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Anita Kumari

Ph.D. Scholar, Amity School of Physical Education and Sports Sciences, Amity University, Noida, Uttar Pradesh, India

Dr. Rajesh Dhauta

Associate Professor, Amity School of Physical Education and Sports Sciences, Amity University, Noida, Uttar Pradesh, India

Health related physical fitness for sedentary women

Anita Kumari and Dr. Rajesh Dhauta

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Abstract

Health related physical fitness is not only one of the most important keys to a healthy body, it is the basic of dynamic and creative intellectual activity. Lifestyle diseases are affecting more to the sedentary women as they are less aware about their health related fitness. In order to present comprehensive fitness strategies for sedentary women author has gone through findings from many research articles. It was found that any type of activity like yoga, flexibility test, aerobic, dance, zumba fitness and callisthenic exercises. Have a positive impact on health related fitness. The purpose of this study is to present systematic review of the available evidence based articles concerning the physical activities and their impact on HRPF of sedentary women. It is expected this study will make women aware about their health status. It will also present a correct Mirror that how exercises are effective and improve the health related physical fitness of sedentary women. Reviews shows that life-threatening diseases can also be controlled by doing any physical activity regularly.

Keywords: Sedentary women, physical activity, health related fitness, exercises, review literature

Introduction

“Physical fitness is not only one of the most important keys to a healthy body, it is the basic of dynamic and creative intellectual activity.”

Regular physical activity is vital for good physical and mental health. It helps to improve our overall health and fitness, maintain a healthy weight, reduce individuals risk for many chronic diseases and promote good mental health.

Health is a state of complete physical, mental and social wellbeing and not merely the absence of disease.

The immense value of health to human life has been universally acknowledged. As declared in 1948 in article 25 of the universal declaration of human rights everyone has the right to standard of living adequate for the health and wellbeing of himself and his family. Physical fitness is one's ability to execute daily activities with optional performance, endurance and strength with the management of disease, fatigue and stress and reduce sedentary behavior. Doing physical activity everyday contributes to optimum health and quality of life, life style can be changed to improve health and fitness through daily exercise. Health and wellness have become most important part of our life to live in present scenario. Our immune system is totally depended on our awareness about the proper health related fitness exercises.

Health related physical fitness involve exercise activities that you do in order to try to improve your physical health and stay healthy, it is the ability of an individual to carry of his/her daily works without any fatigue.

The ability of the circulatory and respiratory system to supply fuel and oxygen during sustained physical activity.

The ratio of lean mass muscle and bone compared to fat mass.it is basically measured by major skinfold -triceps, Suprailiac, Thigh, pectoral, abdominal, calf.

Flexibility is the ability of an individual's joint to execute a wide spectrum of movements.

Muscular strength means the ability of the muscles to lift weight.

Muscular Endurance is defined as the ability of a muscle or a group of muscles to perform repeated muscular contraction against resistance for a longer period of time.

Corresponding Author:

Anita Kumari

Ph.D. Scholar, Amity School of Physical Education and Sports Sciences, Amity University, Noida, Uttar Pradesh, India

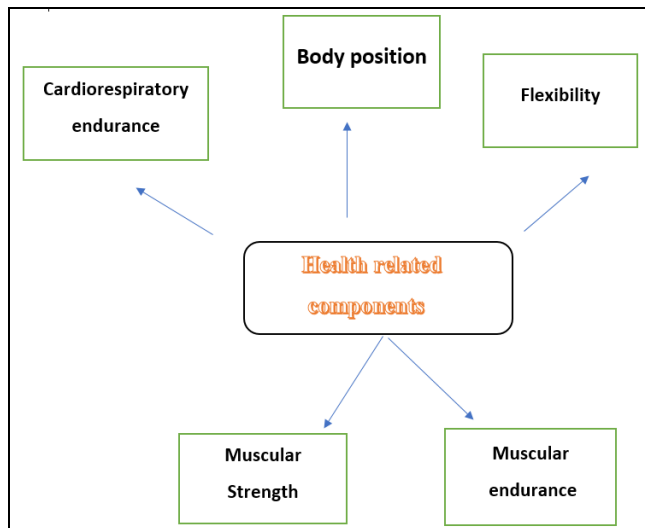


Fig 1: Health related physical fitness components

Importance of health related fitness in sedentary women

- It is vital for good physical, mental health.
- It helps in maintaining healthy weight, reduce risk for many chronic diseases promote good mental health.
- It induces them to get some pleasure time which uses as a result of good health.
- Engaging in regular physical eternity can increase energy levels.
- Health related fitness increases life expectancy and eases the function of daily routine task.
- Quality of life improves which gives a positive vibration in upbringing the Children at home

Methodology

An assessment of hamstring flexibility in the health related physical fitness. Jackson and Baker (1986) [5] conducted a study of “the relationship of the sit and reach test to criterion measure of hamstring and back flexibility in young females” on 825 young female with AAHPHERED health related physical fitness test to measure back and hamstring flexibility. The measurement includes sit and reach test and passive hamstring flexibility. The correlation between the sit and reach test has moderate criterion related validity when used as Results indicated that the sit and reach test had a moderate relationship with passive hamstring flexibility. The correlations between the sit and reach test and total back flexibility upper back flexibility, and lower back flexibility were low. These findings indicate the sit and reach test has moderate criterion-related validity when used as an assessment of hamstring flexibility, but appears not to provide a valid assessment of back and, in particular, low back flexibility which is one of the reasons it was included in the Health Related Fitness Test.

Mark D. Tran, *et al.*, (2001) [4] Ten Healthy, untrained volunteers (nine females and one male), ranging in age from 18–27 years, were studied to determine the effects of hatha yoga practice on the health-related aspects of physical fitness, including muscular strength and endurance, flexibility, cardio respiratory fitness, body composition, and pulmonary function. Training was given two days in a week for a period of eight weeks. It was found out that regular hatha yoga can elicit improvement in the health – related aspects of physical fitness.

Dr. Lynda B. Ransdell Ph.D. and FACSM, LeAnn Robertson BS, Lynne ornes RN and Ph.D., Laurie Moyer-mileur Ph.D. 2005 A Pilot Study Designed to Increase Physical Activity

and Improve Health-Related Fitness in Three Generations of Women. A 6-month home-based (HB) physical activity program was compared to a control (CTL) condition in terms of effect on physical activity and health-related fitness in three generations of women (daughter/mother/maternal grandmother). Volunteers were randomly assigned to a HB or CTL condition. HB participants ($n = 28$) were asked to participate in lifestyle, aerobic, muscular strength, and flexibility activities at least 3 times per week and they completed 73% of the recommended PA bouts. CTL condition participants ($n = 9$) were asked to continue their usual pattern of physical activity. Changes in physical activity were measured pre- and post-intervention using the Physical Best questionnaire and pedometer step counts (3-day average). Changes in health-related fitness were assessed using Fitnessgram tests. Group \times Time interactions were significant for changes in participation in flexibility activity (d/wk) and steps/day, indicating that the HB group experienced significant positive changes in the expected direction (+305% and +37%, respectively), while the CTL group regressed (-15% and -13%, respectively). The $G \times T$ interaction for mile time was significant, although not in the expected direction (CTL group $<$ by 14% and HB group $<$ by 5%). Findings should be interpreted with caution due to several limitations of the study, but several suggestions are made for more effectively studying this topic in the future.

Yaira Barranco-Ruiz Emilio Villa-González (2020) [7].

Health-Related Physical Fitness Benefits in Sedentary Women Employees after an Exercise Intervention with Zumba Fitness The protective properties of high physical fitness levels on health are manifest independently of age, sex, fatness, smoking, alcohol consumption, and other clinical factors. However, women are less active than men, which contributes to low physical fitness and a high risk of CVD. Thus, the objective of this study is to analyse the effect of two exercise interventions on health-related physical fitness in sedentary employed females. There were no significant differences after the intervention between the two exercise intervention groups. *Conclusions:* Exercise interventions based on Zumba fitness® or Zumba fitness® combined with an extra muscle-strengthening workout based on bodyweight training exercises are effective strategies to improve the health-related physical fitness in sedentary women employees.

Yaira Barranco-ruiz and susanapaz-viteri This (2020) [8] study aims to analyze the effect of two dance-focused and choreographic fitness classes on Health-Related Quality of Life (HRQoL) in sedentary worker women. *Methods:* 65 sedentary middle-aged worker women (38 ± 7.3 years old) completed a 16-week intervention randomly assigned to: (1) dance fitness group based on Zumba Fitness classes (DF group, $n = 25$), (2) dance fitness + functional strength training group (DFFT group, $n = 20$), and (3) control group ($n = 20$). HRQoL was assessed by the 36-Item Short-Form Health-Survey (SF-36), which evaluates 8 dimensions of health [General Health (GH), Physical Functioning (PF), Social Functioning (SF), Physical Role (PR), Emotional Role (ER), Bodily Pain (BP), Vitality (V), and Mental Health (MH)] scored from 0 (worst) to 100 (best health status). *Results:* The control group statistically differed from both exercise groups in PF and PR, and from the DF group in SF and MH showing a lower score. No statistical differences were observed between exercise groups post-intervention, except in V. DF group showed increases in GH, PF, SF, V, PR, and MH post-intervention. *Conclusions:* A 16-week

dance fitness intervention based on Zumba Fitness classes generates notable improvements in a wide range of HRQoL dimensions in sedentary middle-aged worker women, especially in V, PR and MH dimensions.

Olha podrihalo, Svetlana Savina, Leonid Podrigalo, Sergi lermakov, Wladyslaw Jagietto, Lukaz Rydzik and Wieslaw Blach (2020) ^[9] To analyze the influence of health-related fitness on the condition of second mature aged women. Participants: 65 women divided into two groups. Group 1-40 women, (43.33±0.93) years old and group 2-25 women (44.40±0.93) years old. The participants trained for 8 months, three times a week for 1 h. Group 1 trained dance aerobics (Monday), strength fitness (Wednesday) and stretching (Friday). Group 2 trained only stretching. The body length and mass, handgrip strength test, vital capacity, blood pressure, heart rate, Stange and Genchi tests, and motion amplitude in joints were evaluated before and after the program. The significance of the differences between the groups was evaluated by Student's criterion (t) and Rosenbaum (Q). The different intensity of the health-related effect was confirmed at the end of the program. Physiometric indicators significantly increased in group 1. The complex physical activity led to a decrease in heart rate. The results of the Stange and Genchi tests significantly increased. Goniometric indicators of group 2 increased. The comparative analysis of the participants indicators confirms the generalized and higher health-related effect of the complex fitness program. The effect of such a program showed an increase of the adaptive potential, a significant increase in the functional capabilities of women, and the optimization of the studied indicators. With the same time expenditure for health-related fitness, the complex program has a more multifaceted effect in comparison with stretching.

Reviews and studies shows that a 16 week dance fitness intervention based on zumba fitness classes generates notable improvement in a wide range of health related fitness components. It also shows increase of adaptive potential and significant increase in functional capabilities of sedentary women.

The comparative analysis of participants' indicators confirms the generalized and higher health related effect of the complex fitness programme.

Conclusion

According to the review of many studies it has evident that physical fitness component improves strength and endurance of sedentary women. Studies also shows that health and fitness exercise of any types have experienced significant positive changes in the health related fitness components of sedentary women. Now the days during pandemic women need to more healthy and fit sometimes she has to look after the whole members in isolation without any external help therefore when we came to know through reviews that women doing exercises have much better health conditions than the control group. So, women should never ignore the health related fitness. Regular physical exercise helps in maintaining good health, and physical activity helps a woman to increase pain tolerance and become strong, better muscle work and easy calorie burn.

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