

# DAYANANDA SAGAR COLLEGE OF ENGINEERING

*(An autonomous institute affiliated to VTU, Belagavi)*

Shavige Malleshwara Hills, kumarswamy Layout, Bengaluru-560078



Department Of **Industrial Engineering And Management**

*(Accredited By NBA And NAAC)*

A Report to fulfill *AICTE Activity Point Program* on a presentation

**"IMPORTANCE OF PHYSICAL ACTIVITY"**

*by*

**NEHA V-1DS19IM022**

*Under the mentor of*

**VINAY KUMAR R**

Asst. Professor, Dept. of IEM DSCE,

BENGALURU - 78

**2022-2023**

# CERTIFICATE



## DECLARATION

I, **Neha V** from DSCE hereby declare that the report to be presented titled "**IMPORTANCE OF PHYSICAL ACTIVITY**" as a part of *Activity Point Program* is completely prepared by me by referring to the reference materials and web portals and I have not copied the content from any other source. I have given my presentation to the hight school students of the school, "GOVERNMENT SCHOOL" from Mairpady, Kulai, on 5<sup>th</sup> of May, 2023

**Name and Signature of the Student:**

NEHA V (IDS19IM022)

**Signature of the Mentor**

**Date:**

**Signature of HOD**

**Marks Awarded:**

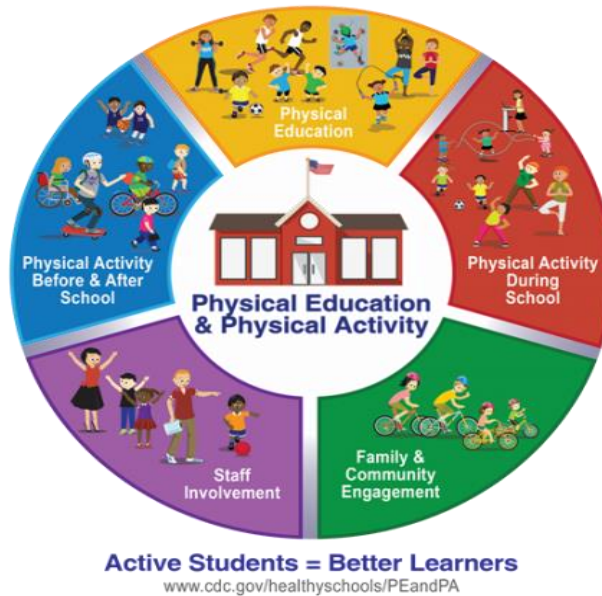
Total Marks	
-------------	--

## TABLE OF CONTENT

SL.NO.	CONTENT	PAGE NO
1.	Introduction	1
2.	Importance Of Physical Education	2
3.	Consequences	2
4.	Benifits	3
5.	Recommendations of physical activities	4
8.	Conclusion	5

# INTRODUCTION

Physical education is an integral part of young people's education in senior cycle. As a result of their learning in physical education, young people can increase their enjoyment, confidence and competence in a range of physical activities. They can learn about health-related fitness and to take responsibility for being physically active now and in the future. Overall, they can develop positive attitudes to physical activity and its importance in a healthy and fulfilling lifestyle.



As part of senior cycle education, it is envisaged that physical education will be available in two forms. Leaving Certificate Physical Education as a subject which will be assessed as part of the Leaving Certificate examinations is under development. The senior cycle physical education (SCPE) framework has a different purpose and focus. It provides a flexible planning tool for physical education for all students in senior cycle and will not be assessed as part of the Leaving Certificate examination.

Young people in this group bring a wide variety of skills, talents and levels of motivation to their learning in physical education. They are represented at all points of the physical activity continuum. Some young people are regularly active and/or participate at a very high level of performance.

## **BODY**

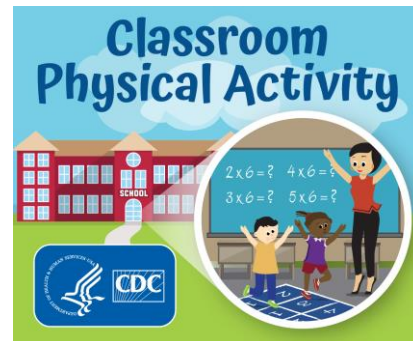
### **IMPORTANCE:**

- Students who are physically active tend to have better grades, school attendance, cognitive performance (e.g., memory), and classroom behaviors (e.g., on-task behavior).<sup>14, 15</sup>
- Higher physical activity and physical fitness levels are associated with improved cognitive performance (e.g., concentration, memory) among students.
- Physical education helps in developing students' competence and confidence. It helps them to take part in a wide range of physical activities that are crucial to their lives— both in and out of school.
- A high-quality program about physical education in India enables all students to enjoy and succeed in many kinds of physical activities. The importance of physical education programs is to help students to develop a wide range of skills as well as gives them the ability to use tactics, strategies, and newer ideas to perform successfully both at home and school.

### **CONSEQUENCES OF PHYSICAL INACTIVITY:**

- Lead to energy imbalance (e.g., expend less energy through physical activity than consumed through diet) and can increase the risk of becoming overweight or obese.
- Increase the risk of factors for cardiovascular disease, including hyperlipidemia (e.g., high cholesterol and triglyceride levels), high blood pressure, obesity, and insulin resistance and glucose intolerance.
- Increase the risk for developing type 2 diabetes.
- Increase the risk for developing breast, colon, endometrial, and lung cancers.
- Lead to low bone density, which in turn, leads to osteoporosis.

## BENIFITS:



- Most schools give importance to core subjects and students are under tremendous pressure to perform better in these subjects. Even after spending several hours in the school, they have to work on homework at home and this leaves them with little time to do anything else. And because children spend a lot of hours on academics, this leads to a lot of mental and physical pressure. Physical activity can help take some of those stress and anxiety away. Physical education in India also leads to emotional resilience and stability.
- Apart from the classroom, physical education is the only time when students can meet and interact with their classmates and other schoolmates. It helps improve their social behavior. These social activities continue to play an important role in the growth of a student into a better professional. For instance, sports is one of the best sources to instill team building, leadership, and management skills in them.
- Nutritional benefits of physical education in India. One of the main elements of physical education is nutrition and there's no denying that. Children learn about the importance of nutrition during physical education classes. They also learn about key nutritional guidelines.
- Regular physical activity can help children and adolescents improve cardiorespiratory fitness, build strong bones and muscles, control weight, reduce symptoms of anxiety and depression, and reduce the risk of developing health conditions such as:
  1. Heart disease.diseas
  2. Cancer
  3. Type 2 diabetes
  4. High BP
  5. Osteoporosis
  6. Obesity

## **RECOMMENDATIONS FOR PHYSICAL ACTIVITY:**

- **Aerobic:** Most of the 60 minutes or more per day should be either moderate- or vigorous-intensity aerobic physical activity and should include vigorous-intensity physical activity on at least 3 days a week.
- **Muscle-strengthening:** As part of their 60 minutes or more of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 3 days a week.
- **Bone-strengthening:** As part of their 60 minutes or more of daily physical activity, children and adolescents should include bone-strengthening physical activity on at least 3 days a week.
- These guidelines state that children and adolescents be provided opportunities and encouragement to participate in physical activities that are appropriate for their age, that are enjoyable, and that offer variety.

The national recommendation for schools is to have a comprehensive approach for addressing physical education and physical activity in schools.<sup>10–12</sup> This approach is called Comprehensive School Physical Activity Programs.



## **CONCLUSION**

In conclusion, children are becoming overweight due to the fact that they do not participate in physical activity or know the importance of physical education. Since, children are becoming overweight parents need to have their children participating in physical activity from birth because physical education will be taught to their children when they start attending school. Teachers that teach physical education will teach students how to take care of themselves properly. This is important because when someone is educated about the importance of their health then it will cause them to live a healthy lifestyle. With that being said, parents, teachers, and other adults need to emphasize the importance of education in schools.

