

A STUDY OF THE EFFECT OF EXERCISE ON HUMAN HEART FUNCTIONING

MUHAMMAD JEHANGIR KHATTAK*,
MUHAMMAD ASLAM BHATTI*, AND ATIA BATOOL**

* Department of Physical Education, Gomal University D. I. Khan

** Institute of Education and Research, Gomal University D. I. Khan

ABSTRACT

The study aimed at examining the effects of exercise on human heart functioning and review the related studies. The sample of study consisted of seven sedentary and seven non-sedentary adults, seven players and seven non-players (13-18 years), each seven boys (11-12 years), seven male labourer and seven female labourer. Tuttle Pulse Ratio test (1976) was used to measure the heart efficiency and questionnaire comprising of twenty four questions pertaining to the effect of exercise on human heart functioning were used as sole tools for data collection. Besides it, highly qualified doctors of Khyber Medical College and Hayat Shaheed Teaching Hospital, Peshawar were interviewed to collect the data. Numerous studies have led to the identification of multiple factors which seem to predispose the individual to coronary heart disease. As listed by Fletcher and Cantwell (1971) such risk factors include blood lipid abnormalities, hypertension, cigarettes smoking, carbohydrate intolerance, physical inactivity, overweight, dust, heredity, personality and behaviour patterns, electrocardiographic abnormalities, disorders of blood coagulation, elevation in blood uric acid and pulmonary function abnormalities. To test these hypothesis this study was conducted by the researchers. The findings of the study indicated that two subjects are below normal among hon-sedentary adults, while six were blow normal among sedentary. Only one is below normal among players, while six were below normal among non-players. Two subjects were below normal among boys and three were below normal among male labourers, while only four were below normal among female labourers. The study supports that suitable or moderate exercise is useful for the proper functioning of the human heart. Emotional strain is not health giving. Vigorous exercise or strenuous physical exercise are good preventive measures against atherosclerosis which ultimately causes heart attack. Persons leading sedentary live usually fail victims of the heart attack in a large number. Exercise reduces obesity which mainly causes heart troubles. Exercise increases the size of the coronary artery and produces great efficiency of skeletal muscles function which improve the functional capacity of the heart. On the other hand isometric exercise are injurious especially to the middle aged and older persons because in such exercise there is reduction in blood flow back to the heart. The most useful exercise for the developing cardio-vascular fitness are brisk walking, swimming, and cycling. However, the heart patient should follow the doctor's advise concerning suitable physical activities which should be performed under the supervision of well trained exercise leader.