



E-ISSN: 2706-8927  
P-ISSN: 2706-8919  
[www.allstudyjournal.com](http://www.allstudyjournal.com)  
IJAAS 2020; 2(3): 332-334  
Received: 02-06-2020  
Accepted: 03-07-2020

**Zohra Latifi**

Associate Professor, Coaching Department, Faculty of Physical Education, Professor Shaheed Rabbani Education University, Afghanistan.

**Khawaja Mohamamd Salim Sidiq**

Assistant Professor, General Physical Education department, Faculty of Physical Education, Professor Shaheed Rabani Education University, Afghanistan.

**Corresponding Author:**

**Zohra Latifi**

Associate Professor, Coaching Department, Faculty of Physical Education, Professor Shaheed Rabbani Education University, Afghanistan.

## The role and significant of body growth in badminton

**Zohra Latifi and Khwaja Mohamamd Salim Sidiq**

**DOI:** <https://doi.org/10.33545/27068919.2020.v2.i3e.171>

**Abstract**

Muscles growth depend on regular exercise and develop good body preparation, in fact it is related to different factors. The most important factors are: body frame, quality of consumable foodstuff, health of body and having no mental and psychological pressures which is a need for human.

Power and speed are essential factors in muscles' preparation and relates to many sports performance. Especially, in badminton these two are related to power of muscles and have the ability of improvement. It is worth mentioning that sporty exercises cause muscle rotation's empowerment and in result it increases power of muscle. Exercises which improves blood circulation and causes better oxygen transformation in body.

In some sports like javelin throw, high jump, disc, 100m hurdles and those activities that need less time about 10 seconds and are done with high speed supply energy by help of these systems ensure the required energy through this system. The issue that how and which methods can grow and stabilize the body power preparation of badminton athletes are discussed in this article. The research question is:

1. Which methods should be used for growing better body preparation of badminton athletes to get better result in championships?

**Keywords:** Muscles growth, Badminton, speed pressure of activities, activity volume pressure, body preparation

**Introduction**

Body growth and entertaining activities play an important role in primitive human activities. Body preparation of primitive human has been examined through their struggling ability for survival and being alive, everyone should rely on their own body power for struggling with tough life and compatibility with natural environment. By other word, body preparation is a set of human basic and stable abilities.

The most important body preparation which a badminton player needs is assessed and discussed in this paper are the following: the value and importance of general body preparation of pressure speed in the activity, volume and pressure of activities and general preparation exercises are the root of exercise that are researched and discussed and this article follows the below objectives:

- Exploring the powerful exercises for athletes muscles growth in Badminton
- Exploring flexible exercises for important joints
- Exploring the importance of body preparation and exercising impact on badminton athletes

In physical training and sport general body preparation theory for overall body growth to get better outcomes is a major.

What is clear that body preparation growth does not responding all sport branches but it depends on specific major. General body preparation beside effectiveness of movement actions, has its trait. In term of its own characteristics and traits every sport branch demands a specific physical preparation to make it ready based on some sport's learning principles. For example, patient development in long or high running.

- Speed growth in short running for better improvement.
- Elastic development for softness in gymnastic for better empowerment.
- Power growth in Tines, Badminton and double Tines which has an important role.

Important to remember that movement actions growth is not in activity coordination they supplement each other. Their assessment depends on the type of sport discipline

The method of muscles power growth in sport activities and training should consider the following points:

In a high level the muscles power growth depends on Badminton techniques tool and more exercises of volume pressure activities, exercise continuation and stretch of muscles power in isometric system in one or all trainings. The more the activity pressure becomes more the organism reaction become more effective and faster that results betterment of activity and better sports outcome that improve the activity speed and it is one of the real factor for power muscles growth.

In term of relative as it is required the organism fast growth needs better situation. Enormous pressures are different based on its situation which related to the type of exercise, equipment and time. The volume of activity pressure is not isolated from the activity nature because the volume of activity without activity speed is meaningless and it is more possible that because of repeated activity with more volume with any other reasons in training the result will decrease 2-3 times.

### **Importance of the study**

Muscles growth and regular exercise in Badminton develop good body preparation, in fact it is related to different factors. The most important factors are: body frame, quality of consumable foodstuff, health of body and having no mental and psychological pressures which is a need for human. Experiences have shown that lack of physical activities faced people with physical problems and if people life continue like they face with serious problems. From the other side the science of exercise says, every activity does not results body growth but according to sport methodology the effect of time based movements is more effective to be chosen correctly to develop and have a healthy body otherwise lack of attention will have negative effect on their body.

### **Beneficiaries**

Teachers and students are the first benefiter of this study. It is natural that man, woman, child, adult and olds need physical activities to get health to the end of their life and have a healthy body of course at the beginning they may have mistaken to do these activities. Therefore, the content of this article would be a very basic for people who are interested to Badminton and it is considered carefully the criteria of sport science for new sportsmen.

### **Activity speed pressure**

As the activity pressure volume which is the total actions with different techniques that is assessing exercises in a week or a month that is the result of using specific method and criteria.

In the present training and activities as it is observable, shows the more the volume of activities grow the more the speed of activities become faster. In another word, the more the activity volume getting more the more activity speed increase (Estrang, 1381) <sup>[4]</sup>.

### **Activity Pressure Volume**

Years before, physical training scholars assessed the volume pressure of an activity without considering of using tools in a lesson. Therefore, it could not exactly assess the power of muscles so the value of activity according to the total number of exercise was not enough and it could not reflect the active result of an activity.

For example, in Badminton the form of standing and bending exercise, at the first stage this method had positive results and in the next exercise as required the result was not suitable. Overtime, the activity volume was used without considering time based on activity speed with middle weight. For more exact reflection the body organism jobs were more in term of activity that the maximum volume of activity pressure was considered 90% effective. But today, they assess the activity volume and speed from different angles (Ismaely, 1389) <sup>[8]</sup>.

For example, pressure related to time of preparation in 2-3 months which during this time the activity volume and speed were in change but at the end of week four near to championships it should not increase from 3-4 and 5-6 time in an exercise.

The volume and speed of activity in span of time should improve systematically and before one week of the championship the volume and speed of activity should not increase.

In worldwide championships, for keeping the record there are suitable changes between the athletes in term of their body weight it means (8%) and for those who are not interested in sport this trait will goes to 0%. As usual the human power in different weights under the title of relevant power assess and count the minimum power in 1 Kg.

The athletes who work in one category and have different weights the result relates to their weight. It means the more they have more weight the more the absolute power increases but the relative power is low.

During the analysis of exercises and different sport skills the whole division of the movement required some necessary stages. After these stages it depends on the type of skill between 3-5 stages which change. According to the scientists' point of view, all sport skills involved the introductory stage of movement and following the continuation of the movement also some sport skills starts by finishing the organized stage and body situation and ends by returning stage of its first situation.

Badminton is a suitable tool that increase power, ability and muscles' stability that is very important in Tines, Football, Gymnastic and light Athletic and the directed muscles also increasing the aerobic capacity in some activities such as cycling, swimming and sailing that are in priority.

General exercises preparation programs are planned which increase the power and stability of muscles. For more successful activities it is really required. This program can also provide muscles machine for meeting the need of people who are not in sportsmen.

Badminton is important for those who are interested in muscles growth and body building to follow the above goals. For getting the most power and stability by observing the secure situation important to consider the basic principle of exercise because exercising is a pressure and if people manage it based on suitable meetings they might get the most appropriate result. In other word, by more pressure in each meeting there is not only small progress but also inurement may occur.

### **Performance based exercise principle**

We grade the power of muscles through the number of managed and motivated nervous system strings or in other word if you consider the possible area of human work in one time and provide the reasons of increasing power, do the heavy exercises repeatedly but for increasing stability

required to use from light weights until by observing rest and returning time as its first form the strings should be opened and by doing this action more repetition is possible.

### Overloaded exercises

Originally overload means for increasing the muscles ability work more than its normal mood. Also to get more compatibility important to regularly increase the amount of activities, to observe this principle in exercise, increase strength and about stability also increase strength and repetition.

### Suitable exercise trait

Getting the quantity of required exercise happens when the type of pressure in body system is major. If you run long distances in Badminton your hearth stability and breathing will be better but in your muscles power will not be so effective but by empowerment exercise should wait for limited progress in hearth and breathing stability (Ismaeli, 1389) [8].

Now you are ready and know the right way of movement which is the base for sport to start exercises for growth and developing the muscles and if it is possible manage in three days a week. One or two times is also good. It should be managed in a way that before doing the heaviest exercise should have two days' rest. This exercising program includes eight movements to do it at least in six months. After that think about increasing of before exercises movement but if you have more energy you can add new movement in previous movements.

To be more sure and avoiding from so much exercise follow exercising programs as it has mentioned. It is for those who can manage it in one to three times in a week. One thing about Badminton is that everyone can benefit.

### Conclusion

The article under the title of Role and significant of body Growth in Badminton includes the following results.

- Human movement actions sources from their physical characteristics. The power of speed, patient less, softness and quickness form the physical characteristics that is applicable in Badminton,
- Every one character has related to the type of movement performance and the project of physical characteristic in all kind of learning is possible.
- General preparation duties involve the possibilities of spreading actions with body organism duties based on sport form.
- Use of equipment for solving general preparation jobs includes total complex exercising. This exercise forms from light athletic exercises, sport games, swimming and so.....on.
- The growth of activities pressure in activity preparation stage is based on regular and slowly growth of speed and volume of activities but the changes of activity pressure and volume depends on the fastness of activity and when is acceptable that the volume of the activity is based on its duties. Because this strategy decrease the nature of the activity during preparation stage.

### References

1. Abas Ali G. Body preparation. Tehran: Takht publications, 1385.

2. Ahmad A. The basic principle of physical training in sport Tehran: Health Publications, 1382, 25.
3. Ali Akbar F. Iran: Payam-Noor Publications, 1382, 91.
4. Atash E. The impact of environment on activity in sport Tehran: Ministry of Cultures Publications, 1381, 69.
5. Ghulam Qader GH. Sport wrestling. Iran That Publications, 1383, 8948.
6. Haidary S. Sport biomechanic Tehran: Sehat University Publications, 1384.
7. Mohammad Ali N. Sport science and Preparation principles Tehran: Sport Science Publications, 1360, 27.
8. Mohammad Reza I. Physical training and sport rotation Tehran: Sehat University Publications, 1389, 63.
9. Ghaos Z. Men art gymnastic. Kabul: Ministry of Higher Education Publications, 1365, 78.