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## PHYSICAL EDUCATION FOR VARIOUS POPULATIONS



**Note**

**Read a conversation between student and teacher:**

**Student :** Teacher, my parents are asking me to do some physical exercise for development of my body and mind. But I don't know any kind of physical exercise.

**Teacher :** My child, I will tell you about physical exercise for the development of your body, mind as well as spirit too.

**Student :** Teacher, I am looking forward to know about exercises.

**Teacher :** Physical exercises are the movements or activities performed by our muscles. It includes free play, games, sports, walking, cycling, swimming, and recreational activities. These activities are performed with various intensity and duration for various purposes.

**Student :** It's a wonderful experience to learn about physical exercise. Is the physical activities same for everyone?

**Teacher :** No, there are different exercises and their schedules for various age groups and gender are different.

**Student :** Oh! can you tell me about those exercises for various age groups.

**Teacher :** We cannot give same exercise to everyone for the same purpose. We can divide our activities according to age groups and gender also.

Here in this lesson, we will learn about the physical activities for different population in details.



### OBJECTIVES

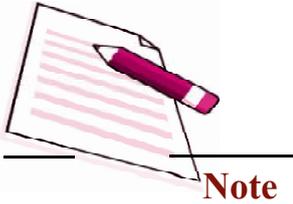
After studying this lesson you will be able to:

- explain the meaning of physical exercise;



*Physical Education and Yog*





- demonstrate physical exercise for children;
- choose the physical exercise for CWSN (Children with special needs);
- choose the physical exercise for women and
- choose the physical exercise for older adults.

### 13.1 MEANING OF PHYSICAL EXERCISE

Physical exercise is a combination of two words. One is ‘physical’ which means “body” and other is ‘exercise’ which means “to do any movement or activity”, so physical exercise means any movement or activity performed by our body. It could be anything such as walking, jumping, throwing, dancing, sports, cycling, etc.

There are lots of benefit of physical exercises. Regular participation in any physical education programme helps in reducing risk of various diseases and leading causes of death. Regular physical activity helps in reducing the risk of heart related problems, diabetes and mainly cancers and depression among females. It builds and maintains the healthy bones, muscles and joints in men as well as in women too.

We all are different from each other in terms of age, height, weight, gender etc. Thus, the need of exercises is different for everyone. Here in the next section, we are going to study what different types of exercise or activity one can perform, which suit his/her requirement.

### 13.2 PHYSICAL EXERCISE FOR CHILDREN

#### Physical Exercise Guidelines for Children (under 5 years)

Active play starts from birth, especially through floor-based activities including tummy-time, reaching, pushing, pulling and crawling. The roots of life long physical exercises are shown in childhood. Children below the age group of 5 must be encouraged especially by their families for regular and routine based exercises. The play game is the very general form of the same. Children of this age do not understand rules and often are not coordinated enough to play organized sports. Walking or running, playing tag, swimming (when at least 4 yrs old), tumbling, dancing, throwing and catching are few activities that can be played in this age group. As they grow older, they might like to try skipping and bike riding.

#### Physical Exercises for Children Ages 5-8

The children of this age group explore relationship between the objects; so the activities including short instruction times, flexible rules, offer free time for



practices, and have fun. These activities must strengthen muscles and bones. For example: Follow the leader (children’s activity game), indoor obstacle course, outdoor obstacle course, musical chairs, playing tag, walking to school, soccer etc.

### Physical Exercises for Children Ages 9-12

Children reach puberty at different times. Physical size, strength and maturity vary widely for this age group. They can easily participate in team sports that focus on skill development, equal participation and fun. They are prepared to start strength training with lighter weights and proper supervision and also perform martial arts, hiking, push-ups (with knees on floor), sit-ups. They can participate in minor games.

### Physical Exercises for Children Ages 13-17

In this age group activities should be fun and include friends. Teens are ready to focus on personal fitness, competitive and non-competitive sports like football, handball, hockey, basketball, cricket, kabbadi and so on. Activities which strengthen bones and muscles and improve their stamina and endurance must include canoeing, hiking, rollerblading, yard work and games that require throwing and catching.

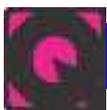


**Note**



#### DO YOU KNOW?

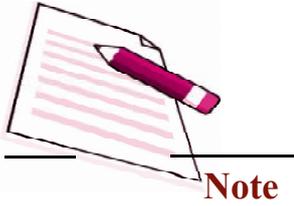
There are lots of benefits of physical activity. It improves cardio-vascular fitness, make bones and muscles strengthen, helps in weight management and stress management, as well as minimize the chance of getting ill.



#### INTEXT QUESTIONS 13.1

- 1) What type of activities should be given to children?  
.....
- 2) Is it advisable to give weight training to the children?  
.....
- 3) What kind of exercises should be given to children of 5-8 years age group?  
.....
- 4) Are the same exercises suitable both for girls and boys up to 10 years of age?  
.....





13.3 PHYSICAL EXERCISE FOR OLDER ADULTS

Exercising regularly plays a very important role in maintaining the healthy lifespan in elderly adults. Inactivity leads to weakness and poor balance more than the age factor. The risk of developing dementia is increased in older adults due to inactivity or sedentary lifestyle.

Walking or jogging are the weight bearing exercises which can help in maintaining the strength of bones and thus it reduces the risk of osteoporosis and frequent fracture among the older adults. Exercise also play an important role in decreasing the risk of various chronic conditions, heart disease and diabetes.

Maintenance of cholesterol level within a healthy range decreases the risk of heart disease and stroke which can be avoided with the help of regular exercise.

Most important fear in older adults are fear of falling and that can be managed with proper functioning reach in older adults and with exercise it can be maintained.



INTEXT QUESTIONS 13.2

- 1) List out the exercises suitable for older adult age group.  
.....
- 2) What kind of exercises should be given to sedentary people?  
.....

13.4 PHYSICAL EXERCISE FOR WOMEN

Regular physical activity helps in reducing the risk of various leading causes of death. Regular physical activity helps in reducing the risk of heart related problems, diabetes and mainly cancers and depression among females. It builds and maintains the healthy bones, muscles and joints in women.

Exercise helps to maintain the weight with overall fitness and also prolonged good health.

It is always advised to consult doctors before beginning exercise if one has been inactive for a long period due to any health issues or pregnancy.

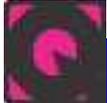
One can only do brisk walking or light exercise for 10 minutes to be active after a long rest.

There are various barriers in physical activity for women as they have lack of time, lack of motivation, lack of energy, parenting and family issues gender stereotyping etc.



**Women can sneak these few exercises in their daily routines:**

- Take stairs instead of using elevators.
- Going for walking whenever free during break time.
- Avoid vehicles and walk down to work place.
- House work may be done quickly, as in fast pace.
- Participate in Cultural activities etc.



**INTEXT QUESTIONS 13.3**

1. List the exercises for females of different age groups.  
.....
2. Why should females do physical exercise? Explain with reasons.  
.....

**13.5 PHYSICAL EXERCISES FOR CHILDREN WITH SPECIAL NEEDS (CWSN)**

Physical activities play an important role in development of children with special needs (CWSN). They help to develop specific motor skill, they make new friends, increase aerobic and anaerobic activities. They develop belongingness and self-confidence as the children with disabilities engage less in social and sporting activities compared to their peers. A lot of these children shy away from people, are embarrassed to be even with their peers, and do not participate in activities like sports because of physical challenges and related psychological issues.



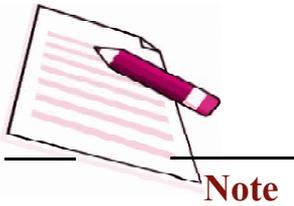
**WHAT YOU HAVE LEARNT**

- Physical exercise is important for everybody including children, older adults, male and female, and persons with disability.
- Best way to maintain health, well-being, and quality of life can be attained with the help of physical activity.
- Physical exercise can improve the various abilities or performance in specially abled children.
- In older adults, it helps to maintain their mobility and ability to function properly with maintaining good mental and physical health.



**Note**





**TERMINAL QUESTIONS**

- 1) Prepare a chart of exercises for teenage children.
- 2) Explain the health benefits of exercises.
- 3) Explain the term disability. Suggest the type of exercises for children with special needs (CWSN).
- 4) Why is physical exercise required daily? Support your answer with arguments.
- 5) Suggest exercise schedule for females working in offices.
- 6) List the exercises for children of 6-10 years age group.
- 7) Explain long term benefits of regular exercises.



**ANSWER TO INTEXT QUESTIONS**

**13.1**

- 1) Kids should be given natural exercises.
- 2) It is not advisable to give weight training to the children.
- 3) Following exercises should be given to 5-8 years age group of children - follow the leader, headstands, indoor obstacle course, outdoor obstacle course, musical chairs, jump rope etc.
- 4) Yes, same exercises for girls and boys up to 10 years of age could be given.

**13.2**

- 1) Exercises for older adult age group are walking, slow jogging, yoga calisthenics exercises etc.
- 2) Exercises for sedentary people are moderate to fast walking for at least 30 minutes, own body weight exercises, light apparatus gym exercises etc.

**13.3**

- 1) Exercises for different female age groups are walking/jogging at moderate speed, light apparatus gym exercises, own body weight exercises, swimming etc.
- 2) Physical exercise for females because they have to carry out daily household routine challenges so they need exercises specially for back and legs region to ease their routine work.

