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Roal of physical education to avoid health hazards in school

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Abstract

In the Present World of Space age and automation era. All human beings appear to be living a more and more inactive life. They ride instead of walk, sit instead of stand and watches instead of participation. Such type of inactivity or sedentary life is detrimental to mental and physical health. Thus, there is great need for physical education as a part of balanced living. A hazard is a situation that poses a level of threat to life, health, property or environment. School Health Hazards are contaminated air, contaminated water, poor food safety, accident and sports injuries. Most hazard becomes "active", it can create an emergency situation. A hazard does not exist when it is not happening. A Hazardous situation that has come to pass is called an incident. Hazard and vulnerability interact together to create risk. The percentage of children and adolescents who are overweight faces hazards, has more than doubled since 1980 16% are no overweight. Regular physical activity can improve your mood and the way we feel about ourselves. Researchers also have found that exercise is likely to reduce depression, anxiety and help children to better manage stress and reduces health hazards.

Keywords: Physical education, health hazards

Introduction

Physical education is part of most of the school and college curricula. Some of the important objectives of physical education include, the development of one's motor and social abilities, promoting the importance of physical fitness and encouraging the budding talent. Take a look at some of the main objectives of physical education.

Physical education is an important part of every school curriculum and a class every pupil awaits. Physical education is that segment of the daily timetable that every student eagerly waits to attend, as it is the only official time when the students can be on the grounds, engaged in their favourite sports. One of the main objectives of physical education is to bring in this element of joy to the academic.

Orientation of Schools

Physical education aims at dedicating a daily time for some physical activity for the students. The physical training class as it is also most importantly, a break from the sedentary learning indoors.

One of the other important objectives of physical education is to instill in the students the values and skills maintaining a healthy lifestyle. Daily physical activity promotes an awareness of health and wellbeing among students. It boosts them to engage in physical activities on a daily basis. It promotes them to lead a healthy life in adulthood.

Physical Education class constitutes programs to promote physical fitness in students, train them in sports, help them understand rules and strategies in playing and teach them to work as a team. A very vital factor in physical education is to develop interpersonal skill in children. Sports aim at making them team players, developing a sportsman spirit in them and enhancing their competitive spirit. Sports that form a part of physical education classes help the students invest time in fruitful and competitive activities.

One of the other important objectives of physical education is to inculcate in the minds of the students the importance of personal hygiene and cleanliness. Physical education classes aim at teaching the students. The habits of personal cleanliness and the importance of the

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maintenance of personal hygiene in life physical education classes also impart sex education to the students, help them clarify their doubts and find answers to all the questions that occur to their minds.

The sports, which are a part of the physical education class, help in developing motor skills in children. The ability to hold a racket or a bat, the ability to catch a ball and the ability to swing a bat are some examples of the motor abilities that can develop with the help of sports. The physical activity that is involved in physical education helps the students in bringing discipline to body posture and body movement. Hitting a ball with a bat or a shuttle with a racket as also aiming a ball for a goal or catching it to get the opponent team out, are some of the commonly observed actions in sports and are extremely beneficial in improving hand-eye coordination.

The very important objective of physical education is to encourage the upcoming sportsmen and women of the crowd. Physical education to exhibit their talents. Those with a flair for sports get an opportunity to display their talent. Their small step on the school playground can eventually turn in to a huge leap in the field of sports.

Moreover, sports refresh the students' mind physical education class becomes enjoyable for the kids while proving helpful for their overall growth and development. Physical education is indeed one of the most fruitful activities of a school schedule.

Toxic Chemicals in School Supplies

Toxic chemicals have been found in 16 popular school products sampled in New York City-including a lunch box, a backpack and a three-ring binder. High levels of the chemicals called "phthalates" are used to make plastic more pliable, according to a report conducted by the Center for Health, Environment and Justice. The chemicals have been linked to birth defects, asthma, and attention-deficit hyperactivity disorder (ADHD) and diabetes.

As the school year begins, what other health hazards should you look out for at your child's school?

Hand Soaps

Johnson & Johnson earlier this month announced the company would phase out potentially harmful chemicals from their personal care items, including shampoo, lotions and soaps. The company pledged last year to remove traces of the formaldehyde-releasing preservative listed as quaternium-15 in its baby products. Environmental advocacy groups pressured Johnson & Johnson and its competitors to change formulas in their products. If you're concerned about the soap or other personal care items being used at your child's school, ask to see the list of ingredients, talk with your school nurse, and invite other parents to comment on your town's email list or social media page.

Plastic Water Bottles and Sippy Cups

Whether you're packing a lunch box in the morning or your child is buying food at school, it's important to know what kind of containers are being used to serve your kid's lunch. Earlier this summer, the Food and Drug Administration banned the use of the chemical bisphenol-A, better known as BPA, in baby bottles and sippy cups for toddlers. The announcement came after a 2008 study from the National Toxicology Program (NTP)-part of the National Institutes of Health-stating that human exposure to BPA is of "some concern" regarding the development of the prostate gland and brain, as well as behavioral effects in fetuses, infants and

children. BPA is found in many plastics, including water bottles, food containers and the linings of food and beverage cans. The chemical can leach into the contents of the container, and we ingest it when we eat or drink from the container. The NTP report also stated, however, that the link was found in animal studies and more research is needed.

School Health Index Shi

1. Physical Education
2. Nutrition Service
3. Healthy School Environment
4. Health Education
5. Health Services
6. Health Promotion for Staff
7. Counselling, Psychological & Social Services

Finding of Shi

Regular physical activity helps build and maintain healthy bone and muscles and reduce fat, but 4% of young people in grades 9-12 do not engage in vigorous physical activity on a regular basis.

Research suggest that skipping breakfast can affect children's intellectual performance, and even moderate under nutrition can have lasting effects on cognitive development.

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