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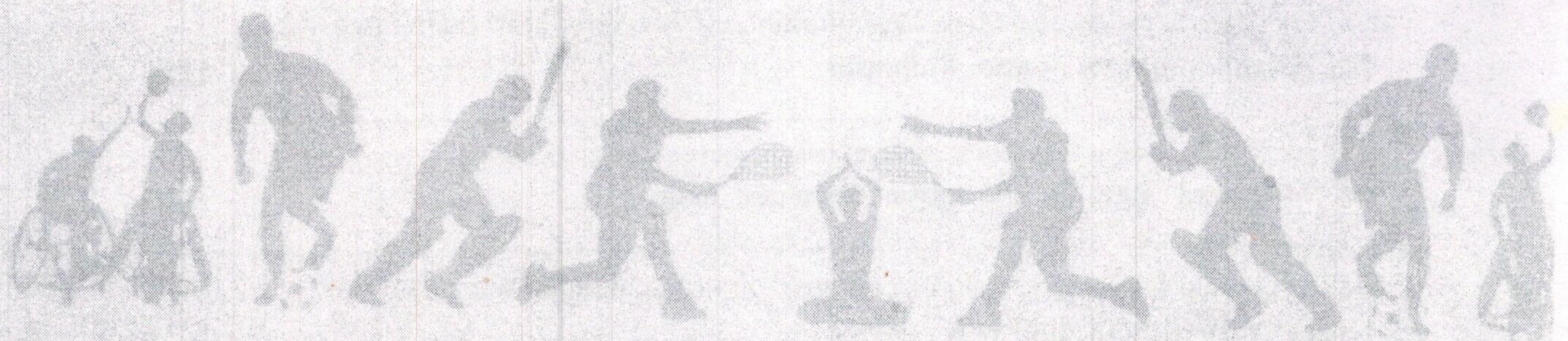
(Arts, Commerce, Science and B.C.A.)

Tal.Khandala, Dist.Satara-412 802

(Affiliated to Shivaji University, Kolhapur)

**A ONE DAY NATIONAL SEMINAR
ON**

**Empowering Youth Through
Physical Education, Yoga**
Saturday 9th February-2019



Organized by

Department of Physical Education & Sports

Dr.Patane Pratibha
I/C/Principal

Ms.Majagaonkar Savita
Convener

Mr.Mendhapure Prad
Co-Ordinator

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for each other, selfishness wherein man becomes the Centre and the whole world becomes his circumference. Thus PEACE is a state of mind where contentment is felt in every sphere of existence. PEACE is not an outward phenomenon, which can be acquired through accumulation of material wealth. It can be observed in man who has given up his meanness, greed and lust etc. where only the contentment is reflected.

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Need of Exercise and Physical Activity for College Students

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Introduction:

The human body evolved to be physically active. In other words, our bodies require physical activity to remain healthy. Throughout history, survival of the human species depended on hunting or gathering our food supplies, pursuits that demanded prolonged and often strenuous physical activity. The advent of mechanization and modern technology in the last few decades have resulted in the human race becoming less physically active than ever before – and we are paying for it with our health. Though the physical education classes during school days are trying to implement and establish positive lifestyle behaviors and improving fitness in children and adolescents however, the transition from childhood to adolescence is associated with decreased levels of physical activity and an increased prevalence of a sedentary lifestyle (Centers for disease control & prevention 2003; Nelson et al., 2006). Most adolescents fail to meet the recommended minimal levels of physical activity (Rosamond et al., 2007) necessary for optimizing physical development and body composition (Anderson et al., 1998), which is a major public health concern (Crespo & Arbesman 2003; Goran, Reynolds & Lindquist 1999). Most of the college students are only exposed to physical exercises during school-based physical education classes and majority of them do not participate in any organized physical exercise activities during non-school hours (Coleman, Heath & Alcala,

2004).

Nevertheless, earlier research studies have indicated that regular physical exercise is associated with a healthier, longer life (Lee, Paffenbarger & Hennekens 1997; Paffenbarger, Hyde, Wing & Hsieh 1986). However, previous studies indicate that the level of physical activity declines from high school to college, and activity patterns in college populations are generally insufficient to improve health and fitness (Douglas et al., 1997). The situation is similar worldwide in both developed and developing countries, with a large body of research evidence indicating declining levels of physical activity and physical fitness within all age brackets. Physical inactivity is widely recognized as a major risk factor for contributing towards development of chronic diseases (WHO 2002; Warburton, Nicol & Bredin 2006). Therefore, it is necessary that the habit of physical exercise should also be developed in college going students.

Exercise regimen necessary for college students:

Weight Training:

Weight training is a common type of strength training for developing the strength and size of skeletal muscles. It uses the weight force of gravity (in the form of weighted bars, dumbbells or weight stacks) to oppose the force generated by muscle through concentric or eccentric contraction. Weight training uses a variety of specialized equipment to target specific muscle groups and types of movement. Weight training differs from Bodybuilding, Weight – Lifting, Power Lifting, etc., which are sports rather than form of exercise. Weight training, however, is often part of the athlete's training regimen

Cardio-vascular efficiency training:

It is the ability to continue persist in strenuous tasks involving large muscle groups for extended periods of time. It is the ability of the circulatory and respiratory to adjust to and recover from the effects of whole body exercise or work.

The relationship between Cardio-

respiratory fitness and health is well documented increases in CRF permit a higher quality of life by increasing the rate at which energy can be provided to support work and play activities.

Motor fitness training:

The neuromuscular components of fitness, which enable a person to perform successfully at a particular motor skill, game, or activity. Specific motor fitness components include Agility, Balance, Coordination, Power, Reaction – Time, and Speed. Motor fitness is sometimes referred to as skill – related fitness.

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