



ISSN Print: 2394-7500  
ISSN Online: 2394-5869  
Impact Factor: 5.2  
IJAR 2017; 3(6): 1082-1084  
www.allresearchjournal.com  
Received: 01-04-2017  
Accepted: 02-05-2017

**J Gerard Arockiaraj**  
Director of Health and  
Physical Education, Spring  
Mount Public School, Tirupur,  
Tamil Nadu, India

**Dr. A Sheela**  
Assistant Professor (Senior  
Grade), Department of EEE,  
Kongu Engineering College,  
Perundurai, Tamil Nadu, India

## Course of motor activities for the remedy of obesity

**J Gerard Arockiaraj and Dr. A Sheela**

### Abstract

It has been practical that one of the foremost causes of casualty throughout the world is obesity. Obesity direct to diabetes, Chronic heart diseases, deterioration of brain functions, acceleration of aging process and deteriorated muscles and skeletal of the human body. The dilemma of obesity can be straightforwardly tackled with initiating the movement education in schools, collaborated with games and exercises. The researchers have structured some strategies that may be a remedy to fight against obesity among students and the same is discussed in this paper. These strategies are based on researchers experience in the field, review of literature and discussions with scholars from the field of physical education, education and from medicine. The present paper has its implication for educational planner, curriculum framer, policy planners and above all for physical education teacher, who in fact will help to execute the preparation.

**Keywords:** Motor activities, Remedy, Obesity, Physical Activity

### 1. Introduction

In the fast moving world the physical education stresses more, that every child should have a healthy life style. Everyone likes to involve in Physical activities but it's not prolonged for a betterment but the priority is been given or diverted or attracted by some other aspects. An effective and systematic educational plan comprising sports, recreational activities in curricular ad co curricular activities which can be a supportive process to make a child physically fit as well as the society. The primary focus is on the good health and the overall development of the individual. We have to accept that most of the current generation students involve in various games and sports. But comparatively, they spend more than 3 to 5 hours daily on computers, I Pods, Mobile chat, what's app, Video games, Online games etc. Involving in the activities on the field has been reduced in a high rate. The WHO has been consistently issuing many policies on diet, physical activities and health related issues in order to deal with the current issue.

The foremost distress that must be dealt with and resolve throughout the globe is obesity. According to Haslam and James (2005) [5], "Obesity show the way to diabetes, chronic heart diseases, descent of brain functions, quickening of aging process and worsen Musculo-Skeletal System.

In numerous of the urban, as well as the high socio economic grouping in India the frequency of overweight and obesity had blown up to some degree over the last few decades. It has reached to a comparatively elevated height. (Wang, Chan, Shaikh and Mathur, 2009) [18].

Mandal and Mandal (2012) [8] pointed out that predominance of child obesity is escalating hastily worldwide. Additionally childhood obesity has tripled in the past 3 decades. The prevalence of obesity among children aged 6 to 11 years has amplified from 6.5% in 1980 to 19.6% in 2008. The prevalence of obesity among adolescents aged 12 to 19 years has enlarged from 5.0% to 18.1%, mostly in schools the association in physical activities have come down and it has source for the rate of overweight and obesity. Obesity is measured through calculating BMI (Body Mass Index). BMI is a simple and widely used method estimating body fat mass. It can be calculated through the formula

**BMI= Weight in Kg / Height in meter<sup>2</sup>.**

The WHO has given the norms for the classification of obesity

**Correspondence**  
**J Gerard Arockiaraj**  
Director of Health and  
Physical Education, Spring  
Mount Public School, Tirupur,  
Tamil Nadu, India

≤ 18.5 Kgs	Under weight
18.6 – 24.9 Kgs	Normal weight
25 – 29.9 Kgs	Over weight
30 – 34.9 Kgs	Class I Obesity
35-39.9 Kgs	Class II Obesity
≥40 Kgs	Class III Obesity

Children with high BMI often become obese adults and they are at the high risk for many chronic diseases like diabetes, Cardio vascular diseases and certain cancers (Ogden, Carroll, Curtin, Lamb and Flegal, 2010)<sup>[10]</sup>.

### Physical Education activities

Physical Education (PE) helps in cheering psychomotor education in a play or movement study within the school. PE programme shall be vital element of quality and effective curriculum. Such programmes not only promote PE activity, but also show a relationship to better academic performance under convinced circumstances. Games and sports play a crucial role in inculcating constructive thinking which escort to a pleasant-sounding and healthy growth of an individual. Involving in PE activities keeps the students away from linking in the drug abuse, Violence, alcoholism and many discarded way of life.

### Suggested approach aligned with obesity through physical education activities.

With respect to the researcher's experience in the field, review of literature and consideration with the scholars from the concerned fields like physical education, education and from medicine, the strategies are drawn which will eventually facilitate to battle against the obesity amid students.

The recently introduced continuous and comprehensive evaluation system is based on scholastic and co scholastic areas of study. But it has been observed that co scholastic activities are almost not given due recognition. It is neglected, avoided in many aspects. Normally the school teacher concentrates on the cognitive (Mental) development aspect of the child but they fail to develop the co native (Psycho motor) and affective aspects of their personality. The continuous ignorance of PE activities in schools is one of the vital reasons for obesity among school children. The researchers in this paper have made an attempt to cover the co scholastic strategies to fight obesity are given under:

- The students shall be encouraged and provoked to pursue a energetic life style to progress their personal health and fitness.
- In the school curriculum the physical education activities shall be a regular and continuous feature without any break under any circumstances.
- Those activities implicated shall be carried out with the cooperation of local establishments like sports clubs, Associations, Federations and health centre etc. in order to utilize the resources available in an effective manner.
- The family members of the participants shall also be encouraged to engage and get involved in the whole course of action to obtain a progressive development.
- The child shall be given the choice to opt the sports /Games itself with his / her own interest and willingness. Anyhow systematic guidance should be given in order to understand their potential and

capability of taking part in that particular sports / games.

- Sports for all – Hence promote this concept, often arrange recreational activities for the parents and guardians which will be valuable for them, as well as they will reciprocate by cheering their children to take part in the physical education activities.
- Previously the girls and the persons of physically challenged have been ignored /avoided in taking part in the Physical Education activities. There should not be any sort of discrimination in the form of age, caste, religion, socio-economic status, disadvantaged group or weaker section, person with disability. The achievement of Mr. Mariappan in Paralympics (High jump -Gold Medal) has set a tremendous example to understand this concept.
- The exercise and fitness must be the prime aim to be achieved by the schools.
- To sharpen the reflexes and also to have the fun while building the imagination in different ways the recreational games will contribute a lot and it shall be organized.
- Traditional games help the child to understand their culture, which actually gives them enjoyment and experience the things which they have read only in books. It also provides a psychological benefit to improve concentration, awareness and a positive mood.
- The curriculum shall include the topics related to healthy habits, Food, Hygiene, Variety of exercises, equipments and its benefits.
- Top awaken the sensory consciousness and transformation among the participations the theatrical exercises shall be valuable a lot.
- Physical education shall be an integral part of school curriculum. It's not a detach area from others.
- In order to incorporate physical, emotional and mental aptitude of the learner new circumstances must be added in the games.
- Constructing imagination within the games and exercises, master the physical actions and put together the physical abilities with other abilities.
- While designing the programme the Physical Education Teachers should have a alternative preference while working along with Sports professionals, Part time coaches, Full time coaches, Nurses, Medical staff, Physiotherapists, Nutritionists and health club instructors etc.
- Normally the schools have the outdoor facilities like football, kabaddi, kho kho, volleyball etc. Few public schools have the indoor facilities like 400 mts track Gymnasium, Badminton, Squash, Swimming and others. As these facilities are used only for the marketing they fail to produce the performance. They shall be utilized for the common students in order to use the resources available.
- Million of rupees are spent in mounting the sports infrastructure and towards the coaches but they are utilized hardly 4 to 6 hours every day. In order to make certain the full fledge use of these facilities strategies has to be developed or planned methodically for the utmost use of the assets.

- Proper provisions and supervisions should be carried out to ensure the minimum physical activities.
- The curriculum shall include about the federations, associations and the Olympic committee for which the help is offered by the academic wing of the Indian Olympic association (IOA).
- Awareness about sports subsidies, Schemes on exercises product shall be encouraged. The availability of sports quota in various disciplines shall be briefed to motivate them.
- The basic training shall be provided to the students after the school hours, Vacation camp and through summer camps.
- Through the web page, posters, charts, notice boards, seminars, work shop and conferences the sports related information shall be displayed.
- Frequent seminars and conference shall be conducted and the resource person shall be invited to update the latest trends for the Physical Education Teachers.
- Theoretical and practical classes also shall be conducted for the teachers.
- Participating in the local competitions shall be made compulsory as they shall be part of the student's assessment. This will help to explore the students to play in different situations and to build a good empathy with others.
- Normally the schools conduct the Intramural competitions on house wise. In order to win the championship only the talented or good students are selected for the competition and the average and below average students are not given a chance. To eliminate this trend, students shall be also divided according to their caliber and equal chance shall be given to them and motivate them.

### Conclusion

The crisis of obesity can be dealt with introducing movement education in school curriculum combined with games and exercises. It bonds unusual physical, emotional, mental facilities along with constructing imagination, master physical actions and integrates the physical abilities with other abilities. The swap preference shall be made while working with the multi disciplinary working groups like Sports specialized, Part time coaches, Full time coaches, Nurses, Medical staff, Physiotherapists, Nutritionists and health club instructors etc. In this parallel method we can extent the area of movement education which will eventually direct us to battle against the obesity. Education through activities engages motor action which may help the humans from further physical decadence and facilitate to create physical fitness among the citizens and the humanity. Numerous discussion group and symposium shall be accomplished by fascinating the resource persons in order to update the latest trends. This paper has its suggestion for the education planner, resource persons concerned in planning the curriculum framing, policy planners and above all for the physical education teachers who are accountable to execute at the grass derivation stage.

### References.

1. American Academy of Pediatrics. Prevention of pediatric overweight and obesity. *Pediatrics*. 2003; 112:424-430.

2. Andrew Sparks C. Research in physical education and sport. Exploring alternative visions. The falmer press, London, 1992.
3. Gerard Arockiaraj J. Contemporary issues and upcoming challenges in physical education and Sports Technology in South India. *International Journal of Applied Research*. 2017; 3(3):498-500.
4. Gillis L, Kennedy L, Bar-Or O. Overweight children reduce their activity levels earlier in life than healthy weight children. *Clinical Journal of Sports Medicine*. 2006; 16:51-55.
5. Haslam DW, James WP. Obesity. *Lancet*, 2005; 366(9492):1197-209.
6. Institute of Medicine of the National Academies. Preventing Childhood Obesity. Health in the Balance. Washington, DC, The National Academies Press, 2005.
7. Lissau I, Overpeck M, Ruan W, Due P, Hulstein B, Hediger M. Body mass index and overweight in adolescents in 13 European countries, Israel and the United States. *Archives of Pediatric and Adolescent Medicine*, 2004; 158, 27-33.
8. Mandal A, Mandal GC. Prevalence of Overweight and Obesity among the Urban adolescent English medium school girls of Kolkata, India. *Italian Journal of Public Health*. 2012; 9(3).
9. National association for sport and physical education: Developmentally appropriate practice in movement programs for young children, Age 3-5. Position statement adopted in, NASPE, Reston, VA, 1995.
10. Ogeden CL, Carroll MD, Curtin LR, Lamb MM, Flegal KM. Prevalence of High Body Mass Index in U.S Children and Adolescents, 2010, 2007-2008.
11. Sallis JF, Floyd MF, Rodriguez DA, Salens BE. Circulation, perspectives on physical education and sports, 2012; 125(5):729-737.
12. Sanders Steve. Preschool physical education: Challenges for the profession, *Journal of Physical education and dance*, 1994, 26-27.
13. Ghosh A. Rural-Urban Competition in Prevalence of Overweight and Obesity among Children and Adolescents of Asian Indian Origin. *Asia- Pacific Journal of Public Health*. 2011; 23(6):928-935.
14. Strong W, Malina R, Blimkie C, Daniels S, Dishman R, Gutin B *et al*. Evidence based physical activity for school-age youth. *Journal of Pediatrics*. 2005; 146:732-737.
15. Sung R, Yu C, Chang S, Mo S, Woo K, Lam C. Effects of dietary intervention and strength training on blood lipid level in obese children. *Archives of Disorders of Childhood*. 2002; 86:407-410.
16. Treuth M, Hunter G, Figueroa-Colon R, Goran M. Effects of strength training on intra-abdominal adipose tissue in obese pre pubertal girls. *Medicine and Science in Sports and Exercise*. 1998; 30:1738-1743.
17. Wang Y, Lobstein T. Worldwide trends in childhood overweight and obesity. *International Journal of Pediatric Obesity*. 2006; 1:11-25.
18. Wang Y, Chen HJ, Shaikh S, Mathur P. Is obesity Becoming A public Health Problem In India? Examine the shift from under to over Nutrition problems Over Time. *Obesity Reviews*, 2009; 10(4):456-474.
19. World Health Organization. Global strategy on Diet, Physical Activity and Health. France: World Health Organization, 2004.