

FITNESS AND HOW IT APPLIES TO CHILDREN

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Abstract:

Motivating children to urge match. With childhood obesity increasing at staggering rates, folks and caregivers should play a lively role in protective children's health. Eating healthy foods may be a key consider maintaining their overall well-being. But, this needs to be balanced with regular physical activity.

More kids and youngsters are overweight or stout now than at any other time. It is critical for your child to be dynamic. This is a lesson you ought to show them at a youthful age. Keep in mind that you're a good example for your child.

Physical action anticipates or decrease medical issues. It likewise deals with your child's weight. The following are different advantages of keeping your child dynamic.

- *It consumes calories as opposed to putting away them as muscle to fat ratio ratios.*
- *It keeps up glucose levels. This is key for kids who have or are at hazard for diabetes.*
- *It brings down circulatory strain and cholesterol levels.*
- *It makes bones and muscles solid.*
- *It fabricates quality and perseverance.*
- *It calms stress and assists with core interest.*
- *It enhances rest and psychological well-being.*
- *It supports confidence by helping kids feel certain about their bodies and appearance.*

KEY WORDS:

Motivating children , staggering rates, folks , protective children's health.

WAY TO PROSPERITY

Children 6 years old and more established ought to be dynamic a hour or all the more every day. This doesn't need to be done all at one time. They can be dynamic a few times for the duration of the day. Much the same as grown-ups, youngsters require 3 sorts of activity. They ought to do a blend of heart stimulating exercise, muscle fortifying, and bone reinforcing. A few exercises consider more than one sort of activity.

High-impact ("cardio") practice expands your heart rate and fortifies your lungs. Sorts of vigorous exercises are:

- skateboarding
- skating
- running
- hiking
- dancing
- bicycling
- swimming
- basketball.

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Muscle strengthening builds and maintains muscles. It also improves balance. Examples include:

- climbing
- gymnastics
- push-ups, pull-ups, and sit-ups.

Bone strengthening helps your bones grow and stay strong. Examples include:

- running
- skipping
- dancing
- jumping rope
- basketball, soccer, tennis, or volleyball.

With regards to being dynamic, there is something for everybody. Attempt distinctive exercises to perceive what your kid likes. Discover things that are enjoyable to do together.

Encourage your child to attempt physical group or gathering exercises. These could be soccer, tee-ball, aerobic, or moving. Being on a group enables your youngster to create social aptitudes. Remember that a few children appreciate sports, while others don't care for rivalry. They may favor bunch diversions rather, for example, tag or find the stowaway. Make sense of what works best for your tyke's identity. It is alright for your tyke to play alone some of the time, as well. This causes them create freedom.

Be a healthy role model for your child. Arrange dynamic family trips. Give them a chance to see you getting a charge out of activity. At the point when your tyke is youthful, you can push them in a stroller while you run. Another way you can incorporate exercise with your family's way of life is to celebrate with activity. Rather than remunerating your youngster with sustenance, let them pick a movement. Things to consider

Each day, 8- to 18-year olds spend an average of:

- 4 hours watching TV and movies
- 1 hour on the computer
- 1 hour playing video games.

Two out of each 3 kids have a TV in their room. They sit in front of the TV around 1½ hours more than children who don't have a TV in their room.

Attempt to confine your youngster's aggregate day by day screen time to under 1 or 2 hours. This incorporates TV, motion pictures, computer games, and the PC. You for the most part sit when you do these exercises. Set a decent case by likewise restricting your own particular screen time.

There are approaches to make screen time more dynamic. Have your tyke do bouncing jacks amid plugs. Or, on the other hand they can stand up or run set up when playing computer games. Some computer games even incorporate low levels of physical action. They may imitate the movements of moving, knocking down some pins, tennis, and different games. Despite the fact that playing these recreations is superior to anything sitting, regardless they consider screen time. Rather, have your kid do the movements, in actuality. Host a move gathering, go knocking down some pins, or play tennis.

Physical Fitness

All the subjects were assessed for various physical fitness components. The various components of physical fitness were measured using the following tests

30 Meter Sprint (Flying Start)

In this take a look at 45 meter distance was divided into 2 zones of fifteen meters and also the different of thirty meters. the topic started the sprint from line and accelerated and as before long as he completed the primary zone of fifteen meters the temporal arrangement was initiated. The time taken to complete the second zone of thirty meters was the time of take a look at and recorded to the closest zero.1 sec.

800 Meter Run

This take a look at is employed to ascertain the endurance of subjects. The aim of the take a look at is to complete 800 meter run in fastest potential time. to begin the take a look at, all subjects lineup behind the line. On the command 'go' the clock was started and subjects begun running. the full time to run 800 meters was recorded at the destination.

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Sit and Reach take a look at

The sit and reach take a look at is employed to live the flexibleness. the topic was asked to sit down on the ground with legs stretched while not shoes. The feet of the themes were placed against the box. Subjects were asked to stretch forward on the measure line on the box as way as potential with palms facing downward and keeping knees straight. the themes were asked to carry this position a minimum of for 2 seconds and also the distance was recorded in centimeters.

Standing Broad Jump

To measure the leg extension explosive strength, the jumping performance was analyzed. the topic was asked to leap for max distance from a standing position and was schooled to bend his knees, golf stroke his arms ahead of him, and jump forward as potential, attempting to land on his feet. 2 tries got for higher results of the take a look at and noted in centimeters.

Standing Vertical Jump

It tested the explosive strength of legs. the topic was asked to dip his hand in chalk powder and stood aboard the wall. the topic was asked to clap the extended hand marked with chalk to mark the standing reach. Then he jumped as high as potential and touched the wall. The score was the simplest of 3 jumps in centimeters by subtracting standing reach from the jumping height.

Medicine Ball place

This take a look at was accustomed live explosive strength of arms. The take a look at concerned throwing a two metric weight unit ball within the horizontal direction as way as potential from a sitting position. the topic was asked to sit down on floor with straight legs and throw the ball from chest outward. 2 tries got to every subject and also the best distance measured in meters was the score of the take a look at.

Grip Strength

The grip strength of the themes was measured with the assistance of hand measuring system. whereas holding the measuring system in their hand the themes were asked to squeeze it powerfully. the themes were needed to crush step by step and uninterruptedly for a minimum of 2 seconds. The grip strength of each right and hand of the themes was measured singly. the themes got 2 tries for the every hand. the simplest among the 2 tries was the score of the take a look at recorded in kilograms.

Statistical Analysis

Statistical analysis was performed victimization SPSS version sixteen.0 for windows (SPSS opposition, Chicago, IL, USA). All descriptive knowledge relating fitness variables was according as mean and variance. an freelance sample t-test was accustomed compare the mean values of fitness variables between rural and concrete youngsters.

Peak Fitness for Kids

As i discussed earlier, intermittent bouts of exercise is really the best type of exercise and could be a key part of my comprehensive Peak Fitness program. whereas it's going to seem to be extreme to some, this kind of short burst-type exercise is probably the foremost natural of all exercises for children!

People were simply not intended to keep running at a steady pace for augmented times of your time, and you for all intents and purposes ne'er observe that assortment of conduct inside the wild either. The examination is accordingly evident with respect to the prevalent edges of this sort of activity – that copies characteristic conduct – that the American Heart Association and furthermore the American school of therapeutic claim to fame have as of now altered their activity cardio pointers from moderate however relentless oxygen consuming cardio to high-power interim instructing.

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Benefits of high-intensity interval coaching include:

Significantly improving your insulin sensitivity, especially if you're on a low-processed-food, low-sugar or low-grain diet	Optimizing your cholesterol ratios, when combined with a proper diet	Boosting fat metabolism and optimizing your body fat percentage (as a result of improved conservation of sugar and glycogen in your muscles)
Virtually eliminating type 2 diabetes and high blood pressure	Naturally boosting your levels of human growth hormone (HGH)	Increasing your aerobic capacity

Peak Fitness Instructions

A key component is to raise your heart rate up to your anaerobic threshold (220 minus your age) for 20 to 30 seconds, followed by a 90-second recovery period. Contingent upon your youngster's present level of wellness, he may need to work his way up to eight cycles. I prescribe beginning with two to four cycles, and steadily expanding to eight. There are no principles for the particular way in which this is accomplished – your child could do this running in the terrace, or utilizing a treadmill, circular machine, or supine bicycle (gave your child is mature enough to utilize such machines securely, obviously), or they could do it bicycling outside.



For a demonstration of the core principles, and important safety tips, please see the following video. It also includes a demonstration of proper warm-up. While this video is primarily directed to adults, as opposed to children engaged in spontaneous high-intensity play, it can still give you some helpful pointers to keep in mind when you're coaching your kids.

Here are the core principles:

- Warm up for three minutes
- Then, go all out, as hard as you can for 30 seconds
- Recover at a moderate pace for 90 seconds
- Repeat 7 more times, for a total of 8 repetitions
- Cool down for a few minutes afterwards by cutting down your intensity by 50-80 percent

CONCLUSION

It is concluded that the place of residence has clear impact on physical fitness of children as studied herein. The rural children performed significantly better on the physical fitness tests as compared to the urban children. The way of life, activity levels, food habits and the constituents of food might have played significant role in the differences among children.

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