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IMPACT OF PHYSICAL EXERCISE ON CHILDREN – A STUDY

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INTRODUCTION

The understanding of the composition of the human body and its various subtle bodies is very important. Modern science has gone in some depth into understanding the physical body; however its understanding of the other aspects of human existence is still very limited, for example the understanding of the human psyche and intellect is still more or less limited to their physical aspects. However spiritual science has studied the entire human existence in great detail. A balanced life requires that we take care not only of the necessities of the body, feelings and mind, but also of the spirit, and this is the role of spiritual growth. We are called to spiritual growth that is the formation of the investment of faith god gives us that we give back to Him in dividends. This is a deep conviction of our faith, a practiced submission that shows our obedience and a life of personal and relational maturity. We have to listen to god if not, we will not learn and then we will not grow and then we will not have a life of transformation and growth. Instead, we experience a storm-tossed sea of life, wayward in every perspective because our eyes and ears are not upon our Lord. A living person is made up of the following bodies.

1. The gross body
2. The vital body
3. The mental body
4. The intellect body
5. The subtle ego body

The physical body is best known to modern science. It comprises of the skeletal framework, muscles, tissues, organs, blood, 5 sense organs etc. the vital energy body is also known as the vital body. This body provides the vital, life sustaining energy for all the functions of the physical as well as the mental body.

The aerobic exercises as physical exercises, after proper warming up from Monday to Saturday – six days in a week.

Warm - Up Segment

A ten minutes warm up session consisting of 200 meters jogging, a balanced combination of static stretches, smoothly controlled rhythmic calisthenics and limbering exercises were performed by the subjects prior to the training sessions

Aerobics Exercise Segment

After the warm up, aerobics exercises were given for 20 minutes, along with the music, which was at 128 beats per minute. To start with the exercises, the subject stood with both feet at shoulder width distance and the arms were kept on either side of the body in a relaxed position, then the following aerobics exercises comprising of node consumption of two counts, four counts eight counts and sixteen courts were continued.

I. Marching on the Spot

Marching on the spot was performed by the subject raising the legs alternatively with the slight flexion at the knees, along with alternate arm movements.

On the spot marching was performed for 32 counts with alternate arm movements.



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II. Touch Out

1. The left leg was stretched two feet to the left side and touched the ground, simultaneously both the arms were stretched at shoulder level.

2. The left leg and arms were brought back to the starting position

Counts 3 and 4 were repetition of 1 and 2 with right leg and arms. **Number of Sets** : Eight sets were performed continuously on left and right side alternatively for a total of 32 counts.

III. Side to Side

1. The left leg was placed one step to the left and simultaneously both the hands were placed on the hip.

2. With the sideward movement, the right leg was placed near the left leg.

3. The right leg was brought back to the starting position

4. The left leg was brought back to the starting position.

Counts 5 to 8 were repetitions of 1 to 4 on the right side.

Number of Sets : Four sets were performed continuously on left and right side alternatively for a total of 32 counts.

IV. Double Side to Side

1. The left leg was placed one step to the left and simultaneously both the hands were placed on the hip.

2. With the sideward movement the right leg was placed near the left leg simultaneously the hands were brought back to the position.

Count 3 was repetition of count 1 further towards the left side.

Count 4 was repetition of count 2.

Counts 5 to 8 were repetitions of 1 to 4 towards the right side to return to the starting position.

The same procedure was followed on the right side for counts 9 to 16.

Number of Sets : Two sets were performed continuously on left and right side alternatively for a total of 32 counts.

V. Grapevine

1. The left leg was placed one step to the left and simultaneously both the hands were placed on the hip.



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2. The right leg was placed behind the left leg with the heels raised.

3. The right leg was brought back to the starting position

4. The left leg was brought back to the starting position

The same procedure was followed on the right side for counts 5 to 8.

Number of Sets : Four sets were performed continuously on left and right side alternatively for a total of 32 counts.

VI. Cross Over Step

1. The subject raised the left heel up and swung the right arm forwards and left arm backward simultaneously.

2. The above step was repeated with right leg and arms.

3. Stepped sideways with a cross over step with the right leg simultaneously the right arm was swung along with right leg by twisting the trunk downwards towards left side.

4. The subject returned to the starting position

Counts 5 to 8 were repetitions of 1 to 4 with left leg and left arm

Number of Sets : Four sets were performed continuously on left and right side alternatively for a total of 32 counts.

VII. Jump on the Spot

1. The subject jumped slightly upwards simultaneously both arms were stretched forward and upward upto either side of the head.

2. The subject performed one more additional jump.

3. The legs were brought back to the starting position simultaneously with a sideward and downward movement of the arms upto the shoulder level.

4. The arms were brought back to the starting position.

Number of Sets : Eight sets were performed continuously for a total of 32 counts.

VIII. Knee Curl

1. The left leg was placed one step to the left side and simultaneously both the hands were placed on the hip.

2. The right leg was lifted diagonally towards left side with the knee flexed.

3. The right leg was brought back to the starting position.



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4. The left leg and arms were brought back to the starting position.

The above steps were repeated on the right side for counts 5 to 8.

Number of Sets : Four sets were repeated continuously on left and right side alternatively for a total of 32 counts.

IX. Front Kick

1. With a jump the left thigh was raised to hip level and simultaneously both the hands were placed on the hip.

2. After landing, again with a jump the left leg was kicked forwards.

3. After landing, again with a jump the left leg was brought back to the count 1 position.

4. The left leg and arms were brought back to the starting position.

Counts 5 to 8 were repetitions of 1 to 4 on the right leg.

Number of Sets : Four sets were repeated continuously on left and right side alternatively for a total of 32 counts.

X. Knee and Arm Lift

1. The left foot was placed one step to the front and simultaneously the left arm flexed at elbows with clenched hand was raised sideways at right angle to the shoulder level. The right hand was placed on the hip.

2. The right knee was lifted forward at right angle to the hip and flexed left arm was moved forward from the sideward position

3. The right foot and left arm were brought back to count 1 position

4. The left foot and arms were brought back to the starting position.

The above procedure was repeated with the other leg and arm for counts 5 to 8.

Number of Sets : Four sets were repeated continuously on left and right side alternatively for a total of 32 counts.

XI. Side Kick

1. The left thigh was lifted forwards to hip level with a jump and simultaneously both the hands were placed on the hip.

2. After landing, again with jump the left leg was kicked sideways.

3. Again with a jump, the left leg was brought back to the count I position.

4. The left leg and arms were brought back to the starting position.

Counts 5 to 8 were repetitions of 1 to 4 on the right leg.



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Number of Sets : Four sets were repeated continuously on left and right side alternatively for a total of 32 counts.

XII. ‘V’ Step

1. The left foot was placed in front and diagonally out to the left side and simultaneously both the hands were placed on the hip.

2. The same step was performed with the right leg.

3. The left foot was brought back to the starting position.

4. The right foot and hands were brought back to the starting position.

Counts 5 to 8 were repetitions of 1 to 4 with the other leg and arm.

Number of Sets : Four sets were repeated continuously on left and right side alternatively for a total of 32 counts.

XIII. Diamond Step

1. Left leg was placed diagonally forward at left side simultaneously both arms were stretched straight upwards above the shoulders with the palms of the hands facing forwards.

2. With a diagonal forward movement of the right leg, it was placed near the left leg and both the elbows were brought to the hip level by flexing the arms and clenching the hands simultaneously.

Counts 3 and 4 were repetitions of counts 1 and 2 with the same diagonal steps but starting with the right foot towards right side.

Counts 5 to 8 were the same diagonal movements continued with reverse movements by the right foot as the first step to come back to the starting position.

Number of Sets : A total of four sets were repeated continuously on left and right side alternatively for a total of 32 counts.

XIV. 90 Degree turn with Single arm Stretch

1. The left foot was placed one step forward and simultaneously the left arm was placed on the hip and the right arm was flexed with upward and forward movements, and clenching the fingers.

2. A 90 degree pivot turn was made to the left by placing the right leg forward and extending the right arm side wards at shoulder level.

3. The subject further turned 90 degree to the left making 180 degree turn with the right foot, again flexing the right arm and simultaneously the left foot was brought close to the right leg.

4. The arms were brought back to the position.

The subject performed marching on the spot for 5 to 8 counts with the knee flexed high upto hip level.



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Counts 9 to 16 were same movements of 1 to 8 continued on the reverse direction starting with right foot to come back to starting position.

Number of Sets : Two sets for a total of 32 counts were performed continuously.

XV. Legs and Arms Criss Cross

1. The subject jumped and placed the legs slightly more than the shoulder width distance, and simultaneously stretched the arms sideways at shoulder level.
2. With a jump, the legs and arms were criss crossed.
3. The subject came back to count 1 position.
4. The subject brought both feet at shoulder width distance and simultaneously placed the hands on hip.
5. The subject jumped to turn about 180 degree towards left side and simultaneously stretched the arms sideways at the shoulder level with legs apart.
6. With a jump the arms and legs were criss crossed.
7. With a jump the subject placed the legs slightly more than the shoulder width distance and arms were stretched sideways at shoulder level.
8. The subject brought both the feet at shoulder width distance and simultaneously placed the hands in hip.
9. With a jump, the subject raised the left thigh to hip level diagonally to the right side.
10. The left leg was kicked diagonally forward.
11. The left thigh was brought back to the hip level.
12. The legs were brought to shoulder width distance.
13. With a jump, the subject raised the right thigh to hip level diagonally to the left.
14. The right leg was kicked diagonally forward.
15. The right thigh was brought to hip level.
16. The subject brought both the legs to shoulder width distance and the arms were brought on either side of the body.

The above procedure was performed for another 16 counts continued in reverse direction to return to the starting position.

Cool Down Segment

The aerobics sessions concluded with continued light aerobics activities such as walking, standing leg kicks and static stretches to prevent pooling of blood in the lower extremities immediately after the endurance phase and lower the



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DOI: <http://ijmer.in.doi./2024/13.1.60.3>

heart rate gradually towards normal to promote faster removal of metabolic waste products from the muscles. Avoided bent-over stretches for long periods to avoid dizziness

Table

Training Schedule for Physical Exercises

S.No	Name of Exercises	Counts	Sets for weeks		
			I to IV	V to VIII	IX to XII
1	Warm Up	5 Minutes			
2	Marching on the Spot	32 Counts	2	3	4
3	Touch Out	32 Counts	2	3	4
4	Side to Side	32 Counts	2	3	4
5	Double Side to Side	32 Counts	2	3	4
6	Grapevine	32 Counts	2	3	4
7	Cross Over Step	32 Counts	2	3	4
8	Jump on the spot	32 Counts	2	3	4
9	Knee Curl	32 Counts	2	3	4
10	Front Kick	32 Counts	2	3	4
11	Knee and Arm Lift	32 Counts	2	3	4
12	Side Kick	32 Counts	2	3	4
13	‘V’ Step	32 Counts	2	3	4
14	Diamond Step	32 Counts	2	3	4
15	90 Degree Turn with Single arm stretch	32 Counts	2	3	4
16	Legs and Arms Criss Cross	16 Counts	2	3	4
17	Cool Down	5 Minutes			



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