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Importance of good posture in sports

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Abstract

The upright posture, which distinguishes man from all other animals, is the product of perhaps 350,000,000 years of evolution, there are numerous concepts and views regarding posture and its significance, Good posture mainly depends on maintenance of centre of gravity in a proper way, body erect, with proper balance and poise, it is that position in which the centre of each body segment is centred over its supporting base, posture, broadly speaking, may be understood from the standpoint of an individual's own body, and the way he uses his body, carries his body and holds his body.

Keywords: Importance, good posture, sports, distinguishes man,

Introduction

The posture is a humours concepts and views regarding human posture and its significance, To doctors, artist, sculptors, dancers, psychologists, and physical educationists, the term posture conveys different meanings Each person must take the body he has and should make the best of it by adopting good posture as a habit, it is, therefore, necessary to understand the meaning of good posture, its importance and also to examine the causes of poor posture, its prevention and remedial measure.

Meaning

The meaning of posture varies from individual to individual, one posture which may be considered good for one individual may not hold true for another, it is well nigh impossible to lay-down strict or absolute standards for a universally good posture.

Definition of posture

Posture is a measure of mechanical efficiency, of kinaesthetic sense, of muscle balance and of neuromuscular coordination,

There are two types of posture

1. Static posture (standing, sitting etc.)
2. Dynamic posture (Body position during movement.)

Physiological importance of posture

Posture is physiologically necessary when it allows the organic systems to function efficiently by means of adequate circulation, respiration and digestion etc. a rigid (at attention) standing position restricts circulation.

Importance of posture

Posture is anatomically correct when the body has good balance and alignment, and results in a minimum of muscle strain, so that posture demands minimum muscle effort. The best posture is a position where the bodily structure is vertically aligned and the muscles are as relaxed as possible.

Importance of good posture in sports

The term good posture full fills certain aesthetic and mechanical specification. Good posture helps in conserving energy.

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Many famous athletes have stated that their success is attributable to the fact that they are almost completely relaxed between movements, thus conserving the energy for purposeful efficiency.

1. Correct posture aids in functioning of organic system,
2. Reduces strain on muscles, tendon and ligaments.
3. Aids in achieving the correct running mechanics.
4. It assists in learning the techniques and skills of various games
5. Correct posture is base to achieve the economical movement in all the sports and games.
6. Finally, it increases the performance of the sports persons.

Factors affecting the posture

1. **Injury:** When a bone, ligament or muscle is injured, it weakens the support at that point and renders the frame work out of balance.
2. **Disease:** Disease that weaken bones or muscles or cause joints to loose their strength, upset the control of posture.
3. **Habit or work condition:** Wrong habits of posture are caused by occupation and environment also. For example, in computer work, the long duration can lead to wrong postures.
4. **Height:** For example, short ladies use high heel shoes. Tall persons bending when they stand or run.
5. **Mental attitude, psychological implication:** Posture reflects the mental attitude. Confidence and self-satisfaction help in the maintenance of erect posture, but humility and depression are reflected by a drooping posture.
6. **Heredity:** Sometimes, postural defects may have a genetic basis.
7. **Improper clothing:** For maintaining a good posture very tight cloth and high heels should be avoided. High heel disturbs the normal spinal curvature
8. **Nutrition:** Nutrition affects body structure and a person with poor nourishment may have neither the energy nor the muscular endurance and tone to hold the body parts habitually in correct position thus leading to poor posture and postural habit.

Guidelines to achieve good posture

1. The average location of gravity should be close to the geometric centre of the base of support.
2. The weight bearing segments should be in proper alignment with a minimum of stress or strain on them.
3. Good posture permits normal functioning of the vital physiological system of the body such as respiration, digestion and excretion etc.
4. There should be enough flexibility and strength in the body to maintain a good posture.
5. A good posture is a position that requires minimum expenditure of maintain it.
6. A good posture permits mechanically efficient movements on the joints.
7. A good posture has good coordination.
8. A good posture is judged on the basis of how it will meet the demands of the body.
9. Abdomen wall should be strengthened
10. Spinal column should be straight.

Conclusion

Posture is paramount for both one's physical and mental health as we have seen, posture leaves a lasting impression on

others. One always remember and envies a person who walks erect with head thrown backwards. Appropriate posture gives economy of movement which leads to achieve the ultimate in any branch of sports. All the coaches, physical educationists and trainers are requested to ensure good posture among the sports persons to enhance mechanical efficiency of the human body.

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