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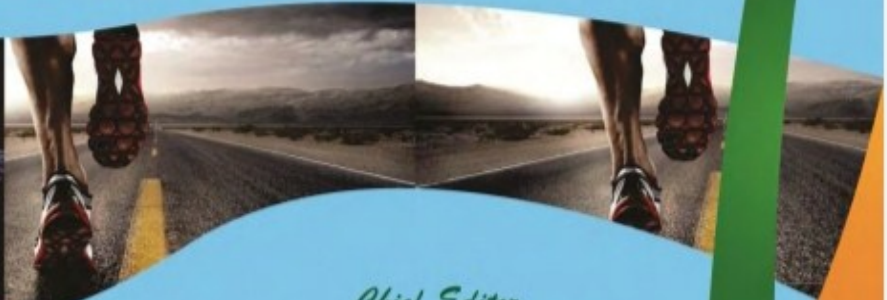
**A HOLISTIC APPROACH TO ENHANCE HUMAN KNOWLEDGE, PERFORMANCE
AND HEALTH THROUGH SPORTS AND LIBRARY SCIENCES**

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34)	EFFECT OF SELECTED YOGA ASANAS AND PLYOMETRIC EXERCISE ON PHYSICAL...	163
	Dr. Meenakshi R. Mooliya, Aurangabad	
35)	YOGA FOR HEATHY LIFE STYLE	166
	Dr. Praful Prakash Varale, Murtizapur	
36)	BENEFITS OF YOGIC PRACTICES FOR PHYSICAL FITNESS AND HEALTHY LIFE STYLE	170
	Dr. Pramod Ramdas Chaudhari, Jalgaon	
37)	PERSONALITY PROCESSES POWERS PLAYERS PERFORMANCES	173
	Dr. Prashant Tour, Ambad, -Anil Chavan, Aurangabad	
38)	Health Education	177
	Dr. Pravin Murlidharrao Bhosle, Ambajogai	
39)	IMPORTANCE OF GALLI KHAL, FOR ENHANCEMENT OF HUMAN HEALTH AND ...	181
	Dr. Rakesh A. Badgujar, Akola (Maharashtra)	
40)	PREVENTION OF SPORTS-RELATED INJURIES THROUGH STRETCHING AND WAR...	185
	Dr. Sachin Deshmukh, Aurangabad -Prof. Madhukar Wakale, Waluj	
41)	A SURVEY OF SPORTS INJURIES AMONG THE PARTICIPANTS IN STATE ...	189
	Dr. Sandeep Jagtap, Aurangabad - Bhagurao Jadhav, Nandurgar	
42)	SURVEY OF SPORTS FACILITIES IN UNIVERSITIES OF MAHARASHTRA	192
	Dr. Santosh A Wangujare, Ashti	
43)	PHYSICAL ACTIVITIES FORMAINAINING HEALTH	196
	Dr. Ghorpade Santosh Shahurao - Dr. Narke Vitthal Gambhirrao	
44)	ROLE OF SPORTS PSYCHOLOGY FOR PERFORMANCE ENHANCEMENT & REHABI....	198
	Dr. B.A. Sarpate, Gadhi - Dr. Samir Bavikar, Osmanabad,	
45)	ROLE OF SPORTS MOTIVATION AND PERFORMANCE, THROUGH SPORT PSYCH....	202
	Dr. Satish D. Raiban, Mangalwedha, Prof. Prashant I. Tambile, Kurduwadi	
46)	EFFECT OF YOGA ON HUMAN BODY	206
	Dr. Shaikh Afsar Rasheed, Khultabad	
47)	FITNESS FOR GOOD HEALTH	209
	Dr. Shaikh Aslam Zhabbu, Khuldabad	
48)	THE IMPACT OF PHYSICAL EDUCATION ON HEALTH	212
	Dr. Shaikh Musabhai Imambhai, -Dr. Asmaparvin Sayyad Mohmmad, Aurangabad	
49)	COMPARISON OF MOTOR FITNESS BETWEEN 8 TO 11 YEARS OF BOYS AND	216
	Dr. Shalini Barbade, Nanapeth, Pune	
50)	HOW MINDFULNES TRAINING MAY MEDIATE STRESS, PERFORMANCE AND ...	221
	Dr Shildar Pravin Pratapshing, Georai, Tq. Beed, (Maharashtra)	

PHYSICAL ACTIVITIES FORMAINTAINING HEALTH

Dr. Ghorpade Santosh Shahurao
and
Dr. Narke Vitthal Gambhirrao

INTRODUCTION:

Regular physical activity is important for good health. Physical activity is an important part of your overall physical and mental health. Physical activity is defined as any bodily movement produced by skeletal muscles that require energy expenditure. Physical activity means movement of the body that uses energy and Regular moderate intensity physical activity.

Physical fitness is one aspect of total fitness. Scientific evidence has been produced to show that the general health and physical performance, ability of the people depends mainly on their physical fitness. Physical Fitness is a capacity for sustained physical activities.

Exercise and physical activity produces a wide variety of benefits for individuals.Regular exercise not only keeps our body fit but it also helps in maintaining our mind fresh for a longer period of time. Exercise is extremely important for maintaining physical fitness including healthy weight, building and maintaining healthy bones, muscles and joints, promoting physiological well-being and strengthening the immune system.

HEALTH RELATED PHYSICAL FITNESS:

1) CARDIOVASCULAR ENDURANCE-

It is the ability of the heart, blood cells and lungs to supply oxygen-rich blood to the working muscle tissues and the ability of the muscles to use oxygen to produce energy for movement.

Effect:Heart becomes stronger, healthy lungs, and clear blood vessels to supply the body with oxygen.

Exercise:walking, jogging, Running, Swimming, cycling, rowing, stair climbing, hiking, cross country and Aerobic dance etc.

2) MUSCULAR STRENGTH-

The maximal force that a muscle or group of muscles can generate for one movement.

Effect:Muscles support the skeleton and enable movement; maintain good posture, increase work capacity and can carry out their daily tasks efficiently.

Exercise: Push-ups, pull-ups, lifting weights, working with resistance bands, climbing stairs, hill walking, cycling, sit-ups and squats etc.

3) MUSCULAR ENDURANCE-

The capacity to sustain repeated muscle actions.

Effect: muscular endurance are likely to have better posture, have fewer back problems, and be better able to resist fatigue than people who lack muscular endurance.

Exercise: Weightlifting and resistance band exercise etc.

4) FLEXIBILITY-

The range of movement if a joint or sequence of joint.

Effect: Flexibility has fewer sore and injured muscles.

Exercise: Stretching-Shoulder & chest, Arm across chest, Triceps stretch, Glute stretch, Adductor stretch, Single leg hamstring, Standing quadriceps, Standing calf and Trunk lift etc.

5) BODY COMPOSITION-

It is used to describe the percentages of fat, bone, water and muscle in human bodies.

Effect: Reduction of body fat levels in which more lean mass (muscles, bones) and improved physical condition

Exercise: Exercise and eating the right foods in the proper amounts can improve body composition.

PHYSICAL HABITS:

Habits are routine behaviours done on a regular basis. Control Physical Stress; improve sleep habit, Resistance to Illness and Disease, proper nutrition, Regularly Physical Exercise, Energy Rejuvenation and maintaining a healthy weight etc.

PHYSICAL ACTIVITY PLAN:

Proper exercise, sequence of exercise, loading process, training method, recovery, safety equipment, Timebased duration, variation, volume, and environment etc.

CONCLUSION:

Physical activity simply means movement of the body that uses energy. Physical Activity maintains health and reduces your risk of health problem. Regular physical activity can improve your quality of life.

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