



PHYSICAL EDUCATION

Children and Sports

Chapter-5

1. Motor Development and factors affecting it.
2. Exercise Guidelines at different stage of growth and development.
3. Common postural Deformities knock knee, flat foot, Round shoulders,
4. Lordosis, kyphosis, Bow legs and scoliosis and their corrective measures
5. Sports participation of women in India.
7. Special consideration (Menarch & Menstrual Disfunction)
8. Female Athlets Triad (Oestoporosis, Amenoria, Eating Disorders)

1. Define Motor Development?



Motor Development refers to the development of a child's bones, muscles and ability to move around, and react with controlled movements.

2. What is physical Activity?



.Physical Activity is defined as any bodily movement, requiring energy expenditure.

3. State -Food supplements.



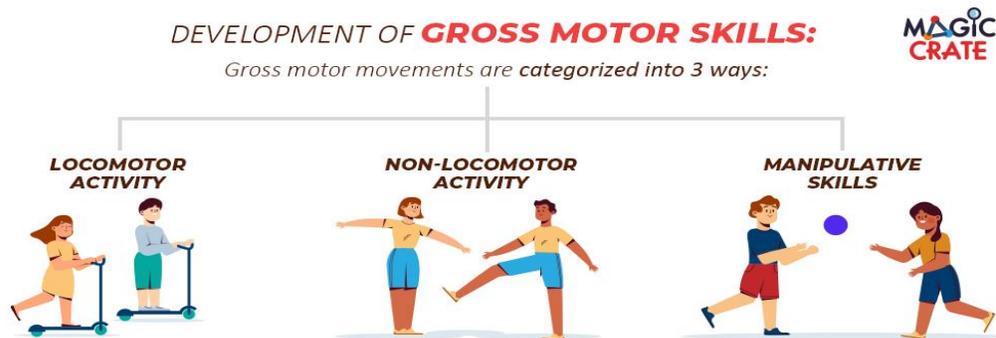
.Food supplement means Nutrients added to the diet to nourish body, these are missing in the regular diet. Food supplements include Vitamins, minerals, Fibres, Fatty Acids or amino acids among other substances. They can be in the form of powder or tablet.

4. What do you mean by weight training?



. Weight training means, exercises those are designed to strengthen specific muscles by causing them to overcome a fixed resistance in the form of Barbells, Dumb-bells.

5. Mention types of motor development in child new.



1. Gross motor development: It involves the development Of large muscles in the child’s body such as sitting, walking, running, climbing etc.

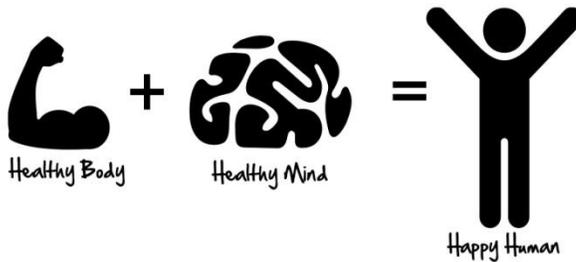
2. Fine motor development. It involves the small muscles of the body specially in the small movement of the fingers and hands. For example, holding of javelin, discus, pole, catching a cricket-ball, smashing a volley ball and gymnastic exercise with or without apparatus etc.

6. Define Fine motor development?



.Fine motor development involve, the small muscles of the body, specially in the small movements of Fingers and hand such as Writing, Holding, Catching, Smashing etc.

7. Write the meaning for Quality of life.



Good quality of life refers to a life style where persons can carry out their day to day activities comfortably without strain.

Q. Elucidate the meaning of motor development.

. Motor development refers to the development of a child's bones, muscles and ability to move around and manipulate his/her environment. In simple words, motor development means the development of movement various motor abilities from birth till death. In other words, motor development is the progressive change in movement throughout the life cycle. As a matter of fact, the ability to move is essential for human development. Various motor movements or motor skill are essential for everyday life activities such as sitting, walking, running, climbing, catching or holding, jumping skipping or throw etc. Motor development can be divided into two types i.e., gross motor development and fine motor development.

Q. Mention types of motor development in child new.

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2. Fine motor development. It involves the small muscles of the body specially in the small movement of the fingers and hands. For example, holding of javelin, discus, pole, catching a cricket-ball, smashing a volley ball and gymnastic exercises with or without apparatus etc.

Q. Explain any five factors affecting motor Development in children.

. The following are the most important factors which affect the motor development in children.

1. Heredity: Children get 'genes' for all the developments from their parents. It has been seen that the motor development of a child follows the same pattern as of their parents. These factors are related to body weight, size and strength.

2. Environmental Factors: Environmental factors such as physical and social factors are likely to affect the motor development. Encouragement, love and security help the child to take risk to explore fearlessly which leads to better motor development. Those children, who are not encouraged or motivated towards motor activities have a slow rate of motor development.

3. Nutrition: Nutritive food promotes good motor development. If they get nutritive food, they get stronger & their development is good. If they don't get proper nutrition they are found to be less energetic & their motor development takes place slowly.

4. Physical Activities: Those children, who do not perform or practise physical activities regularly their motor development becomes slow. However, the physical activities must be according to the capabilities of children.

5. Opportunities: Children who get more opportunities to perform more activities, motor development is better in them. Opportunities to play give a better chance of developing sensory motor activities. If proper opportunities are not given to children their motor development cannot take place in those children properly.

6. Disability and Disease: Disability and disease affects motor development. It reduces perfection in motor skills whereas healthy persons gain faster motor development.

7. Body Weight: Overweight and obese children have less motor development whereas a healthy child has more skill perfection.

8. Mental Ability: Motor development depends upon mental level, thus small children have less perfectionn.

9. Regular Practice: With regular practice motor development and perfection is gained.

Q. Write the benefits of exerises during old age?

. Benefits of exercies during old age.

. In low the chances of heart-related diseases.

. Increases ability to work in daily life without fatigue.

.Slows down ageing process.

. The mode remains good, which reduces the change of depression.

.Physcial capacity increases.

. Bones and muscles remain strengthened.

. Reduces the chance of many lifestyle related diseases, such as diabetes, cancer and high blood pressure, etc.

Q. Describe the exercies for Adolescnce.

. Adolescence (13 to 19 years): During adolescence, moderate to vigorous intensity exercises or physical activities should be performed for at least 60 minutes or little more daily.

.Adolescents should also indulge in muscle strengthening exercise at least three days per week.

. They should also perform bone strengthening exercises.

. Adolescents or teenagers should avoid sedentary lifestyle.

.Physical activities or exercises such as running, gymnastics, push ups, jumping rope, playing hockey, basketball, swimming, tennis, and resistance exercises (weight training) are also very beneficial during adolescence.

Q. What do mean by Anorexia Nervosa what are its causes, symptoms and preventions.

. Anorexia Nervosa: This is a psycho-physical condition. It is characterised by lack of appetite and is associated with the subconscious desire to remain slim. Such a feeling usually develops in young women or adolescent female in order to retain their body figure and image. As a result of this, there is a refusal to maintain normal body weight from their fear of becoming obese and spoiling their figure.

Anorexia is an eating disorder which is affecting the youth nowadays., It is a dangerous disorder for our health and well being. Anorexia can lead to many problems such as bone loss, loss to skin integrity and many even cause menstruation to stop. It puts great stress on the heart and interreges the risk of heart attacks and other heart related problems. Individual suffering from anorexia also face an increased risk of death.

Causes of Anorexia : Anorexia is an eating disorder that is caused by a combination of several psychological social and biological factors. Several other factors such as family environment, personality traits and low self-esteem may also lead to anorexia. The factors causing anorexia are as follows:

1. **Psychological factors:** Individuals suffering from anorexia are generally perfectionists. Due to their obsession with keeping themselves fit, they are always conscious about their body. For this, they do not even hesitate to use artifactual means. Eating too little, excessive exercise, always being conscious about their body weight and physical appearance become the main causes of anorexia.

2. **Social factors:** Cultural and social constructs about being thin and beautiful put severe pressure on individuals and may cause anorexia. Specific social and cultural ideas relating to health and beauty, promote weight loss and being thin as the ideal indicators of success and selfworth. Sometimes, parents and relatives

may also be critical or their children's physical appearance which may lead to anorexia.

3. **Biological factors**: Biological factors such as hormonal functions and nutritional deficiencies may cause anorexia. Genetics also play a significant role in anorexia as parents suffering from anorexia are more prone to having children who are likely to develop anorexia.

Symptoms of Anorexia

1. **Significant underweight**: The individual having anorexia will not be able to maintain BMI and will lose weight significantly.

2. **Anaemia**: Anorexia may be one of the leading causes of anaemia. This leads to tiredness in an individual.

3. **Low pulse rate**: The individual having anorexia will have low heart rate.

4. **Low blood pressure**: Anorexia may lead to low blood pressure.

5. **Decrease in body temperature**: Low body temperature is also one of the symptoms of anorexia. Due to low heart rate and low blood pressure, temperature of body is not maintained properly.

6. **Failure of menstruations or cessation of the same once established**: Irregular menses or Amenorrhoea may be one symptom of anorexia. Irregularity in menstruation is one of the main causes of anorexia.

7. **Denial of illness**: An individual suffering from anorexia has the tendency to deny the facts related to the disorder.

8. **Self-induced vomiting**: An individual suffering from anorexia will go to the wash room frequently and induce vomit, especially after a meal.

Prevention and Management of Anorexia

The prevention and management of anorexia are very important in the treatment of this disorder. The basic preventive measures used in anorexia are also follows:

1. People should be encouraged to inculcate a positive self-esteem and body image.
2. Body sizes should not be criticized and students should not be taught to be preoccupied with their weight.

Q . What is Bulimia? What are its causes symptoms and prevention.

. Bulimia is an affecting adolescence girls or young women it is characterised by period of excessive eating (binge) alternating with normal eating.

Types of Bulimia 1. Purging, 2. Non-purging.

Causes of Bulimia: Bulimia is not the result of a single or definitive cause. There are many factors that are related to bulimia.

1. **Genetic factors:** Genetic factors play a vital role in the development of bulimia if one or both parents or siblings has bulimia then he/she is most likely to suffer from this disorder.
2. **Psychological Factors:** Psychological factors also play an important role in the development of bulimia in individuals. If an individual has a problem of low self esteem and body image,
3. **To maintain weight categories in sports:** Sportspersons taking part in sports like Judo, wrestling, weight lifting etc. which have different weight categories are more likely to suffer from this eating disorder.
4. **Pressure of performance in sports:** Sportsmen reduced body weight will enhance their performance in sports and increase their chances of success, thereby making them vomit the food that they eat.

5. **Social factors:** Social factors such as peer pressure and preconceived notions about body weight and being thin, play a significant role in causing bulimia the media also encourage the desire to thin among the youth.

Symptoms of Bulimia – Frequent episodes of self-induced vomiting, – Feeling of thirst, – Swelling and inflammation in food pipe, – Overeating or episodes of binge eating, – Excessive physical activities to remain slim misuse of medical aids, – Red coloured eyes due to broken blood vessels caused by.

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Frequent episodes of self-induced vomiting,

- . Feeling of thirst,
- . Swelling and inflammation in food pipe,
- . Overeating or episodes of binge eating,
- . Excessive physical activities to remain slim misuse of medical aids,
- . Peptic ulcers,
- . Erosion of dental enamel,
- . Disturbed body image,