

D. THE HYGIENE OF EXERCISE -- SUMMARY

1. Muscular activity does more than develop muscular strength, skill and endurance. It is the fundamental developer of all the organic systems and functions of the body: circulatory, respiratory, excretory, heat regulatory, nervous, mental motor, and even skeletal structures. Muscular action begins in the nervous system its influence on nutritive and all other functions relating to a healthy body.
2. Exercise should be adapted to: age, sex, strength, and vitality of the individual; to occupation, and to climatic conditions.
 - a. For Children: Play is best; play is the "driving urge" in childhood to insure organic development; a healthful environment and opportunity for wholesome play life should be maintained through social organization and leadership to secure normal physical, mental, and social health. Evidence of recognition of above in playgrounds since 1906, and in required physical education movements since 1916.
 - b. For Adolescents: A period of rapid growth and stormy mental life; needs and capacities at this stage of life should be reckoned with in the organization and leadership in activities at this period; big muscle-social activities represented by team games; athletics and rhythmic activities are best for this age; dangers where adolescents are stimulated by wrong standard of competition; high school and college programs of physical education; their organization and administration.
 - c. For Adults: Exercise should be enjoyable, moderate, satisfying; participated in primarily for recreation and conditioning values; variability in intensity and duration required to satisfy organic and other needs at ages from 25 to 50 years of age; types of activity suitable for different age levels.
 - d. For Later Years: Activity level should be lower; changes in organism which must be taken into account; deterioration of tissues; lessened elasticity of arterial walls etc. These changes are often hastened by unfavorable ways of living; types of activity for these age levels; golf, walking, gardening, horseback riding, etc.
 - e. Occupation: Sedentary occupations require definite planning for regular exercise; should be recreative and not too strenuous to maintain health; strenuous muscular occupations should be reflected in types of recreative activities selected by the individual; discriminating judgements essential; organizations and movements which attempt to meet these needs.
 - f. Other hygienic considerations in the regulation of exercise:
 - (1) Fatigue: Causes; effects of habituation to exercise; normal fatigue; chronic fatigue.
 - (2) Muscular soreness: Theories as to cause.