

Experiencing Physical Activity

Dr. Dinesh Kumar Kimta

Assistant Professor

Dr. Haribhau Admane Art and Commerce College Saoner Nagpur

dineshkamta@yahoo.in

Abstract: *The purpose of the present paper is to put forward ideas to develop insight into factors that should be taken into account in prescribing physical activity experience. Physical activity is as such an ordinary aspect of our lives that often we fail to recognize how it intersects with our everyday experience. We depend on physical activity when we work, play, cook, type reports, or sign our names. These are the various aspects of our everyday lives in which physical activity plays a distinct role as the spheres of physical activity experiences. Doing physical activity and observing it intently are unique experiences; both are completely different from studying about physical activity. The physical activity is not only a physical experience but an emotional, cognitive, and spiritual experience as well. There are seven spheres of physical activity namely self-sufficiency, self-expression, work, competition, health, leisure and education. We define spheres of physical activity experience as dimensions of everyday life in which physical activity plays an important and distinct role. In this paper the research scholar has seen that physical activity is central to carry out the chores through which we remain self-sufficient. It also is the means by which we express ourselves and do our work. Further, it plays an important role in education, leisure, health and our competitive pursuits.*

Keywords: Experiencing, Physical, Activities