



## Summary

In this chapter we can summarize that sport competition is an important life activity. Physical educators, coaches and sport zealots would like the extramurals to be regular, extensive and intensives exercise for this is a sure way to sport excellence. In all developed countries, sports-competitions are an integral part of educational system. Great stress is laid on extramurals because primarily they facilitate talent-identification and expose promising athletes to competition oriented environment. Second, extramural competitions offer opportunities for some creative work for physical education personnel inspiring them to project their institution and the profession and put their bright image beyond the four walls of the institution. Third, achievements in extramurals being a great pride to the institution and its management. Finally extramurals act as effective media for socio-cultural development of students.