing of the past, as the skater could now push and glide with his feet (called the "Dutch Roll").

Figure skating was introduced at the 1908 Summer Olympics and has been included at the Winter Games since 1924. Men's speed skating debuted during the 1924 Winter Olympic Games in Chamonix, France. Ice dance became a medal sport in 1976, with a team event debuting for the 2014 Olympics.

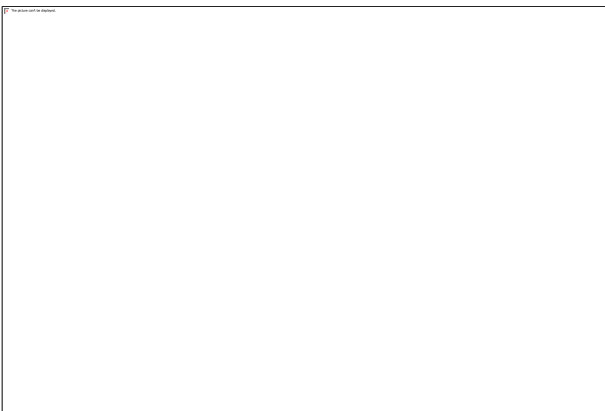
## Skiing and Water Skiing



Underwood Archives / Getty Images

- **Skiing:** Although the sport of skiing in America is little more than a century old, researchers have dated a rock carving of a skier, found on the Norwegian island of Rodoy as more than 4,000 years old. Skiing was so revered in Scandinavia that the Vikings worshiped Ull and Skade, the god and goddess of skiing. Skiing was introduced to the United States by Norwegian gold miners.
- **Water Skiing:** [Water skiing](#) came about on June 28, 1922, when 18-year-old Minnesotan Ralph Samuelson proved the theory that if a person could ski on snow, a person could ski on water.

## Competitive Swimming

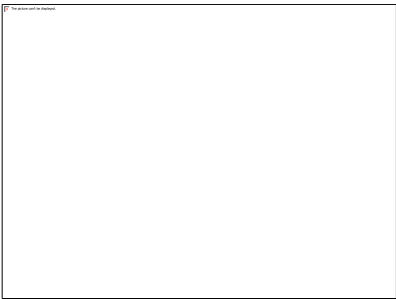


H. Armstrong Roberts/ClassicStock / Getty Images

Swimming pools did not become popular until the middle of the [19th century](#). By 1837, six indoor pools with diving boards had been built in London, England. When the [modern Olympic Games](#) were launched in Athens, Greece, on April 5, 1896, swimming races were among the original events. Soon after, the popularity of swimming pools and the related sporting events began to spread.

Several famous 20th Century swimmers, including three-time gold medalist Johnny Weissmuller who competed in the [1924 Paris Games](#), two-time Olympian Buster Crabbe, and Esther Williams, an American competitive swimmer who set multiple national and regional swimming records (but did not compete in the Olympics due to the outbreak of WWII) went on to have successful careers in Hollywood.

## [Tennis](#)



Resting after a tennis match, ca. 1900. Corbis via Getty Images / Getty Images

While there's evidence to suggest that ancient Greeks, Romans, and Egyptians played some version of a game that resembled tennis, [court tennis](#) as we know it is descended from a game enjoyed by 11<sup>th</sup>-century French monks called *paume* (meaning "palm"). *Paume* was played on a court and the ball was struck with the hand (hence the name). *Paume* evolved into *jeu de paume* ("game of the palm") in which racquets were used. By 1500, racquets constructed of wooden frames and gut strings were in play, as were balls made of cork and leather. When popular game spread to England, it was played exclusively indoors, but rather than volley the ball back and forth, players attempted to hit a ball into a netted opening in the roof of the court. In 1873, Englishman Major Walter Wingfield invented a game called Sphairistikè (Greek for "playing ball") from which modern outdoor tennis evolved

## Volleyball



Woman holding volleyball on beach, ca. 1920s. H. Armstrong Roberts/ClassicStock / Getty Images

William Morgan invented volleyball in 1895 at the Holyoke, Massachusetts, YMCA (Young Men's Christian Association) where he served as Director of Physical Education. Originally called Mintonette, after a demonstration match during which a spectator commented that the game involved a great deal of "volleying," the sport was renamed volleyball.

## Surfing and Windsurfing

- **Surfing:** The exact origins of surfing are not known, however, most research suggests the activity dates back to ancient Polynesia and was first observed by Europeans during a 1767 voyage to Tahiti. The first surfboards were made of solid wood, measuring between 10 and 10 feet, and weighing from 75 to upwards of 200 pounds. Solid boards were designed for forward-motion only and were not meant to cross waves. At the dawn of the 20th century, a Hawaiian surfer named George Freeth was the first to cut a board down to a more manageable eight-foot length. In 1926, American surfer Tom Blake invented the first hollow board and later introduced the fin. During the late 1940s through the early 1950s, inventor and surfing aficionado Bob Simmons began experimenting with curved boards. Thanks to his innovative designs, he is often referred to as the "Father of the Modern Surfboard." Later designs would aim for lighter, more maneuverable boards. Boards carved from balsa wood, then laminated with fiberglass and coated

with epoxy resin became popular, but as technology advanced, balsa core boards were eventually eclipsed those constructed of foam core.

- **Windsurfing:** Windsurfing or boardsailing is a sport that combines sailing and surfing and uses a one-person craft called a sailboard. The basic sailboard is composed of a board and a rig. In 1948, 20-year-old Newman Darby first conceived of using a handheld sail and rig mounted on a universal joint, to control a small catamaran. While Darby did not file for a patent for his design, he is recognized as the inventor of the first sailboard.

## Soccer

According to the Federation Internationale de Football Association (FIFA), more than 240 million people around the world play soccer on a regular basis. The history of the game can be traced back more than 2,000 years to ancient China, where it all began with a bunch of players kicking an animal-hide ball around. While Greece, Rome, and areas of Central America claim to be seminal to the development of the game, soccer as we know it—or football as it's called in most places other than the United States—came to the fore in England during the mid-19th Century, and it's the English who can claim credit for codifying the first uniform rules for the sport—which made tripping opponents and touching the ball with the hands are forbidden. (The penalty kick was introduced in 1891.)

## Boxing

The earliest evidence of boxing can be traced back to Egypt circa 3000 BC. Boxing as a sport was introduced to the ancient Olympic Games in the 7th century BC, at which time, boxers' hands and forearms were bound with soft leather thongs for protection. Romans later traded in leather thongs for metal-studded gloves called *cestus*.

After the fall of the Roman Empire, boxing died out and did not make a comeback until the 17th century. The English officially organized amateur boxing in 1880, designating five weight classes: Bantam, not exceeding 54 kilos (119 pounds); Feather, not exceeding 57 kilos (126 pounds); Light, not exceeding 63.5 kilos (140 pounds); Middle, not exceeding 73 kilos (161 pounds); and Heavy, any weight.

When boxing made its Olympic debut at the 1904 Games in St. Louis, the USA was the only country entered, and as a result, took home all the medals. Since its initial admittance in the Olympic program, the sport has been included at all of the subsequent Games, with the exception of the 1912 Stockholm Games, since boxing was outlawed there. But Sweden wasn't the only place where fisticuffs were illegal. For a good deal the



19th century, boxing was not considered a legitimate sport in America. [Bare-knuckle boxing](#) was outlawed as a criminal activity and boxing matches were regularly raided by the police.

## **Gymnastics**

Gymnastics began in ancient Greece as a form of exercise for both men and women that combined physical coordination, strength, and dexterity with tumbling and acrobatic skills. (The translation for the word “gymnasium” from the original Greek is “to exercise naked.”) Early gymnastics exercises included running, jumping, swimming, throwing, wrestling, and weight lifting. Once the Romans conquered Greece, gymnastics became more formalized. Roman gymnasiums were mostly used to prepare their legions for the rigors of battle. With the exception of tumbling, which remained a fairly popular form of entertainment, as the Roman Empire declined, the interest in gymnastics, along with several other sports favored by gladiators and soldiers dwindled as well.

In 1774, when prominent German educational reformer Johann Bernhard Basedow added physical exercise to the realistic courses of study he advocated at his school in Dessau, Saxony, modern gymnastics—and the Germanic countries’ fascination with them—took off. By the late 1700s, German Friedrich Ludwig Jahn (the “father of modern gymnastics”) had introduced the sidebar, the horizontal bar, the parallel bars, the balance beam, and jumping events. German educator Johann Christoph Friedrich GutsMuths (also known as Guts Muth or GutsMuths and the “grandfather of gymnastics”) developed a more graceful form of gymnastics focusing on rhythmic movement, opening the Jahn's school in Berlin in 1811. Soon after, gymnastics clubs began to spring up in both continental Europe and Great Britain. As gymnastics evolved, the Greco-Roman events of weight lifting and wrestling were dropped. There was also a shift in emphasis from simply beating an opponent to the pursuit of excellence in form.

Dr. Dudley Allen Sargent, a pioneering Civil War-era physical education teacher, athletic proponent, lecturer, and prolific inventor of gymnastic equipment (with more than 30 pieces of apparatus to his credit) introduced the sport to the United States. Thanks to a wave of immigration at the end of the 19<sup>th</sup> century, an increasing number of *turnverein* (from the German “*turnen*,” meaning to perform gymnastic exercises + “*verein*,” meaning club) sprang up as recently arrived Europeans sought to bring their love of the sport to their new homeland.

Men’s gymnastics debuted at the Olympic Games in 1896, and have been included in all Games since 1924. An all-around women’s competition arrived in 1936, followed by a competition for separate events in 1952. During early competitions, male gymnasts from

Germany, Sweden, Italy, and Switzerland, dominated the competition, but by the '50s, Japan, the Soviet Union, and several Eastern European nations were turning out top male and female gymnasts. The widespread coverage of Olympic performances by the Soviet Union's Olga Korbut in the 1972 Olympics and Nadia Comaneci of Romania at the 1976 Games raised the profile gymnastics dramatically, resulting in a major promotion of the sport, particularly for women in the China and the United States.

Modern international competition has six events for men—the rings, parallel bars, horizontal bar, side or pommel-horse, long or vaulting horse, and floor (or free) exercise, and four events for women—vaulting horse, balance beam, uneven bars, and floor exercise (which is performed with musical accompaniment). Tumbling and trampoline exercises are also included in many U.S. competitions. Rhythmic gymnastics, a non-acrobatic performance of graceful choreographed moves incorporating the use of a ball, hoop, rope, or ribbons, have been an Olympic sport since 1984.

## **Fencing**

The use of swords dates to prehistoric times. The earliest known example of swordplay comes from a relief found in the temple of Medīnat Habu, near Luxor that was built in Egypt by Ramses III circa 1190 BC. In ancient Rome, swordplay was a highly systemized form of combat that both soldiers and gladiators had to learn.

After the fall of the Roman Empire and through the middle Ages, sword training became less systematic and sword fighting took on a seedy reputation as criminals increasingly used the weapons to further their illicit pursuits. As a result, communities began outlawing fencing schools. But even in the face of such obstacles, including a 1286 London edict passed by King Edward I condemning the practice, fencing flourished.

During the 15<sup>th</sup> century, guilds of fencing masters came to prominence throughout Europe. Henry VIII was one of the sport's earliest supporters in England. The English convention of using a cutting sword and with a buckler (a small shield worn on the free arm) was replaced by the rapier combat more prevalent in continental European countries. It was the Italians who first began using the point rather than the edge of the sword. The Italian fencing style emphasized speed and dexterity rather than force and was soon adopted throughout Europe. When the lunge was added, the art of fencing was born.

By the end of the 17th century, the changes in men's fashion dictated by the court of Louis XIV changed the face of fencing as well. The lengthy rapier gave way to the shorter court sword. Initially dismissed, the lighter court sword soon proved an effective

weapon for a variety of movements impossible to achieve with earlier blades. Hits could be made with sword-point only, while the side of the blade was used for defense. It was from these innovations that modern fencing evolved.

The French school of sword fighting focused on strategy and form, and specific rules were adopted to teach it. A practice sword, known as the foil, was introduced for training. The first fencing masks were designed by French fencing master La Boëssière and infamous duelist Joseph Bologne, chevalier de Saint-Georges in the 18<sup>th</sup> century. Basic fencing conventions were first organized codified by French fencing master Camille Prévost in the 1880s.

Men's fencing has been an Olympic event since 1896. After numerous disputes, the Fédération Internationale d'Escrime was founded in 1913 as governing body of international fencing for amateurs (both in the Olympics and in world championships) to ensure uniform enforcement of rules. Individual foil for women was introduced at the 1924 Olympic Games. The women's foil team event debuted at the 1960 Games. Women's team and individual épée arrived for 1996 Games. The women's individual saber event was added for the 2004 Games, and women's team saber followed in 2008.

## **Rowing**

Rowing has been in existence as long as people have traveled by boat, however, the first historic reference to rowing as a sport dates to an Egyptian funerary carving from the 15<sup>th</sup> century BC. Roman poet Virgil mentions rowing in the *Aeneid*. In the middle Ages, Italian oarsmen zoomed across Venice's waterways during *Carnevale* regatta races. Beginning in 1454, London's early water taxi drivers battled it out on the Thames River hoping to win monetary prizes and bragging rights. A race between London Bridge and Chelsea Harbor has been held annually since 1715. America's first recorded rowing event took place in New York Harbor in 1756, and not long after, the sport took hold in the athletic programs at many of the country's elite colleges.

England's Oxford University Boat Club, one of the oldest established college teams, and its perennial rival, Cambridge, held their first men's competition, known simply as the University Boat Race, in 1929. The event has been held annually since 1856. Similar rowing rivalries, most notably those between Harvard, Yale, and the U.S. service academies, soon surfaced across the pond. Yale challenged Harvard to its first intercollegiate boat race in 1852.

Rowing became an Olympic sport in 1900. The United States took gold that year, and again in 1904. The English won gold medals in 1908 and 1912, after which the United

States ditched professional rowers, and instead, tapped the best college team to compete at the 1920 Games. The [U.S. Naval Academy](#) went on to beat the British team, recapturing the gold medal. The trend continued from 1920 to 1948, however, by then, the nature of American sports was changing. As the immense popularity of collegiate basketball and football grew, interest in rowing waned. While still wildly popular at some schools, rowing will likely never regain its former widespread audience.

### **Sports Miscellany: Wiffleball, Ultimate Frisbee, Hacky Sack, Paintball, and Laser Tag**

David N. Mullany of Shelton, Connecticut invented the Wiffle ball in 1953. A Wiffle ball is a variation of a baseball that makes it easy to hit a curveball.

While [Frisbees](#) date back to 1957, the game of Ultimate Frisbee (or simply Ultimate) is a non-contact team sport that was created in 1968 by a group of students led by Joel Silver, Jonny Hines, and Buzzy Hellring at Columbia High School in Maplewood, New Jersey.

Hacky sack (a.k.a. "footbag") is a modern American sport invented in 1972 by John Stalberger and Mike Marshall of Oregon City, Oregon.

Paintball was born 1981 when a group of 12 friends playing "Capture the Flag" added the element of firing at one another with the tree-marking guns. After investing with a tree marking gun manufacturer called Nelson, the group began promoting and selling the guns for use in the new recreational sport.

In 1986, George A. Carter III became the "founder and inventor of the laser tag industry," another variation of "Capture the Flag," in which teams equipped with infrared and visible light-based guns tag each other out until one side is victorious.

As anyone writing a compendium on the history of sports can tell you, there's a staggering amount of information to sift through and only so much time. Sports is such a huge topic (with events such as horse racing, wrestling, track & field, and mixed martial arts—to name only a few—that are more than deserving of coverage), it would take an encyclopedia to do it justice. That said, the ones included in this list should give you a fair sampling of the popular athletic endeavors that continue to fascinate sporting enthusiasts around the globe.

**Wrestling** Was the World's First Sport. Early European settlers in North America also witnessed Native Americans wrestling, so one can safely assume that wrestling was popular there for many, many years too.

## 2.1: HISTORY OF RECREATION IN GENERAL

In the year ad. 80, the colosseum opened with what must stand as quite large-scale slaughter, both of animals and men, were appreciatively watched quite happy footing the enormous bill just as he and his father, the imperial Vespasian, had already footed the bill for building this vast arena. Such in the long run, industrialization brought the reduction of work-time. West in a range from 3,000–3,600 to 1,800–2,000 from 1840 to the present. . . . This redistribution of time has been accompanied by a drastic “repackaging” of leisure hours making possible new forms of leisure time.

Historians have not always treated recreation very seriously as a topic of inquiry but it has always mattered to individuals in the modern world. Work may structure their day but play makes it worthwhile. Whether a song, a film, a game, a drink or even sex, recreation mattered and matters to people. These were not trivial asides; they were integral parts of people’s daily experience and influenced their outlooks on and understandings of the world they lived in. Yet, both the form and meaning of recreation was structured by the wider social and economic contours of life.

### **Eighteenth and nineteenth centuries**

In the eighteenth and nineteenth centuries, modern recreation was shaped by the experience of industrialization. Efficient production demanded that time be organized and segmented. This meant that recreation too became regimented and bound by time, both hindering and enabling play. Long festivals and festivities went into decline with the coming of industry but new opportunities opened up in the time that was designated for recreation, especially on Saturdays, a day which offered escape from work before the more subdued hiatus of the Sabbath. Furthermore, modern industrial conditions brought rising incomes for the working and middle classes, enabling people to purchase pleasure in their spare time. By the late nineteenth century, people in industrial countries were spending money on tobacco, alcohol, and gambling, sport, confectionary, and even holidays.

Of course, the boundaries between work and recreation were never impermeable. People talked, joked and even played while at work, and outside work domestic, family and religious chores and duties could lack the fun that should characterize play. Furthermore, as leisure itself was commercialized to take advantage of the rising demand, one person’s recreation became another’s employment. Similarly, developments like bicycling, which gained huge popularity at the very end of nineteenth century, served as both a means of travel for work and pleasure.

In the eighteenth and nineteenth centuries, industrialization may have changed the patterns of play in those communities that underwent it, but there was much continuity in its forms. The pleasures of drink and the escapism of drunkenness were as popular after the industrial revolution as they were before it. Music, dancing and sports were also integral parts of popular culture in both the pre-modern and the modern worlds. But modernization was bringing rationalization and organization, and it increasingly became the norm for such older collective but informal recreational traditions to be organized into clubs and societies. Competitions and rules became more formalized and the pursuit of pleasure justified by arguments for its moral and physical worth. Nowhere was this clearer than in the world of sport, where, led by the British and to a lesser extent the French, new rules, competitions, and traditions were established from the late nineteenth century. Sports became part of the building of the character and physique of young men, a tool to ensure national survival in the midst of international tensions and ideas of social Darwinism. The economic and political patterns of a world of empires also took sports across the globe, introducing them to non-industrial territories like India, where they quickly gained a local following, although not always in the spirit or form that their imperial masters had intended.

The rationalization of play was important as recreation increasingly became a contested political and moral space in the industrializing world. Drink had long since attracted religious oppositions but as religion itself was undermined by the spread of education, science and recreation, churches turned their attention to other pastimes that were thought to distract hearts and minds from God. In Catholic countries in particular the influence of the church was strong and this hindered the development of some modern forms of recreation such as formalized gambling. Recreation was also under attack from the growth of rational and scientific thinking that thought time and effort should only be employed on matters that were beneficial to the mind, body and community. Thus while the arts were widely deemed rational recreation, more populist pleasures were not, particularly when there were undertones of violence or debauchery. This was evident in the gradual growth in distaste for pastimes that involved cruelty to animals. However, precise attitudes towards what was socially acceptable obviously varied across cultures, as can be seen in the survival of the bullfight as a popular form of entertainment in Spain nearly two centuries after similar pastimes were outlawed in Britain.

### **The twentieth century**

By the twentieth century technological developments were broadening the range and possibilities of recreation. The most significant invention in the field of recreation was

the cinema, an international medium that literally changed the way people saw the world. In the early twentieth century, it opened up horizons and imaginations and had a profound effect on people individually and collectively; lives became less drab, wars and threats overseas seemed more real. It also began the trend of the Americanization of global popular culture and created global stars like Charlie Chaplin. The best films was not all American as, say, the great silent pictures of Weimar Germany or the sound films of 1930s France showed, but, as technologies got bigger and more expensive, it was increasingly difficult for other nations to produce films of the scale, spectacle and sheer impact of Hollywood.

Sport was another global phenomenon. Soccer, in particular, became an obsession that transcended national boundaries, although it was often utilized as a symbol of national and political pride, not least by the totalitarian regimes of left and right. The Olympic Games too became associated with deliberate and incidental exhibitions of national status, despite its initial conception as a celebration of international togetherness. Nonetheless, events like the World Cup and the Olympics did become genuine shared experiences that stretched across the globe.

Of course, not all recreation was communal. The home remained an important site of recreation, especially for women. Reading, embroidery, pets and even sex were things that could be enjoyed in the home of the growing literate masses. The development of the radio after the First World War was especially important in encouraging domestic recreation, although the relative expense of a set meant that it was not until the Second World War, fed by a hunger for news, that it achieved a truly mass audience in Europe. After the 1939-45 conflict, aided by the new rising prosperity, television became the dominant and ubiquitous source of both recreation and information. By the late 1960s it was the norm for homes in Europe, North America and Australasia to have a set. It was simultaneously a private and shared experience: millions of people watched the same programs but they did so from the comfort of their own homes. The development of satellite broadcasting in the 1960s enabled the live audiences for significant sporting and news events to extend around the globe, while the content of other programming, both educational and trivial, was a mix of the local and the imported.

For all its far-reaching significance in the west, television remained beyond the reach of those in poverty in the developing world. The reach of the globalized popular culture that was at the heart of recreation in the second half of the twentieth century was still limited by the realities of inequalities of wealth. Indeed, even within the west, a lack of access to popular recreation compounded the more fundamental miseries of poverty: poor diet and

housing. It is the poorest lack of access to modern forms of recreation that undermines Marxist views of leisure as an opiate of the masses, something to distract them from wider political and economic struggles. This is not to suggest that that movies, drugs, alcohol or sport could not have this function but limited access certainly limits recreation's political influence.

Nor was it just money that constrained modern recreation. Leisure was often highly gendered, reinforcing and reproducing wider female subordinate roles, from simply seeing recreation as the prerogative of only the male wage earner to employing women in brothels as entertainment for men. Racial prejudices too could, officially and unofficially, prevent people from partaking in everything from public dances to world title boxing bouts. Such restrictions eased as the west gradually became more racially tolerant after the Second World War and leisure even became an arena that encouraged such developments. Popular music was key here. Although black musical forms like jazz and the blues were initially widely distrusted because of their racial base, they gradually crossed over into mainstream popular culture, entertaining and influencing white people across the western world. Rock'n'roll in the 1950s and pop in the 1960s were dominated by both white artists and audiences but their roots lay in black musical forms.

Popular music in this era started as part of a new youth culture but, as generations aged, it became part of mainstream recreation. Like much modern recreation, it became a huge global industry in its own right and, even when associated with social and political rebellion, popular music was intensely commercialized. It also encapsulated the nature of global popular culture: strong common threads, structures and forms that absorbed local influences and then transmitted them across national boundaries, a process engendered and driven by the globalized economy and mass media. Recreation was thus not only an integral part of people's lives across the globe, it was also an arena that made a global culture something more real than simply the abstract flows of economic and political ties.



## CHAPTER THREE

### RESEARCH METHODOLOGY AND CASE STUDIES

#### 3.1 Methodology

The outline of the different research technique that was used while trying to gather some information's in order to get a good design data, is presented in this chapter, therefore, to note is that, the research of this proposed project is one which will provide possibilities in the actual design and creating a conducive and enabling environments for sports and recreation for the loving people, so that they can achieve their goals in sports.

#### 3.2 Case study

Case studies was done and carried out in order to make reference to the improving of existing projects on grounds, this research was done, so as to better the existing projects, to ensure that it meets up to modern and international standards.

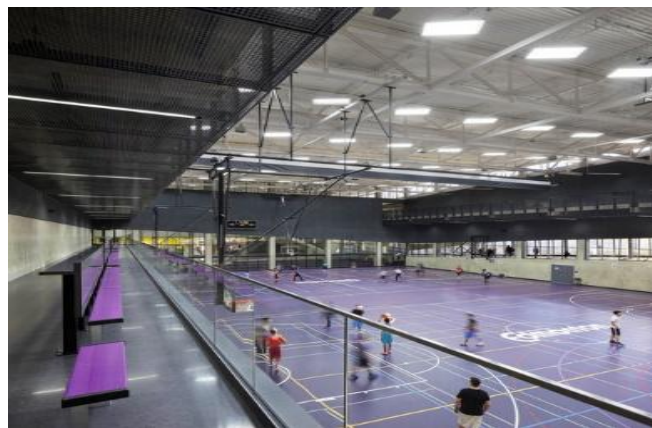
##### 3.2.1 Case study 1:

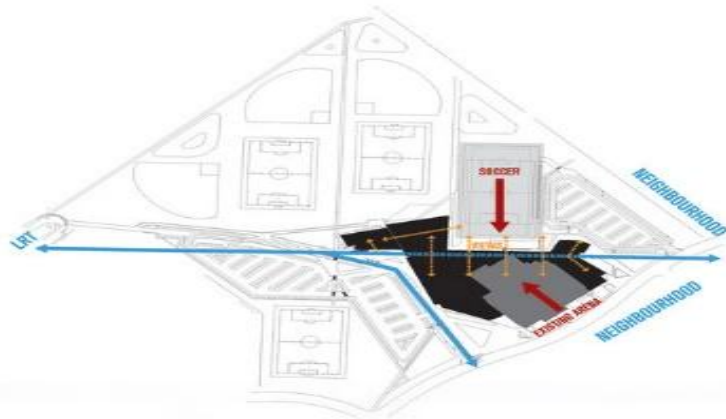
#### **CLAREVIEW COMMUNITY RECREATION CENTRE**

**Location:** Edmonton, Canada.

This large and complex project is a key part of the City of [Edmonton](#)'s new master plan for the Clareview area, designed to promote safe interaction and connectivity within the community while providing state-of-the-art expanded library, recreation and community support services. The new facility addresses several urban conditions, including the creation of safe connections between the developing Clareview neighborhood to nearby LRT public transit and schools. The transparency of the main façade allows the interior activities of the building to be visually accessible and inviting to passers-by while simultaneously animating exterior spaces with the energy of the building. The project integrates the branch library for the area, recreation Centre, community meeting facilities, childcare Centre and a new high school completion Centre. This innovative new school is the first of its kind in [Edmonton](#) and enables adults and older teens seeking to complete their education outside of the mainstream high school curriculum.

The recreation Centre incorporates competition, diving and leisure pools, fitness facilities, and existing arena. The library is designed to accommodate the latest library technology and facilitates a contemporary, pro-active service model. The design of all areas is focused on creating beautiful views to the project site as well as to the numerous other activities occurring in the Centre. Working to bring an integrated and sustainable urban quality to the site, the design ensures that the building works in harmony with its surrounding urban context and green space. The project is being constructed according to rigorous environmental controls and will achieve a minimum certification. The building configuration and design was evolved from a series of workshops involving the architectural team, the City of [Edmonton](#) and the community.













### 3.2.3: Case Study 3:

#### **SQUASH CLUB**

Location: Asaba, Delta State.

Squash club, Asaba is designed to meet the relaxation needs of the populace, or should I say the Asaba people. The facility which was built for leisure is one which houses many different facilities such as: Swimming pool, football pitch, Lawn Tennis Courts, Gym, Relaxation points, bar, night clubs, to enhance the comfortability of the user.

These building is a Government owned built intended for government staffs to enhance their work performance and fitness, but later on was extended to the public on 2010 by the State Government.

#### **MERITS**

- Adequate facilities available.
- Good use of space.
- Use of landscape facilities.

#### **DEMERITS**

- Outdated training equipment's.
- Less parking lots.
- Inadequate security personnel.
- Poor road network at the facility and into the building.
- Poor entrance.





