



## Physical Activity Status of Foreign Female Students of Delhi State

Dr. Naveen Kumar \*(rpvv civillines delhi)

### ABSTRACT

*The purpose of the study was to assess the physical activity status of foreign male students of Delhi State .To achieve the objective of the study ,two hundred(N=200) foreign male students between 17 to 25 years were selected conveniently and purposely from the regular students of different Universities and colleges of Delhi State as subjects. Physical activity index Questionnaire (B.mayfield, personal nutritional department, 2006) was used to assess physical activity index of students. To evaluate the physical activity index of foreign male students on physical activity index, percentage method was employed .Results of the study revealed that 67.5% had sedentary lifestyle with 17,11,2.5,2.0 score of low active, moderate active, active and high active.*

**Keywords:** *physical activity index, foreign female Students*

### INTRODUCTION

Physical inactivity, a leading cause of death globally, was responsible for 9% of premature mortality resulting in more than 5.3 million deaths (Lee et al, 2012). Several studies estimated the prevalence of physical activity (PA) among the general population at multiple sites in India has ranged 7.3-93.2% (Swaminahan et al, 2011). Six out of every ten deaths in the world are due to non communicable conditions; three to communicable, reproductive or nutritional condition, and one to injuries (WHO, 2009).

There are many benefits of physical activity for the individuals to protect themselves from acute diseases and improve general health condition Inactive people can easily improve their health conditions through implementation of moderate level of physical activity to their daily life. In order to achieve certain, health benefits, moderate level of physical activity would be sufficient for any non-athlete person. People who do not



participate in any kind of physical activity have the highest risk of death and disability; therefore, physical activity should be part of daily life Routine (*USDHHS, 2000*). By developing and maintaining healthy exercise, eating, and sleeping habits. It lifts up your social support systems; improving your communication skills; develop spiritual wellness. Mastering simple techniques to identify individual stressors, you can learn to control the stress in your life - instead of allowing it to control you. The effort is well worth the time: people who manage stress effectively not only are healthier, they also have more time to enjoy life and accomplish their goals (*American Psychology Association, 1999*). The amount of overload needed to maintain or improve a particular level of fitness for a particular fitness component is determined through four dimensions, represented by the acronym FITT:

- Frequency—how often
- Intensity—how hard
- Time—how long (duration)
- Type—mode of activity

Some experts use the acronym FITTE, where the E stands for enjoyment—a key component of a successful, long-term fitness program.

**Frequency:** Developing fitness requires regular exercise. Optimum exercise frequency, expressed in number of days per week, varies with the component being developed and the individual's fitness goals. For most people, a frequency of 3-5 days per week for cardio respiratory endurance exercise and 2-3 days per week for resistance and flexibility training is appropriate for a general fitness program.

An important consideration in determining appropriate exercise frequency is recovery time, which is also highly individual and depends on factors such as training experience, age, and intensity of training. For example, 24 hours of rest between highly intensive workouts that involve heavy weights or last rack sprints is not crush recovery lime for



safe and effective training; intense workouts need to be spaced out during the week to allow sufficient recovery time. On the other hand, you can exercise every day if your program consists of moderate-intensity walking or cycling. Learn to "listen to your body" to obtain a sufficient amount of rest between work-outs. Chapters 3-5 provide more detailed information about training techniques and recovery periods for work-outs focused on different fitness components.

**Intensity:** Fitness benefits occur when a person exercises harder than his or her normal level of activity. The appropriate exercise intensity varies with each fitness component. To develop cardio respiratory endurance, for example, a person must raise his or her heart rate above normal; to develop muscular strength, a person must lift a heavier weight than normal; to develop flexibility, a person must stretch muscles beyond their normal length.

**Duration:** Fitness benefits occur when you exercise for an extended period of time. For cardio respiratory endurance exercise, 20-60 minutes is recommended; exercise can take place in a single session or in several sessions of 10 or more minutes. The greater the intensity of exercise, the less time needed to obtain fitness benefits. For high-intensity exercise, such as running, for example, 20-30 minutes is appropriate. For more moderate-intensity exercise, such as walking, 45-60 minutes may be needed. High-intensity exercise poses a greater risk of injury than lower-intensity exercise, so if you are a nonathletic adult, it's probably best to emphasize lower-to-moderate-intensity activity of longer duration.

To build muscular strength, muscular endurance, and flexibility, similar amounts of time are advisable, but these exercises are more commonly organized in terms of a specific number of repetitions of particular exercises. For resistance training, for example, a recommended program includes 1 or more sets of 8-12 repetitions of 8-10 different exercises that work the major muscle groups.



**Type (Mode of Activity):** The type of exercise in which you should engage varies with each fitness component and with your personal fitness goals. To develop cardio respiratory endurance, you need to engage in continuous activities involving large-muscle groups - walking, jogging, cycling, or swimming, for example. Resistive exercises develop muscular strength and endurance, while stretching exercises build flexibility. The frequency, intensity, time or duration of the exercise different for each type of activity.

### **Reversibility-Adapting to a Reduction in Training**

Fitness is a reversible adaptation. The body adjusts to lower levels of physical activity the same way it adjusts to higher levels. This is the principle of reversibility. When a person stops exercising, up to 50% of fitness improvements are lost within 2 months. However, not all fitness levels reverse at the same rate. Strength fitness is very resilient, so a person can maintain strength fitness by doing resistive exercise as infrequently as once a week. On the other hand, cardiovascular and cellular fitness reverse themselves more quickly-sometimes within just a few days or weeks. Thus, if a training schedule must be curtailed temporarily, fitness improvements are best maintained if exercise intensity is kept constant and frequency and/or duration is reduced (American College of Sports Medicine, 2001).

## **MATERIALS AND METHODS**

To achieve the objective of the study, two hundred (N=200) foreign female students were selected conveniently and purposely from the regular students of different Universities and Colleges of Delhi State as subjects. The age of the subjects ranged between 17 to 25 years. Physical activity index Questionnaire (B.mayfield, personal nutrition department USA, 2006) was used to measure physical activity index of students. In order to examine the physical activity index of foreign female students percentage method was applied.

## **RESULTS AND DISCUSSION**

### **PHYSICAL ACTIVITY INDEX OF INDIAN MALE STUDENTS OF DELHI STATE**

Scores on Physical Activity Index of foreign female students of Delhi State is presented in Table 1.

**TABLE-1**

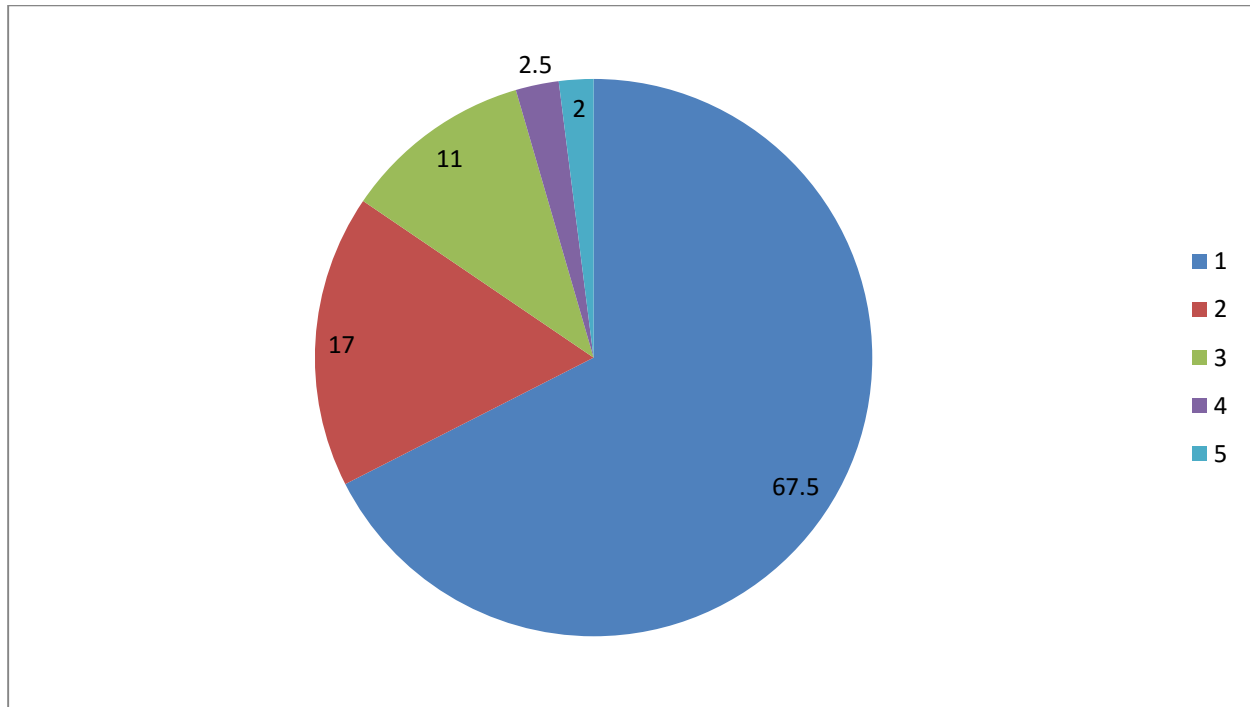
**SCORES ON PHYSICAL ACIVITY INDEX OF INDIAN MALE STUDENTS OF DELHI STATE**

Variable	Group	N	sedentary	Low active	Moderate active	active	High active
Physical activity index	Indian male	200	67.5%	17.0%	11.0%	2.5%	2.0%

It is observed from table-1 that 67.5% foreign male had sedentary lifestyle, low active were 17.0%, moderate active were 11.0% with active and high active 2.5% and 2.0% respectively. Percentage scores of foreign female students of Delhi State on Physical Activity Index is depicted graphically in fig.1.

**FIGURE-1**

**PERCENTAGE FOREIGN MALE STUDENTS OF DELHI STATE ON PHYSICAL ACTIVITY INDEX**



## CONCLUSIONS

In the light of findings of present study the following conclusions were drawn.

1. Mostly students had sedentary lifestyle on week basis.
2. However, sedentary students also involved themselves in physical activity, but with not active intensity, frequency and duration per week.
3. These findings are supported with the research study conducted by Anjana et al.(2004),Singh and purohit(2012) and Gupta et al.(2012)

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