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## Hammer throwers and their physical fitness profile

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### Abstract

The word athletic is derived from the Greek word Athlon which mean a “contest” or “competition” and the world athlete mean a person who takes part in athletics. In ancient times many track and field events were practiced like marathon, discus throw, javelin throw, long jump and other short distance races. We are living in machine age and heavily or totally depend upon machines for most of our work. Machines do work for us as a result or physical efficiency has gone. Our ancestors were far more physically efficient or fit than us. So, there is great importance of physical education. Through hammer throwing games and sports development of body takes place. A person physically fit can help others whenever his help required. The various components of hammer throwing on our physical fitness are speed, strength, endurance, flexibility and agility. Physical fitness enables a person to perform vigorous activities. Generally, physical fitness and good health are considered synonymous but it is wrong. A healthy person may be physically unfit because he may be lacking in some component of physical fitness. Regular vigorous hammer throwing game also; increase the efficiency and capacity of an individual to lead a fruitful life. Therefore, vigorous physical activities should be done for the physical growth and development.

**Keywords:** Hammer, player, Height, thrower, physical fitness

### Introduction

The word athletic is derived from the Greek word Athlon which mean a “contest” or “competition” and the world athlete mean a person who takes part in athletics. In ancient times many track and field events were practiced like marathon, discus throw, javelin throw, long jump and other short distance races. Track and field is an individual sports which consists of approximately thirty events, which are divided into track events and field events. Modern track and field events started in England by the start of the 18<sup>th</sup> century in the form of running and walking races. The first professional meet was held at oxford in the year 1860. Cambridge University first of all entered the scene when the first official British Championship was held in 1866. After this the athletics were spread to the United States and continental Europe. Athletics is the main and important discipline in the modern Olympic Games. It is also known as mother of all sports. It is not possible to say anything authentically with regard to time of origin of hammer, but hammer game is certainly is of very old age. It is true that hammer throw was very popular in India from thousands years ago and it also true that India has been the home of hammer throw. We can say that hammer game is an Indian heritage. The hammer throw is said to have its roots in Scotland and Ireland history. People are familiar with the Scottish Highland Games, where events like the sheaf toss, weight throw for distance, and tossing the caber are the events and highlight the strength and power of the participants.

Games and sports are not new to the people of this world. Indeed games and sports were stated when man came into existence on the earth. To understand it clearly, we will have to peep into over past. The prehistoric evidence confirmed that the physical activity were important part of life. The major differences between today games and sports and that of the past is that their are set rules and regulation of each and every game and sports at present time, but in the past their was no set rule.

In the past sports and games were alive in the form of physical activities which were indispensable, need of that time. The physical activities like jumping throwing and climbing were a part of man’s life in order to save him from wild animals and hunting for meal. “Survival of the fittest” was the requirement of that time. In the past tribal people hunting

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dancing and chasing the wild animals were part of their life. Youths were given training to develop their physical training to develop their physical fitness slowly and steadily. It is clear from the above said fact that the games and sports which are played today have their roots in the past. Although there were simple rules and regulations but today's games and sports are played with advanced techniques and with the scientific approach.

In today's term it is quite applicable, but we cannot forget the origin of various games and sports which we received in heritage. So sports and games are man's cultural heritage. These games are not the product of modern era but these sports and games were famous in ancient times also. We received these sports and games in heritage.

The overall aim of hammer game is the attainment of the physical and spiritual health. The methods which are used to achieve this goal are manifold.

Different People have different points of view regarding Physical Fitness. For a Common man, to have good physique is a symbol of physical fitness. For a doctor, proper functioning of physiological System is physical fitness. In fact physical fitness is a simple term with a wide meaning. Physical fitness for a common person means simple the capacity to do the routine work without less fatigue or exertion and after doing his work, he must have power to do some more work and the recovery should be quicker. It means having the best possible health with the capacity to do one's everyday task, to engage in prepared recreational Pursuits and to meet emergencies, when they arise. Physical fitness implies a relation between the task to be performed and the individual's capability to perform it. Physical fitness to the human body is like fine tuning to an engine. In order to maintain personal fitness, one has to remember the goals, and should design the programmes depending on scientific and experiences basis, so that the workout becomes easier, safer, satisfying and overall bases for good health and well being.

Hammer throwing is very importance part of Physical Fitness. Physical Fitness is very significant for leading a happy and balanced life. Physical fitness is a state of health and well-being and more specifically, the ability to perform aspects of sports, occupation and daily activities. Physical fitness is generally achieved through proper nutrition, moderate vigorous physical exercise and sufficient rest. Before the industrial revolution, fitness was defined as the capacity to carry out the day's activities without undue fatigue. However, with automation and changes in lifestyles physical fitness is now considered a measure of the body's ability to function efficiently and effectively, to be healthy, to resist hypo kinetic diseases, and to meet emergency situations.

Today, great importance is being given to physical fitness of every individual, Physical fitness plays an important role for maintenance of once balanced life. That's why it is said that physical fitness adds years to one's life. Through physical fitness we may not only to be active in life but also free from diseases. Only physical fitness can make strong nation. I've laid stress on physical fitness of an individual to make the nation progressive, prosperously and strong. Therefore care should be taken to provide healthy environment to the children, so that they may have good physique and physically fit which will make them able to compete the challenges of life. A physical fit person is an asset to himself and a boon to the society as well.

The following points reveal the importance of physical fitness through hammer throwing:

1. If you belong to a game hammer throws then a physically fit person's body system functions properly work.
2. It decreases the risk of cardio-vascular diseases.
3. Physically fit person have quicker recovery after injury and illness.
4. It increases energy level of a person.
5. A physically fit person's heart and lung functions efficiently.
6. It helps to maintain ideal body weight.
7. Physical fitness increases general stamina.
8. It improves self-image and helps us in maintaining shape and size of the body.
9. It increases muscular strength of our body.
10. Through physical fitness we realize the importance of Health education.
11. Physical fitness keeps body and mind strong.
12. Physical fitness not only means good physique with freedom from diseases but it also means freedom from other psychological disorders like anxiety, stress, tension, aggression etc.

#### **Some of the components of Physical Fitness through hammer throwing:**

Physical fitness covers organic fitness of an individual. In general, physical fitness refers to one's ability to perform physical tasks especially as they relate to a sport or occupation. However, physical fitness encompasses a wide variety of abilities; it has different meaning to different people. The main six components of physical fitness are given below which are directly or indirectly inter-related with each other and each component has its own importance in different types of games and sports Endurance, Strength, Speed, Co-ordination, Flexibility and Agility.

It is true that physical education programs lead value education. During play every place play every player tries to prove his Identity, whether in an individual sports or team events. Every player tries to show excellence to prove the best. Physical education is a Process through which wholesome development of the child is ensured. Through physical education and hammer throws sports, the individual become only physically fit and mentally sound but also develops essential values of life, little respect, honesty, forgiveness, support, co-operation, team spirit, etc.

The program of physical education is not an ornament but it has great importance and deals with the value education. When an athlete is performing at a parallel bar where both body and mind are working together to give best performance, we can say that value education is taking place through physical education.

Environment is very important aspects for hammer throwing game environment "indicates that thing, which surrounds us is called Environment in another words we can say that all external condition which includes both biotic and abiotic factors that influence the life. All non living things around us which for the environment are known as abiotic factors like water, soil, temperature, rocks etc and all living things around us that constituting the environment are known as biotic factors like birds, plants, animals, humans, etc. So the environment is the combination of both biotic and a biotic factors. Sports Environment is required for physical programs like playing games, sports, practicing fitness

work, playing fun games and any sports related activities. It motivates everyone to do physical activities. Sports Environment plays an important role in everyone development.

There is direct correlation between sports and environment. Sports environment is considered as a healthy factor in positive environment thus it plays as an important role in foundation of healthy ide. It motivates individuals to perform physical activities in healthy manner. Need of sports environment is because of the following reasons

1. Safe Environment: Sport environment is safe, clean hygienic for performing various activities of physical education programs
2. Motivates to perform: -Sports environment motivates and creates interest in everyone for participating in different physical activities.
3. Guides health Education: -Sports environment makes us to realize the importance of health education.
4. Encourage moral Value-Sport environment helps us to develop moral value and sportsmanship qualities like honesty, leadership, loyalty and overall sensibility.
5. Better organization: -Sports environment is safe as well as convenient place for better organization and provides an atmosphere for conduct of results oriented tournaments.
6. Fighting Against Diseases Sports environment improves the individual's health through various fitness programs which not only promotes the fitness but it also aims in lowering risk of heart diseases, blood pressure, muscle tension etc.

Seeking personal well-being and harming with the sports environment brings the inner athlete in touch with both feelings and realities. Physical education should promote understanding of the role of the various biological and physical factors on whose interaction the very sports environment depends. So it is here clear that physical education needs an environment with proper sports facilities and programs for blossoming in to future champions. The following are the elements of a healthy environment in physical education:

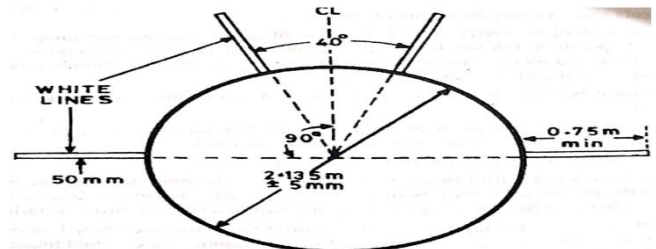
1. Provision of Proper Facilities: The facilities needed for a healthy Environment for carrying out the programs of physical education includes provision of playfields courts, gymnasium, sports coaches, physical education teacher, equipment and apparatus for different types of activities. This means the program depends upon totally on sports facilities, without these proper sports facilities we can't expect good results

2. Family Sports Environment: A person, who belongs to a family where there is sports environment, shows good results and better performance in hammer throwing games interests and attitudes of families in games and sports exert a great influence in the promotion of sports. Parental help is important for participation in sports games and physical education programs. A sportsperson needs parental help, guidance and support. The family knowledge about behaviour, essential nutrition, epidemic and environmental diseases help a lot in producing good sports persons

3. Community Environmental Influence: Popularity and love of sports in communities promotes programs of physical education. As we see that in advanced countries community influence plays a vital role in promoting sports and games and have produces star sports in their countries.

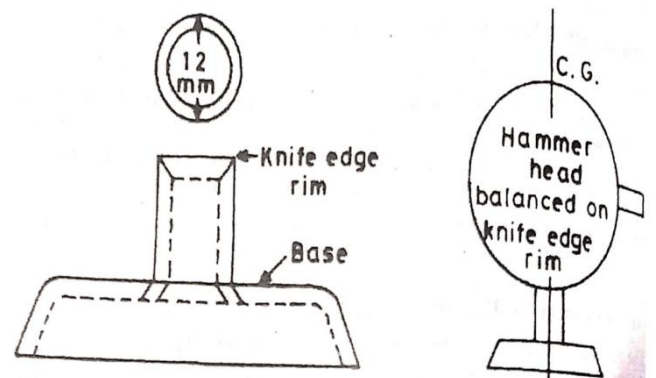
4. Sports Environment in Institution: There is a dire need for proper sports environment in schools and colleges for programs of Physical Education in order to promote star sports persons in the society. It has been observed that skills of sports are learnt very easily in institutions rather than at home. Therefore, every care should be taken to create a healthy physical education programs and need to improve our sports Environment in the institution.

The following are the factors which affects the physical fitness of hammer throwing athlete:-

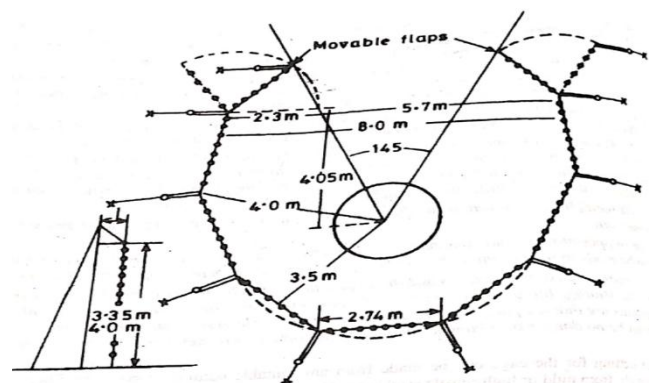


Layout of Hammer circle

In hammer throwing game the most important thing is co-ordination. Co-ordination is the ability of the body to perform movements with perfection and efficiency. Our accuracy, rhythms, flow and constancy depends on our co-ordination abilities. These abilities can be of various types such as balance abilities, rhythm abilities, adaptation abilities and reaction abilities. Coordination abilities can be improved if we perform correct movements. We should avoid incorrect movements while playing any game or sports.



Construction of the Hammer



Hammer throwing cage

## Results

We are living in machine age and heavily or totally depend upon machines for most of our work. Machines do work for us as a result or physical efficiency has gone. Our ancestors were far more physically efficient or fit than us. So, there is great importance of physical education. Through hammer throwing games and sports development of body takes place. A person physically fit can help others whenever his help required. The various components of hammer throwing on our physical fitness are speed, strength, endurance, flexibility and agility. Physical fitness enables a person to perform vigorous activities. Generally, physical fitness and good health are considered synonymous but it is wrong. A healthy person may be physically unfit because he may be lacking in some component of physical fitness. Regular vigorous hammer throwing game also; increase the efficiency and capacity of an individual to lead a fruitful life. Therefore, vigorous physical activities should be done for the physical growth and development.

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