International Journal of Physical Education and Sports Sciences

Vol. V, No.I, April-2013, ISSN 2231-3745

EXERCISES EFFECTIVENESS IN YOGA ON MOTOR FITNESS AND FOOTBALL

www.ignited.in

International Journal of Physical Education and Sports Sciences
Vol. V, Issue I, April-2013, ISSN 2231-3745

Exercises Effectiveness in Yoga on Motor Fitness and Football

Sanjay Kumar

Assistant Prof., Physical Education, B.P.R. COLLEGE, KURUKSHETRA –136118 Haryana (India)

Abstract – Physical fitness is a state of well-being that comprises skill and health-related components. Fitness is a condition in which an individual has sufficient energy to avoid fatigue and enjoy life. It is necessary for elderly people to maintain and improve their physical fitness in order to satisfy healthy, high quality of daily life.

----------♦----------

EXERCISES EFFECTIVENESS IN YOGA ON MOTOR FITNESS AND FOOTBALL

Yogic practices getting popular are looked upon. It's systematic for the improvement of physical fitness of an individual. Yet we lack in the experimental evidence about the utility of physical exercise and yogic exercises for promoting physical fitness. Despite this fact many people misunderstand yoga even in India. If we were to take a cross-section of society and make a general survey of the public's opinion about yoga we would find many misconceptions about yoga.

In order to bring yoga to life and to really gain profit by it one must take it to heart in every sense of word and live it as an essential part of one's daily life.

Football is perhaps the most demanding of all sports. In the modern game (at any level) football, training and conditioning is essential. Few sports are played on a large playing field, lasting as long and without regular rest periods. Players cover 8- 12km during a match, consisting of 24% walking, 36% jogging, 20%coursing, 11% sprinting, 7% moving backwards and 2% moving whilst in possession of the ball. Football (also known as association football or soccer) is a team sport played between two teams of 11 players each. It is widely considered to be the most popular sport in the world. Football is a ball game, which is played on a rectangular grass field, or occasionally on artificial turf, with a goal post at each end of the field. The objectives of the players is to score by maneuvering the ball into the opponent goal only the goalkeepers may use their hands or arms to propel the ball in the marked area in general play. The team that scores the most goals by the end of the match wins. If the score is tied at the end of the game, either a draw is declared or the game goes into extended time depending on the format of the competition.

Yoga is a systematic discipline originated in India, for self- realization. However, now a day scientific researchers find its utility for all round development of personality along with innumerable spiritual as well as therapeutically applications. As per Indian tradition Yoga, especially Hathayoga, comprises of different yogic exercises viz., asana (body postures), pranayama (controlled regulation of breath), bandha (physiological locks or holds of the semi-voluntary muscles), kriyas (cleansing process), and mudras (attitude which spontaneously arouses meditation). Swami Kuvalayananda, the father of scientific research in Yoga and founder of Kaivalyadhama (India), has constructed the curriculum of yogic exercises to maintain health and fitness. Yogic exercises are also becoming popular in the area of games and sports and also in the curriculum of Indian schools, colleges and universities.

Football is probably the most popular game worldwide but there is still limited scientific information available concerning the physique and performance qualities of elite Indian footballers. Not many sports physiologist have been attracted to examine the footballer in details because of the lack of adequate experimental models to study the games in the laboratory (Reilly et al, 1990). The game comprises activities like sprint and jumps in attack and defense. It also requires aerobic capacity as the game lasts one and half hour, sometimes even longer than the official time. These short and long lasting activities are performed over the entire game, so, both aerobic and anaerobic capacities are very important to exhibit better performance (Malcovic et al.,1994).

Football is a team game. Team games are sports where body size, shape, body composition and level of fitness, all play an important part in providing distinct advantages for specific playing positions particularly at the highest levels of performance where there is a high degree of player specialization (Bale, 1986). Specific positional roles within each code may demand unique physiological attributes (Reilly et al., 1990). These are reflected in the

physical and physiological fitness of the football players (Reeves et al.,1999).

The database of physique and performance qualities of the players of the renowned clubs throughout the country is very important to make a National Team. It is a fact that in India there is still limited information of club footballers regarding physique, physiological profiles and performance except a study on Indian University Footballers (Kansal et al., 1980a) in this regard. Hence an attempt has been made to study the physique and physiological qualities of the Indian national club footballers.

Physical fitness is a state of well-being that comprises skill and health-related components. Fitness is a condition in which an individual has sufficient energy to avoid fatigue and enjoy life. It is necessary for elderly people to maintain and improve their physical fitness in order to satisfy healthy, high quality of daily life (Tanaka et al., 2004). Skill- related physical fitness refers to an individual's athletic ability in sports such as tennis and encompasses skill- related attributes like dynamic balance, power, speed and agility; the health-related aspect is a measure of cardiovascular endurance, muscle strength, endurance and flexibility and body composition (Hopkins & Walker, 1988). Physical fitness is measured by functional tests that are specific and usually normative-based, rather than criterion- based, thereby leaving unanswered as to how much of a specific fitness factor (e.g. muscular endurance) is required for a good quality of life (Chia et al., 2007). There are numerous factors which are responsible for the performance of sportsmen. The physique and body composition including the size, shape and form are known to play a significant role in this regard (Sodhi & Sidhu, 1984). The performance of a sportsman in any game or event also depends on physical fitness. The physical fitness or condition is the sum total of five motor abilities namely muscular strength, agility, power, speed and cardiovascular endurance. Therefore, the sports performance in all sports depends to great extent on these abilities. Improvement and maintenance of physical fitness is the most important aim of sports training (Uppal, 1980). Muscular power, often referred to as explosive power, is a combination of speed and strength which is important in vigorous performance since it determines how hard a person can hit, jump and push etc. Agility is the ability to change the direction of body or its parts rapidly which is dependent on strength, reaction time, speed of movement and muscular coordination. Quick start and stops and quick changes in direction are fundamental for good performance in athletics. Running speed is not only an athletic event itself, but it is an important factor in almost all court and field games it can result the difference in whether a performer is able to gain an advantage over his/her opponent.

Man's existence and effectiveness depends upon his physical fitness.

Even now, physical fitness really implies more than the ability to do a work without much efforts. Physical fitness affects ones life's activities not only the physical well being and mental effectiveness but also the personal and social adjustment. (Singh 1986) reported that sport is competitive in nature and every sportsman strives to better the previous records and records are broken more rapidly nowadays. "Sports" he states, "is an ideal character building school for youth. The very nature of sport requires certain amount of skill and physical fitness.

It has been due to the growing change in the competitive philosophy of sports that a close liaison has developed among sports scientist, team physician, athletic trainers, coaches and athletes to investigate modern scientific technique in terms of selection of athletes.

The performance of a sportsman in any game or event also depends on muscular strength, agility, power, speed and cardiovascular endurance. Along with these physical variables, physiological and psychological components also play an important role in the execution of the performance. Best suited activity and new training methods achieve excellence.

REFERENCES:-

- Akgun N 1996. Physiology of Exercise, Volume 1, 6th edition. I.zmir, Turkey: Ege University Press. [In Turkish]
- Bell W and Rhodes.G.1975. "The morphological characteristics of the association football player." British JSports Med, 9: 196- 200.
- Bloomfield J and Wilson G. 1998. Flexibility in sport. In Training in Sport: Applying Sport Science (edited by B.Elliott), pp. 239–285. Chichester: Wiley.
- Bompa TO 1994. Theory and Methodology of Training, 3rd edition. Iowa, USA: Kendall/Hunt Publishing, USA.
- Braun LT. 1991. Exercise physiology and cardiovascular fitness. Nurs.Clin.North.Am, (1); 135-47.
- Brown L, Ferrigno, VA. and Santana, JC. 2000.Training for Speed, Agility and Quickness. Champaign, IL:Human Kinetics.
- Carl E. Willgoose. 1961. Evaluation in Health Education and Physical Education, (New York: McGraw Hill Book Co., p.16.
- Caru BL, Lecoultre P. Aghenis and Pinera Limas F, 1970.

"Maximal aerobic and anaerobic muscular power in football players." J.Sports Med.Phys.Fitness, 10: 100-103.

Cox MH. 1991. Exercise Training programs and cardio respiratory adaptation. Clin.Sport.Med. 10(1) 19-32.

Fardy PS. 1969. "Effects of soccer training and detraining upon selected cardiac and metabolic measures."Res.Q.Am.Assoc.Health Phys. Educ, 40: 502-508.

APOR, P. (1988). Successful formulae for fitness training. In T. Reilly; A. Lees; K. Davids & W.J. Murphy (Eds.), Science and Football (95-107). London: E & FN Spon.