



METHODS OF APPLICATION AND USE OF MOBILE GAMES IN THE PROCESS OF COMPLEX TRAINING OF YOUNG HANDBALL PLAYERS AT THE INITIAL STAGE

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ANNOTATION

This article deals with most important sport games handball and its effectiveness. Exercise is useful in preventing or treating coronary heart disease, osteoporosis, weakness, diabetes, obesity, and depression. Strengthening exercises provide appropriate resistance to the muscles to increase endurance and strength.

Keywords: handball, sport, movement, activity, effective

Regular Physical activity and exercise can help you stay healthy, energetic and independent as you get older. Exercise play avital role in preventing health diseases and stroke. The health benefits of doing regular Exercise have been shown in many studies. This paper review the evidence of the benefits of exercise for all the body systems. Physical activity and exercise can reduce stress and anxiety, boost happy chemicals, improve self-confidence, increase the brain power, sharpen the memory and increase our muscles and bones strength. It also helps in preventing and reducing heart disease, obesity, blood sugar fluctuations, cardiovascular diseases and Cancer. Physical activity is defined as any bodily movement produced by skeletal muscles that require energy expenditure. The term “Physical activity” is not equal to “exercise”. Exercise is a subcategory of physical activity which is structured, repetitive, and purposeful [1]. “A sound body has a sound mind” It means that if a person is weak, dull, and sick, he is not able to do his work efficiently and quickly. It is very important to have a fresh mind before any work, like office work, study or some creative work. The people who make exercise as essential part of their routine are more happy and efficient than others. Exercise does not mean to go to gym or some club for daily activity; it only means to do some physical activity no matter how and where. Exercise is useful in preventing or treating coronary heart disease, osteoporosis, weakness, diabetes, obesity, and depression. Strengthening exercises provide appropriate resistance to the muscles to increase endurance and strength. Cardiac rehabilitation exercises are developed and individualized to improve the cardiovascular system for prevention and rehabilitation of cardiac disorders and diseases. A well-balanced exercise program can improve general health, build endurance, and slow many of the effects of aging. The benefits of exercise not only improve physical health, but also enhance emotional well-being. Regular physical activity remains an essential behavior for endorsing health, postponing or preventing predominant musculoskeletal disorders such as mechanical low back pain, neck and shoulder pain and decreasing the risk of increasing coronary heart disease, hypertension, diabetes, osteoporosis, obesity and colon cancers [2, 3]. The period of adolescence represents the transition from childhood to adulthood and lifetime habits such as regular exercise are normally begun at this

time [4]. But unfortunately research indicated that physical activity rates decline consistently during the adolescent years [5, 6]. No matter what your age or shape, you should exercise daily. Not only does exercise so you can wear your favorite dress, it strengthens your muscles, keeps your bones strong, and improves your skin, increased relaxation, better sleep and mood, strong immune function, and more. Daily exercise helps in strengthening of heart muscles. It helps maintain desired cholesterol levels. Daily physical activity reduces one's chances of stroke and the risk of heart disease. Regular exercise lowers blood pressure and improves blood circulation. Exercise helps in reduction of excess body weight leading to lower blood pressure. Exercise results in the burning of calories. If supplemented with proper nutrition, exercise is the way to prevent obesity. Any healthy person may become unfit physically if he does not practice exercise regularly. The efficiency of our muscles reduces if we are not doing regular physical workout. So we must do physical fitness exercises every day. Exercise is linked with many physical and physiological benefits that help an individual to function effectively and feel good. Exercise provides an entertaining way to spend enjoyable time. People of all age who are usually inactive can improve their health and well-being by becoming active at a level of moderate intensity in daily basis. Regular Exercise significantly reduces the high blood pressure, risk of developing heart disease, stroke, some cancers, diabetes, and may help to remove the stress, anxiety, and depression. At any age, being physically fit is an advantage to your overall health.

2. EXERCISE

Exercise is a subcategory of physical activity that is planned, structured, and repetitive for the purpose of conditioning any part of the body. Exercise is used to improve health, maintain fitness and is important as a means of physical rehabilitation. Also we can define exercise as any bodily movement performed in order to develop or maintain physical fitness and overall health.

3. TYPES OF EXERCISE

Exercise and physical activity fall into four basic categories—endurance, strength, balance, and flexibility. Most people have a habit of to focus on one activity or type of exercise and think they're doing enough for their health. Each type of exercise is different, however, doing them all will give you extra benefits. Mixing it up also helps to reduce boredom and stop the possibility of injury.

3.1 ENDURANCE

Endurance, or aerobic, activities increase your breathing and heart rate. They keep your heart, lungs, and circulatory system healthy and improve your overall fitness. Building your endurance makes it easier to carry out many of your everyday activities. Walking or jogging, mowing, raking, digging and Dancing are kinds of this type.

3.2 STRENGTH

Strength exercises make your muscles stronger. Even small increases in strength can make a big difference in your ability. We can find this type of exercise in Lifting weights, using a resistance band with your own body weight.

3.3 BALANCE

Balance exercises help prevent falls, a public problem in older adults. Many lower-body strength exercises also will improve your balance. This type can be noticeable in Standing on one foot, Heel-to-toe walk and Tai Chi.

3.4 FLEXIBILITY

Flexibility exercises stretch your muscles and can help your body stay limber. Being flexible gives you more freedom of movement for other exercises as well as for your everyday activities. Some examples for that in Shoulder and upper arm stretch, Calf stretch and Yoga.

3.5 DEPENDING ON THE OVERALL EFFECT ON THE HUMAN BODY

PHYSICAL EXERCISES CAN BE GENERALLY GROUPED INTO TWO TYPES: [7]

Aerobic exercise without ball is any physical activity that uses large muscle groups and causes the body to use more oxygen than it would while resting. The goal of aerobic exercise is to increase cardiovascular endurance [8]. Examples of aerobic exercise include cycling, swimming, brisk walking, skipping rope, rowing, hiking, playing tennis, continuous training, and long slow distance training.

Anaerobic exercise with ball, which includes strength and its function. **According to the intensities of the exercise it can also divided to three categories, heart Rate is typically used as a measure of exercise intensity [10]. Heart rate can be an indicator of the challenge to the cardiovascular system that the exercise represents [11, 12].**

Light exercise: Does not induce sweating unless it's a hot, humid day. There is no obvious change in breathing patterns, sleeping, writing, desk work, typing, very slow walking, are examples for the first category.

Moderate exercise: It should raise your heart rate, make you breathe faster and make you feel warm enough to start to sweat after performing the activity for about 10 minutes. Breathing becomes deeper and more frequent. You can carry on a conversation but not sing, bicycling, very light effort, calisthenics, home exercise, light or moderate effort are examples for the second one.

Vigorous exercise: will make you breathe hard, increase your heart rate significantly and make you hot enough to sweat profusely after 3-5 minutes. Breathing is deep and rapid. You can only talk in short phrases, the examples for this type include running, jogging, jogging in place, calisthenics (e.g. pushups, sit-ups, pullups, jumping jacks), heavy vigorous effort, rope jumping.

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