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**Smt Nankibai Wadhwani
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PHYSIOLOGICAL ASPECT OF EXERCISE

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Exercise Physiology is a discipline involving the study of how exercise alters the structure and function of the human body. Exercise Physiology requires diverse Knowledge and considerable study of various Physiologic responses to exercise. Topics studied in exercise physiology include human energy transfer, human energy expenditure, evaluation of energy-generating capacities, the nervous system, Pulmonary system, the cardiovascular system, the musculoskeletal system, endocrine system (including hormones) and the interaction of these, Plus training methods, environmental effects on Physiology, and ergogenic aids.

Exercise Physiologists tend to specialize into clinical areas such as cardiac rehabilitation, research based exercise physiology such as performance and heat stress, performance and altitude, fluid balance, intracellular lactate mechanisms, motor functions, and plasticity of muscle fibres} , exercise testing and prescription of athletes, and development of physical fitness programmes in prevention of disease and disability.

* Benefits Of Psychology Exercise *

1. The relationship between the mind and the body has been studied from a dualistic perspective from the earliest of times, in which the Greek and Hebrew philosophers viewing the mind and body as two very distinct entities.
2. Although a substantial body of evidence has been accumulated over the years supporting the physiological benefits of exercise, including lowering blood pressure and reducing the risk of heart attack, as well as improving the metabolism of carbohydrates and fats, research defining the psychological benefits of exercise has been less clear.
3. The finding that vigorous physical activity might be associated with feelings of improved well-being has profound implication for coaches, physical educators, psychologists and participants themselves.

Conclusion;

The activities usually considered in examining the relationship between exercise and psychological well-being have frequently involved such aerobic activities as running, walking, cycling, swimming, and cross- country skiing.

Reference:

- 1) SPORTS PSYCHOLOGY- Y. K. Reddy
- 2) SPORT PSYCHPLOGY- Prof. Aalegaonkar
- 3) www. Sportspsylogy.com

