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Aerobic Training Schedule for Obese Children

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Abstract:

Obesity between kids and young people is rising as a serious health crisis, which is a main problem for developing and developed countries. India is also suffering from this health disorders, children's they have spend so much time in school and now a days they are suffering from very less sports fields or less sports periods (PET) in school, also in home surrounding they may not have play grounds these are deficiency to made child obese Activates are more important to reduce fat burn, along with this diet food also main role to reduce child obese, so in this concern aerobic exercise is very important to child keep health fit.

Key words: *Child obese reasons, cause of child obese, aerobic training methods*

1. Introduction

In the twenty first century we are facing so many health disorders. It is happening by due to our mechanized life style and also sedentary life routine and it also increases all causes of mortality and it made a risk factor of diabetes, cardiovascular problems, body joint pains, and blood pressure and blood lipid disorders. The main cause for all these is obesity. Obesity has not spared any human being; children and pre-adolescents, adults, all have suffered. It will allow fat accumulate all over our body and gradually increase our weight and we become obese. Child obesity is most common health issues now in all developing and devolved countries, because they have a sedentary lifestyle and they consist of more fatty and junk food, which is enough to child suffer from overweight very rapidly. The overweight child tends to watch more internets, play mobile games, and watch television than their normal child

2. Aerobic Training

There is so many activities are there to reduce obesity, in between them aerobic exercises is much better than others and also it gives fast result because it generates energy in the body with the use of oxygen and sustain our heart, it contributes to development of Cardio respiratory fitness. Therefore, this paper finds out the easiest method of training schedule, which is suited for preadolescent (age group9-13) and for children who are overweight and obese. Aerobic exercise raises the heart rate to the extent that it makes somewhat breathless and sweaty activities like cycling, jogging and walking. Aerobic systems refer to the lungs, heart and blood vessels and muscles. When exercising aerobically fat burn as the main fuel and aerobic capacity is based on how expertly body can deliver oxygen to muscles and how much oxygen muscles can use for energy.

3. Training Schedule for Aerobic Training Program

Weeks	Low Intensity Aerobic Excises	Duration Of Excises	Repetitions	Rest Between Set	Warm Up	Warm Down	Total Excises Duration
I-IV	Step up Exercise	3 Min	2 Set	60Sec	10Min	5Min	45Min
	Easy impact walk	3 Min	2 Set				
	Rope skipping	30 Sec	3 Set				
	Low impact aerobic steps	1 Min	2Set				
	Low impact walk stairs up	1 Min	2 Set				
	On spot jog	1 Min	2 Set				
	Low impact running	2 Min	2 Set				
	Jumping jack	2 Min	2 Set				

Table 1: Low Intensity Aerobic Excises

The specially derived aerobic exercise training was given to the experimental group. The aerobic training group undergone low intensity (50-60%) aerobic exercises such as step-up exercises, easy impact walk, rope skipping, Low impact aerobic steps, Low impact walk stairs up, On spot jog, Low impact running and Jumping jack exercises for I to IV weeks

Weeks	Medium Intensity Aerobic Excises	Duration Of Excises	Repetitions	Rest Between Set	Warm Up	Warm Down	Total Excises Duration
V-VIII	Moderate impact Step up Exercise	3 Min	2	60Sec	10Min	5Min	45Min
	Moderate walk	3 Min	2				
	Alternate leg change rope skipping	30 Sec	3				
	Moderate impact aerobic steps	1 Min	2				
	Moderate impact fast walk stairs up	1 Min	2				
	On spot Moderate jog	1 Min	2				
	Moderate Impact Running	2 Min	2				
	Moderate impact Jumping jack	2 Min	2				

Table 2: Medium Intensity Aerobic Excises

Exercises for V to VIII week is medium intensity (60-70%) such as moderate impact step-up exercise, Moderate walk, Alternate leg change rope skipping, and Moderate impact fast walk stairs up, On spot Moderate jog, Moderate impact running and Moderate impact Jumping jack exercises

Weeks	High Intensity Aerobic Excises	Duration Of Excises	Repetitions	Rest Between Set	Warm Up	Warm Down	Total Excises Duration
IX-XII	Fast Step up Exercise	3 Min	2	60Sec	10Min	5Min	45Min
	Brisk walk	3 Min	2				
	Skipping and impact jog	30 Sec	3				
	High impact aerobic steps	1 Min	2				
	Both legs step stairs up	1 Min	2				
	On spot fast jog	1 Min	2				
	Spot jog and run	2 Min	2				
	High impact Jumping jack	2 Min	2				

Table 3: High Intensity Aerobic Excises

Exercises were given for last IX to XII weeks is high intensity (70-80%) exercise, such as Fast Step up Exercise, Brisk walk, Skipping and impact jog, High impact aerobic steps, Both legs step stairs up, On spot fast jog, Spot jog and run, High impact Jumping jack exercises with sets are given. In the 45 minutes long class, each class and each subjects had 45 minutes low-to-medium to high intensity aerobic exercise, which included warm –up (10minutes) and cool down (5minutes)

To achieve the purpose of this paper, the aerobic exercise training significantly improving the children’s physical fitness such as muscular endurance, flexibility and percent body fat and it is recommended to include other aerobic exercises along with dance aerobic to attain maximum health related physical benefits.

3. References

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