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Education**  
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### ROLE OF PHYSICAL EDUCATION & SPORTS IN PANDEMIC

#### ABSTRACT

*COVID-19 Outbreak has been dogged the whole world and besides economic damage; this new virus has been collapsing health units worldwide. Many people have been infected and died every day and so far, there are no vaccines or drugs approved to fight off COVID-19. In this sense, many countries have adopted strategies to avoid virus spread during the quarantine. Social isolation has caused psychological impacts and changes in people's routine, thus physical exercise emerges as an alternative to decrease cognitive problems developed by people during the quarantine. The use of technology to guide people during physical education classes has become a great strategy for people who cannot leave their homes.*

#### Introduction :-

The COVID- 19 Pandemic means that many of us are staying at home and sitting down more than we usually do. It's hard for a lot of us do the sort of exercise we normally do. It's even harder for people who don't usually do a lot of physical exercise. But at a time like this, it's very important for people of all ages and abilities to be as active as possible. WHO's Be Active campaign aims to help you do just that- and to have some fun at the same time. Remember - Just taking a short break from sitting, by doing 3-4 minutes of light intensity physical movement, such as working or stretching, will help ease your and improve blood circulation and activity. Regular physical activity benefits both the body and mind. It can reduce high blood pressure, help manage weight and reduce the risk of heart disease, stroke, type 2 diabetes, and various cancers- all conditions that can increase susceptibility to COVID-19.

Technology can insert people in an immersive environment increasing their interaction, merriment, improving their immune and cardiovascular systems. Physical education teacher must be considered an essential health professional during this pandemic period because they can guide and stimulate individuals to practice physical exercise routinely, in order to keep and

meant to move and many of our body's systems work better when we are consistently physically active.

For managing symptoms of depression, some research suggests that elevated levels of aerobic activity (exercise that significantly raises our heart rates) may be associated with greater reductions in depressive symptoms. Consider engaging in physical activity once or twice daily that includes brief periods. For others, the use of home exercise equipment such as treadmills, elliptical machines, and stationary bikes may be helpful.

For Children and adolescents, moderate-to-vigorous physical activity and exercise during the day are associated with elevations in self-esteem, improved concentration, reduction in depressive symptoms, and improvements in sleep. For older adults and among individuals managing chronic medical conditions, regular walks are recommended. The benefits of strength training and weightlifting (low weight with high numbers repetitions) may be even greater in order adults to maintain quality of life and functioning.

Moderate-to-vigorous physical activity (such as speed-walking or jogging) has been shown to help reduce the use of alcohol and other substances. Additionally, participation in regular physical activity is shown to boost the

Many companies are offering free use of their on-line platforms that may help to identify a variety of in-home activities (indoor cycling, treadmill running, dance cardio, yoga, strength training, and more) to help make exercise more enjoyable during this critical period. We strongly support the idea of ongoing vigilance regarding physical-distancing and limitations on in-person contacts as guided by the Centers for Disease Control and Prevention (link is external).

We recommend finding physical activities that you enjoy and to share your experience with others. At the same time, there is also evidence to suggest that exercise is not as enjoyable.

It is important for family members to take a supportive role in the promotion of physical activity and exercise. Allowing individuals to maintain their autonomy and choice in their activities will be important for ongoing engagement.

We are all managing additional stress related to the growth of the COVID-19 pandemic and its potential to threaten the health of ourselves, our families, and our communities. Please consider using physical activity and exercise as strategy to maintain health during this stressful period.

Although many things feel beyond our control right now, we do have ability to be creative and to build physical activity and exercise into each of our days. We may even look back on this difficult time as the turning point when we learned new ways to build our emotions resilience and our physical health.

And what gets lost with these changes to our daily routines? Regular exercise and all its benefits.

It is always important to participate in regular exercise. During pandemics like Covid-19, it may be even more important. It does have to be vigorous and it doesn't even have to be daily (though the latter does help), but regular exercise could be the difference in your immune system's ability to fight off or effectively recover from Covid-19 or other illness.

Is exercise a cure all? No. There is still a lot we don't know, as noted by MedLine Plus, but it is proven that exercise (acute or chronic) circulates (white) blood cells and could very well help those cells detect and protect against viruses or infections.

The Journal of Sport and Health Science  
divers deeper into how exercise affects

system. For those who don't want to dip into scientific studies and sift through medical jargon, studies have concluded the following:

1. Acute exercise kick starts your immune system and improves its defense.
2. There is a clear, inverse relationship between moderate exercise and reduced risk of illness.
3. Increased complex carbohydrate and polyphenol intake is an effective nutritional strategy for boosting your immune system.
4. However, with Covid-19 being so contagious, you do have to be mindful of where this regular exercise happens. Many local gyms and even apartment fitness rooms have been ordered to close for the time being.

#### Conclusion:

you don't need gym to exercise! Talking a walk/jog outside is still plenty safe as long as you are able to maintain social distancing. Purchase a yoga mat online to use at home. Youtube has thousands of videos for in-home workouts. You can also join in your child's online PE class to give her/him company and get a workout yourself.

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