

A STUDY OF JOGGING BOOM IN UNFIT, INACTIVE (SEDENTARY) ADULTS AND ITS PSYCHOLOGICAL AND PHYSIOLOGICAL BENEFITS

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ABSTRACT:

This study is an investigation into the physiological and psychological benefits of jogging in previously unfit and inactive men, aged 20-50 years who had not participated in any activity in the past 5 years. The programme was based to achieve 60-75% predicted maximum heart rate three times per week, a minimum of 20 minutes per session, 70% completed the project and there was great improvement in VO₂ as compared to the defaulters who showed no change, an aerobic threshold was improved heart rate in rest condition also fell down the persons improved in sleep clarity of thinking, tension was reduced motivated their friends, close relatives, these findings confirmed the benefits of regular exercise in this age group. The subjects were selected out of 500 volunteers randomly which shows the high demand of organized programmes in adult male.

Key words: exercise, jogging, oxygen usage, an aerobic threshold, psychological, men.

INTRODUCTION

Over the past many years due to media and mass communication propaganda and advertisements in the daily news papers there has been an increase in general health awareness and fitness, which has led at all levels to increase participation of people of all ages in sports, and physical activities. In recent years the community has taken great interest to improve in body fitness and know its benefits. In Pakistan particularly in urban cities, Jogging has become very popular having many physiological and psychological benefits without involving heavy expenses on