

Physical education essay



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Definition of Physical Education Physical Education is the process by which changes in the individual are brought about through movements' experiences. Physical Education aims not only at physical development but is also concerned with education of the whole person through physical activities. Allied Fields Health: Health Instruction Health Services Environmental Health Recreation Dance These fields share many purposes with physical education, exercise science, and sport, but the content of the subject matter and methods to reach their goals are different. Definition of Terms

Health: a state of positive well-being associated with freedom from disease or illness. Wellness: a state of positive biological and psychological well-being that encompasses a sense of well-being and quality of life. Holistic Health: the physical, mental, emotional, spiritual, social, environmental, and genetic factors' influence on an individual's life. (similar to wellness) Quality of Life: overall sense of well-being that has a different meaning for each individual. Physical activity: any bodily movement produced by the contraction of the skeletal muscles that increases energy expenditure above the baseline level.

Exercise: physical activity that is planned, structured, and repetitive with the purpose of developing, improving, or maintaining physical fitness. Physical Fitness: the ability to perform daily tasks with vigor and without undue fatigue, and with sufficient energy to engage in leisure-time pursuits, to meet unforeseen emergencies, and the vitality to perform at one's fullest capacity. Misconceptions about Physical Education 1. Interscholastic athletics

and physical education are the same. 2. Physical education is a rest period between academic classes. 3.

Anyone can teach physical education, no professional training is needed. 4.

Physical education instructors belong on an academic level below other instructors. 5. Physical education classes are free play periods. 6. Physical education classes are designed to give other teachers a free period. 7.

Physical education is primarily to relieve tensions built up in other classes. 8.

Physical education is a 'do as I like' class. 9. Physical education does not have the same academic prestige and importance as other classes. 10.

Physical education is not necessary for elementary school students. 11.

Physical education has as its main objective the development of muscles. 12.

Girls should not be given tumbling because it injures their internal organs.

13. A major in physical education means learning and playing games. 14. A

women physical education person has to be rough and tough in order to

qualify for the profession. 15. Physical educators are not cultured people. 16.

Physical education teachers are below average in intelligence. 17. A person

should go into the physical education profession if wants to go through college without having to work and study. 18.

A physical education teacher tosses out a ball, blows a whistle now and then, and that is the extent of his teaching. 19. I took a long walk today, therefore

I have had my physical education. 20. To participate well in physical education activities means that one needs more muscle than intelligence.

21. Physical education is simply calisthenics and athletics. 22. Physical

education is only education of the physical. 23. All coaches are trained

physical education instructors. 24. Physical education is not taught by

professional people. 25. Physical education is a recess period. 6. There is no knowledge factor related to physical education, therefore we have nothing to contribute to general education. 27. Women do not need physical education, because they have no need to develop muscles. 28. Top athletes should be excused from all physical education classes. 29. Children should not fail physical education because it plays no part in the total education. 30. Physical education classes can be taught from an office. 31. Physical education does not educate all, only a few. 32. Physical education classes are too military in their teaching. 3. Only a small budget is needed to conduct an effective physical education program. 34. The physical education class is a place to send delinquent children. 35. Physical education classes serve no purpose unless the individual works up a sweat. 36. Physical education grades have no academic value. 37. Physical education classes should be scheduled after other academic courses, because they deal with the physical but not the intellect. 38. The main purpose of physical education is to develop athletes. IMPORTANCE OF PHYSICAL EDUCATION AND SPORTS

Optimum development – Physical education considers the child as a united whole of mental, social, moral, and physical qualities and provides for the optimum development of all these through the physical activities. 1. Physical growth and development – Physical activity must be learned; hence there is a need for thinking on the part of the intellectual mechanism, with a resulting acquisition of knowledge. Physical activities are essential for the development of a child's scientific insight, intelligence and superior type of reflective thinking. . Intellectual development- Physical activities must be learned; hence there is a need for thinking on the part of the intellectual

mechanism, with a resulting acquisition of knowledge. Physical activities are essential for the development of a child's scientific insight, intelligence and superior type of reflective thinking. 3. Emotional development – Physical education provides opportunities to control emotions. The give and take of games and sports offer scope for both emotional release and the controlling of the emotions. 4.

Social adjustment – Physical activities provide opportunity of interaction between participants and others in varied situations enabling them to learn social qualities like sportsmanship, co-operation, honesty, friendship, fellowship, courtesy, self discipline, and respect for authority which promote social adjustment of an individual. 5. Personal adjustment – Physical education gives a full and worth-while experience to the individual which help him to realize fullest self-expression and highest satisfaction from the results of his action, and thereby facilitates his personal adjustment in life. 6.

Character development – Group effort, loyalty to the team and strong ties is much in evidence in play and physical activities. They provide a valuable contribution to the development of good moral character. 7. Physical fitness – Physical education through exercise and knowledge about one's body and its requirements contribute immensely to physical fitness. Regular exercise improves our physical efficiency, sense of well-being and appearance. 8.

Mental development – The learning of skills, game, rules, techniques and strategies, and judgment making equip an individual to interpret new situations effectively.

Physical education programme also make an individual aware regarding the importance of sanitation, health and hygienic, prevention of disease, balance diet and health habits hereby improving his mental development.

Relationship between Physical and health education Health education gives students the knowledge and skills to thrive physically, mentally, emotionally, and socially. It contributes to students' ability to successfully practice behaviors that protect and promote health, and avoid and reduce health risks. Health education helps students to determine personal values and group norms that support healthy behaviors.

Through comprehensive health education, students learn basic health concepts and influences on health. They develop the skills required to adopt, practice, and maintain health-enhancing and safe behaviors. These skills include: analyzing the reliability and validity of media and health resources; communicating effectively using refusal and conflict management skills; setting goals; and making healthy decisions. Health education helps students to be better consumers of information, manage stress, and make healthy decisions in the face of conflicting messages.

It assists them in living healthier lives. Physical education provides students with the skills and knowledge needed to support participation in a wide variety of physical activities that contribute to an active lifestyle. Physical education provides building blocks for skill development, skill analysis, physical fitness, stress reduction, decision-making, and positive social skills. Students learn to assess and set goals, evaluate their own physical fitness, and use the knowledge to maintain or improve their current fitness level.

Students who participate in physical education on a regular basis learn the benefits of physical activity and its contribution to a healthy lifestyle.

Recreation is an activity of leisure, leisure being discretionary time. The “need to do something for recreation” is an essential element of human biology and psychology. Recreational activities are often done for enjoyment, amusement, or pleasure and are considered to be “fun”. The term recreation implies participation to be healthy refreshing mind and body.

Recreation has many health benefits, and, accordingly, recreational therapy has been developed to take advantage of this effect. Such therapy is applied in rehabilitation, and in the care of the elderly, the disabled, or people with chronic diseases. Recreational physical activity is important to reduce obesity, and the risk of osteoporosis and of cancer, most significantly in men that of colon and prostate, and in women that of the breast; however, not all malignancies are reduced as outdoor recreation has been linked to a higher risk of melanoma.

Extreme adventure recreation naturally carries its own hazards. AIMS AND OBJECTIVE OF PHYSICAL EDUCATION (i) To develop the organic systems of the body; It is recognized that our feelings, emotions, thoughts and achievements are influenced to a considerable extent by the physiological process of the body. The development of the organic vigor is dependent on a wide selection of activities and so conducted that the normal functions of the body are developed and improved. (ii) To develop euro-muscular co-ordination or skill;

A good deal of physical activities helps the individuals and groups to develop certain skill, which gives satisfaction and happiness in a variety of ways during leisure times. Being physically illiterate many people do not know how to enjoy their leisure and become unhappy and maladjusted. Individual and group play activities enable people to give wholesome expression to their innate desires and interests, (iii) To develop right attitude towards and physical activities in general; Programme of physical education is based on sound psychological principles.

It develops amongst the individuals wholesome attitudes towards play and physical activities and cultivates recreational and hobbies. (iv) To develop a desirable social attitudes and conduct; By giving emphasis on ethical values inherent in Playing games with and against others the desirable social attitudes and conduct can be developed through a programme of well organized physical activities. It gives opportunity for social contact, group living, and self adjustment with the group. (v) Development of psychomotor skills; vi) Development of understanding and appreciation of the techniques and strategies of sports; (vii) Preparation for leisure time; (viii) Elimination of worries and anxieties through developing appropriate interests and habits of engaging in exercise and sports; (iv) Attainment of knowledge of proper health procedure as related to physical exercise. (x) To develop correct health habits; A rational programme of physical activities can stimulate the participant to develop favorable attitudes and habits in physical, mental, moral, social and emotional health. xi) To serve as an out let for surplus energy, which if pent up, make the child tens, nervous and irritable. (xii) To meet the challenge of growing indiscipline among the student community by

instilling in the younger generation a sense of patriotism, self-reliance and discipline. (xiii) To give adequate scope for bringing out the aptitudes and talents of the child. (xiv) To promote the spirit of certain qualities like sportsman ship, team spirit, leadership, patience, self-restrain co-operation, sociability and those other qualities of character and citizenship.

PHILOSOPHY OF PHYSICAL EDUCATION In physical education the student should be the most important aspect. Physical education should be a student centered course that allows for students to experience a substantial amount of learning and realize as well as experience the benefits of a physically active and healthy lifestyle. It needs to educate, encourage and help students to improve their physical fitness. It should be an inclusive course where all participants are welcome, encouraged and feel safe. It needs to be adaptive so that all skill levels and learning capacities are accommodated.

A place where students are taught about transfer and interdisciplinary learning occurs. Physical education should promote goal-setting, teamwork, respect, and responsibility. Students should be provided with motivation to accomplish these goals, work well with their peers, respect themselves, and take on responsibility. They should gain valuable personal and social skills that will benefit them for the rest of their lives. Physical education also needs to educate students on the basic movement patterns to help them build a solid base which allows for safe participation in lifelong physical activity.

It needs to be taught by an active, engaging, and caring physical educator who promotes lifelong learning to all students. The teacher should act as a facilitator and help students in achieving objectives and goals. The teacher

needs to deliver the curriculum through effective teaching strategies and effectively evaluate. Lastly, it is essential that physical education is fun, exciting, and challenging! The Principle of Use/Disuse The Principle of Use/Disuse implies that when it comes to fitness, you “ use it or lose it. ” This simply means that your muscles hypertrophy with use and atrophy with disuse.

This also explains why we decondition or lose fitness when we stop exercise. HEALTH EDUCATION Health education is the profession of educating people about health. [1] Areas within this profession encompass environmental health, physical health, social health, emotional health, intellectual health, and spiritual health. [2] It can be defined as the principle by which individuals and groups of people learn to behave in a manner conducive to the promotion, maintenance, or restoration of health. However, as there are multiple definitions of health, there are also multiple definitions of health education.

The Joint Committee on Health Education and Promotion Terminology of 2001 defined Health Education as “ any combination of planned learning experiences based on sound theories that provide individuals, groups, and communities the opportunity to acquire information and the skills needed to make quality health decisions. ” [3] The World Health Organization defined Health Education as “ compris[ing] [of] consciously constructed opportunities for learning involving some form of communication designed to improve health literacy, including improving knowledge, and developing life skills which are conducive to individual and community health. The well being fo a nation depends on healthy citizes of that country. the country can’t launch <https://assignbuster.com/physical-education-essay/>

any developmental planning or work in the absence of healthy manpower. health education begins with the start of life and extends throughout the span of existence, in home, school, and community health. every branch of community health has an educational aspect of health. in fact, community health is just health education, and every community health worker is a health educator. the objective of health education is 'to win friends and influence people'. Although health education has unique characteristics in each of these settings, a common thread runs through them all, giving unity of purpose and of direction. this common thread may be thought of as the needs of individuals; needs that are the byproducts of life itself. the term 'Health Education' means many things to many people. numerous individuals and groups have attempted to define it. for some, it is an educational force, or a process by which agents of education such as the teacher, nurse or parents exert their influence on individuals in such a way as to impress behaviour. or, others, it is the product of these forces, that is, the changes that occur in individuals. Scope of Health Education – Health Education is the broad area. There is no limitation of Health Education. Health Education can simply deal with every part of human and other living beings health generally there are some scope of the Health Education . a) Personal Health – It deals about personal education ; problem about health. b) Sanitation – it defines about the necessity of sanitation in human life ; kinds of sanitation.) Disease – It introduces the many kinds of disease and its impact & method to safety from it d) Nutrition and narcotics – Nutrition chapter deals and defines the necessary nutrition to human body. Narcotics is a kind of drug it is dangerous to our health. e) Safety education and first aid – It denotes the education such helps to safe from accident and makes small treatment. f)

Human body System – It deals structure & function of all, external organ of human body system of human body etc. Factors Influencing Health Genetic Influences * Race * Sex * Genetically Transmitted Diseases Behavioral Influences Tobacco use * Unhealthy diet * Inadequate activity * Alcohol and drug use * Risky sexual behaviors * Behaviors leading to intentional/unintentional injury Environmental Influences * Indirect Health Risks * Adequate housing * Family composition * Education level of parents * Economic status of parents * culture * Direct Health Risks * Infectious disease exposure * Toxic substance exposure * Radiation exposure * Violence exposure Characteristics of a healthy individual 1. People with a healthy personality accept themselves completely as they are, although they wish to change parts of themselves.

They have a basic self-regard and self-love, which is carefully developed and intentionally expanded. 2. A person with a healthy personality has an ability to communicate with anyone. Such person shows understanding and compassion. He/she can listen to others with a great patience. 3. Healthy people are quite creative. They possess exceptional zest and amazing brain function. 4. They are competent. They have a quality of being well qualified physically and intellectually. They have some excellent virtues such as being reliable and dependable. 5.

They have a great conviction. Their thoughts reflect listening to their inner self and they take it as truth. Such people generally don't just follow the majority without thinking. They do the things as per their own thoughts, as they are quite sure about it. 6. You will see that healthy people are always curious to know about the new things. They are always alert, curious and

inquisitive and are often seeking and learning new things. 7. Such healthy individuals have an appealing, magnetic personality. Their personal attraction and lively personality often influence others.

They have a positive attitude and an easygoing charm which make them quite sociable and popular wherever they go. 8. They have a great common sense and presence of mind. People with health personality are quite courageous. They put their courage to a positive use. 9. They cherish their personality, their body, their appearance, their interests and accomplishments as well as their beliefs and values. 10. They allow themselves to be trusting and open with appropriate people. They make themselves to be trusting and open with appropriate people. They don't feel scared to be known deeply at a personal level.

However, they are alert about not to be exposed to be exploited by those who don't wish their well-being. 11. They are able to enjoy their being with others, particularly with someone in a romantic relationship as they enjoy a healthy sense of self-esteem. 12. When they face any relationship breakup or a personal tragedy, they are able to come out of it without falling into a disabling depression. They have a group of supportive friends to overcome such situation. They hold some healthy interests to see them through crisis. 13. They tend to protect their health, self-esteem and well-being despite the struggles, chaos and drama of the past.

They leave behind their past and live in the present. Positive attitude plays a significant role in building a healthy personality. 14. They generally accept others as they are. They don't attempt to change others to meet their

requirements. It's really a good thing. Over-expectation can be troublesome to others as well as themselves. HEALTH AND FITNESS “ health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity” physical fitness is a general state of good physical health.

A physically handicapped person's body may be physically fit (healthy), though its ability is likely to be less than optimum. Physical fitness is usually a result of regular physical activity and proper nutrition. Physical fitness can be divided into different areas, including: * Flexibility * Cardio-respiratory endurance * Strength Physical fitness has been defined as a set of attributes or characteristics that people have or achieve that relates to the ability to perform physical activity. Health is the level of functional or metabolic efficiency of a living being.

Achieving and maintaining health is an ongoing process, shaped by both the evolution of health care knowledge and practices as well as personal strategies and organized interventions for staying healthy. DENTAL HEALTH It's important to take care of your mouth and teeth starting in childhood. If you don't, you could have problems with your teeth and gums – like cavities or even tooth loss. Here's how to keep your mouth and teeth healthy: * Brush your teeth every day with a fluoride toothpaste * Clean between your teeth every day with floss or another type of between-the-teeth cleaner * Snack smart – limit sugary snacks Don't smoke or chew tobacco * See your dentist or oral health professional regularly VISION AND HEARING Types of Hearing Loss Hearing loss is not a single affliction; there are different degrees and types of hearing loss that people of all ages can experience.

Anyone from a toddler to an elder can experience hearing losses in the low, middle, and high frequencies. Sensorineural Hearing Loss Sensorineural hearing loss occurs when there is a problem with the function within the inner ear or with the connection to our brain.

This can be due to factors at birth such as herpes, low birth weight, and hereditary factors, or acquired by an over-exposure of loud noise, a trauma, infections, or side effects from medication. Conductive hearing loss Conductive hearing loss is the result of a problem in the middle or outer ear where sound waves are not sent to the inner ear correctly. Conductive hearing loss is the most common type of hearing loss in children and usually isn't congenital. Some of the acquired factors that may develop this type of hearing loss are excessive ear wax, tumors of the middle ear, chronic ear infections, or eardrum perforation.

How to Prevent Hearing Loss Preventative actions toward your health go a long way. Think about your hearing health and take these simple steps to prevent showing signs of hearing loss: * Limit your exposure time to noisy activities * Pay attention to your medication and avoid those that can be dangerous to your hearing * Wear hearing protection, such as foam or silicone plugs. Foam plugs are available at your pharmacy while muffs and specialized ear protection can be purchased at sporting good stores or safety equipment retailers * Maintain the volume of televisions, radios, audio players, and car stereos to a responsible level * Wear ear plugs or muffs when using loud equipment such as heavy machinery, lawn mowers, or construction equipment * Purchase products with lower dB levels

MAINTAINING VISION 1. Get the Best Nutrients for Good Vision Protecting

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your eyes starts with the food on your plate. Studies have shown that nutrients such as omega-3 fatty acids, lutein, zinc, and vitamins C and E may help ward off age-related vision problems such as macular degeneration and cataracts.

Regularly eating these foods can help lead to good eye health:

- * Green, leafy vegetables such as spinach, kale, and collards
- * Salmon, tuna, and other oily fish
- * Eggs, nuts, beans and other non-meat protein sources
- * Oranges and other citrus fruits or juices

Eating a well-balanced diet also helps you maintain a healthy weight, which lowers your risk for type 2 diabetes.

Diabetes is the leading cause of blindness in adults. As many as 45% of people with diabetes develop diabetic retinopathy, which damages vision. Having diabetes also increases your risk for glaucoma and cataracts. 2.

Kick the Habit for Better Eyesight If you smoke, here's another good reason to quit tobacco. Smoking has been linked to an increased risk of cataracts, optic nerve damage, and macular degeneration. If you've tried to quit smoking before and relapsed, give it another shot. Studies show that the more times you try to quit smoking, the more likely you are to succeed. 3.

Wear Sunglasses for Good Vision There are two good reasons to wear sunglasses whenever you spend time outside in the sun: 1. Sunglasses look cool. 2. The right kind of sunglasses will help protect your eyes from the sun's ultraviolet (UV) rays.

Too much UV exposure increases your risk for cataracts and macular degeneration. When choosing sunglasses, be safe as well as stylish. Choose sunglasses that block 99% to 100% of both UVA and UVB rays. Wraparound

lenses help protect your eyes from the side. Polarized lenses work well to help reduce glare when driving. Contact lens wearers have the option of using contact lenses that offer UV protection. There are two types available. One works for intense sun exposure, such as in the mountains or on the beach. UV protecting contacts are a reasonable option, but may not be a substitute for large wrap-around sunglasses.

It is best to protect the eyelids and eye surface from UV in addition to the area covered by the contact lenses. 4. Use Safety Eyewear at Home, at Work, and While Playing Sports If you work with hazardous or airborne materials at work or home, wearing safety glasses or protective goggles can protect your eyes from injury, vision loss, and blindness. Certain sports such as ice hockey, racquetball, and lacrosse also carry the risk for eye injury. Wearing eye protection such as helmets with protective face masks or sports goggles with polycarbonate lenses can shield your eyes from a flying puck or swinging lacrosse stick.

Elimination of Waste The conversion of foodstuff to energy and various body processes produces excess compounds that cannot be used by the body. They must be removed or else the body will become toxic. The process of excretion involves finding and removing waste materials produced by the body. The main organs in the human body responsible for excretion are the lungs, kidneys and the skin. The lungs dissipate waste gases that are carried to them in blood via veins. The gases diffuse across the membrane of the many alveoli in the lung and are subsequently passed out of the body during exhalation.

The skin is used to remove dead cells, by sloughing off, and sweat, by evaporation. Liquid waste is removed from the body through the kidneys. The pair of kidneys are small, about 3.9 in. (10 cm) long, and are shaped like beans. Blood is routed through the kidneys, which filter out unwanted water, minerals, and urea from the blood, forming a liquid called urine. The urine is funneled through two tubes called catheters to the bladder. The bladder is a storage facility. When full, muscle contractions force the urine out of the bladder and out of the body through the urethra. The 1-2.11 gal. (1-2 l) of urine produced by the kidneys each day is expelled in this manner, a process commonly referred to as urination. The liver also participates in the elimination of wastes. Principally, the liver eliminates bilirubin, a toxic breakdown product of hemoglobin generated as red blood cells die. The bilirubin is secreted into bile and the bile is routed to the small intestine, to be eliminated via the urine or feces. Feces (also called excreta or stool) is a solid waste product of digestion. The solid forms as waste material is moved through the large intestine by muscular contractions called peristalsis.

In humans, approximately 8.8 oz. (250 g) of feces are produced each day. Typically the solid waste is comprised of digestive secretions, enzymes, fats, cell debris, electrolytes, water, and some protein. Also, up to 20% of the weight of the solid can be bacteria. If the elimination of liquid or solid wastes are disrupted, the consequences for the health of the organism can be serious. For example, if kidneys are diseased and not functioning properly, the buildup of waste can necessitate a treatment known as dialysis. In dialysis, the patient's blood is pumped out of the body and through a dialysis machine.

The machine acts as a filter instead of the kidneys. The cleansed blood is then pumped back into the patient. If dialysis fails to correct the problem, a kidney transplant may be necessary. Often the donor of a kidney is a sibling or some other close relation, whose genetic make-up is similar to the patient's. POSTURE Good posture is very important to your health and well-being. While many people are aware of the importance of good posture, it is still one of the most neglected methods of improving health and fitness.

Posture refers to the positioning, or alignment, of the various parts of the body in relation to one another. Proper body positioning and alignment are important considerations in preventing many of the problems that develop from the stresses of work, aging, and fatigue. Proper posture helps prevent fatigue, headaches, eye strain, and chronic muscular tension. In addition, good posture can help improve circulation and digestion, enhance sleep, and prevent cramping of internal organs. Correct postural alignment can boost self-image and clear the mind, contributing to sharper senses.

In addition to contributing to healthier emotional states and overall vitality, good posture can make exercise more enjoyable, improve general fitness and enhance performance. Proper posture can improve your quality of life. Recognizing the Signs of Bad Posture When standing erect, try to exhibit a natural pelvic tilt. Your hips and pelvis should be level. Your head should be up, jaw relaxed and chin tucked in. Your back should remain straight and relaxed and your shoulders should be even and relaxed. Your abdomen should be free of tension, your buttocks tucked in and your knees slightly flexed.

It is important to become accustomed to this position so it occurs effortlessly and naturally. Do not force this position or tense your muscles in an attempt to exhibit this pelvic tilt. By doing so, you can actually cause more muscular tension and aches. Bad posture can manifest itself in a variety of ways.

Some of the more common signs of incorrect postural alignment include the following: ? Protruding abdomen ? Hyperextended knees ? Rounded or uneven shoulders ? Curved spine ? Sunken chest ? Unusually flat back ?

Swayed back ? Uneven hips ? Neck craned too far forward Chin thrust out ?

Perhaps one of the easiest ways to begin improving your posture involves the adoption of safe techniques and habits for “ everyday” tasks. By altering negative habits, you can set the stage for better postural health. Here are

some posture tips for common activities: Walking: ? Avoid locking your knees as you walk. ? Spring up lightly with each step. ? Try and keep the pelvis level with each step. ? Relax your arms, letting them swing straight ahead.

Standing at a table or sink: ? Bend one knee, placing the foot up on a box to relieve stress on the lower back.

Sitting: ? Adjust the seat to fit your body’s size and shape. The seat should provide support and comfort. ? The seat should be lightly padded, providing firm back support. ? The seat back rest should arch forward and support the lower back’s natural curve. Use a pillow if this is not the case. ? Match the seat height to the desk or counter height. ? Your thighs should be parallel to the floor. ? Your knees should be slightly higher than hip level. ? Keep your feet on the floor. ? Your elbows should be at desktop or counter height.

When sitting for extended periods, get up and move around every fifteen minutes or so. ? Keep your back upright and avoid forward lean of the neck

and head. Lifting: ? Lifting should be done by bending at the knees, keeping the back in an upright position. Reaching: ? Avoid reaching for objects when you are bent forward or the trunk is hyperextended. Carrying objects: ? Keep the object as close to the body as you can to prevent back strain. ? If you carry a bag or case on one side or shoulder, regularly shift the object from side to side to ease stress and avoid muscular imbalance. If possible, carry objects at shoulder level or on the shoulder (“waiter style”) to keep the center of weight over the center of your body. Driving: ? Adjust the seat to fit your body. Use a pillow or pad if the seat is not adjustable. ? Avoid discomfort by moving the seat forward so that your knees are slightly flexed. ? Relax those muscles that are not involved in driving control. Avoid tensing the shoulders, neck and back. ? Take frequent rest breaks during long drives. Talking on the telephone: ? Avoid bending the head and neck to one side while talking on the phone. Choosing footwear: Avoid excessive use of high heels. They can place too much weight on the front of the foot, while forcing the back and pelvis to overcompensate. ? Avoid excessive use of stiff, hard-soled shoes or sandals with flat bottoms. ? Choose shoes that match the exact size and width of your feet. ? Select footwear that has ample cushioning and support. Activity choices: ? Avoid activities that are associated with previous episodes of lower back pain. ? Always warm-up and cool-down before and after all activities. ? Use proper techniques associated with each activity while remaining aware of postural positioning. **FATIGUE**

Fatigue (also called exhaustion, tiredness, lethargy, languidness, languor, lassitude, and listlessness) is a state of awareness describing a range of afflictions, usually associated with physical and/or mental weakness, though

varying from a general state of lethargy to a specific work-induced burning sensation within one's muscles. Physical fatigue is the inability to continue functioning at the level of one's normal abilities. [1][2][3] It is widespread in everyday life, but usually becomes particularly noticeable during heavy exercise. Mental fatigue, on the other hand, rather manifests in somnolence (sleepiness).

Fatigue is a non-specific symptom, which means that it has many possible causes. Fatigue is considered a symptom, as opposed to a medical sign, because it is reported by the patient instead of being observed by others. Fatigue and 'feelings of fatigue' are often confused. [4] Classification Physical fatigue Main article: Muscle weakness Physical fatigue or muscle weakness and/or aches, (or "lack of strength") is a direct term for the inability to exert force with one's muscles to the degree that would be expected given the individual's general physical fitness.

A test of strength is often used during a diagnosis of a muscular disorder before the etiology can be identified. Such etiology depends on the type of muscle weakness, which can be true or perceived as well as central or peripheral. True weakness is substantial, while perceived weakness is a sensation of having to put more effort to do the same task. Central muscle weakness is an overall exhaustion of the whole body, while peripheral weakness is an exhaustion of individual muscles. Mental fatigue Mental fatigue does not necessarily including any muscle fatigue.

Mental fatigue can manifest itself both as somnolence (decreased wakefulness), or just as a general decrease of attention, not necessarily

including sleepiness. Decreased attention is known as ego depletion and occurs when the limited ‘ self-regulatory capacity’ is depleted. [5] It may also be described as a more or less decreased level of consciousness. [6] In any case, this can be dangerous when performing tasks that require constant concentration, such as driving a vehicle. For instance, a person who is sufficiently somnolent may experience microsleep.

However, objective cognitive testing should be done to differentiate the neurocognitive deficits of brain disease from those attributable to tiredness. Causes Fatigue is a normal result of working, mental stress, overstimulation and understimulation, jet lag or active recreation, depression, and also boredom, disease and lack of sleep. It may also have chemical causes, such as poisoning or mineral or vitamin deficiencies. Massive blood loss frequently results in fatigue. Fatigue is different from drowsiness, where a patient feels that sleep is required.

Fatigue is a normal response to physical exertion or stress, but can also be a sign of a physical disorder. Temporary fatigue is likely to be a minor illness like the common cold as one part of the sickness behavior response that happens when the immune system fights an infection. REST SLEEP Sleep is a type of unconsciousness and is a state of being unaware of the world. Sleep is essential to good health as it refreshes the body and the mind. If you get enough sleep regularly every night you will feel and also be able to work better. All the parts of the human body work together, although each one has its special functions to perform.

The stomach must have time to rest between meals. The other parts of the body require rest, too. They usually get the required rest while we're asleep. We mustn't be neglectful and fail to give them enough rest, or they will quickly get worn out and give us trouble. Sometimes, when people are not well or are all tired out, they find they can't sleep well at night. There are a number of little things that can be done to induce sleep. A warm bath before retiring, followed by a gentle massage, especially along the spine, often will, through relaxing the nerves and muscles, produce very good results.

A hot foot bath, which draws the blood away from the brain, frequently will be found beneficial. A glass of hot milk or cocoa, taken just before retiring, often will have the same effect. If the sleeplessness is a result of indigestion, a plain diet will relieve some of the stress. Sleeping on a hard bed without any pillow sometimes produces the desired effect. Always have plenty of fresh air in the room. Keep the mind free from the cares of the day. If these thoughts intrude, push them out by repeating something else in your mind: some soothing sentence or bit of poetry possibly.

RELAXATION Relaxation is the state of being free from tension and anxiety: Various techniques are used by individuals to improve their state of relaxation. Some of the methods are performed alone; some require the help of another person (often a trained professional); some involve movement, some focus on stillness; while other methods involve different elements. Certain relaxation techniques known as " formal and passive relaxation exercises" are generally performed while sitting or lying quietly, with minimal movement and involve " a degree of withdrawal". 5] These include:
* Autogenic training * Biofeedback * Deep breathing * Meditation * Mindbody

relaxation * Zen Yoga * Progressive Muscle Relaxation * Pranayama * Visualization * Yoga Nidra * Self-hypnosis Movement-based relaxation methods incorporate exercise such as walking, gardening, yoga, T'ai chi, Qigong, and more. Some forms of bodywork are helpful in promoting a state of increased relaxation. Examples include massage, acupuncture, the Feldenkrais Method, reflexology and self-regulation.

Some relaxation methods can also be used during other activities, for example, autosuggestion and prayer. At least one study has suggested that listening to certain types of music, particularly New Age music and classical music, can increase feelings associated with relaxation, such as peacefulness and a sense of ease. [6] Some find humour to be helpful. [citation needed] A technique growing in popularity is flotation therapy, which is the use of a float tank in which a solution of Epsom salt is kept at skin temperature to provide effortless floating.

Research in USA and Sweden has demonstrated a powerful and profound relaxation after twenty minutes. In some cases, floating may reduce pain and stress and has been shown to release endorphins. RECREATION

Recreation is an activity of leisure, leisure being discretionary time. [1] The “ need to do something for recreation” is an essential element of human biology and psychology. [2] Recreational activities are often done for enjoyment, amusement, or pleasure and are considered to be “ fun”. The term recreation implies participation to be healthy refreshing mind and body.

RECREATION Recreation is an activity of leisure, leisure being discretionary time. [1] The “ need to do something for recreation” is an essential element

of human biology and psychology. [2] Recreational activities are often done for enjoyment, amusement, or pleasure and are considered to be “ fun”. The term recreation implies participation to be healthy refreshing mind and body. Recreational activities Recreation is an essential part of human life and finds many different forms which are shaped naturally by individual interests but also by the surrounding social construction. 2] Recreational activities can be communal or solitary, active or passive, outdoors or indoors, healthy or harmful, and useful for society or detrimental. A list of typical activities could be almost endless including most human activities, a few examples being reading, playing or listening to music, watching movies or TV, gardening, hunting, hobbies, sports, studies, and travel. Not all recreational activities can be considered wise, healthy, or socially acceptable or useful—examples are gambling, drinking, or delinquent activities.

Recreational drugs are being used to enhance the recreational experience, a wide-ranging and controversial subject as some drugs are accepted or tolerated by society within limits, others not and declared illegal. Public space such as parks and beaches are essential venues for many recreational activities. Tourism has recognized that many visitors are specifically attracted by recreational offerings. [9] In support of recreational activities government has taken an important role in their creation, maintenance, and organization, and whole industries have developed merchandise or services.

Recreation-related business is an important factor in the economy; it has been estimated that the outdoor recreation sector alone contributes \$730 billion annually to the U. S. economy and generates 6. 5 million jobs. [10] Health and recreation Recreation has many health benefits, and,

accordingly, recreational therapy has been developed to take advantage of this effect. Such therapy is applied in rehabilitation, and in the care of the elderly, the disabled, or people with chronic diseases.

Recreational physical activity is important to reduce obesity, and the risk of osteoporosis[12] and of cancer, most significantly in men that of colon and prostate,[13] and in women that of the breast;[14] however, not all malignancies are reduced as outdoor recreation has been linked to a higher risk of melanoma. [13] Extreme adventure recreation naturally carries its own hazards. Recreation as a career A recreation specialist would be expected to meet the recreational needs of a community or assigned interest group. Educational institutions offer courses that lead to a degree as a bachelor of arts in recreation management.

People with such degrees often work in parks and recreation centers in towns, on community projects and activities. Networking with instructors, budgeting, and evaluation of continuing programs are common job duties.

OBJECTIVES OF RECREATION

1. Improvement Of Healthy Life Style: Man is said to be a social animal. A recluse and anti social lonely person can not enjoy the joys of life fully. On the other hand a jovial person lives a better life and people love to see and meet him. Recreational activities provide you an opportunity to improve you life style and become a dearest and darling.

To Provide Joyful Moments Of Fun And Enjoyment: The main objective of recreation is to provide you an opportunity to get some moments of delight and enjoyment, as it is a known fact that continuous work and lack of recreational activities lead to a mental stress, depression and other

disorders. People who work hard, but often get some time for enjoyment and recreation, prove their selves the most successful and active members of the society. These people also enjoy a happy and joyful live and a healthy mind and body as well. 3. Social Engagement: Recreation is nothing but having fun and joy with your loved ones.

There is a wide range of indoor and outdoor recreational activities. You can play indoor/outdoor games with your friends and family, you can dance or, listen to your favorite music, you can enjoy your favorite hobbies, you can go to cinema with your family or friends, you can go to park, you can enjoy cycling, camping, fishing, hiking, sports, swimming and a lot of recreational activities. So you have a huge and vast range of choices. All these activities refresh your mind and prepare yourself to become an active member of the society, in fact this is the most vital objective of recreation. 4.

Prevention From Mental And Physical Diseases And Disorders: There are a lot of mental and physical disorders associated to continuous working. Mental stress, depression, anger, anxiety, bad physical health, reduced hunger, sleeplessness are some possible consequences. The objective of recreation is to avoid such deleterious and devastating effects on your metal and physical health, and provide you an opportunity to live a healthier and joyful life with the help of positive health improving recreational activities. 5.

Improvement Of Community Life: Enjoying with your family, friends and other people, enhances your contribution to society.

Your community life and relationships are strengthened with the help of these activities. Uninterrupted and continuous work not only destroys your

mental and physical health, but it also affects your social life and community relationships badly, and perhaps improving family relationships and enhancing community life are some top objectives of recreation. 6.

Improvement Of Self Esteem: People living an unsociable life suffer from lack of confidence and self esteem. Recreational activities and spending joyful time with other people helps you to improve your self confidence.

Individual personality improvement is also an important objective of recreation. 7. **Strengthening Of Relationships:** Generation gap is one of the most crucial aspects of modern life. Parents are busy in their daily routines and there is no time for their kids. Teenagers are reluctant from parents. old citizens are becoming more and more lonely. There is a great need to bridge this generation gap to maintain our social and relational bonds. Enjoying with your family gives you an opportunity to bridge this generation gap which is really a threat to our society and this is one of the most important objectives of recreation.

And when you spend some time with your children, your beloved, or with your friends, then you are not only satisfying and relaxing yourself, but you are also becoming a source of joy and happiness to your family members and your friends. This leads to positive attitude, and a healthier social life full of joys and delights.. 8. **Environmental Awareness:** Parks and gardens are most famous places regarding recreation and enjoyment. These places are of crucial importance in improving a healthy life style of society and environmental perspective too.

One of the most significant objectives of recreation and recreational activities is to build an awareness regarding our environmental responsibilities and importance of a healthy life style. 9. Economy Stabilization: Recreational activities also help in stabilizing the overall economy. Recreational infrastructure is of much importance in national economy. REMEDIAL EXERCISES AND MASSAGE Remedial Definition Intended to correct a deficiency, fault, or mistake; lessen the effect or impact of an action, decision, or event; or remove a cause, source, or threat. Definition of physiotherapy

The treatment of disease, injury, or deformity by physical methods such as massage, heat treatment, and exercise rather than by drugs or surgery. Physical therapy; may include massage, exercise, applied heat, ultrasound, electrotherapy, and short-wave diathermy. Corrective Exercise Corrective exercise is an approach where an assessment is used to determine specific weaknesses and/or limitations of the athlete. This assessment drives the programming process, where a systematic and progressive approach is used to reduce the likelihood of injury and improve performance.

The Characteristics of a Good Posture The characteristics of a good posture include sitting and standing in such a way that all your bones and muscles are in alignment. When you are using a computer, driving, lifting heavy objects and even preparing for sleep, check your posture to be sure that your back and neck are in a healthy position. Standing A good standing posture is one in which your chest is held high, your shoulders are back and your abdomen and buttocks are pulled in. Your knees should remain relaxed and your weight kept evenly balanced on both feet.

The Mayo Clinic website suggests a method for testing your posture: Stand against a wall with your heels about 2 to 4 inches away, keeping your head, shoulder blades and buttocks in contact with the wall, slide one hand between the wall and the natural curve in your lower back, putting the palm of your hand flat against the wall. There should be enough space to accommodate the thickness of one hand. As you step away from the wall, try to maintain this posture. Sitting A correct sitting posture is one in which your back is straight, your shoulders held back and your buttocks are against the back of the chair.

Keep your legs uncrossed and your feet flat on the floor. If the chair prevents you from keeping your knees at the same height as your hips, use a footrest. When seated at a computer, your ears, shoulders and hips should all be in alignment, states the American Academy of Orthopaedic Surgeons. Your chair should allow you to maintain a natural, neutral position. Driving Correct driving posture can spare you from neck pain and can even affect whether or not you receive whiplash in the event of an accident, according to Healthbeat, a publication of the Harvard Medical School.

Position your car's seat so that you can sit up straight, with your head no more than a few inches away from the headrest. Move the seat close enough to the steering wheel that your knees can bend and your feet can easily reach the pedals. Lifting Good lifting posture prevents injury and muscle strain. Allow your hips and knees rather than your back to do the bending when picking up a heavy object. As you straighten your legs, keep the object close to you. You can also support your back by maintaining a wide stance and keeping your abdominal muscles tight as you lift. Sleeping

Maintain good posture even as you prepare for sleep by using a pillow to support your head. The thickness of the pillow should be such that your neck can retain its normal curve. The best sleeping position is one that allows your back to remain in a normal, neutral position, such as on your side with your knees slightly bent. If you sleep on your back, you may find using a small support under your lower back or a pillow under your knees helps you maintain a comfortable posture. Causes of poor posture Poor posture can stem from many sources; one of the most significant sources deals with repetitive motion without frequent breaks.

If one spends a substantial part of one's day in a certain position without frequent reprieves, the spine tends to orient itself to that movement. For example if someone is constantly leaning over to pick up objects, gradually the spine will start to develop a more exaggerated forward curve of the thoracic spine. Sullivan comments on poor posture saying; " These problems [poor posture] are often the result of chronic muscle tension, physical injuries or even emotional trauma, such as grief or depression. Conditions like these throw the musculoskeletal system out of alignment, and if not corrected, poor posture eventually feels normal. [2] Emotions, as well as physical activities, affect the state of one's posture. Other causes include sustained immobile posture for long periods of time. Taylor, Consmuller, and Rohlmann in their article " A novel system for the dynamic assessment of back shape" in the Medical Engineering & Physics journal, say: " Low back pain is an increasing problem and can be aggravated by prolonged static posture. [7] Sitting for prolonged periods is a great hindrance to good posture. Poor sitting posture is hard to rectify.

Jenny Pynt in *The Physiotherapy Theory & Practice* journal states, “ In sitting there is no one ideal posture, nor should one posture be sustained. Healthy sitting posture therefore is best thought of as an active not static phenomenon. “[5] Poor posture is affected by prolonged periods of repeated motions, or remaining fixed in one particular position. Fatigue Most children are told to “ stand up straight” in order to have good posture. While keeping the back straight and tall is the best way to have good posture, it will become increasingly difficult the longer you try to hold the position.

The muscles that support the back will eventually get tired and cause the spine and shoulders to sink lower, worsening posture. The best way to counteract this is to make sure that you are not in one position for too long.

Foot Placement The second part of the posture equation is foot placement. It will not matter how straight you keep your spine if your foot placement is not in a natural, comfortable position. Your feet naturally roll inward, causing your knees to bend and your back to slouch. This is the typical position for bad posture. Keeping your feet in this position will tire out your entire body, which will cause further bad posture.

Make sure that you keep your feet placed upright and wear comfortable and supportive shoes to help with their placement.

Age Since posture is predicated on muscle support of your spine and your legs, as you age your posture could get worse. Age can weaken muscles, making it harder to maintain a good posture. In order to counteract the effect of aging on your posture, make sure that you follow an exercise regimen which includes exercises to strengthen the lower back.

Soft Tissue Injury or Pain Every time

an individual has soft tissue injury an antalgic posture is an inevitable result. This can become a programmed habit.

Holding yourself differently or walking differently can be caused by an injury or pain in just about any part of your body so it is not limited to back or neck injuries. Muscle Imbalance Every day activities can develop larger and stronger muscles on one side of the body. Low Self Esteem Individuals with low self esteem keep their head down and shoulders forward. This can result in a loss of a cervical lordosis curvature. This can become a bad habit and can lead to a chronic bad posture. Obesity Carrying extra weight around the abdominal area can have problems with lower back being pulled forward by the weight of the stomach.

Scientific term – Pendulous Abdominis. These four cases are the most common causes of a bad posture. This is a learned habit that can be unlearned by an individual. It can be difficult to correct your posture on your own. Considering chiropractic care is a good start. You may also consider using posture aid till you learn how to stand correctly on your own. There are a variety of different aids on the market including back and neck supports and posture pumps. Benefits of Good Posture By adopting good posture, you can prevent or eliminate low back pain, neck strain and carpal tunnel syndrome.

These conditions result from chronic muscle strain caused by holding your body in an unnatural position. Poor posture also can accelerate wear and tear on your joints, which can then lead to arthritis. Good posture allows you to use your postural muscles more efficiently because they are in correct

alignment. Correct use of the muscles not only relieves pain but also gives you an energy boost because your muscles don't have to strain themselves and your fatigue decreases. Principles of Good Posture Poor posture affects the entire body, contributing to a variety of aches, pains and health issues.

Learning to use the principles of good posture to keep your body properly aligned can prevent many of these problems, as well as improving appearance and reducing fatigue. Maintaining good posture involves maintaining the back's three natural curves, which are an inward curve at the neck, an outward curve at the upper back and an inward curve at the lower back. This ideal posture is referred to as a neutral spine position. Why Good Posture Is Important When your back and body are properly aligned by the use of good posture, your spine is stable and strong.

However, slouching makes muscles and ligaments struggle to maintain balance, which can lead to a number of health problems. Practicing good posture helps decrease abnormal wear on joint surfaces that can lead to arthritis, lessens strain on the ligaments of spinal joints and reduces fatigue by allowing muscles to perform at peak efficiency, reducing the overall energy used by the body. Back, shoulder and neck pain is reduced by good posture, as is muscle strain. Proper posture also enhances the appearance, making you look taller, more self-assured and even thinner, as slouching tends to make the tummy protrude. Proper Standing Posture

Proper posture while standing consists of holding your head up straight with your chin in and your earlobes aligned with the center point of your shoulders. Pull your shoulders back, flattening the shoulder blades, keep

your chest forward, your knees straight, your stomach tucked in and the arches of your feet supported. Proper Posture While Seated To maintain a neutral spine in a seated position, place your buttocks against the back of the chair, your back straight and your shoulders pulled back. Bend your knees at a 90-degree angle and keep them even with or a bit higher than your hips with your feet placed flat on the floor.

Be sure to bear the weight of your body evenly on both hips and avoid remaining in the same position for more than 30 minutes at a time. Proper Sleeping Posture Comfortable and restful sleep is easier to achieve when your spine is in the neutral position. Maintaining proper posture during sleep requires a firm mattress for support and the use of only one pillow. Sleeping on your back or side is best for maintaining good posture. Place a pillow between your knees to help maintain proper positioning while lying on your side, or place one under your knees when sleeping on your back.

A lumbar roll in the small of your back can be helpful, as can a cervical roll used to support your neck. Proper Posture When standing, proper posture involves aligning body in alignment so that the pull of gravity is evenly distributed. Good posture includes: * A straight line from your ears, shoulders, hips, knees and ankles * Head is centered * Shoulders, hips and knees are of equal height Some of the most common posture mistakes include: * forward head * rounded shoulders * arched lower back * excessive anterior pelvic tilt (protruding backside) * excessive posterior pelvic tilt (protruding abdomen/pelvis) Test Your Posture

To figure out if you have good posture, take the following posture tests. The

Wall Test – Stand with the back of your head touching the wall and your heels six inches from the baseboard. With your backside touching the wall, stick your hand between your lower back and the wall, and then between your neck and the wall. If you can get within an inch or two at the low back and two inches at the neck, you are close to having excellent posture. The

Mirror Test – Stand facing a full length mirror and check to see if: 1. Your head is straight 2. Your shoulders are level 3. Your hips are level 4.

Your kneecaps face the front 5. Your ankles are straight Now look at yourself from the side (or have someone else check you out) and look for the

following: 1. Your head is straight rather than slumped forwards or backwards 2. Chin is parallel to the floor 3. Shoulders are in line with ears 4.

Knees are straight 5. Slight forward curve to your lower back Types of

posture © 1. Good posture involves an upright spine with slight natural forward curves in the neck and lower spine, and broad and straight

shoulders. Significant increases in the