

# Experiencing Physical Activity

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**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

## I. INTRODUCTION

Physical Activity is such an ordinary aspect of our lives that often we fail to recognize how it intersects with our everyday experiences. We depend on physical activity when we work, play, cook our meals, drive our cars, type our reports, or sign our names. Even though we have been immersed in physical activity from the day we were born. Physical activity pervades our lives in thousands of ways and in countless forms and levels of intensity.

There are seven spheres of physical activity experiences namely self-sufficiency, self-expression, work, education, leisure, health and competition. These spheres serve merely to help you look at the many ways and contexts in which you experience physical activity. The research scholar has explored each of seven spheres of physical activity experience by examining some activities that they encompass. This is important to know the various experiences we face while we get involved in physical activity. Hence the research scholar has put up the concept of experiencing the various spheres of physical activity experience.

## THE SPHERE OF SELF-SUFFICIENCY

Besides taking care of one's self through physical activity, the sphere of self-sufficiency states that there are some activities which are not essential for one's survival or independent living which also contribute to self-sufficiency and personal comfort e.g. cleaning your apartment, ironing clothes etc. The sphere is important as a variety of movements are required to carry out daily tasks and include fundamental movements.

## THE SPHERE OF SELF-EXPRESSION

Though limited in the ways we can express ourselves, the urge to express our inner feelings is one of the most basic human instinct. As we like to demonstrate, what is unique about us and what makes us special. One of the ways we can express ourselves is through movements of our bodies and postures. For instance, we walk rapidly with a spring in our step when we feel happy. While walking slowly plodding when sad. Further, Gestures i.e. movements of our hands, fingers etc are used to communicate our intentions.

### **THE SPHERE OF WORK**

Work involves physical activity and constitutes a significant portion of the total life experiences. The type and intensity of physical activity can vary enormously from job to job. For instance, an attendant at a grocery store and a construction laborer both are engaged in physical activity but they are not physically active in the same ways. Jobs required a higher level of physical activity may offer a health bonus for workers and increased levels of physical activity may ward-off certain diseases associated with physical inactivity.

### **THE SPHERE OF EDUCATION**

Physical activity is Involved in all phases of education, ie. From the eye movements required in reading and the wrist, finger and arm movements required in writing to the more complex movements like learning to play a musical instrument. In almost every form of educational program, the aim is to change the behavior of those being instructed, in other words to change physical activity patterns of those being instructed.

### **THE SPHERE OF LEISURE**

Leisure is another area in which physical activity takes place. We play sports, exercise, read etc during our leisure time and hence leisure is often used synonymously with play or recreation, but leisure is not simply free time. Sometimes we choose to work in our free time. The free time activities of sports and exercise offer us only the potential for achieving the state of leisure.

### **THE SPHERE OF HEALTH**

Attending to our personal and community health needs consumes a large part of our normal daily experiences. All health related activities involve physical activities in varying degree. For example, we cannot brush our teeth, bath ourselves, carry out garbage etc without physical activity. Physical activity performed in the right amounts and with sufficient frequency contributes to our health in many ways. Further, moderate to vigorous physical activity performed regularly and at safe levels results in the health benefits. Physical activity performed as part of work, sports participation or during leisure also provides health benefits.

### **THE SPHERE OF COMPETITION**

Play a vital role in some part of our lives and there is a good chance that physical Competitions activity figures prominently in whatever form that competition takes. Competition is not itself an activity rather it is an organized principle for activity. It can add to or detract from the enjoyment of activities but it usually leads to increase in the level of performance. For example, some people thoroughly enjoy shooting baskets alone on the playground or playing golf by themselves or in leisurely social contexts with friends, while others seek the peculiar kind of excitement that can come only from competition.

## **II. CONCLUSION**

In conclusion, to examine the spheres of physical activity experience, it becomes apparent that we rely on physical activity everyday, not merely to survive but also to live full and rich lives. Physical activity has many benefits as our lives become richer as we immerse ourselves regularly in a variety of interesting physical activity experiences.

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