DEPARTMENT OF PHYSICAL EDUCATION

EFFECT OF HEALTH RELATED PHYSICAL FITNESS PROGRAMME IN THONDAIMANPATTI SCHOOL CHILDREN

OBJECTIVES:

• To create awareness among the rural children about their physical fitness.
• To emphasise the need for fitness in their life.
• To inculcate knowledge about health and physical fitness.

METHODOLOGY & TECHNICAL ASPECT:

A physical fitness training including aerobics, yoga (Surya Namaskara), and exercises were given to the school going children of 7 – 14 years in Thondaimanpatti for a period of six weeks. Basic details of the students were collected that included their background, history of any chronic diseases and surgeries undergone. In order to compare and interpret pre - training and post- training status of their physical fitness and to assess the same a set of medical tests including BMI, cardiovascular endurance test, lung capacity, blood pressure, and pulse rate were taken before and after the training.

PLANNING & IMPLEMENTATION:

Stage I - Questionnaire preparation and collection of basic details about the children.

Stage II - Creation of awareness on the importance & benefits of physical fitness among the children.

Stage III - The physical fitness training was given.

Stage IV - Assessment of the effect of the physical fitness programme among the children through various tests.
OUTCOME:

- Children found the physical fitness training to be interesting and they realised the vital role of physical exercises in maintaining physical fitness.

- They became aware of diseases which may result due to lack of physical exercises.

- Significant number of students showed improvement in their fitness parameters (84% showed improvement in cardiovascular endurance, 89% had progression in their vital capacity and a few students gained normal weight and normal range of blood pressure)

- They decided to continue the exercises regularly to get more benefit and for good health.