



MOTOR ACTIVITIES: PANACEA AGAINST OBESITY

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ABSTRACT

It has been observed that one of the leading causes of death throughout the world is obesity. It leads to diabetes, chronic heart diseases, deterioration of brain functions, acceleration of aging process and deteriorated muscles and skeletal of the human body. The problem of obesity can be easily tackled with introducing movement education in schools, collaborated with games and exercises. The researchers have framed some strategies that may act as panacea to fight against obesity among students and same is discussed in this paper. These strategies are based on researchers' experiences 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 actually will help the plan to implement.

Keywords: Motor Activities, Panacea, Obesity and Physical Activity.

INTRODUCTION

Development of overall personality based on movement education is like a 'brick by brick' process to build a house. It is a painstaking as well as a continuous process. There is no single mode or channel which can be said best for personality. However, by developing an inclusive educational action plan comprising sports and recreational activities plan with curricular, co-curricular and extra-curricular activities, the educational institutions can save humans from further physical decadence and may help to generate physical fitness among citizen and societies. No doubt our younger generations take part in various games, but they are playing on computers, I- pods, mobile phones and game playing stations rather than playing on fields. However from time to time the organization like WHO (2004) has also issued 'Global Strategies on Diet, Physical Activity and Health' to tackle the present issue.

Today obesity is one of the major concerns that should be dealt and discussed throughout the world. According to Haslam and James (2005), "Obesity leads to diabetes, chronic heart diseases, deterioration of brain functions, acceleration of aging process and deteriorated musculo-skeletal system".

The prevalence of overweight and obesity had increased slightly over the past decade in India, especially in some urban and high socio economic groups. It has reached to a relatively high level (Wang, Chen, Shaikh, and Mathur, 2009).

Mandal and Mandal (2012) pointed out that prevalence of child obesity is increasing rapidly worldwide. Further Childhood obesity has more than tripled in the past 30 years. The prevalence of obesity among children aged 6 to 11 years has increased from 6.5% in 1980 to 19.6% in 2008. The prevalence of obesity among adolescents aged 12 to 19 years has increased from 5.0% to 18.1%, particularly in schools low involvements in physical activities have influenced the rate of overweight and obesity. Obesity is measured through calculating BMI (Body Mass Index). BMI is a simple and widely used method for estimating body fat mass. It can be calculated through following formulae:

$BMI = \frac{\text{Weight in Kg}}{\text{Height in Meters}^2}$

As per W.H.O. the BMI norms for the classification of obesity is as under:

- < 18.5 Underweight
- 18.5–24.9 Normal weight
- 25.0–29.9 Overweight
- 30.0–34.9 class I obesity
- 35.0–39.9 class II obesity
- ≥ 40.0 class III obesity

Children with high BMI often become obese adults and obese adults are at risk for many chronic diseases such as diabetes, cardiovascular disease, and certain cancers (Ogden, Carroll, Curtin, Lamb, and Flegal, 2010).

PHYSICAL EDUCATION AND ACTIVITIES

Physical education curriculum helps in encouraging psychomotor learning, in a play or movement exploration. Within schools, physical education programme shall be the important element of quality curriculum. These programmes do not only promote physical activity, but also correlate to better academic performance under certain conditions. Games and sports play an



indispensable role in inculcating positive thinking which in a way leads to harmonious and healthy development of an individual. Physical activities also keep students away from the bad habits such as drug abuse, alcoholism, stealing, gambling, violence and crime.

SUGGESTED LINE OF ATTACK AGAINST OBESITY THROUGH PHYSICAL ACTIVITIES

Present paper offers some strategies that may help to fight against obesity among students. The strategies are based on researchers' experiences in the field, review of literature and discussions with scholars from the concerned fields. The recently introduced system of evaluation i.e. "Continuous and Compressive Evaluation (CCE)" is based on scholastic and co-scholastic areas of study but it has been observed that co-scholastic activities are hardly given due recognition. The schools teachers' usually concentrate on the cognitive (mental) aspect of the students but hardly think of conative (psycho-motor) and affective aspects of their personality. The continuous ignorance of physical activities in schools leads to obesity among school children. The researchers in this paper have made an endeavor to cover the co-scholastic strategies to fight against obesity are presented below:

- Motivate students to follow active life style to improve their health and fitness.
- Physical activities should be regular feature in the school curriculum. Further these activities shall be organized with collaboration to local authorities, sports clubs, and health centers. The families of the students shall be involved in the whole process.
- Choice of sports/ games for kids with their will and interest.
- Encourage concept of sports for all and organize the recreational activities for parents and guardians.
- Encourage students to gain overall physical fitness and accordingly grades be given.
- In past it has been observed that girls and person with disabilities are ignored for physical activities. Equal opportunity must be given with regard a person on grounds of age, gender, caste, religion, socio-economic status, person belonging to disadvantaged group or weaker section and person with disability. Exercise and physical activity promotion campaigns for all must be the ultimate goal to be achieved by schools.
- Recreational games should be organized to help sharp reflexes and students must have fun while building imagination in different ways.
- Curriculum must contain topics on inculcating healthy habits.
- Theatrical exercises must be used to awaken sensory consciousness and transformation among participant.
- Physical education shall be given the due weightage in school curriculum.
- Build imagination within games and exercises. Physical activities must add new situations in games so that it integrates physical, emotional, and mental abilities of learners.
- Plan activities to build-up imagination, master physical actions and integrate the physical abilities with other faculties.
- Provide flexi-option for physical education teachers to design programme along with multidisciplinary working groups of medical staff, coaches, sport professionals, physiotherapists, nurses, nutritionists and health club instructors etc.
- Integrate games and sports as regular feature of the school.
- All state government should develop strategies to implement the access of sports facilities available, on the pattern of draft bill of Haryana govt. for sports "Haryana right to play bill, 2012".
- Public schools in India have the state of art sports facilities for the marketing of the schools but they hardly produce sports performances. These facilities may be explored for common students.
- Develop strategies for optimum use of sports facilities. It has been seen that crores of rupees are spent on developing sports facilities but out of twenty four hours they are used for 5-6 hours. The full use of these sports facilities must be ensured.
- Through sports role models, the students must be encouraged for physically active life style.
- There should be mandatory provisions to ensure the minimum of physical activity per week.
- Curriculum must teach about sports federations, associations, organizations and Olympic committee. In this regard help may be taken from the Indian Olympic Academy i.e. academic wing of Indian Olympic association.
- Contents of the curriculum must spread awareness about sports subsidies, schemes on exercises product to encourage student for physical activities.
- School must provide facilities for elementary/basic coaching in the game of students' choice even after school hours.
- Encourage the sport related information through webpage, notice boards, seminar and conferences.
- Participation in local sports competitions must be mandatory part of the students' assessment.
- Last but not the least every political parties in their manifesto must include that their party will organize physical activities and sports for children.



CONCLUSION AND RECOMMENDATIONS

The problem of obesity can be tackled with introducing movement education in school curriculum combined with games and exercises. It connects different physical, emotional, mental faculties along with building imagination, master physical actions and integrates the physical abilities with other faculties. Providing flexi-option for physical education teachers and help designing programs with multidisciplinary working groups of medical staff, coaches, sport professionals, physiotherapists, nurses, nutritionists and health club instructors etc. in this way we can extend the area of movement education which in a way help us to fight against obesity. Access to sports facilities for schools should be available as recommended by the draft bill by the Government of Haryana titled "Haryana right to play bill, 2012. Education through activities that involve motor action may help humans from further physical decadence and will help to generate physical fitness among citizen and societies. The present paper has its implication for education planner, resource persons involved in curriculum framing, policy planers and above all for physical education teachers, who are responsible for the implementing at grass root level.

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