



Importance of Stretching Exercise For Sportsperson

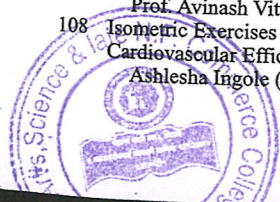
Editor
Dr. Yeshwant Patil




Principal
Mahatma Gandhi Arts,
Science & Late
N. P. Commerce College,
Armoji Dist - Gadchiroli



279	71	Medical Benefits of Pranayama - Rohit Kumar	479
	72	Yoga and its Effects on Human Body - Tushar Jumde	483
	73	Levers - Dr. O. P. Aneja	487
286	74	Abc of Stretching Exercises - Dr. Sagar P. Narkhede	492
	75	Isotonic And Isometric Exercises - Dr. J.M. Jagtap	497
293	76	Can Alcohol Affect Sports Performance and Fitness Levels of Athletes	502
307		Dr. Rahul Thakur	
	77	Prevention of Sports Injuries with the Help of Swiss Ball Exercises	506
		Rajani J. Murkute, Sanjay J. Murkute	
313	78	Different Types of Isotonic Exercise - Dr. Dhiraj Bhoskar	510
	79	Sport and Exercise Biomechanics	515
320		Jyoti Prakash and Dr Ramesh Chand Kanwer	
326	80	Health Benefits and Importance of Exercises and Physical Activities	521
		Shamsher Singh	
331	81	Sports Psychology and Stress Management - Dr. Archana Falke	525
337	82	Role of Yoga in Physical Fitness - Dr. Dewanand G. Meher	531
	83	Benefits of Massage Therapy in Sports - Prof. Pankaj R. Sharma	534
343	84	Psychological Factors Affecting Sports Performance	538
350		Dr. D.C. Shinde	
	85	Techniques and Benefits of Surya Namaskar	542
		Saurabh Chandrashekhar Mohod, Dr. Deepak P. Kavishwar	
357	86	Incorporating Physical Activity into the Rehabilitation Process after Spinal Cord Injury	546
363		Dr. Indrajit Basu	
367	87	10 Different Types of Massage Therapy - Dr. Satender B. Singh	553
373	88	Nutrition & Physical Activity for School Going Children's	557
		Dr. Suhas Raghunath Tiwalkar	
378	89	Postural Deformities and Corrective Exercises	564
383		Mr. Chandra Mohan Singh, Mrs. Romi Bisht	
388	90	Importance of Yoga - Yogesh Patil	570
393	91	Exercise and Body Composition - Dr. Raju D. Chawke	574
	92	Effect of Six Weeks Stretching Exercise for Improvement of Flexibility in Ice Hockey	578
		Player of Jammu & Kashmir : Shabir Hussain	
	93	Doping in Sports : Advantages and Disadvantages	584
		Younus Mohamma, Tawseef Ahmad Bhat	
	94	Exercise and Injury Prevention	588
		Asst. Prof. Arti P. Khewale, Asst. Prof. B.G. Tambe	
	95	Postural Deformities and Exercise - Dr. Meena Bapande	596
	96	Exercise and Injury Prevention	596
		Prof. Lt. Shweta P Mendhe, Smt. Radhadeve Goyanka	
	97	Tips for Healthy Eating Habits for College Students	600
		Dr. Sanghpal W. Narnaware	
	98	Importance and Benefits of Exercise - Sunil M. Kawle	604
	99	Exercise and Physical Fitness Development	607
		B. B. Kayarkar and V. M. Chore	
	100	Yoga As A Form of Sports - Dr. Chandrajit B. Jadhav	610
	101	Latest Technologies in Physical Education	614
		Dr. Praveen Gendral Yadav	
	102	Aerobic Exercises and Its Effects on Body	618
		Dr. Naresh Ambadasji Bhojer	
	103	Importance of physical fitness exercise - Prof. Dnyaneshwar V. Thakre	621
	104	Uses of Psychology in Games & Sports - Dr. Vasant Raut	625
	105	Massage Manipulation and Therapeutic Exercise	628
		Prof. Sangita R. Bambode	
	106	Personality Development Through Yoga And Meditation	632
		Dr. Vivek Damodar Rao Murkute	
	107	Improve Your Sport Performance Through Yoga	636
		Prof. Avinash Vitthalrao Kharat	
	108	Isometric Exercises and Isotonic Endurance Exercises in Improving Cardiovascular Efficiencies of School Going Players	639
		Ashlesha Ingole (Nagpure)	




Principal
 Mahatma Gandhi Arts,
 Science & Late
 N P Commerce College,
 Amneri, Dist - Gadchiroli

Importants of physical fitness exercise

Prof. Dnyaneshwar V. Thakre

Mahatma Gandhi Arts, Science & LNP Commerce College,

Armori, Dist. Gadchiroli

E-mail : dvthakre1@gmail.com

Introduction:

The Sports person gets in shape by just playing or taking part in his/her chosen sport. If a stationary level of performance, consistent ability in executing a few limited skills is your goal, then engaging only in your sport will keep you there. However if you want the utmost efficiency, consistent improvement, and balanced abilities sportsmen and women must participate in year round conditioning programs. The bottom line in sports conditioning and fitness training is stress, not mental stress. But adaptive body stress. Sportsmen and women must put their bodies under a certain amount of stress (overload) to increase physical capabilities

Definition of Fitness

Physical Fitness is defined as 'The ability to carry out daily tasks with vigor and alertness, without undue fatigue, and with ample energy to enjoy leisure-time pursuits and respond to emergencies.'

Basic fitness can be classified in four main components Strength, speed, stamina and flexibility. However, exercise scientists have identified nine components that comprise the definition of fitness. (Tancred1995)1

- **Strength** : The extent to which muscles can exert force by contracting against resistance (e.g. holding or restraining an object or person)
- **Power**: The ability to exert maximum muscular contraction instantly in an explosive burst of movements. The two components of power are strength and speed. (e.g. jumping or a sprint start)
- **Agility**: The ability to perform a series of explosive power moments in rapid succession in opposing directions (e.g. Zigzag)

