

Improving Health with Extracurricular Activity at Children 6- 10 Years Old in Tirana

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Abstract

INTRODUCTION To exercise physical activity has impact on sustainability all-but the benefits are obvious and useful for every age group. To improve the sustainability cardio respirator, intensity of exercise, should be sufficient to stimulate your cardio-vascular system without overloading it. **SCOPE OF THE STUDY** Our modest goal for this study is: to understanding what is happening and how I "really" is extracurricular activity in Tirana and also awareness of the whole community for the values of extraordinary extracurricular activity in health, as well as parameters morph functional. **STUDY HYPOTHESIS** We have aoptimistic level of physic activity and Fitness where boys are more active than girls.

SUBJECTS ANDMETHODS. Training group (randomly selected schools and distributed in the suburbs and in the center). As methodology: Cross section survey of 112 boys and girls 6-10 years old (the frequency of three times per week for 6 months. Benchmark testing was conducted for Physical Activity (Ellington Dardan 1982) consisting of 10 mini tests on physical activity and health) Library of Congress Catalog Card Number 82060780, p: 2.6-1

Leg comparison ,Wall Squat Negative chin up, Negative push up , Trunk curl , Breath holding, Thigh stretch, Back arch , Skin fold pinch , Arm comparisons

CONCLUSIONS, In the fifth group 10 years old have given optimistic realized 10 standard tests I n a good performance Data improve to for further for both sexes with increasing age up to 10 years, where performance of the state with the best The hypothesis of the study - that boys are more active than girls dropped In this study there were no gender differences in performance and we believe this is due to the situation pre puberty equal for both boys and girls.

KEYWORDS: health, children, activity.

Introduction

Physical activity has a range of benefits during childhood including healthy growth and Development, assistance in maintenance of energy balance, and improvements in psychological and social interaction. Participation in physical activity during childhood may also have an indirect effect on risk-factors for cardiovascular disease, by helping children to prevent excess weight gain or helping overweight children to lose weight To exercise physical activity has impact on sustainability all-but the benefits are obvious and useful for every age group

Description of the exercise, has to do with the manner, intensity, frequency, duration and progression of exercise. *American Association of Sports Medicine (ACSM) (1978, 1991)* suggests this guide to building a card respirator fiscal program for healthy adults.

To improve the sustainability cardio respirator, intensity of exercise, should be sufficient to stimulate your cardio-vascular system without overloading it. High intensity is very

discouraging for the continuation of the program of practice and is the main reason for his leaving. Moderate exercise (40% - 60% of VO₂max) are enough to have health improvements for sedentary subjects, especially when we are at the beginning (ACSM, 1991).

Sharkey recommends that individuals according to the degree of preparation, low, medium and high, should spend during an event from 100 to 200 and from 200 to 400 kcal, respectively, and no more than 400 kcal..

Study Hypothesis

We suppose to have a good level of physic activity where boys are more active than girls.

SCOPE OF THE STUDY

Our modest goal for this study is: to understanding what is happening and how "really" is an extracurricular activity in Tirana and also awareness of the whole community for the values of extraordinary extracurricular activity in health, as well as parameters morph functional

SUBJECTS AND METHODS

•Cross section survey of randomized selected 112 boys and girls 6-10 years old (the frequency of three times per week for 6 months, we "surveillance" sports) Benchmark testing was conducted for Physical Activity (Ellington Dardan 1982) *consisting of 10 mini tests on physical activity and health* *Library of Congress Catalog Card Number 82060780, p: 2.6-1*

Standard tests : Leg comparison ,Wall Squat Negative chin up, Negative push up , Trunk curl , Breath holding, Thigh stretch, Back arch , Skin fold pinch , Arm comparisons

Description of the exercise, has to do with the manner, intensity, frequency, duration and progression of exercise. American Association of Sports Medicine (ACSM) (1978, 1991)

Target group

A normal target group to whom I writing would be my colleges and pedagogues interesting on these topics, new masters students and my friends and colleges etc.

1. Compound BODY MODELS

There is a close relationship between physical activity, physical fitness and health in adults (1) and that when it is widely acknowledged that in itself many chronic disease begin in early childhood (2), children and youth are a target group consider important preventive intervention.

Intervention generally should begin at a young age for two reasons:

* To provide a normal growth (3)

Living habits and risky factors of children tend to continue in the future because of these consequences indicated. (4)

Field methods for quantifying physical activity and energy expenditure can broadly be divided into subjective- and objective measures.

Subjective measurements include direct observation, self-reports and diaries. Direct observation has been reported to be the most practical and appropriated criterion measure of physical activity and patterns of activity among children and youth (5).

In addition to encouraging greater amounts of moderate and vigorous exercise, it may be wise to attack the problem from the other end of activity side i.e., sedentary behavior, TV watching, which has been kinked to obesity (6).

2. OBESITY AND CONTROL OF BODY WEIGHT

Obesity is a serious health problem, because it reduces life expectancy and quality of life. Obese individuals have higher risk to be affected by ischemic heart disease, arterial hypertension, hypercholesterolemia, diabetes, obstructive lung disease and some cancer. *Results from the Cooper Clinic in Dallas have suggested that one could be “fat and fit” and be at a reduced risk of ischemic heart disease (7).*

Often times the speed of hypertension, hypercholesterolemia diabetes is respectively 2.9, 2.1dhe 2.9 times higher in overweight people than in those with normal weight. Obesity increases the risk for ischemic heart disease beside the existence or not of other risk factors for ischemic heart disease. We have two types of obesity, called hyperplasic obesity and obesity hypertrophic. It is known that the total number of fat cells defined maturity age. Fat cells increase in number in the first year of life and during puberty. Their number does not change in adulthood. Consequently the tendency to obesity determined at the age of adolescence. So hyperplasic obesity is characterized by an increased number of fat cells. An individual with normal weight is about 25 to 30 billion fat cells, while an obese has about 42 -p 100 billion fat cells. This hypothesis is not complete, because to obese found an increased number of fat cells, but their sizes are increased.

3. HEALTH ASSESSMENT KARDIORESPIRATOR

The minimum exercise prescription necessary to improve VO2 max (20to 30 minutes of endurance exercise performed three times per week at 50-70 %of VO2 max) may eventually improve cardio respiratory fitness over several weeks (8).

The introduction of elements of various games children causes increasing the desire to be taken with the sport, the beginning of the exercise with the words that today will play all the time we will enjoy playing will be more motivated to follow exercise in continuity. Application and implementation of tasks and principles pedagogic training process show satisfactory results during the training process.

What is need is a series of major policies aimed at transforming our environment and the way we live. City planning, building codes, mass transit system, car use safe footpaths and cycling paths, pedestrian – only city center, school schedules and program, and the media are among the area that will require transformation (9)

Results of 10 tests..*Leg comparison, WallSquat Negative chin up, Negative push up, Trunk curl , Breath holding, Thigh stretch, Back arch , Skin fold pinch , Arm comparisons* Let star with...

General Tables. Test 1. MaleAge

			6	7	8	9	10
Less than	< = 3,1 mm -	10 points	24 %	23 %	20 %	30 %	44 %
Between	3,1 mm- 6,3 mm --	8 points	26	25	30	20	26
Between	6,3 mm – 9,3 mm --	6 points	25	26	20	25	5
Between	9,3 mm – 12,7	4	12	13	17	12	12

	mm.	points					
Between	12,7mm- 15,5 mm--	2 points	11	12	10	11	11
More than	> = 15,5 mm..	0 points	2	1	3	2	2

General Tables Test 1. Female Age

			6	7	8	9	10
Less than	< = 3,1 mm	10 points	20 %	26 %	14 %	44 %	18 %
Between	3,1mm-6,3 mm	8 points	30	24	36	26	32
Between	6,3mm-9,3 mm	6 points	25	27	35	15	25
Between	9,3mm-12,7 mm	4 points	10	10	2	12	13
Between	12,7mm-15,5 mm	2 points	10	9	11	11	10
More than	> = 15,5 mm ..	0 points	5	4	2	2	2

General Tables. Test 2 Wall Squat Male Age

		6	7	8	9	10
More than 60 sec	10 points	34 %	40 %	34 %	40 %	44 %
50 – 59 sec	8 points	36	10	26	10	36
40 - 49 sec	6 points	5	25	15	25	5
30 – 39 sec	4 points	8	12	12	10	2
20 – 29 sec	2 points	11	12	11	11	11
Less than 19 sec	0 points	4	1	2	4	2

Female Age

		6	7	8	9	10
More than 60 sec	10 points	14 %	29 %	20 %	24 %	35 %
50 – 59 sec	8 points	16	26	20	46	26
40 - 49 sec	6 points	25	10	25	5	14
30 – 39 sec	4 points	15	12	12	12	12
20 – 29 sec	2 points	15	21	11	11	11
Less than 19 sec	0 points	15	2	12	2	2

General Tables. Test 3 Negative chin up Male Age

		6	7	8	9	10
More than 60 sec	10 points	10 %	18 %	35 %	37 %	38 %
50 – 59 sec	8 points	20	22	25	25	27
40 - 49 sec	6 points	25	25	24	14	14
30 – 39 sec	4 points	12	12	13	11	16
20 – 29sec	2 points	12	10	22	10	3
Less than 19 sec	0 points	21	13	1	3	2

Female Age

		6	7	8	9	10
More than 60 sec	10 points	20 %	28 %	34 %	36 %	37 %
50 – 59 sec	8 points	20	22	26	26	26
40 - 49 sec	6 points	25	25	25	13	12
30 – 39 sec	4 points	12	12	12	12	12
20 – 29sec	2 points	12	10	21	11	11
Less than 19 sec	0 points	11	3	2	2	2

General Tables. Test 4 Negative push up, Male Age

		6	7	8	9	10
More than 60 sec	10 points	29 %	25 %	39 %	41 %	45 %
50 – 59 sec	8	21	26	25	21	27

	points					
40 - 49 sec	6 points	21	26	13	23	9
30 - 39 sec	4 points	11	11	10	1	11
20 - 29sec	2 points	17	10	9	13	7
Less than 19 sec	= 0 points	1	3	4	1	1

Female Age

		6	7	8	9	10
More than 60 sec	10 points	28 %	24 %	38 %	40 %	41 %
50 - 59 sec	8 points	22	26	26	20	26
40 - 49 sec	6 points	20	25	11	25	8
30 - 39 sec	4 points	12	12	12	2	12
20 - 29sec	2 points	16	11	11	11	11
Less than 19 sec	0 points	2	2	2	2	2

General Tables Test 5, Trunk curl Male Age

		6	7	8	9	10
More than 60 sec	10 points	28 %	34 %	36 %	40 %	44 %
50 - 59 sec	8 points	22	16	26	10	26
40 - 49 sec	6 points	25	35	13	35	15
30 - 39 sec	4 points	12	2	12	2	2
20 - 29sec	2 points	7	11	11	11	11
Less than 19 sec	0 points	6	2	2	2	2

Female Age

		6	7	8	9	10
More than 60 sec	10 points	30 %	35 %	37 %	38 %	40 %
50 - 59 sec	8	20	26	13	26	10

	points					
40 - 49 sec	6 points	25	25	25	21	25
30 - 39 sec	4 points	14	1	13	2	12
20 - 29sec	2 points	9	11	11	11	11
Less than 19 sec	0 points	2	2	1	2	2

General Tables. Test 6, Breath holding, Male Age

		6	7	8	9	10
More than 30 sec	10 points	25 %	26 %	35 %	39 %	45 %
25 - 29 sec	8 points	26	46	15	26	26
20 - 24 sec	6 points	25	5	25	10	4
15 - 19 sec	4 points	11	10	12	12	12
10 - 14 sec	2 points	8	11	11	11	12
Less than 9 sec	0 points	5	2	2	2	1

Female Age

		6	7	8	9	10
More than 30 sec	10 points	24 %	29 %	36 %	44 %	44 %
25 - 29 sec	8 points	36	30	26	16	26
20 - 24 sec	6 points	25	35	13	25	5
15 - 19 sec	4 points	2	2	13	2	10
10 - 14 sec	2 points	11	1	11	11	11
Less than 9 sec	0 points	2	3	1	2	4

General Tables. Test 7 Thigh stretch Male Age

		6	7	8	9	10
More than 25 cm =	10 points	14 %	25 %	24 %	34 %	44 %
Between 20—22,5 cm =	8 points	26	15	26	26	26
Between 15- - 17,5 cm =	6 points	25	25	25	25	5
Between 10- 12,5 cm =	4 points	12	15	10	2	12
Between 5- 7,5 cm =	2 points	11	19	11	11	11
Less than 2,5 cm =	0 points	12	1	4	2	2

Female Age

		6	7	8	9	10
More than 25 cm =	10 points	12 %	24 %	24 %	36 %	40 %
Between 20—22,5 cm =	8 points	26	16	26	26	26
Between 15- - 17,5 cm =	6 points	25	25	5	13	9
Between 10- 12,5 cm =	4 points	12	12	12	12	12
Between 5- 7,5 cm =	2 points	11	21	21	11	11
Less than 2,5 cm =	0 points	14	2	12	2	2

General tables. Test 8 Back arch Male Age

		6	7	8	9	10
More than 45 cm =	10 points	24 %	23 %	24 %	34 %	45 %
Between 40- 42,5 cm =	8 points	26	27	26	26	26
Between 35- 37,5 cm =	6 points	25	5	25	25	4
Between 30- 32,5 cm =	4 points	4	12	3	1	12
Between 25- 27,5 cm =	2 points	11	11	10	13	11
Between 22,5cm	0 points	10	2 2	12	1	2

cm =						
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Female Age

		6	7	8	9	10
More than 45 cm =	10 points	25 %	24 %	25 %	35 %	44 %
Between 40- 42,5 cm =	8 points	25	26	27	25	26
Between 35- 37,5 cm =	6 points	25	7	25	15	5
Between 30- 32,5 cm =	4 points	2	12	10	12	12
Between 25- 27,5 cm =	2 points	11	11	1	11	11
Less than 22,5cm =	0 points	12	20	12	2	2

General Table. Test 9 Skin fold pinch Male Age

		6	7	8	9	10
Less than 1,5 cm =	10 points	23 %	24 %	24 %	29 %	44 %
2,5 cm =	8 points	27	26	26	21	26
3 cm =	6 points	25	25	15	35	5
3,7 cm =	4 points	2	4	12	2	12
4 cm =	2 points	11	11	21	11	11
More than 4 cm =	0 points	12	10	2	2	2

Female Age

		6	7	8	9	10
Less than 1,5 cm =	10 points	20 %	21 %	26 %	24 %	46 %
2,5 cm =	8 points	30	29	24	36	26
3 cm =	6 points	5	25	25	25	3
3,7 cm =	4 points	12	5	2	2	12
4 cm =	2 points	11	11	11	11	11
More than 4 cm =	0 points	22	9	12	2	2

General Tables. Test 10 Arm comparisons Male

		6	7	8	9	10
More than 3,7 cm	10	24 %	24 %	24 %	34 %	44 %

=	points					
3 cm =	8 points	26	26	36	36	25
2,5 cm =	6 points	5	15	27	5	6
1,8 cm =	4 points	12	12	6	12	12
1,3 cm =	2 points	11	21	5	11	11
Less than 1,3 cm =	0 points	22	2	2	2	2

Age

Female Age

		6	7	8	9	10
More than 3,7 cm	10 points	24 %	25%	24 %	35 %	48 %
3 cm =	8 points	8	25	46	30	26
2,5 cm =	6 points	25	17	5	11	1
1,8 cm	4 points	12	20	12	12	12
1,3 cm =	2 points	11	11	11	10	11
Less than 1,3 cm =	0 points	20	2	2	2	2

Conclusions

Collection data speaks themselves. showing a significant improvement at age 10 years old for both sexes. Data improve to for further for both sexes with increasing age up to 10 years, where performance of the state with the best. According to first par of hypothesis of the study - In the fifth group of the age group 10 years old have given **optimistic** data ..Realized 10 standard tests, but boys are more active than girls dropped as hypothesis, paradoxically in some other study girls in that age are more active. In this study there were no gender differences in performance and we believe this is due to the situation pre puberty equal for both boys and girls.

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