

Module 1 Physical Activity and Health Management
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Physical Activity and Health Management

As we all know that physical activity and exercises are important for every individuals like children, adolescence and adults. Physical activity promotes good health and help us to stay active though out all the stages of our life. If you understand with the physical activity and exercise, it will helps to attain the quality of the overall life. As in the same way people should aware about the various exercise patterns and its implementations in daily life. The aim of this course is to make aware the people among the need and importance of exercise in daily life.

Health

“Health is the complete state of physical, mental, emotional, social and spiritual wellbeing of an individual and not just merely an absence of any diseases.”

Health is not only depends up on the absence of any kind of diseases or discomforts but also the wellbeing of many other factors. For healthy living we should be in physically fit, mentally strong, emotionally balanced, socially adjustable and spiritually good. Each and every factors are interconnected. If you are not good enough in any one of these factor that may directly affect the other factors too.

Physical activity and learning capacity

Studies suggest that increased physical activity and physical fitness may improve academic performance and that time in the college or school day dedicated to recess, physical education class and physical activity in the class room may also facilitate academic performance. Available evidence suggest that mathematics and reading are the academic topics that are most influenced by physical activity. These topics depend on efficient and effective executive function, which has been linked to physical activity and physical fitness. Executive function and brain health underlie academic performance. Basic cognitive functions related to attention and memory facilitation are enhanced by physical activity and higher aerobic fitness. Single session of and long term participation in physical activity improve cognitive performance and brain health children who participated in vigorous or moderate intensity physical activity benefit the most. Although presently understand, physically active lessons offered in the classroom may increase time on task and attention to task in the classroom settings. The students those who carryout regular physical activities have good capacity to learn the thing faster and effective.



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Dimensions of health

There are five dimensions of health. Physical, Mental, Emotional, Social and Spiritual. These five dimensions of health provides a full picture about our life. These are interconnected and highly related with one another. Through physical activities and play we can easily improve all these dimensions of health up to good extend. The following are the major dimensions of health

1. Physical dimensions
2. Mental dimensions
3. Emotional dimensions
4. Social dimensions
5. Spiritual dimensions

All dimensions of health need our attention for us to truly flourish. There doesn't have to be a balance among all dimensions. Instead the goal is to find a personal harmony with the dimensions that is most authentic for you. You can't get their passively, it requires active awareness, acceptance and commitment. It is our hope that the following give dimensions will help you get started or refine your health plan.

1. Physical dimensions

The physical dimension of health is only attained through regular physical activities and active participation in sports and games. The physical condition of the body is most important and base factor of the healthy living. There are several factors affecting in the physical dimension of an individual

- a. Physical activity
- b. Balanced diet
- c. Daily life style
- d. Sleep
- e. Heredity and environment

Physical activity

An individual needs a minimum of 1 hour durable moderate level of physical activity or exercise in daily for the effective maintenance of health. If you want to enhance your fitness level little bit qualitatively you should adopt specified activities under an expert trainer and use certain fitness modalities apart from general walking



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and jogging. For getting better result on your exercise programme you can follow the ways detailed below. You can start with warming up including general stretching and mobility exercises, after that you can go for running, cycling, playing, weight training... and then finally you definitely perform warm down or cooling process also.

Ex. 15 minutes warm up , 30 minutes activities like running, jumping, push-ups, abs training, shuttle run, squats, plank exercise... last 15 minutes for cooldown process with light movements, stretching, shaking..

Balanced diet

In the present scenario, we the people are highly connected with junk food and fast foods. These food items contains high amount of carbohydrates, fat and chemicals but lesser in vitamins and minerals. It is very important to have essential vitamins and minerals. It is very important to have essential vitamins and minerals for the smooth functioning of the internal organs and hormone secession. Therefor we have to include vegetables, fruits eggs and milk to the daily diet. If we lose these things in our diet we may get trouble with osteoporosis, hypertension, thyroid problems...

Sleep

An average man needs a minimum of 6 hours continues and deep sleep daily. Sleep is an important factor that makes your life more easy and happy. Good sleeping habit provides better recovery from your physical, mental, emotional stress's... it also beneficial to prevent the accumulation of stress hormones to the blood. The excessive accumulation of stress hormones will reduce ones growth and recovery.

Heredity and environment

The heredity and environment means our genetics and present living conditions and play a major role in health. If we have any health relates problems with our family background, definitely we should aware of that things and take the necessary precautions against that. That precautions may help you to avoid risks from your life in some extend.

2. Mental dimension



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Mental dimension is refers to the cognitive capacity of health. Often mental health is linked or includes in emotional health. Mental health is more related to the function of the brain, while emotional health effects a person's mood often connected with the hormonal activities and changes. While doing physical activity or an exercise the blood flow of the body will get increased and also helps to increase the blood circulation through the brain cells. The increased blood circulation through the brain cells help to enhance the functionality of it, therefore brain works properly and get the things well.

3. Emotional dimension

Emotional health is about the person's mood or general emotional state. It is our ability to recognize and express feeling adequately. It relates your self-esteem as well as your ability to control emotions to relaxed mood. While we are playing in ground with our friends, we have the real opportunity to express our emotions freely and easily to suppress feeling. Play teach us to win and lose equally, that makes a man emotionally strong and adjustable. He is able to face the tough situations with sportsman spirit in daily life.

4. Social dimension

The social dimension of health refers to our ability to make and maintain meaningful relationship with others. Good social health includes not only having relationships but behaving appropriately within then and maintaining socially acceptable standards. The basic social unit of relationship is family and these relationships impact a person like in the most. Other key relationships are close friends, social networks, teachers, other relatives..

5. Spiritual dimension

Spiritual health is relates to our sense of overall purpose in life. People often find this purpose from a belief or faith in a system. Spiritual health will affect very easily affect emotional and mental health. It is served as a backbone of metal and emotional aspects to attain the goals in our life.