7. Modern Technology - Activism

Objectives

(1) **To know about modern technology**

(2) **To generate awareness about the harmful effects of modern technology and its overuse**

(3) **To know about the contribution of modern technology towards, physical activity and its development**

Technology and physical activity

Today's world is known as a world of Information Technology (IT). Information Technology and advanced technology has made human life very convenient. Without leaving the house all requirements can be ordered and home delivered, using technology. Appliances in the house can be switched on or off and operated using the mobile.

Advanced technology has brought about a comfortable lifestyle. In fact, it has made many things easily possible. But then, the question arises whether this advanced technology is reducing our activeness?

Although, modern technology has improved the work power, it has inversely reduced the physical work capacity of individuals. This has resulted in many diseases attacking the human body.

Before such advancement of technology, a family used leisure time to be in the company of each other and enjoy playing some games. During vacations, students enjoyed skipping, swinging on trees and so on. But today, when children get together during vacations or when the family gets together, instead of playing, children spend time glued to mobiles, tabs or computers.

Ideally in a day, a minimum of one hour should be set aside to participate in some form of physical activity. But most studies indicate that maximum students are physically inactive.

Family - 1

Family - 2

Game - 1

Obesity

Weak muscles and bones

Lack of concentration

Loss due to excess screen time

Frustration

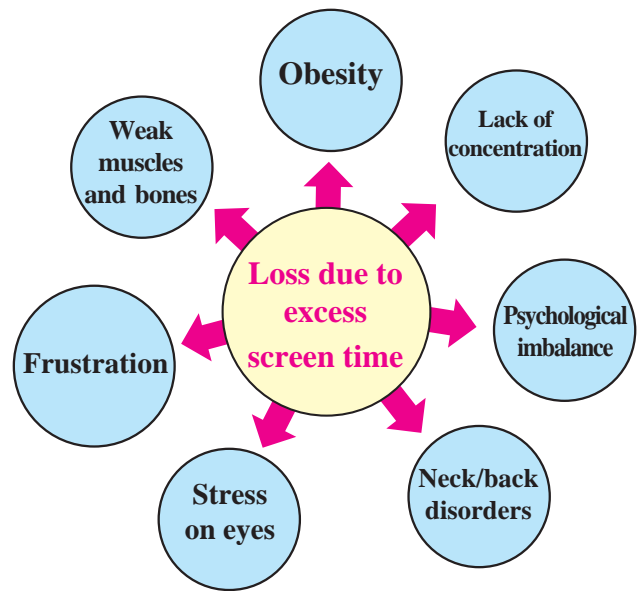Psychological imbalance

Stress on eyes

Neck/back disorders

Game - 2

Screen time and physical activeness

Screen time refers to the time spent in front of TV, computer, mobile and video games. Children with longer screen time spend very minimal time engaging in physical activity. This results increased inactivity in deforms the physique, reduces muscle strength and increases an influx of diseases. A variety of studies have also concluded that, increased screen time is a reason for obesity among children.

In fact, with the use of technology mankind is making progress. However, not limiting the use of technology will weaken mankind physically, although materialistic advancement is being made by leaps and bounds.

To really enjoy the benefits of changing technology for convenience and ease to use, it is necessary to adhere to certain limits. Given below are certain rules that can be followed. Think about it.

Rule 1 : Using of computer/ mobile/ TV as per time pre decided by parents.

Rule 2 : Continuous use of computer or mobile for not more than 20-30 minutes.

Rule 3 : Maintaining proper body posture by keeping the spine erect and having the mobile or computer at an appropriate distance from the eye.

Rule 4 : Spending minimum 1 hour for physical activities like cycling, swimming or playing.

Rule 5 : Using mobile or computer for gaining new knowledge rather than for social networking and playing games.

Technology and Activism

The world of modern technology and the day to day advancement in technology has brought drastic changes to routine activities like using a mobile phone to talk, listen to music, watch videos, buy and sell items, etc. Technology has influenced daily life of mankind in a large way but this technology can also be used to keep oneself active. Let's identify the technologies that can help, to stay active.

(1) Mobile - Fitness application : Smart phones have made many things easy in life. Some applications in them can be used to track intensity of exercise done, the duration of exercise, etc. and so increasing the awareness about staying active.
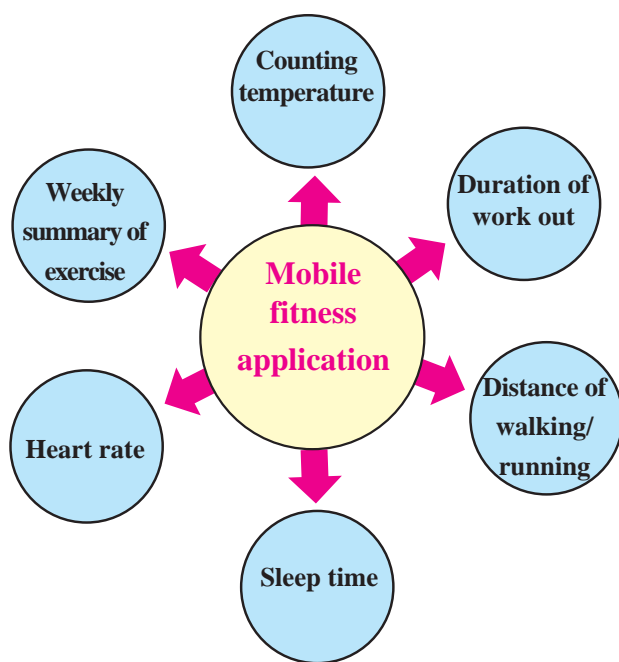
Some useful mobile applications :

A. Google fit

B. Samsung health

C. Nike plus

D. Run keeper

E. Fitness builder

(2) Wearable devices : Apparel that provide details of vitals while performing exercise are called as wearable devices e. g. wrist watch. To make use of these devices their related app is to be download to the mobile.

A. Wrist watch : Nowadays, wrist watches are available which gives us information about our fitness, let alone time. e.g. duration of exercise, calories burnt, etc. Also, alarms and reminders alert the user for remaining sedentary for long time.

B. Rope : This skipping rope displays the number of jumps performed like an image in front of your eyes.

C. Shoes : Special technology is used to make these shoes. The electronic devices fixed in the shoes provides complete data of your work out on your smart phone.

Mobile fitness application

D. Socks/gloves : These socks and gloves, like the shoes gather data on the duration of time spend actively or the intensity of the exercises performed.

E. Shorts : Instead of the regular shorts, these shorts have a chip that saves the data about the exercise program onto the smart phone.

F. Virtual games : Now a days, people prefer playing on a mobile or the computer. As a remedial to overcome this problem, companies have introduced virtual games. The technology generates a virtual image of the opponent. The equipment's used like badminton racquet, cricket bat or ball, table tennis bat, etc. are made using special technologies that are movement sensitive.

All the movements used in actual play on the ground are required while playing the virtual games. Therefore, these games provide a good opportunity to stay active

Watch

Ropes

Shoes

Socks

Shorts

Virtual games

Wearable devices

Benefits of exercising with modern technology :

- Objectives can be achieved.
- Motivated to exercise.
- Face the challenges.
- Exercise with friends online.
- Gifts and prizes can be won for achieving targets decided on the fitness apps.

- Information of exercise can be easily shared in friend circles.
- Smart phones can measure and alert the user of the exercise repetitions, intensity and movement established to improve exercise precision.
- Smartphones are capable of alerting user about proper body posture and appropriate distribution of weight over hand and legs while doing exercise and so helps to avoid injuries.

───────────── **Exercise** ─────────────

Q.1. Answer the following questions in one sentence.

(1) What is screen time?

(2) Name the wearable devices.

(3) Write the names of any two mobile fitness applications.

(4) Write any two benefits of exercising using modern technology.

Q. 2. Write whether true or false.

(1) No harm is caused to the body due to overuse of mobile.

(2) While exercising appropriate body posture should be maintained.

(3) Heart rate can be measured using mobile fitness applications.

(4) In virtual games player cannot play without the guidance of others.

Supplementary Studies :

(1) Measure and compare your screen time and activity time for a week.

(2) Make your own rules for self to limit the use of technological gadgets, mobile and computer.