

■ 2.2. CONCEPT OF PHYSICAL DEVELOPMENT

Physical development is how a human body grows and develops over a length of time. Physical development is also monitored closely in young children. Physical development is broken into two categories ; gross motor skills and fine motor skills.

Gross motor skills are larger movements that make with arms, legs or feet or entire body. So crawling, running and jumping are gross motor skills.

Fine motor skills are smaller actions. Picks things up between finger and thumb are fine motor skills.

Physical development in children follows a directional pattern. Larger muscle groups develop before smaller muscle groups. Muscles which control larger body parts, such as the arms and legs, develop before muscles which control smaller body parts, such as the fingers and toes. Children learn to control larger muscles before they learn to control smaller muscles. This is why children learn to crawl and walk before they learn to feed themselves and hold a crayon.

Better health is central to human happiness and well being. It also makes an important contribution to economic progress, as healthy population lives longer, are more productive and save more. Many factors influence health status and a country's ability to provide quality health services to its people. Ministries of health are important actors, but so are other government departments, donor organizations, civil society groups and communities themselves.

■ 2.2.1. Health and its Significance

Health is a dynamic process because it is always changing. We all have times of good health, times of sickness and may be even times of serious illness. As our lifestyles change, so does our level of health. Those who participate in regular physical activities, do so partly to improve the current and future level of our health. As our lifestyle improves, our health also improves and we experience less disease and sickness. Physical health is only one aspect of our overall health. The other components of health (Greenberg, 2004) that are just as important as physical health include the following :

1. Social health : The ability to interact well with people and the environment and to have satisfying personal relationships.

2. Mental health : The ability to learn and grow intellectually. Life experiences as well as more formal structures (e.g., school) enhance mental health.

3. Emotional health : The ability to control emotions, so that you feel comfortable in expressing them and can express them appropriately.

4. Spiritual health : A belief in some unifying force. It varies from person to person but has the concept of faith at its core.

■ 2.2.2. Hygiene

Hygiene is a set of practices performed for the preservation of health. Keeping a good standard of hygiene helps to prevent the development and spread of infections, illnesses and bad odours. While, in modern medical sciences there is a set of standards of hygiene recommended for different situations, what is considered hygienic or not can vary between different cultures, genders and etarian groups.

Different types of Hygienes

1. Medical hygiene
2. Home and everyday life hygiene
 - (i) Hand hygiene
 - (ii) Respiratory hygiene
 - (iii) Food hygiene at home
 - (iv) Household water treatment and safe storage
 - (v) Hygiene in the kitchen, bathroom and toilet
 - (vi) Laundry hygiene
 - (vii) Medical hygiene at home
 - (viii) Home hygiene in low-income communities
 - (ix) Disinfectants and antibacterial in home hygiene
3. Personal hygiene
4. Culinary (food) hygiene
5. Personal service hygiene.

Importance of Hygiene

1. Keeping a good standard of hygiene helps to prevent the development and spread of infections, illnesses and bad odours.
2. Keeping body clean is vital in combating and preventing illness — both for yourself and for those around you.
3. Flossing and brushing teeth can reduce the likelihood of oral and other diseases.
4. Good hand hygiene will reduce the risk of things like flu, food poisoning and healthcare associated infections being passed from person to person.

Teaching the correct principles of hygiene should begin at an early age as possible. It will help to prevent the spreading of infections and diseases that can damage the digestive tract, respiratory tract and the external features of the body.

■ 2.2.3. Body Gestures

Gestures can be some of the most direct and obvious body language signals. Waving, pointing and using the fingers to indicate numerical amounts are all very common and easy to understand gestures.

Significance of Body Gestures

1. **Clarify and support your words :** Gestures strengthen the audience's understanding of verbal message.

- 2. Dramatize your ideas :** Together with what you say, gestures help paint vivid pictures in listeners' minds.
- 3. Lend emphasis and vitality to the spoken word :** Gestures convey feelings and attitudes more clearly than what you say.
- 4. Help dissipate nervous tension :** Purposeful gestures are a good outlet for the nervous energy inherent in a speaking situation.
- 5. Function as visual aids :** Gestures enhance audience attentiveness and retention.
- 6. Stimulate audience participation :** Gestures help to indicate the response you seek from your listeners.
- 7. Are highly visible :** Gestures provide visual support when you address a large number of people and the entire audience may not see your eyes.