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# Characteristics of Body Training and Its Effect

*By Takashi Morishita**

A principle of exercise organization, selection of data and the right prescription and operation of those data necessary for the reasonable exercise of body training, and also the quality and effects of exercise which would be the grounds of the above factors are now to be considered. First of all, it is necessary to understand the meaning of an active exercise and an inactive exercise gotten from the qualitative classification of body training.

In addition, further practical considerations have been made on relationship between an active exercise and resulting fatigue. That is, a fatigue recovery curve which comes from the representative violent dynamic exercise (quick whole body exercise of 100 per cent energy consuming rate) was compared with that of different training degree.

As the result of this consideration, it has been made clear that through the process of fatigue recovery, different effects could be acquired by the kind and method of exercises. This method would different in its operation due to the respective exercise time etc. of a violent, quick exercise, swift rhythmic exercise and static resistance exercise. The body training keeping the point in mind and meeting with a qualitative characteristics of exercise, would be effectively accomplished only when growth of muscles, training of the nervous system, training of heart and the harmonious growth of the internal organs with the muscular movement system etc., are scientifically achieved. For this purpose, an analytical and a concerned consideration should be made from the point of fatigue recovery on quality and effect of active exercise which is representative as a principle development of positive body

* Full-time Lecturer of the Institute of Physical Education, Keio University.

training.

Also, external impetus on a certain part of body would be the most effective only when that part is completely in a relaxed condition. The fact that the modern new gymnastics for the purpose of increasing the desired exercise effects has introduced a general theory of relaxation into the movement of general gymnastics can be said as a great advance.

What is the training effects and what is the greatest effect acquired by an external impetus on a body in its completely relaxed condition, these are the problems to be solved concerning characteristics and effects of body training. Further study on those matters should be continued for establishing a new body training principle.