



BHARATHIDASAN UNIVERSITY

Tiruchirappalli- 620 024

Tamil nadu, India

Programme: B.P.Ed., Physical Education & Yoga

**Course Title :Contemporary issues in Physical education,
Fitness and wellness**

Course Code: 21BPE24EA

UNIT – 4

Implication of exercises Programme

Dr.P.SATHEESHKUMAR

Guest Lecturer

Department of Physical Education and Yoga

FITNESS

Fitness is the ability to carry out daily tasks without undue fatigue. Strong physical fitness is being able to do activities with ample energy to enjoy leisure-time hobbies.

Exercise

- ◊ Exercise is very important to every individual.
- ◊ To achieve good effect in every exercise program, there must be a proper selection of a program of exercise adapted to the individual's condition, body type, and other needs. The program should be designed for the individual, together with proper evaluation of these activities in terms of time and effort, to make a workout.

Physical Exercise

- ◉ Is any bodily activity that enhances or maintains physical fitness and overall health and well-being.
- ◉ Frequent & regular physical activity improves the immune system and helps prevent the development of chronic diseases such as heart disease, cancer, diabetes, and obesity”.

Exercise Program

- ◉ Is a great way to stay fit. It also brings a range of physical and mental benefits.
- ◉ When prescribing the exercise, professionals will usually talk about 3 factors, namely: intensity, duration, frequency.

Aerobic Exercise

- ◉ Refers to the exercise which is of low to moderate intensity, undertaken for a long duration.
- ◉ Aerobic means "with oxygen".
- ◉ Kenneth Cooper is considered as the "father of aerobics".

PHASES OF AN EXERCISE PROGRAM

◉ WARM – UP

◉ Is the first step in the routine which takes five to ten minutes.

◉ The purpose is to stretch the muscles out to avoid possible muscle injury and to increase body temperature in preparation for the main phase.

PHASES OF AN EXERCISE PROGRAM

◉ WORKOUT

- ◉ Is the main activity.

- ◉ This can be in form of sports, aerobics and

PHASES OF AN EXERCISE PROGRAM

• COOL DOWN

- Is usually made up of walking and slow jogging that bring the pulse rate gradually back to normal.
- Stopping the workout abruptly is not advised. This may cause injury.

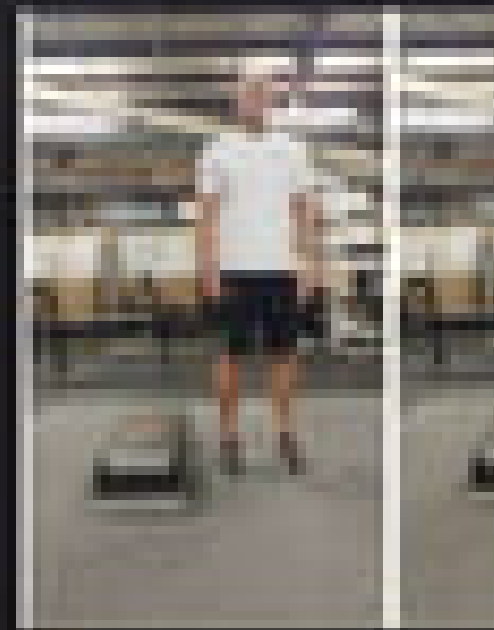
TYPES OF EXERCISE

- Low Intensity
- Isometric
- Isotonic
- Relaxation
- Therapeutic Exercise

TYPES OF EXERCISE

◉ Low Intensity

- these are exercise include a light stretching routine or beginner's yoga or swimming.
- Some household chores.



TYPES OF EXERCISE

• Isometric

- Static stretching (it does not use motion)
- Is a type which involves the resistance of opposing muscle groups through isometric contractions (tensing) of the stretched muscle.



TYPES OF EXERCISE

• Isotonic

- Shifting of resistance.



TYPES OF EXERCISE

• Relaxation

- Provides satisfaction of total well-being of the person due to stress and anxieties.
- It also helps to ease symptoms of depression



TYPES OF EXERCISE

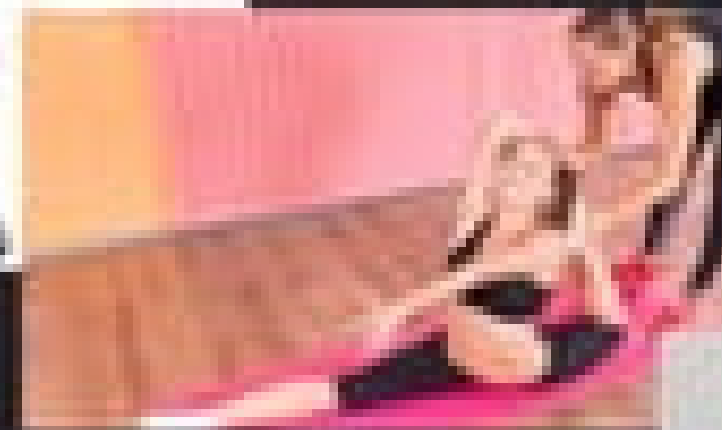
⊗ Therapeutic Exercise

- Used to rehabilitative methods in treating illness.



Three Types Of Stretches

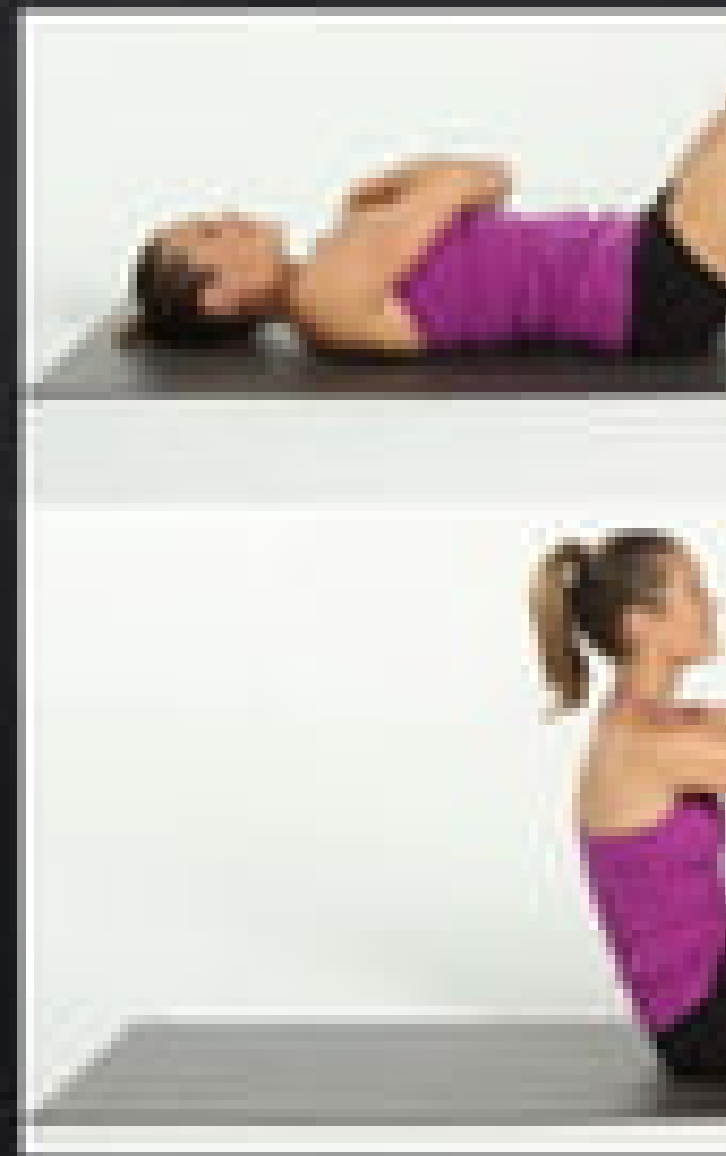
- **Static Stretching** – holding a position for a short period of time. The safest form of stretching.
- **Ballistic Stretching** – bouncing in and out of a stretched position. The most dangerous type because of possibility of injury.
- **PNF or Proprioceptive Neuromuscular Facilitation** – another person who pushes and pulls on the limb or the body.



Muscle Strength Exercises

1. Core engagement

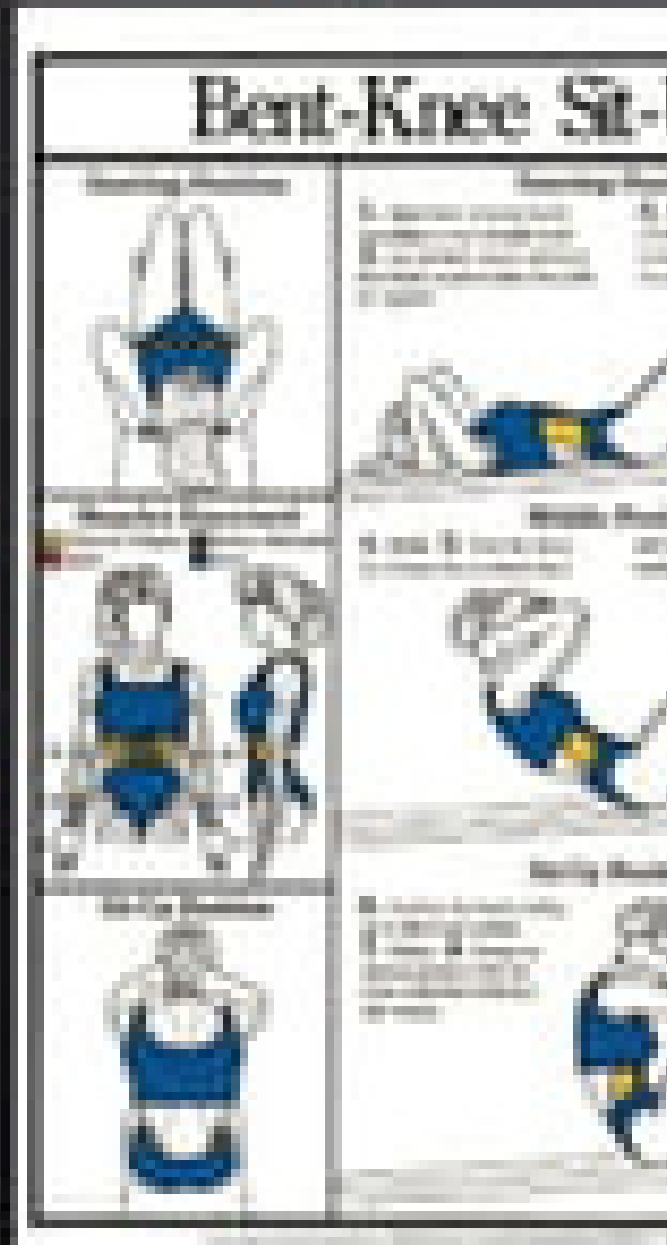
Sit ups



Muscle Strength Exercises

1. Core engagement

Bent-Knee Sit ups



Muscle Strength Exercises

1. Core engagement

Plank



Muscle Strength Exercises

1. Core engagement
Side Plank



Muscle Strength Exercises

1. Core engagement

- Medicine Ball-Pike up



Muscle Strength Exercises

1. Core engagement

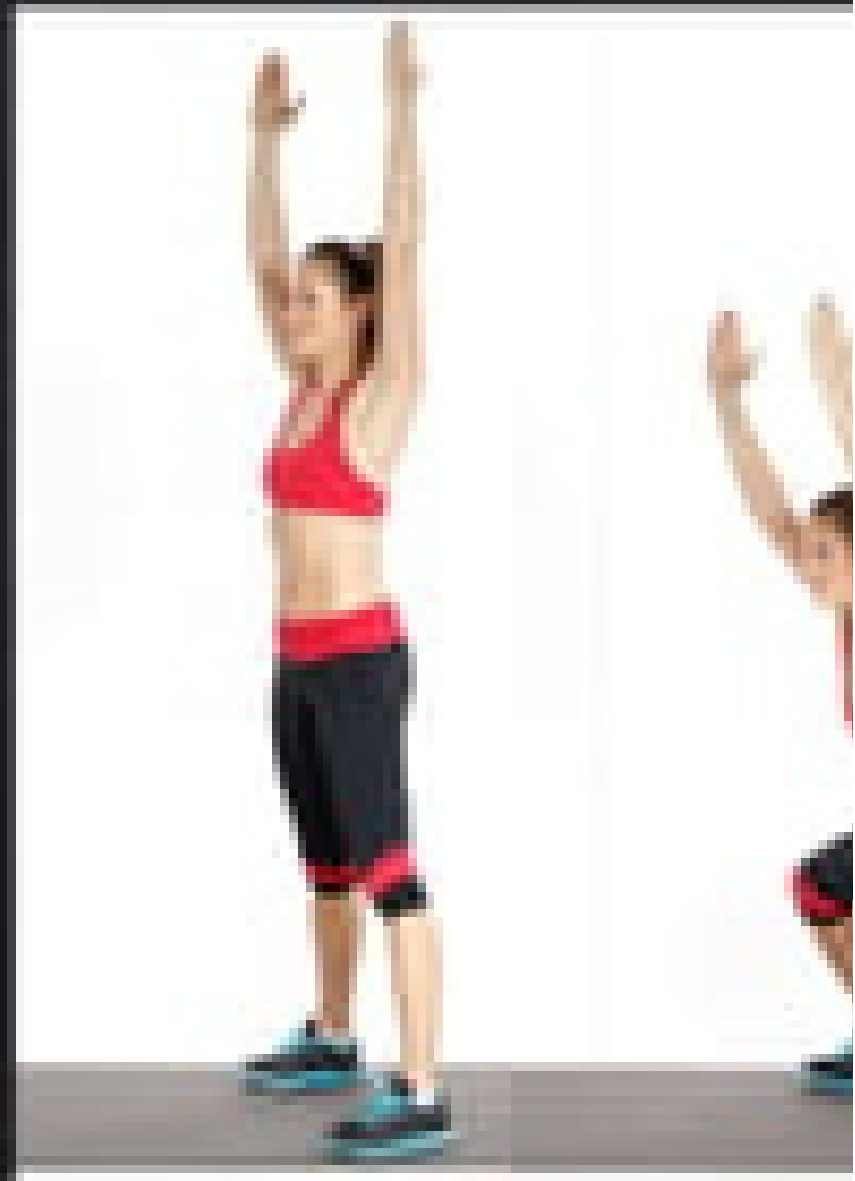
Medicine Ball Woodchopper



Muscle Strength Exercises

2. Legs and Hips

Air Squats



Muscle Strength Exercises

2. Legs and Hips

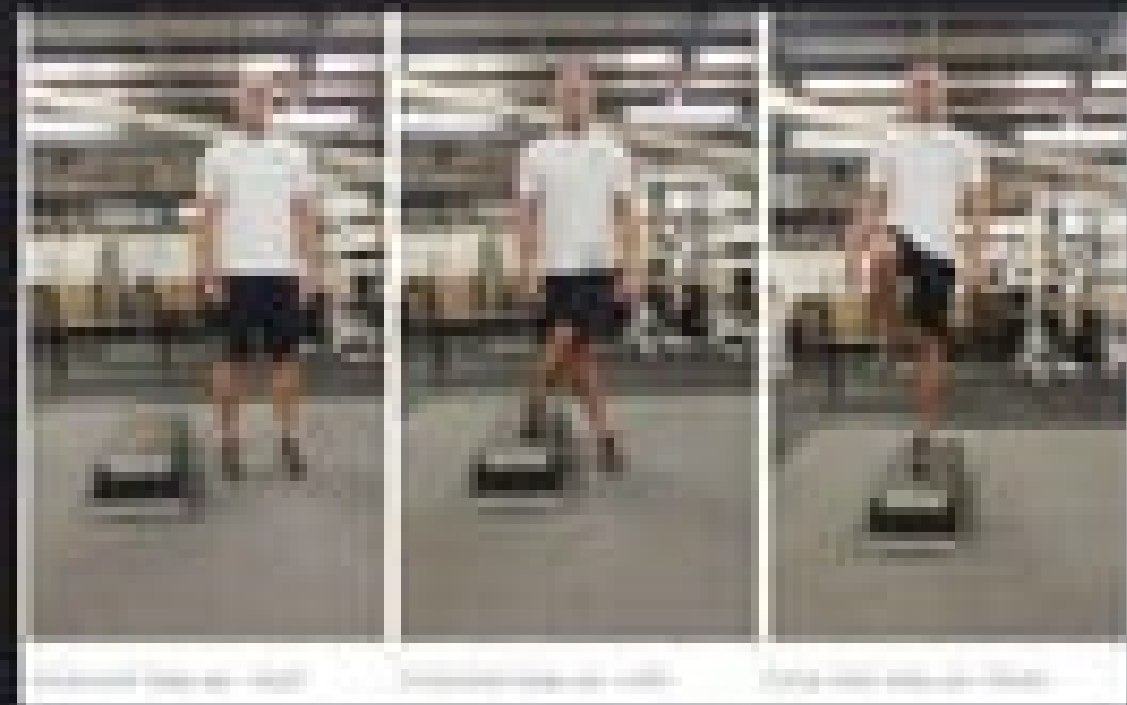
Mountain Climber



Muscle Strength Exercises

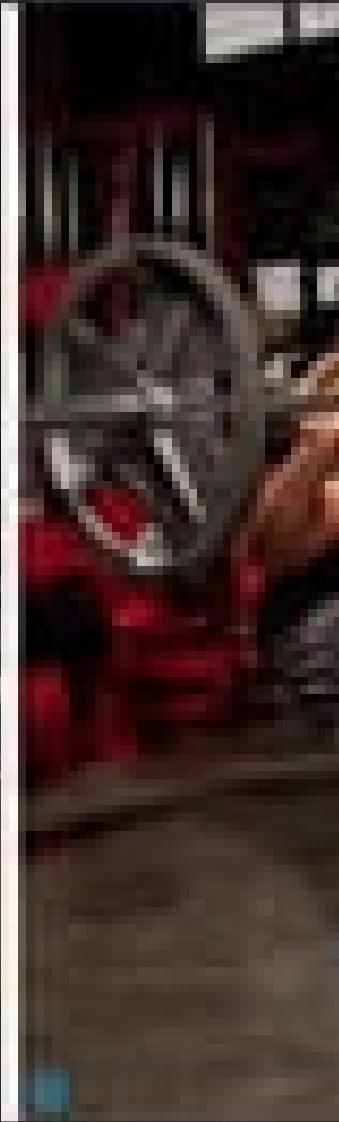
2. Legs and Hips

- Cross Over Step-up



Muscle Strength Exercises

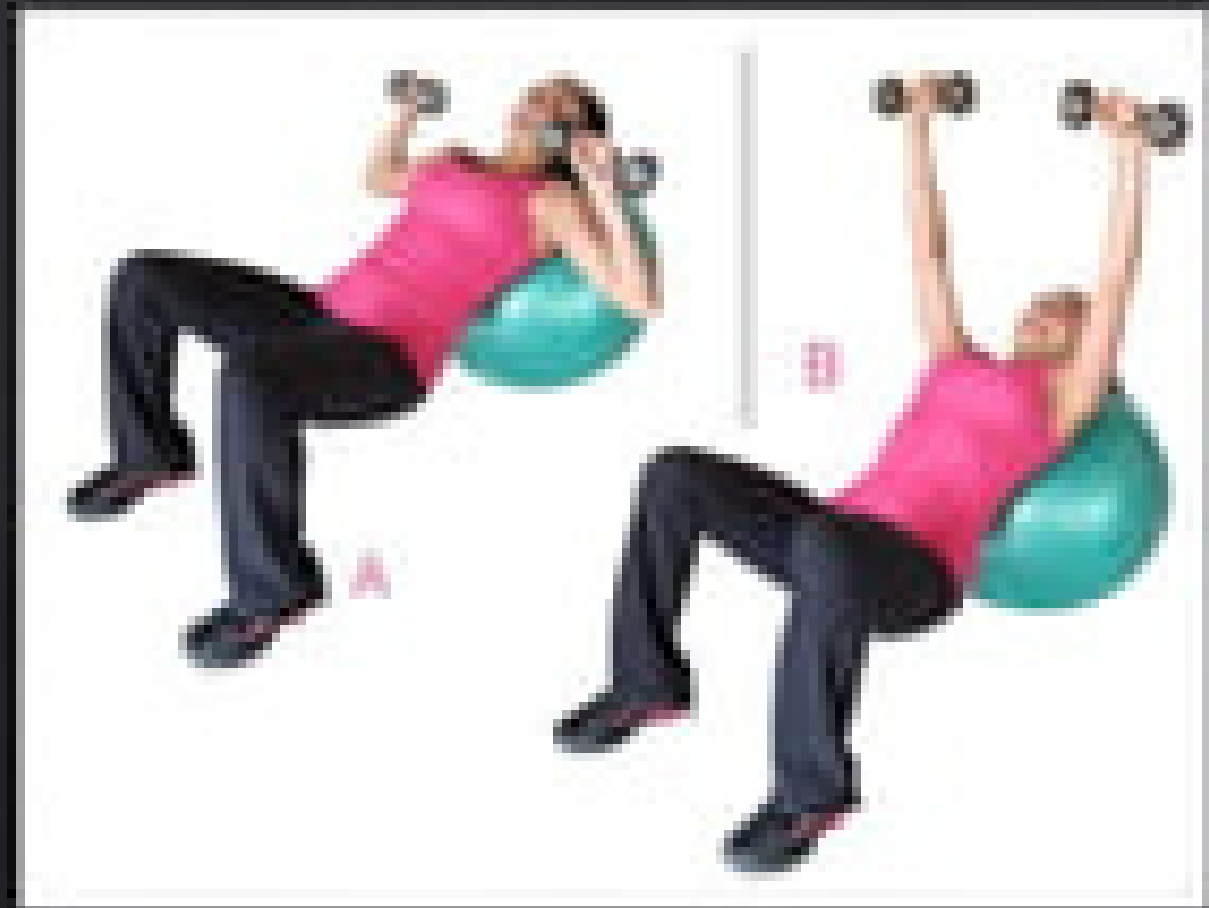
2. Legs and Hips Power Squats



Muscle Strength Exercises

3. Chest Exercises

- Swiss Ball Dumbbell Incline Press



Muscle Strength Exercises

3. Chest Exercises

Perfect Push Up



Muscle Strength Exercises

3. Chest Exercises

Decline Push Up





Muscle Strength Exercises

3. Chest Exercises

Bench Press



Muscle Strength Exercises

- 4. Shoulder Exercises
 - Dumbbell Power Clean



Muscle Strength Exercises

- 4. Shoulder Exercises
 - Alternate Shoulder Press



Muscle Strength Exercises

4. Shoulder Exercises

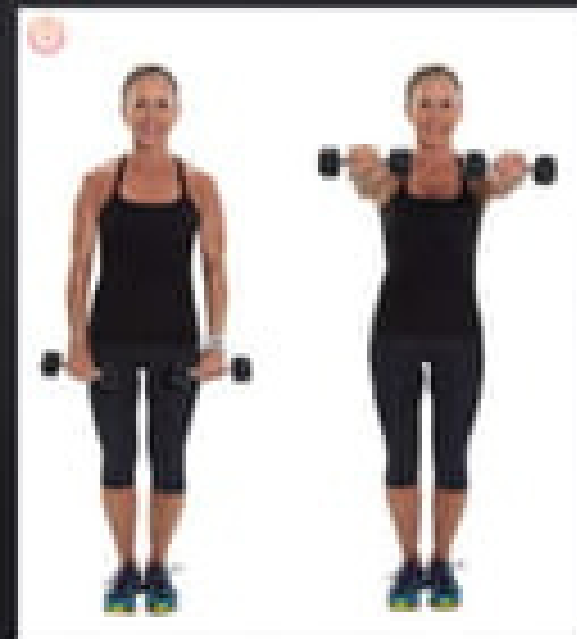
Lateral Raise



Muscle Strength Exercises

4. Shoulder Exercises

Front Raise



Muscle Strength Exercises

4. Shoulder Exercises

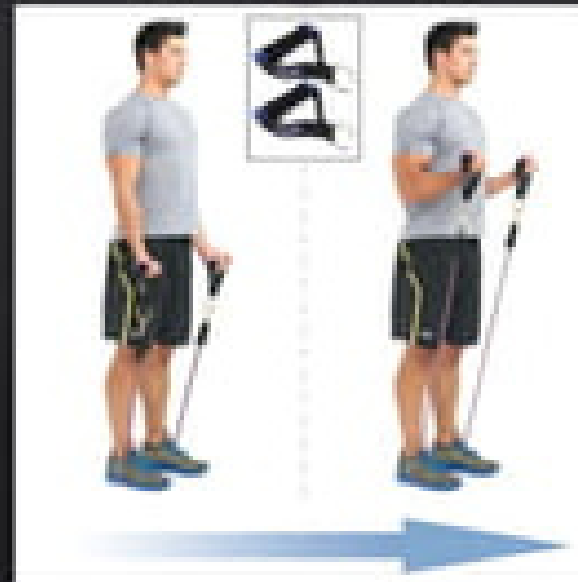
Standing Barbell Press



Muscle Strength Exercises

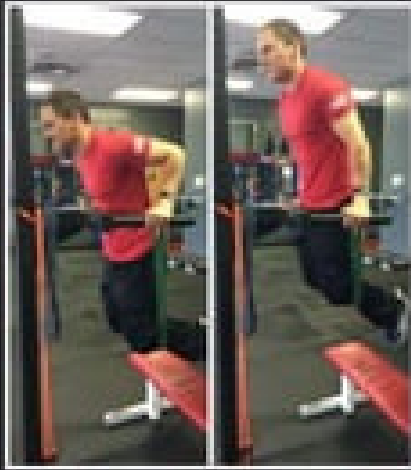
5. Arm Exercises

Band Curls



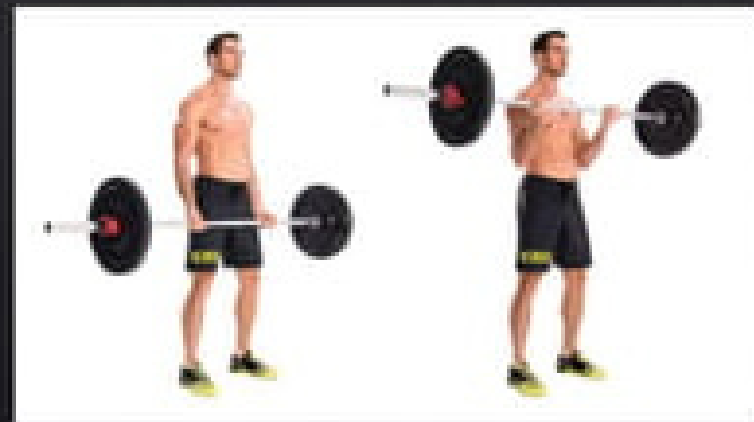
Muscle Strength Exercises

5. Arm Exercises Assisted Dips



Muscle Strength Exercises

5. Arm Exercises Barbell Curls



Muscle Strength Exercises

5. Arm Exercises Bench Dips



Muscle Strength Exercises

5. Arm Exercises • Vertical Dips



Free weight & Machine weight

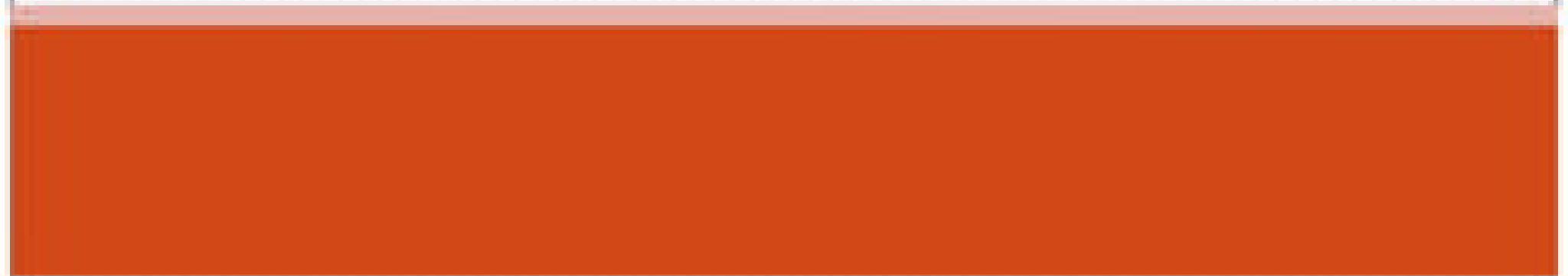
Free weights are a form of strength training that can be defined as resistance exercises provided by 'free' objects that aren't attached to anything and that you can quite literally pick up and move. ***medicine balls, barbells, dumbbells, kettlebells, sandbags, resistance bands and sandbells.***

A **weight machine** is an exercise machine used for weight training that uses gravity as the primary source of resistance and a combination of simple machines to convey that resistance to the person using the machine. Each of the simple machines (pulley, lever, wheel, incline) changes the mechanical advantage of the overall machine relative to the weight.

Machines help target specific muscle groups and provide controlled resistance. Based on your goals.

- **Repetitions** are referred to the number of times you perform any exercise like biceps curls, single-leg dead lifts or squats. Like if you did six crunches then it will be called six reps of crunches.
- **A set** is the number of continuous repetitions of an exercise you perform without taking a break. Like if you performed six crunches together without taking a break that is one set.

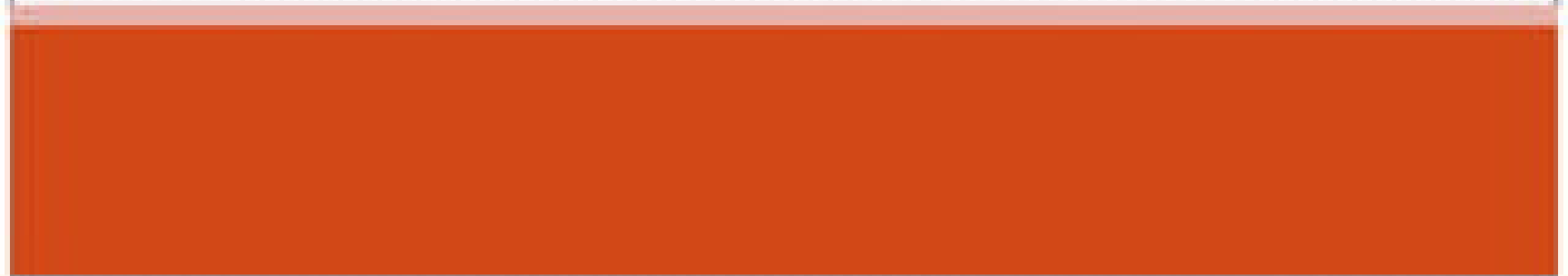
CURRICULUM ISSUES AND CONCERNS



1. Poor academic performance of learners related to issues on the varied implementation of the curriculum among schools and teachers.



2. Curricular innovations lack the sense of ownership from stakeholders.



3. Some curricular innovations are results of bandwagon but are not well supported by managers.

4. Lack of regular monitoring and evaluation.

5. Innovations result to teacher burn out.

**6. Innovations are not
communicated to all.**