

# Health Concepts of Physical Education

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Meaning & Definition of Health

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Effect of exercise on body systems

Community health promotion

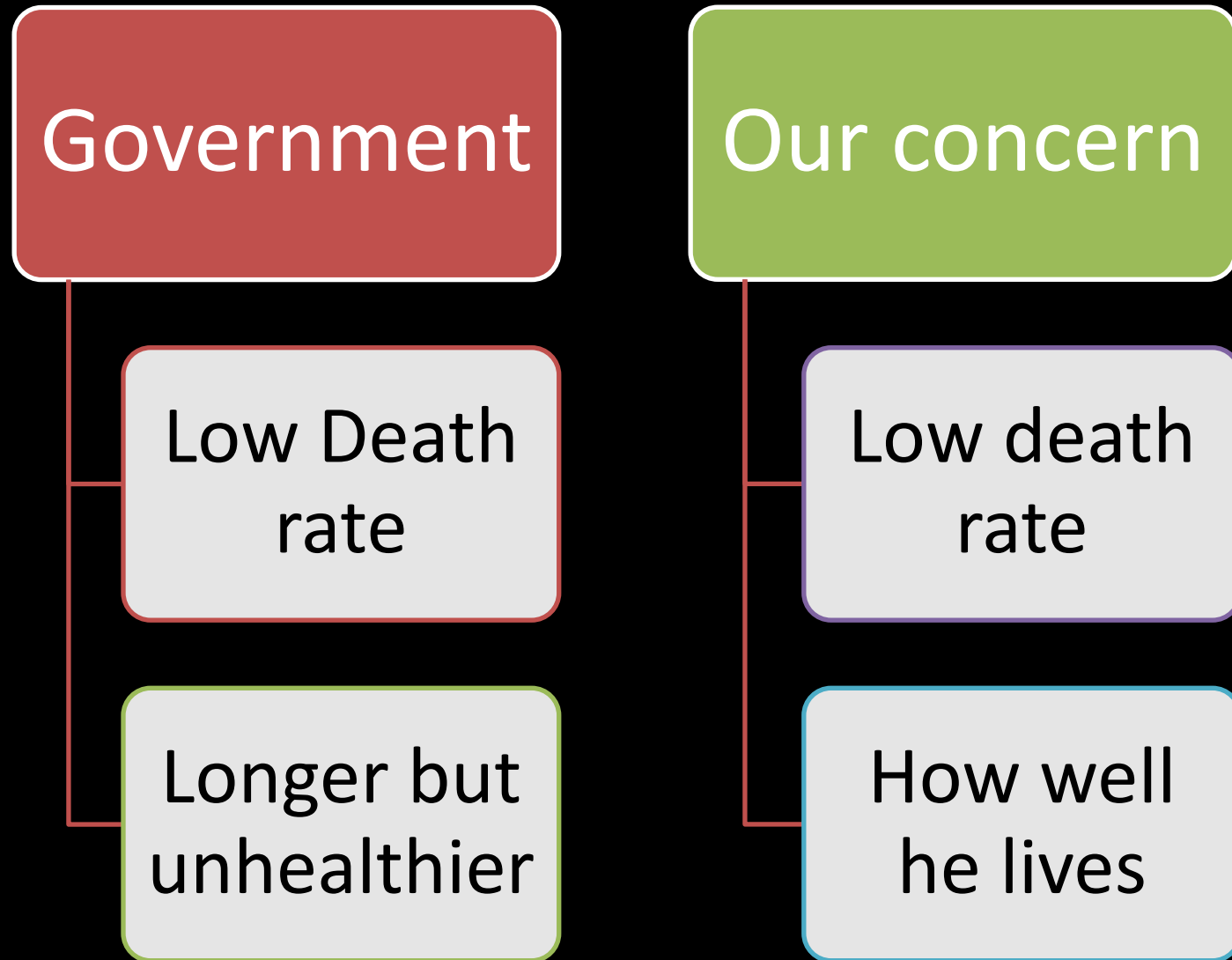
# Introduction

Wealth is Lost; nothing is Lost

Health is Lost; something is Lost

Wisdom is Lost; everything is Lost

# How do we measure health



# Common discussions about health



The gift of God, (hereditary)



Absence of diseases



Sanitation, housing & medical facilities



Life styles & physical activity



Healthy food & water

# Concept of Health

Biomedical

Ecological

Psychosocial

Holistic


# Biomedical Concepts



This refers to the concept “free from diseases.  
Also called **Germ theory of disease**.



Dominated medical thoughts, considered human body as a machine and disease a breakdown of the machine



Thus development of various medicines & medical sciences took place.




Biomedical concept of health was inadequate


# Ecological Concepts



Health a dynamic equilibrium between man and environment, disease a maladjustment of human organism to environment



It not only determine the occurrence of disease but also the availability of food and population explosion



The two issues it raises are “the imperfect man” & the imperfect environment”



Recommends man adapt to natural environments to lead a longer life with better quality.



# Psychosocial Concepts

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graph TD; A[Psychosocial Concepts] --> B[Social & cultural factors]; B --> C[Psychological factors]; C --> D[Economic factors]; D --> E[Political factors];
```

Social & cultural factors

Psychological factors

Economic factors

Political factors

# Holistic Concepts




A combination of all the above concepts



Health implies a sound mind in a body in a family in a sound environment



It creates a society, have an effect of health such a agriculture, animal husbandry, industry, education, housing, public works etc.



Emphasis promotion & protection of health.

# Definitions of Health

“Health is a state of complete physical, mental & social well-being and not merely the absence of disease or infirmity.

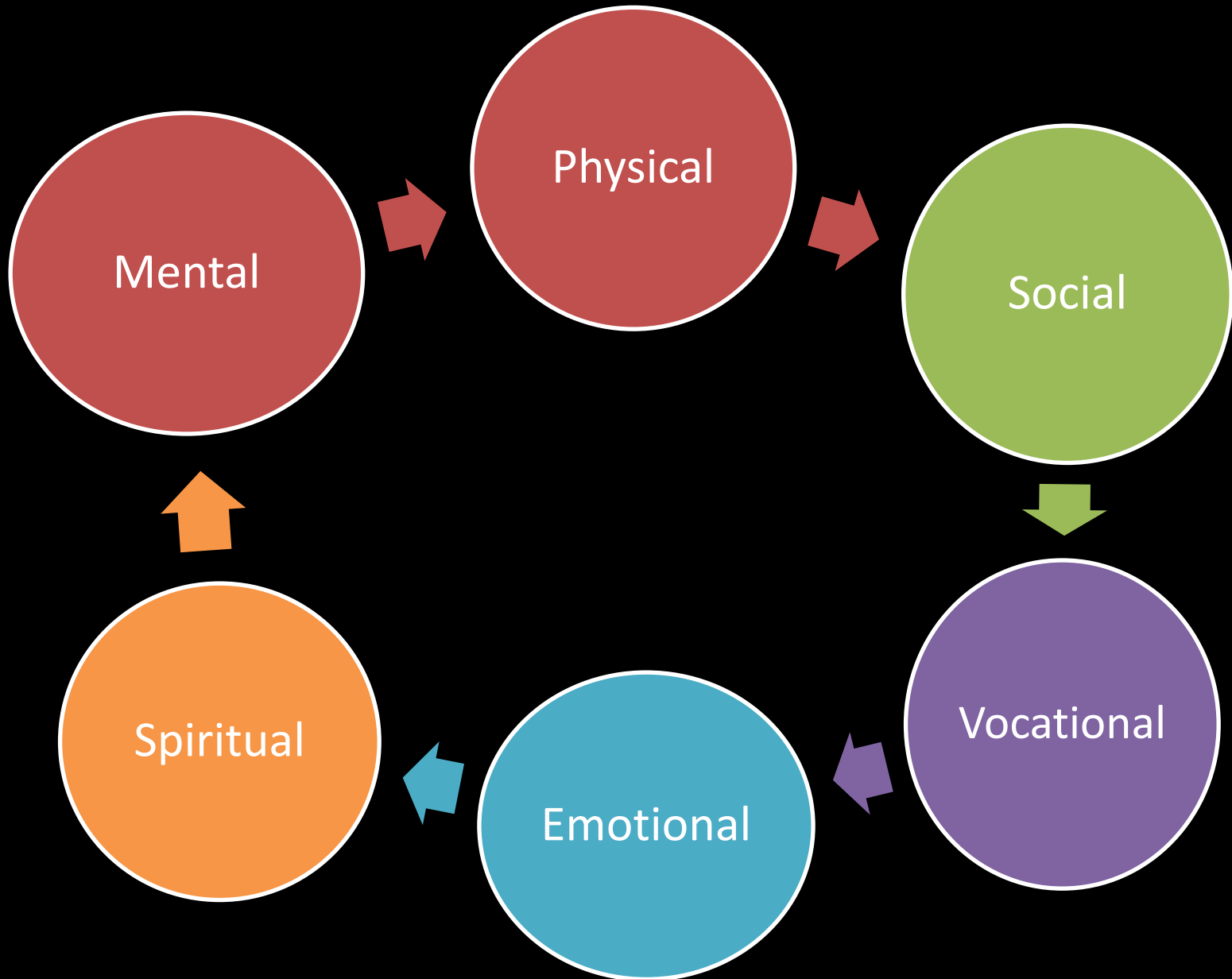
World Health Organization  
W.H.O.

# Definitions of Health

“Health is a condition of being sound in a body, mind or spirit, especially freedom from physical disease or pain.

Webster

# Dimensions of Health



# Physical Dimensions of Health



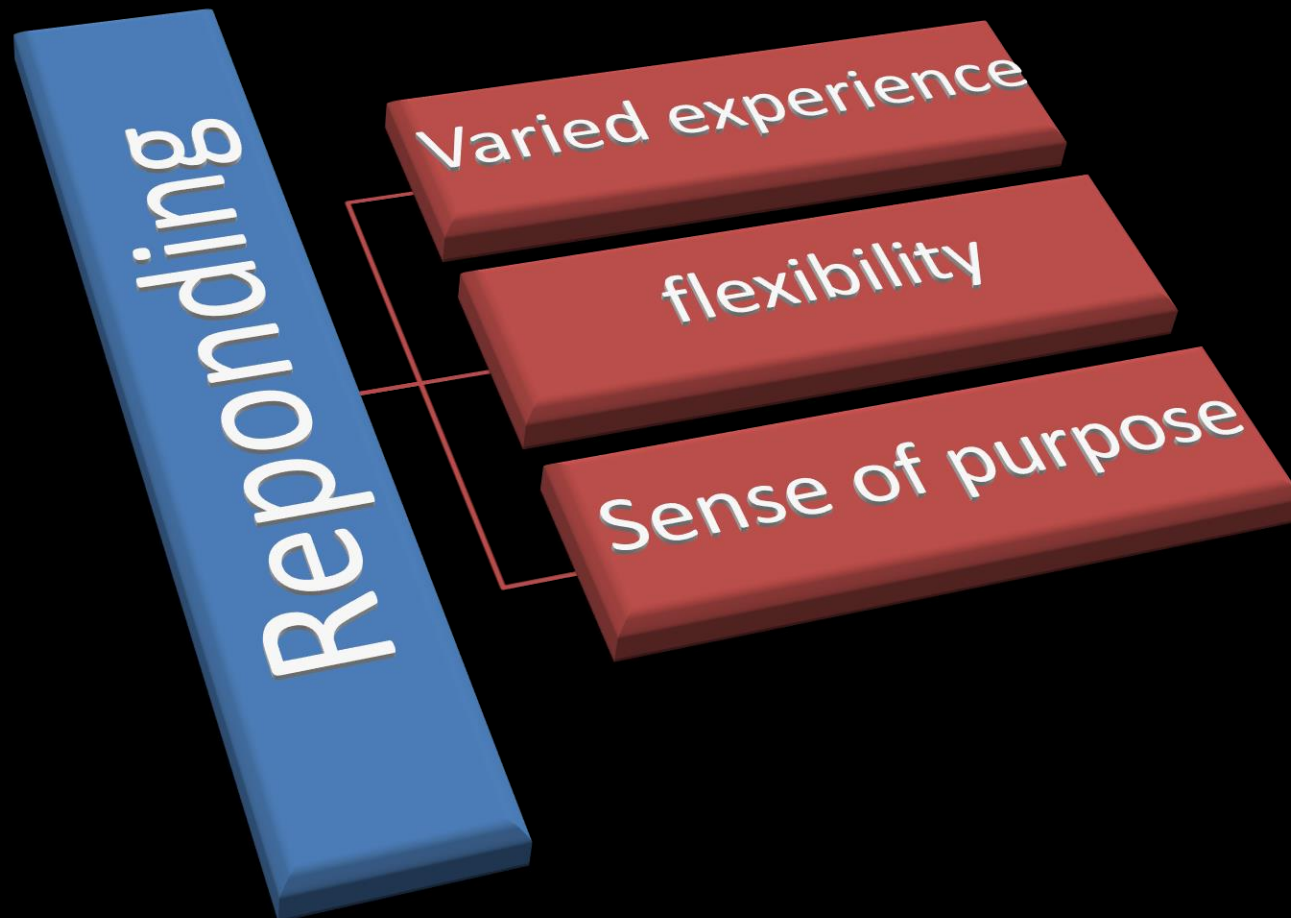
## External

- Good complexion, clear skin, firm flesh,
- Proportionate height & weight

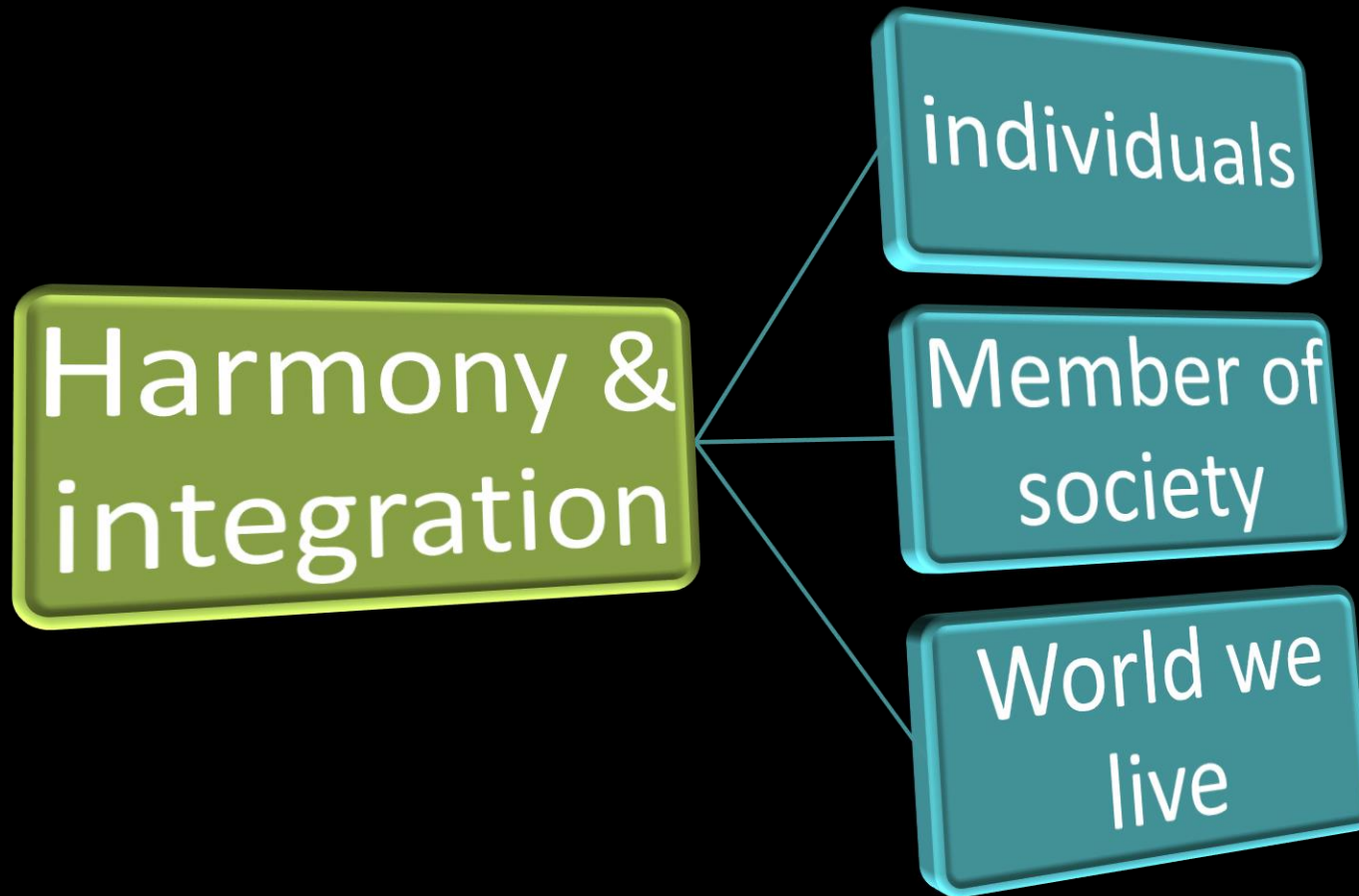
## internal

- Functioning of all organs
- Functioning of all systems

# Mental Dimensions of Health

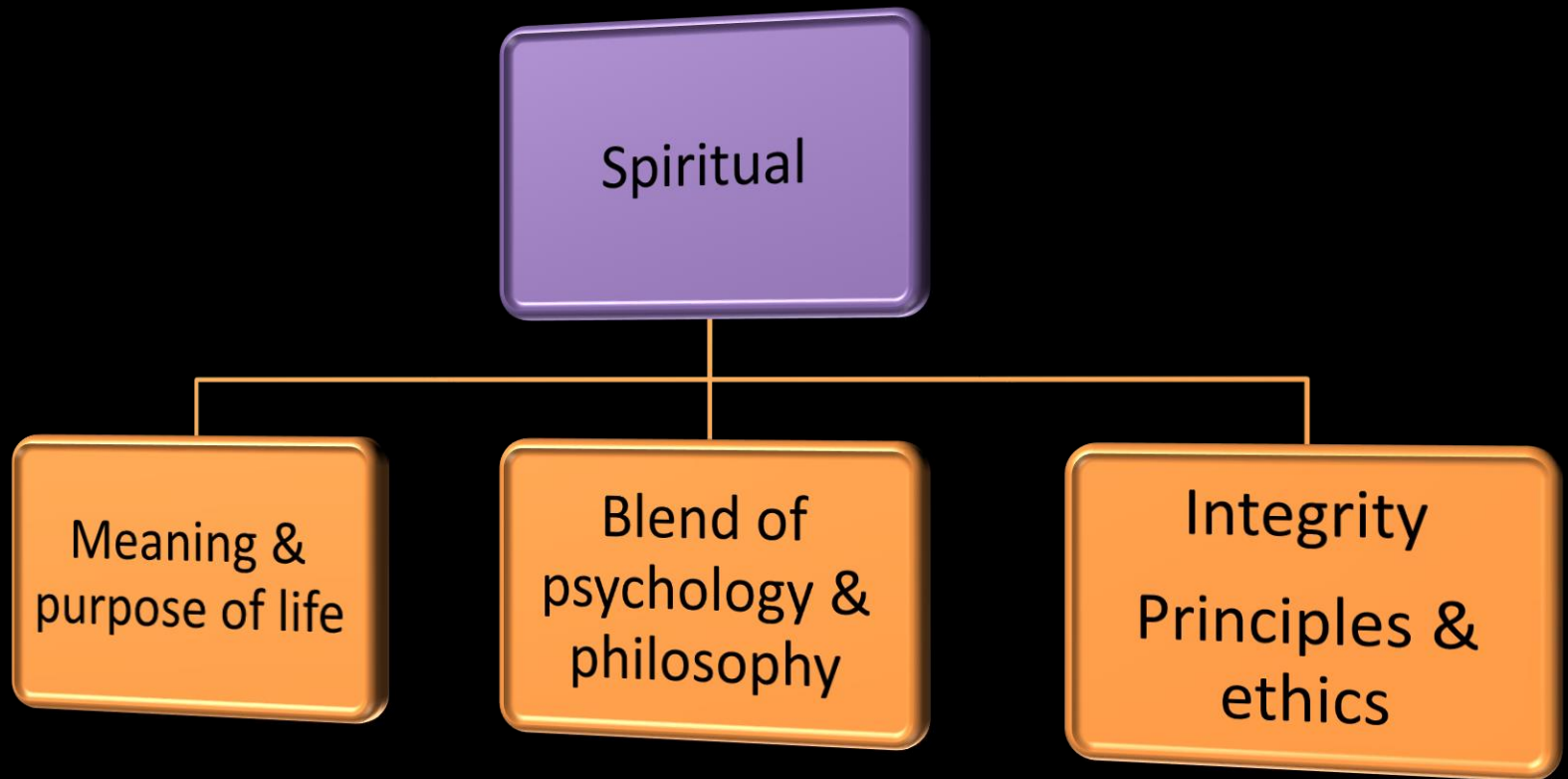


# Social Dimensions of Health

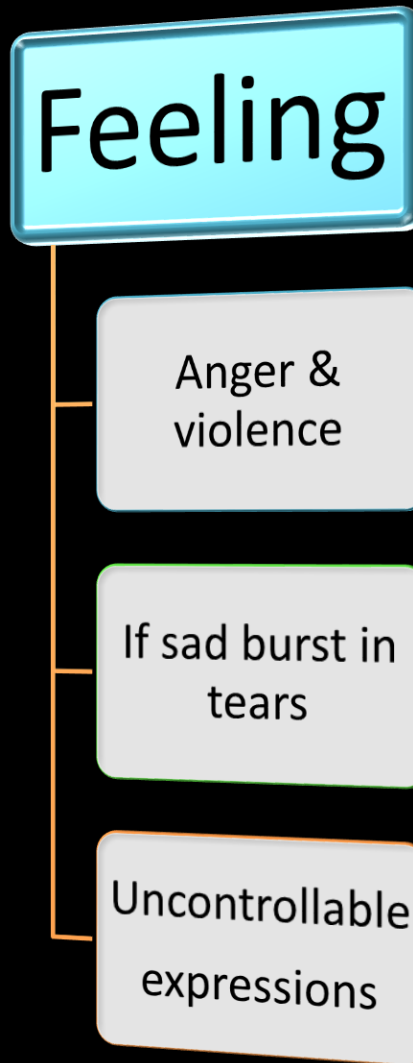




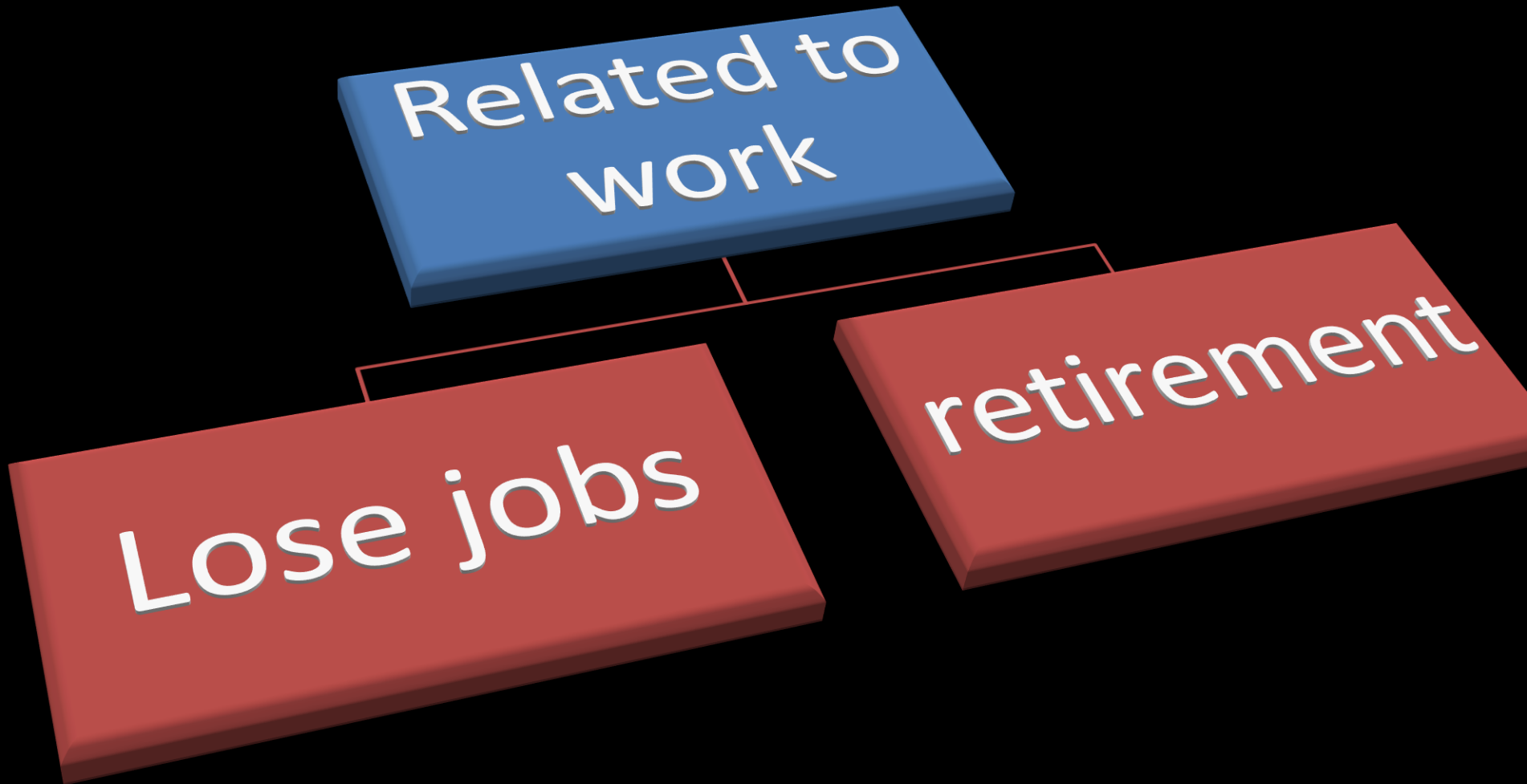
# Spiritual Dimensions of Health



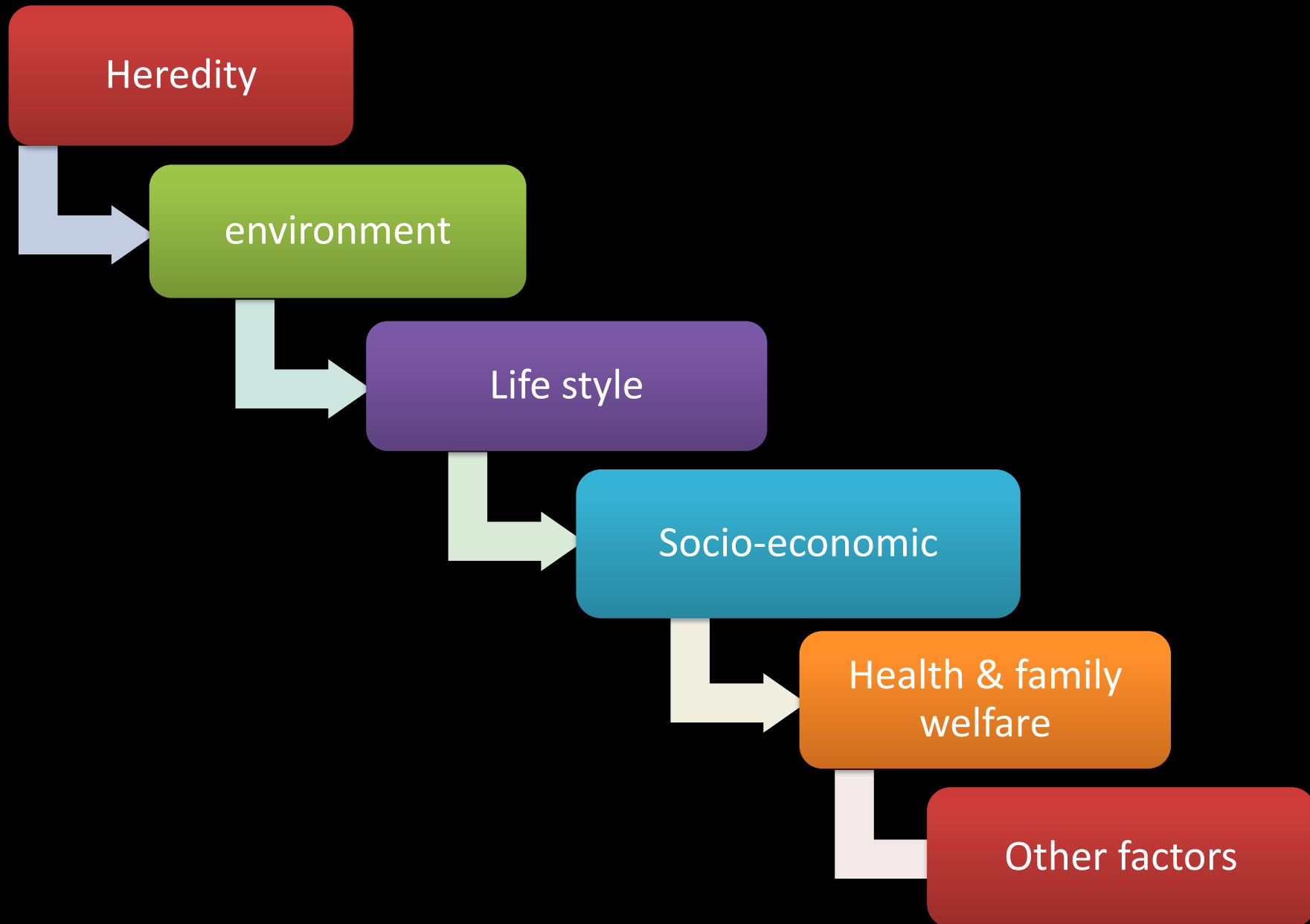
# Emotional Dimensions of Health



# Vocational Dimensions of Health



# Determinants of Health



# Hereditary Factor

## Physical traits

- Shape & posture
- Chromosomal diseases
- Metabolic error
- Diabetics of some type.
- Blood type
- Eye color
- Height

## Mental traits

- Intelligence & talent
- Morality
- Depression
- Mental disorders

# Environmental Factor

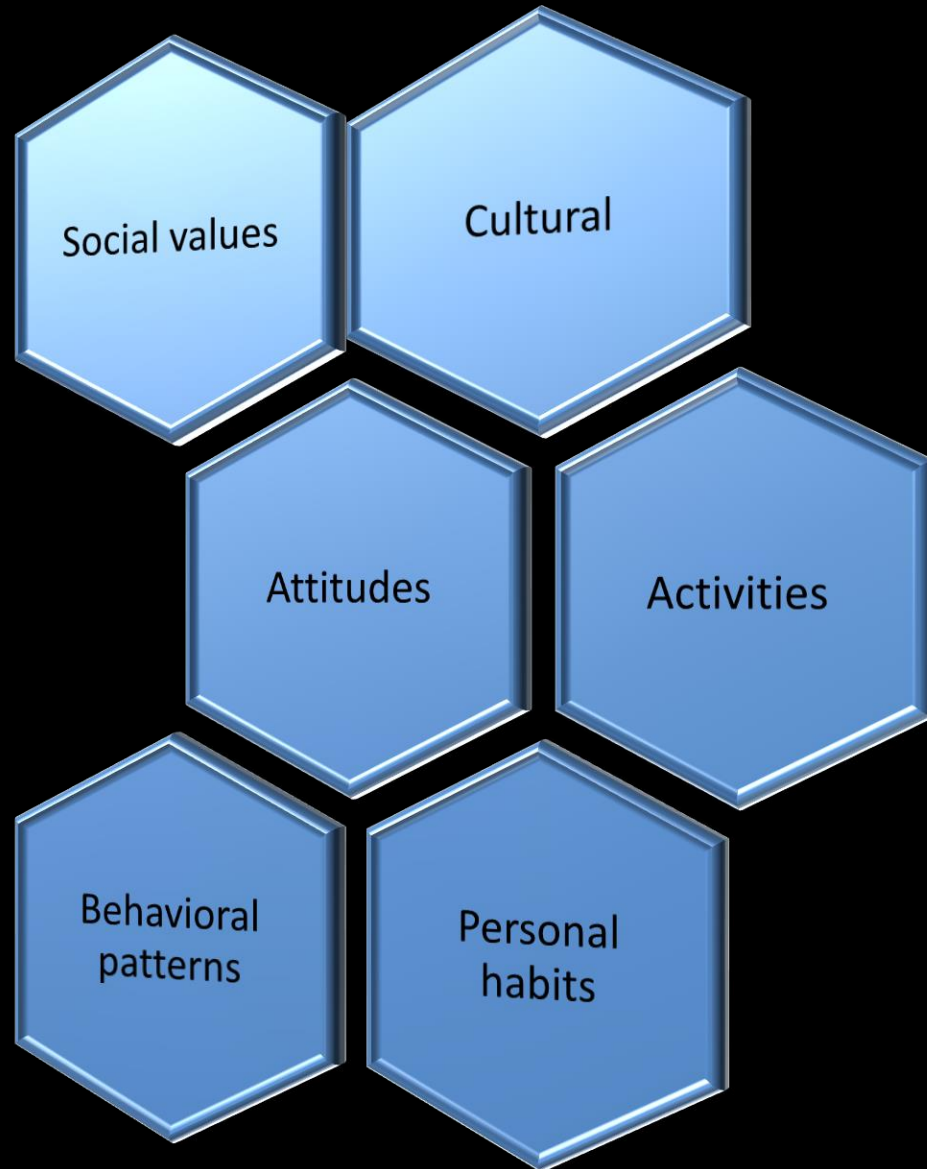
## Internal

- Each & every component part
- Tissues
- Organs
- Systems

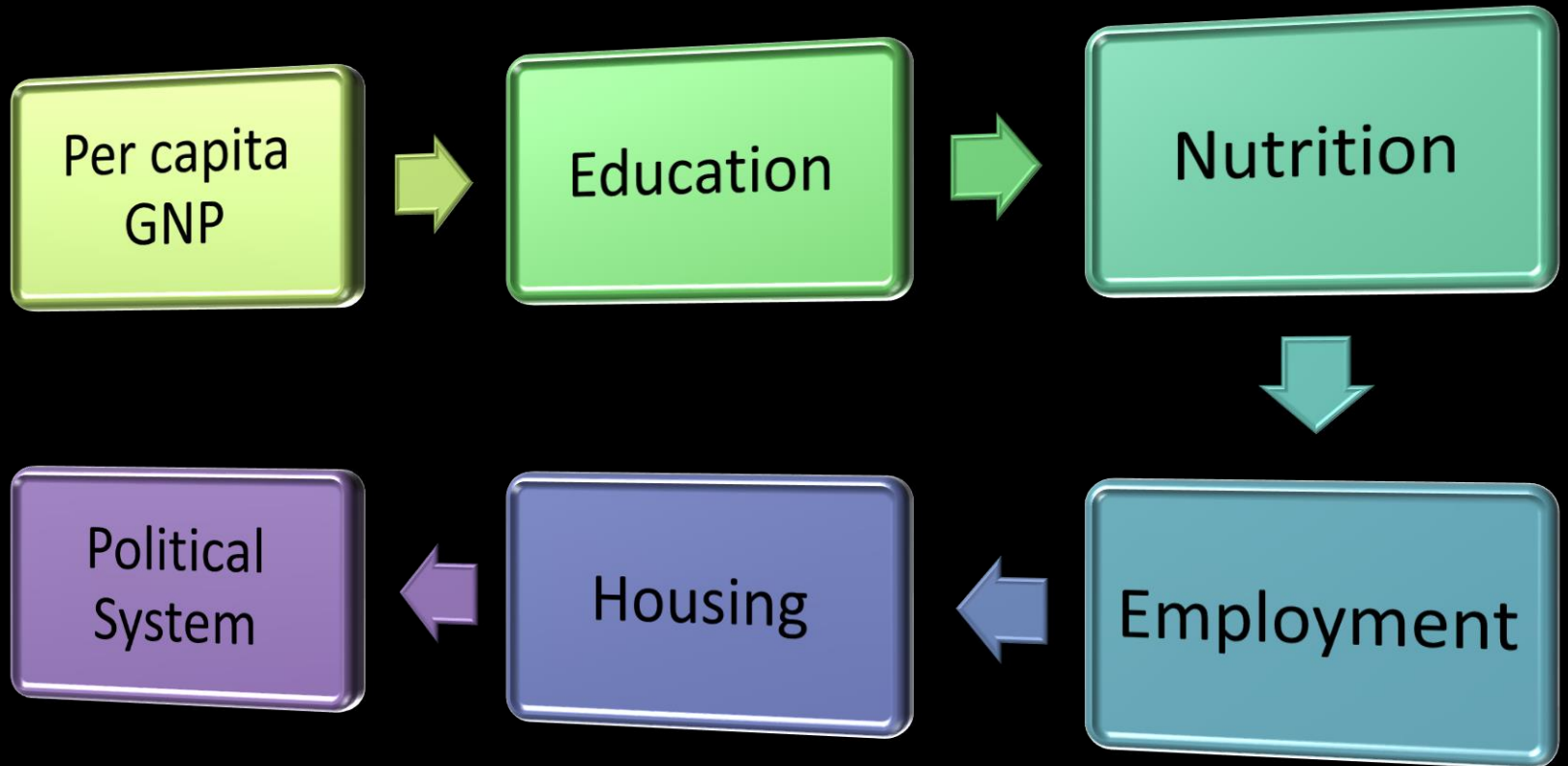
## External

- Physical
- Biological
- Psychosocial

# Lifestyle Factors

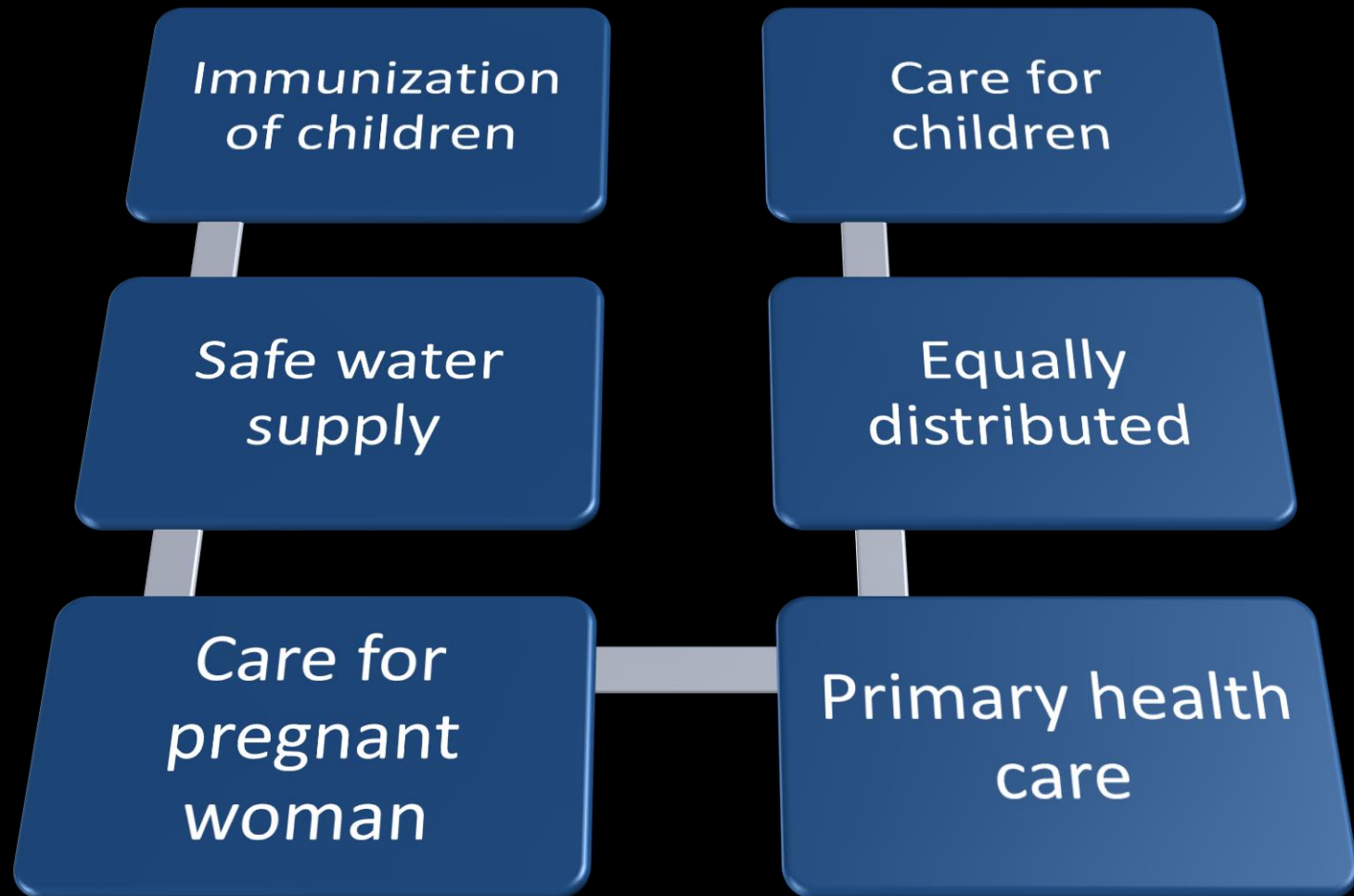


# Socio-economic Factors

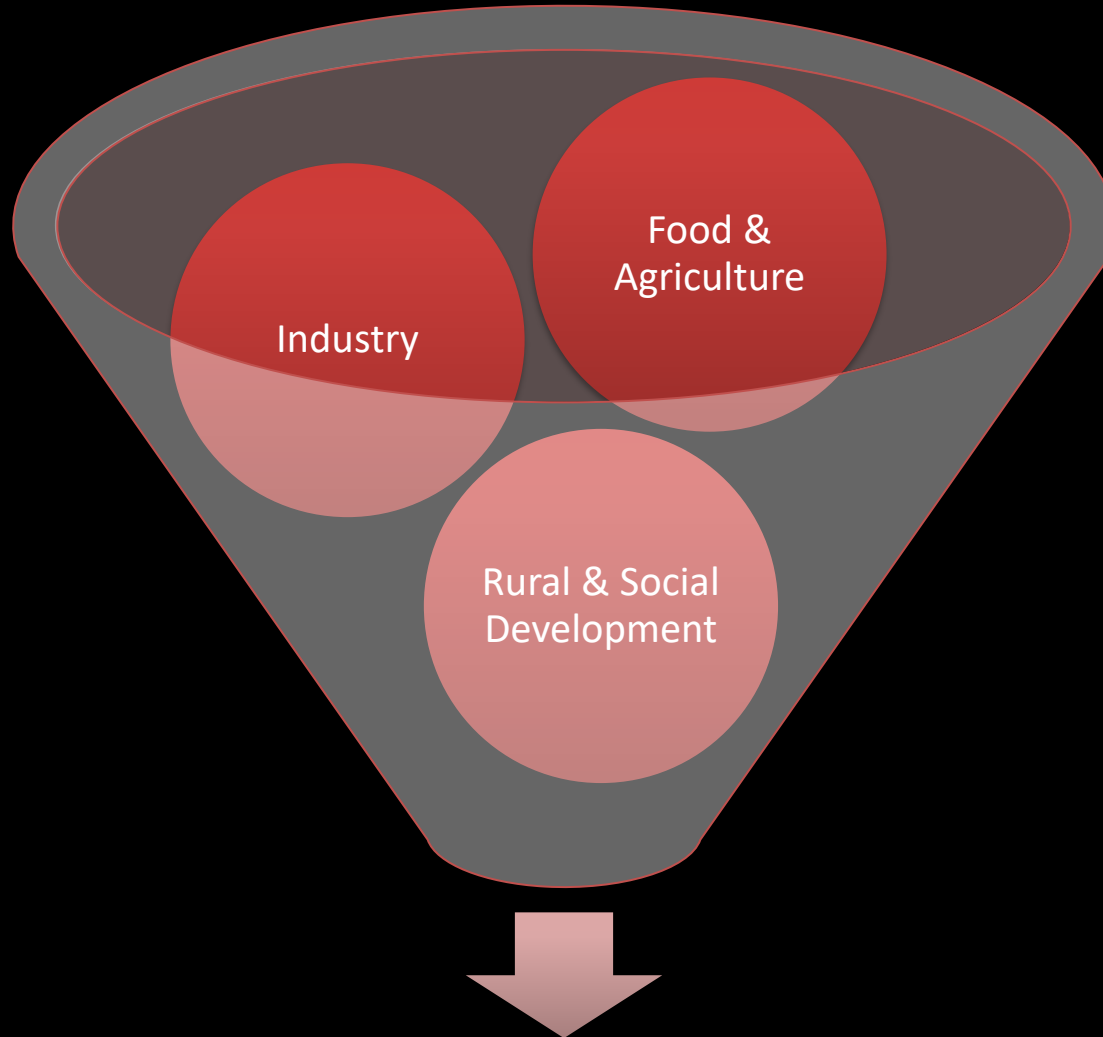




# Health & Family Welfare Factors



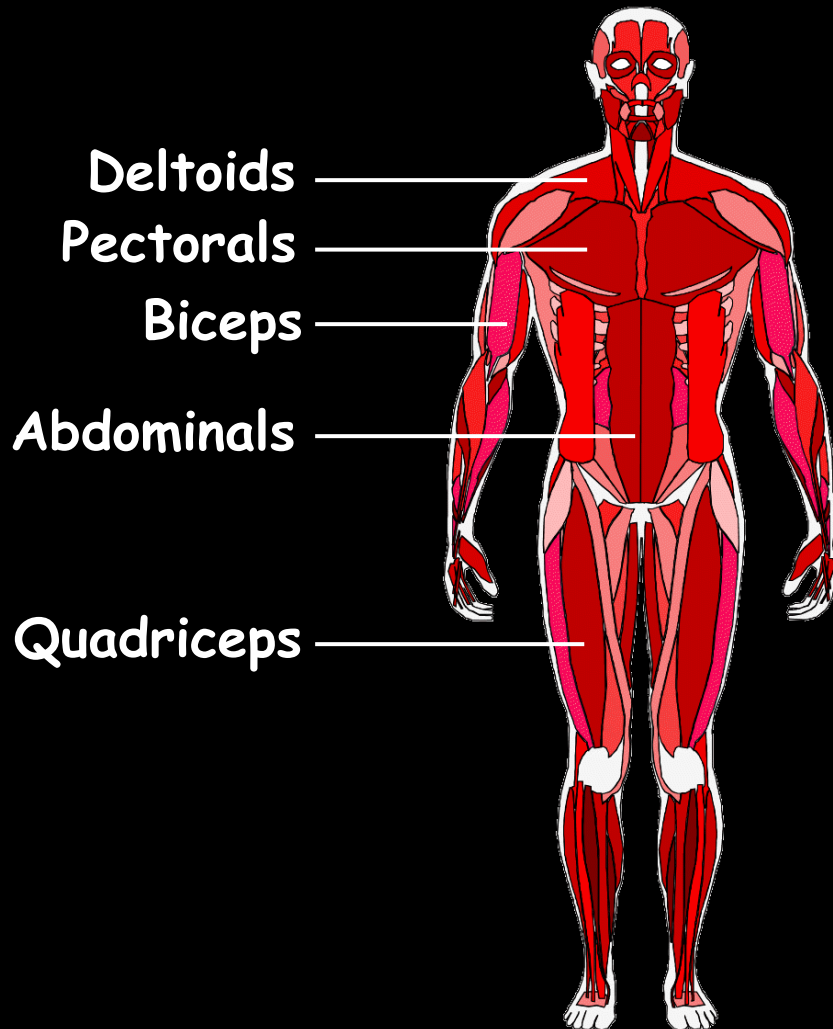
# Any other Factors



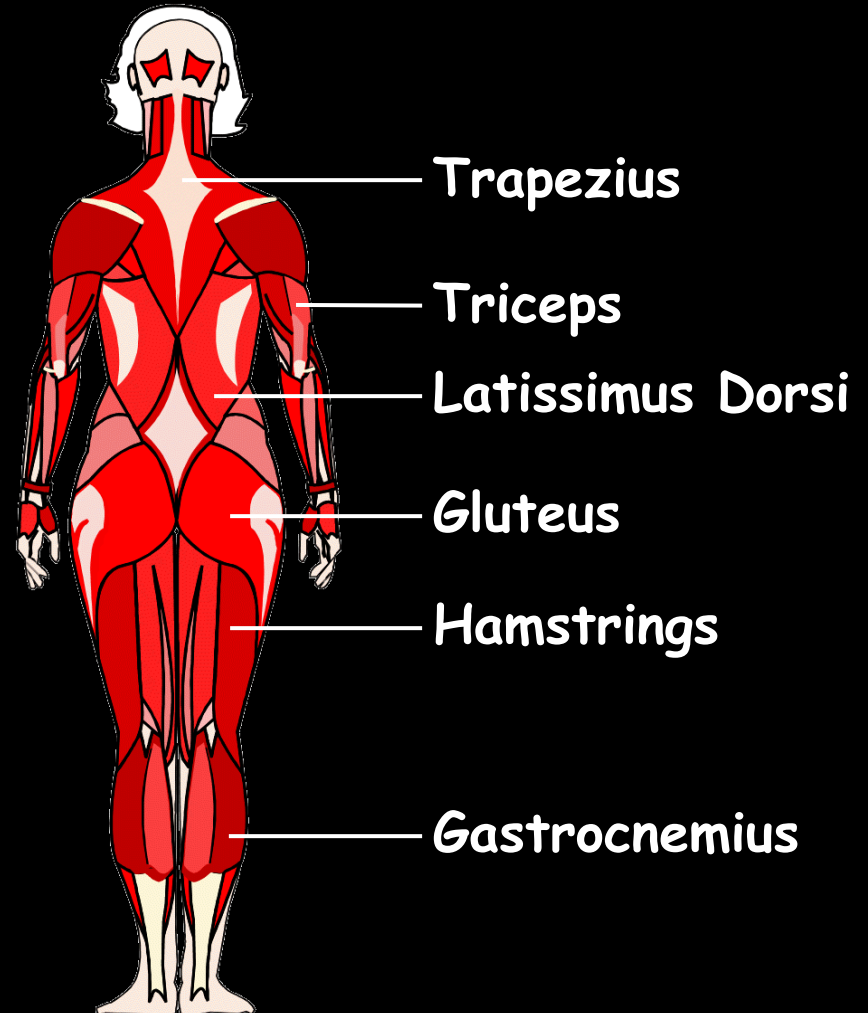
Standard of living

# The Muscular System

These are the major muscles of the body...

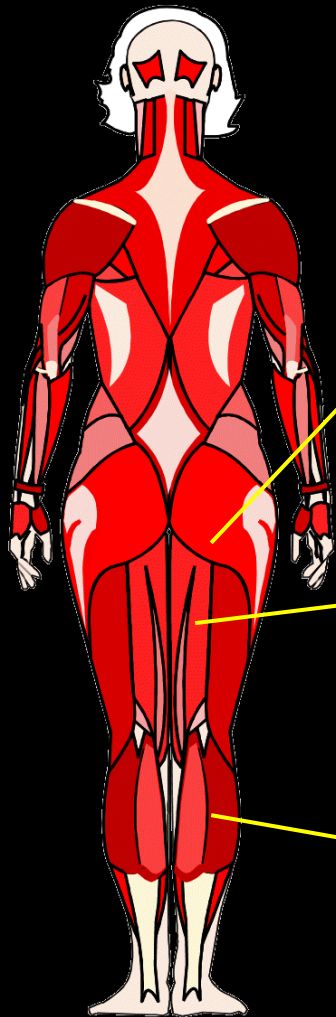


Front View



Back View

# Functions of the Body Muscles



Gluteus  
maximus

Running

Extends the  
upper leg.

Hamstrings

Sprinting

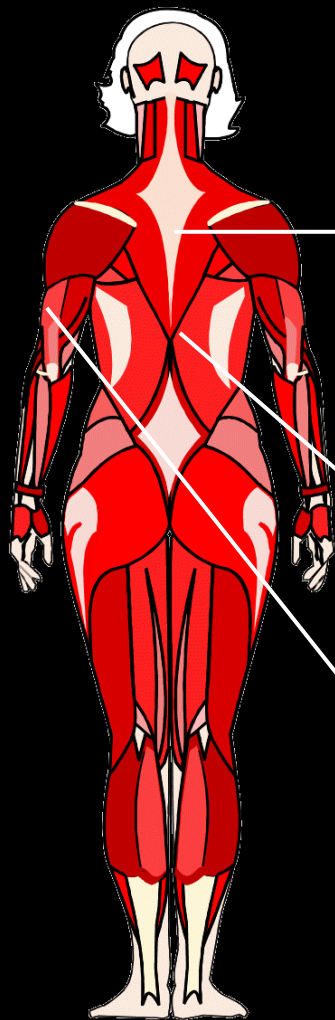
Flexes the legs at  
the knees.

Gastrocnemius

Running - pushing  
onto toes.

Plantar flexes the  
foot.

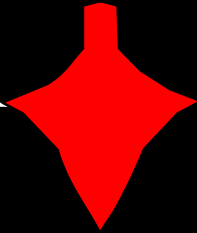
# Functions of the Body Muscles



Trapezius

Rowing .

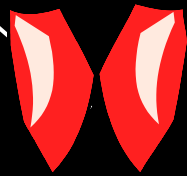
Hold and rotates the shoulder blades backwards



Latissimus Dorsi

Swimming butterfly.

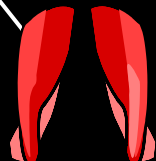
Rotates upper arm at the shoulders.



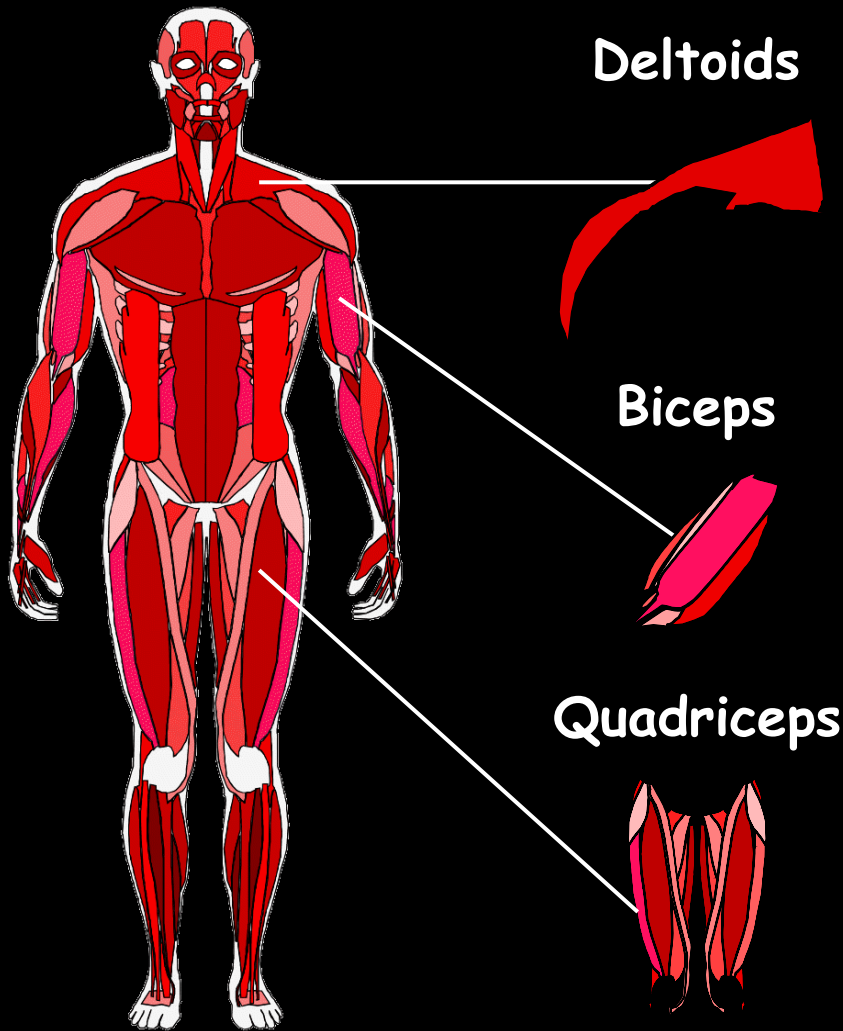
Triceps

Straightening the arm to throw a ball.

Extends arm at elbow.



# Functions of the Body Muscles



**Deltoids**

Serving in tennis when arm goes above the head.

Abducts (takes away ) the upper arm from the body.

**Biceps**

Bending the arm to throw a ball.

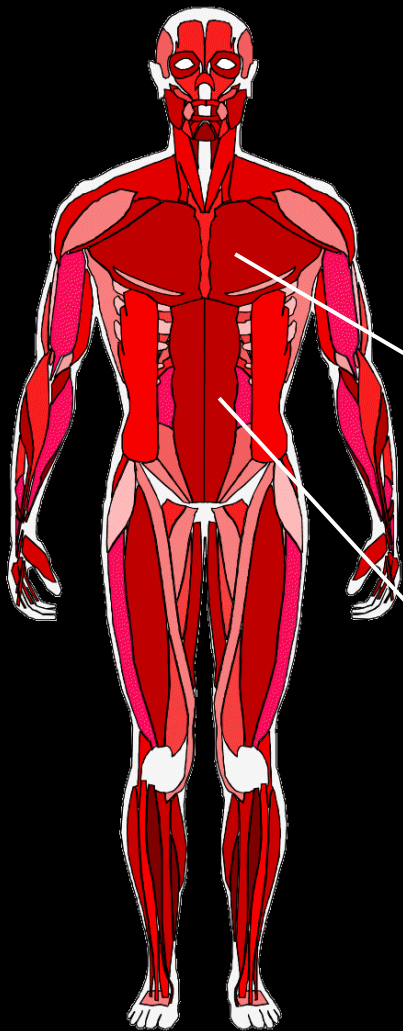
Flexes the arms at the elbows.

**Quadriceps**

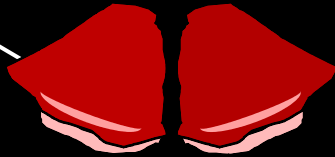
Kicking a ball.

Extends the legs at the knees.

# Functions of the Body Muscles



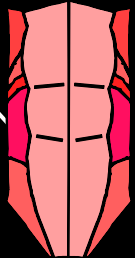
**Pectorals**



Swimming front  
crawl.

Adducts the arm.

**Abdominals**



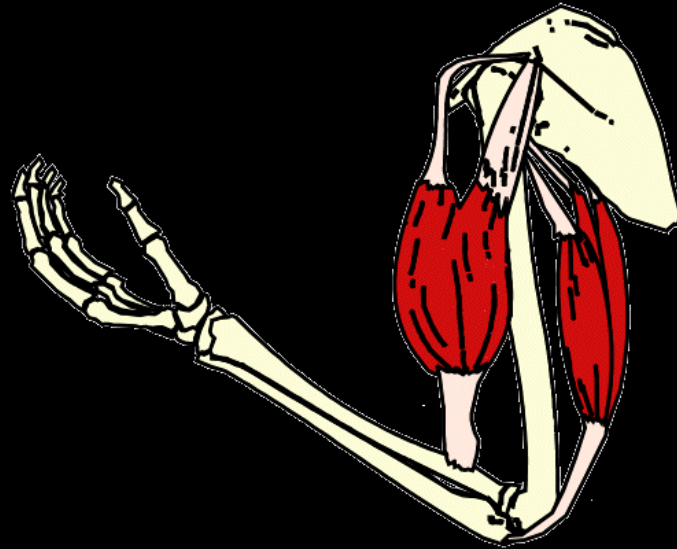
Rowing .

Flexes and rotates  
the trunk.

# Movements of the Body Muscles

- Skeletal muscles work across a joint and are attached to the bones by strong cords known as tendons.
- They work in pairs, each contracting or relaxing in turn to create movement.

Movement of the arm  
at the elbow





Thank You