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A study on effective physical activity program and its characteristics

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Abstract

This article aims to find the essential criteria for completing an effective physical activity program and its characteristics. We are living in a modern world in which it is clear that doing physical activities is a need. However, most people are not aware of these activities and their origin, how to them, and what their results are. Therefore, people do not always get the desired and positive outcome of these activities. This article will give a more in-depth insight into these activities in order to achieve the goal of this article library research will be used. Different sources such as; books, articles, historical documents and internet sites have been used. The second part of this article will be a description and analysis of the data on the result that has been reflected through qualitative research. The related statistics were accessible through the university library. The findings show that motivation and specifying a time for physical activity is the first step to reduce the distance for these activities. Furthermore, physical activities should be planned on a regular base. The principle of overload, development, continuation, and being specific should be seriously observed in physical activities. Moreover, for more secure exercises, for those who are new in physical activities, it is crucial to consult with doctors and athletes' specialists.

Keywords: physical activity, overload, motivation and athlete specialists

Introduction

If we want to speak about a regular effective physical and moveable activity program, there are several factors that should be taken into account. The factors: activity characteristics balance, time and the way of doing the activity should be the main issue of our discussion. Since without understanding the base and the system of physical activity, we cannot claim that we are following a useful and complete program. Since we know the human body in different categories, we are focusing on gender which has different characteristics including ability, capacity, speed, talent and power and according to methodology applying the same program of physical activity for different genders is a big mistake and not logical. Therefore, if we want to have an effective physical activity program, at least our body should have simple and basic characteristics in order to not face problems because of disorganized activities. The two goals of this research are: "What are the useful activities for this program?" Moreover, "What are the characteristics of an effective physical activity program?"

Importance of the Topic

We are currently living in a technology-driven society in which most people are more focused on electronic devices rather than on physical activities. Experiences have shown that people with a lack of physical activities faced physical problems, and if people continue to live like this, they will face serious problems. On the other side, the science of exercise says, every activity does not result in body growth, but according to sport methodology, the effect of time-based movements is more effective. The activities need to be chosen correctly in order to develop and have a healthy body; otherwise lack attention will have a negative effect on their body. So, in order to avoid and to save people from these problems, it is better to choose and design the physical activities based on people's abilities and on a regular base.

Beneficiaries

On a worldwide level, physical activity has counted as a condition for people's lives in the present day because a healthy body without any problems is a criterion for a better life for developed people. It is natural that everyone, including man, woman, child, adult and old

need physical activities to get healthy till the end of their life and have a healthy body. Of course, in the beginning, they may have mistaken to do these activities. Therefore, the content of this article will be a fundamental and straightforward prescription for these people, and the criteria of sports science for new beginners is considered carefully.

Physical Activities Characteristics

Everyone knows that the most effected way for reaching a healthy body is by doing physical and moveable activities. Because by doing physical activities, the body encounters in different situations, and there are different changes that are affected not just only in the appearance but also in the internal system of the body. For example, increasing the number of heartbeats increases the number of aspirations, the body needs more oxygen for doing these activities, body temperature rises, and the skin is sweating and changing its colour.

All of the changes mentioned above occur during physical and moveable activities, but the number of changes depends on the body situation and the different kinds of movement. The main goal is to find out when, in which condition, within how much time and what kind of movement does the body feel relaxed and saves health development. Because expecting to have an appropriate growth in body development without doing any correct types of exercise in any place and any condition is just considered as a lack of knowledge, nothing else. According to the origin of sports, a physical movement is useful to be selected when the following factors are taking into consideration: body readiness, conditions, type activity, the balance and speed of the movements, number of movements, and the duration between stopping.

One of the most essential conditions before starting a physical activity program is for those who want to start this program is that they should not face physical health problems. For example, physical activities are not allowed for people with aspiration problems because increasing boredom, pain, shortage of breathing, reducing cleverness and being tired during simple body activities are the evidence of having a problem with these people. Without sharing it with the doctor and his advice, they may face serious health problems. When starting the physical activities, it is very valuable and essential to know how to stay regular with body activities because doing these useful activities need durable work and effort. We should not wait for useful body activities in a short-limited time so, for keeping better stability and safety, it is better to go towards engaging and enjoyable activities because research has shown that the critical factor for stability and continuation of a physical activity program is joy. Therefore, own options and interest for selecting is a motivating phenomenon which results in continuation and gives the feeling to enjoy and relax. According to Mahramzada *et al.* (1388), the study of motivation and agreement for volunteers of athletes has resulted that there is a meaningful relationship between motivation and agreement in sports events. Therefore, for a better program, personal interest and motivation are of great importance. Otherwise, it is far harder to reach the goal.

After having reached the above-mentioned criteria, it is time to use moveable activities in practical ways in order to stay healthy, and it is vital to start useful body activities. In order to stay healthy people, need a useful and complete program

to follow. It is common sense that body movement through moveable activities are practical and useful when the activities are chosen carefully. People should be following a step by step-based plan from the beginning to the end of the activities since a regular sport plan shows the path of exercise (Niman, 1385) ^[7].

When we are talking about a plan, we, of course, mean a regular sport plan which has no structural and content mistakes. Discussing sport content plans and its structural characteristics is a big issue which is a part of this article, so the goal of this article is to discuss specific characteristics of a physical activity program.

For warming up a person should do a series of exercises or group of regular body movements that are called warm-up body exercise or general developmental exercises that aims to the readiness of the internal and external part of the body for the next activities which are very light and soft. Warming up includes simple stretch activities (short time and fewer force activities) and half-cycle body muscle movements which start from the head and finish in the foot. After finishing these exercises, athletes follow their physical activities. According to Rahimi (1388) ^[8], excremental and library research has shown that warm-up before starting to exercise or (competition) match has a beneficial psychological and physiological effect that results in success. There is no proof that warm-up has a negative result on physical activities.

The main issue to be considered in physical activities is it is overloading because keeping slowly to add volume and speed up exercise are excellent ways for improving athlete's body power because the body cannot do high-pressure exercises which needs more power. So, according to the academic method keeping and obeying overloading principles in physical activities is valuable in sports science. Applying the principles means gaining scientific knowledge which is the result of the development and improvement of a healthy body. Therefore, attention to exercise in a way to increase exercise power based on body stability is a right way of overloading in exercises.

Ramazanpor (1397) stated that for more effectiveness of exercises, work pressure should be more than the athlete's ability. This action makes the muscles to be more closed and produce specific physiological dealing that finally increases muscles construction and empower the athletes. Therefore, the athlete should not wait for the effectiveness of his exercises without observing the rule of overloading.

The next thing is not to forget is that useful body activities are the rule of progress in exercise. The rule of progress is good that we can follow it a little for today and more for tomorrow in growth and development of physical programs. Larijani (1382) stated that healthy physical activities pass slowly; it means do not be in a hurry to reach a high level of preparation. Since personal differences have been accepted as a rule in all parts of human and it is logical some memorize, learn very fast and improve fast but some need more time to learn, memorize and improve. Greespan (1983) has found that all athletes (male and female) in different situation and location they have different experiences. No athletes are born the same in term of the body, motivation and flexibility, so; the best technique may work for one but not for the other.

So, trying and working to reach to another level immediately is just a mistake. Activities progress and speed need to be limited and organized based on body readiness

and ability. Exercises should slowly become faster, and it may take longer to reach one in a suitable level of preparation and become ready in order to reduce the level of problems.

Identifying time for body activities in the daytime is an crucial issue for progress and continuation of the activities (at least one hour in a day). In the beginning, it seems complicated, especially for adults who are busy in learning, but with a strong determination and commitment, they can overcome this. It is important to choose a time they are interested in and willing to exercise. If it is near to dinnertime or before going to bed, it would be better because in the first case it is possible food will not digest and the process of metabolism face problem. Secondly, people are afraid of losing the joy of their sweet sleep, so it is important to be careful while choosing a suitable time. In both cases, if the balance of tiredness and hunger disturb each other, it is important not to exercise. Doing the exercise throughout the week depending on the sort of activity and body readiness, this will be different for every person. In addition, exercising is prohibited two hours after light food and three hours after heavy food and after heavy exercise do not eat for an hour.

There are specific exercises if people want to, especially joint improvement and enhancement. Sometimes people decide to do physical activities to grow the specific part of their body; therefore, for receiving a satisfactory result, the exercises and activities should be chosen carefully and purposefully. For example, the stretch movements' activities which stress on one joint help other stressed joints to be flexible. Furthermore, most of the athletes have a well-qualified lower part of their body because the activities that they did develop their front joints, back of thighs, hip and their legs but they did not develop the upper part of their body. However, every day they are busy with physical activities, but sometimes they complain of a shortage of breath, pain in their chest. Therefore, it is better to apply the exercises based on the above points, and all the parts of the body should be involved directly or indirectly. In order to activate every part of the body by opening and stretching the joints, they should use from a good session of jogging and roping.

After finishing the original body activity, it is time for returning back to its first position since during the activity the body is out of its normal situation and the body system requires activities which are far from the normal situation. Thus, it is required to do a set of light, soft, deep breathing, and shaking hand and foot in a very soft way. Bompa (1993)^[2] stated that the strategy of return to the first situation should be normal with compatible exercise pressure and reconstruction of correct activity frequency in time. Returning back to its first situation should be part of their daily activities. In this way, after doing the exercise, the athletes will be reconstructed and avoid boredom.

Findings

People with motivation are always committed to doing physical activity. If there is no balance in physical activities application, the body will face problems. Nevertheless, if the physical activities are based on a regular methodic plan, it results in a positive outcome. Also, if physical activities increase slowly, the result is reasonable. Moreover, the principle of individual differences in exercise is a rule, and

there is no need to expect the same effect of activities on individuals.

Conclusion

Physical activities help people to reach their goals, and it is the best tool for helping people with their health challenges. Doing physical activities which require a regular plan pave the way for a better living condition and a healthy body development. Interest and motivation for physical activities cause time management under challenging conditions that one will not less prefer to escape or leave. According to the rule, getting readiness for physical activities depends on an academic plan. If we do not plan the result, one's body does not only get used from readiness and health. He or she also may face serious problems, especially those who feel pain in their chest should avoid doing exercise and essential to consult with a doctor. All in all, the outcome of physical exercises is that one should begin softly and increase it slowly also an athlete's specialist perspective about the way of doing physical exercises is considered of great importance and do not forget to take breaks during the exercise sessions.

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