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Physical Exercise and Its Effects

(Effects Obtained through Practising Physical Exercise)

By *Takashi Morishita**

With regard to how combinations and arrangements should be made in places of practice based on the prescription theory of physical education, a report was already made in "Physical Education Institute Bulletin" Volume 12, Book 1. This time, I would like to make a report on the progress of the practice and the effects obtained therefrom.

Those who were subjected to the study which lasted over one year period are:

- (1) Aged persons (male and female) with minor hypertension, cardio-arteriosclerosis, and diabetic symptoms.
- (2) Male patients with gastroenteric symptoms who had been diagnosed having gastric ptosis; they ranged in ages from 30's to 40's.

All of these patients had been advised by doctors to do physical exercises positively.

All these patients had been examined and treated by doctors as well as had received guidance on nutrition. Now, I tried on them a therapy by means of physical exercise.

Through health and physical strength tests, the patients were checked their degrees of health and physical strength; then, they started practising physical exercises in accordance with the prescription prepared for each patient.

Details of the exercises are:

1. General and local movements which are exercised usually.
2. Movements contained in the exercise were muscular power factors and flexibility factors, which were exercised by the patients according to their ability and physical strength.
3. Individual movements were exercised at patients' homes.

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By taking into consideration the quality and quantity of exercise as well as the intensity and frequency thereof, all the abovementioned movements were exercised on a group and individual basis.

Four to six months after the patients started their exercises, feelings of each group and views of doctors, are summarized as follows:

- (a) "We have a good appetite, we think we are now having a healthy stomach."
- (b) "We do not get tired so much as before, maybe, we can now have confidence in our health."
- (c) "Now we can do positive action with volition."
- (d) "We have acquired a habit to do physical exercises."
- (The above are the opinions of the patients who practised physical exercises.)
- (e) In the case of patients with hypertension, the dosage of depressors administered was reduced.
- (f) In comparison with the symptoms in the early stage, changes were observed in urine and protein.
- (g) In the items of examinations of hepatic function, favorable results were observed.
- (h) With regard to the results of X-ray examinations conducted for patients with gastric ptosis, a rapid rise was observed in one case.

(The above are doctors' opinions.)

My views as a leader:

Analyzing from the aspect of physical function, there was observed a remarkable improvement in response action; effectiveness was noted with respect to smartness, rhythmic sense, flexibility, etc. Also from the aspect of muscular power, some improvement was observed.

In the acquirement of the above-mentioned results, the appropriate examinations made and treatment given by the doctors, including the guidance given on nutrition, should, of course, be valued highly, however, what must not be overlooked are the self-consciousness, sense of responsibility, volition toward practising physical exercises of the patients, as well as the fact that their characters, special qualities and abilities were demonstrated fully. Also, other factors contributed to such remarkably favorable results may well be the fact that the patients were accustomed to practising physical exercises and also the fact that they could have mental and physical

latitude.

Conclusion:

In having patients practise physical exercises, leaders should scientifically grasp theories as to materials to be used for the purpose, and the theories thus grasped should best be applied. In order to attain the said purpose, it goes without saying that leaders are required to train themselves and make their best effort at all times.

“Leaders, be charming!” Any instruction like this is just a proper thing and of a common sense to those who are in the position of a leader. However, it is not seldom that leaders are left not having enough ability in giving their guidance actually, in other words, they are lacking physical exercise power. Leaders, I think, may be required to go back to the original point and give consideration to their actual power.

With regard to what results can be expected from practising physical exercises, results may vary according to individual and group's conditions. In the case of our experience with the groups, the doctors were responsible for the administration of patients' health, and at the same time, they themselves practised physical exercises. This was the special feature of our experience. The fact that the patients were able to practise with their bodies and minds stabilized, and that fact that they could understand the movements of physical exercises, and further the fact that they could have a habit of practising in their daily living, were the factors of the success.

Throughout the past one year period, when viewed from the aspect of physical strength, remarkable effects have been brought about onto the muscle, for example, expansion of the area of movement of the joint was noted. It also is assumed that favorable effects have been produced in the respiratory and circulatory function.

Results of practising physical exercises can be proved apparently if movements are made without useless movement, where actualities match up with theories, and if such exercises are practised on a continued basis. This is the most important prerequisite, and at the same time, close relations between medicine and physical training must be esteemed. Further studies on these two factors may be necessary not only in the field of preventive medicine but also in the field of therapeutic medicine.