

# Different Exercise/Training



**Dr Sinku Kumar Singh**

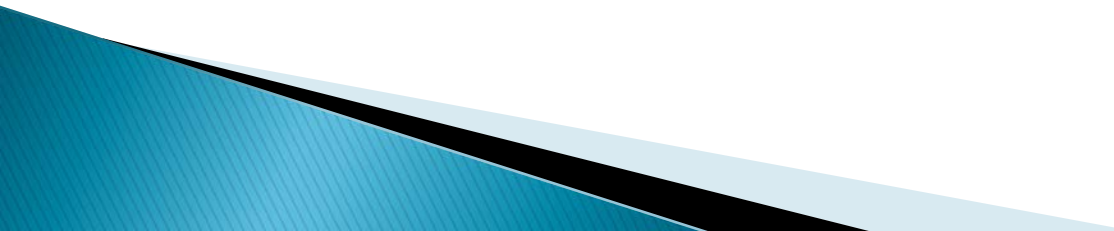
**Professor and Head, Department of Physical  
Education**

***Swami Ramanand Teerth Marathwada University,***

***Nanded,***

***Maharashtra, India.***

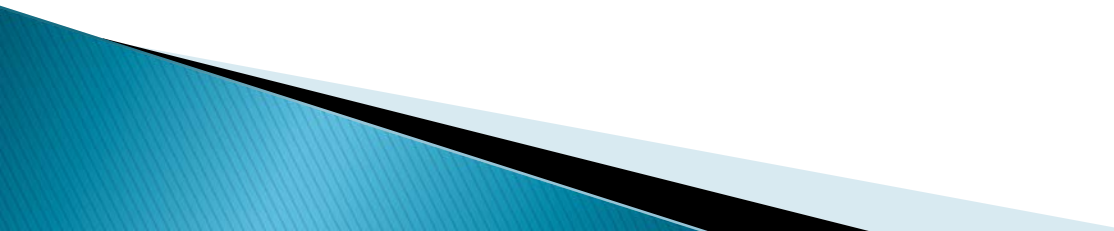
# Coordination

- ▶ Coordination could be defined as **the ability to move efficiently, carefully, quickly, and purposfully to the Athletes** . In other words, it is what makes it possible to synchronize the muscles used in a certain action in order to carry out an action as appropriately as possible.
  - ▶ Improving balance increases coordination and strength, allowing you to move freely and steadily
- 

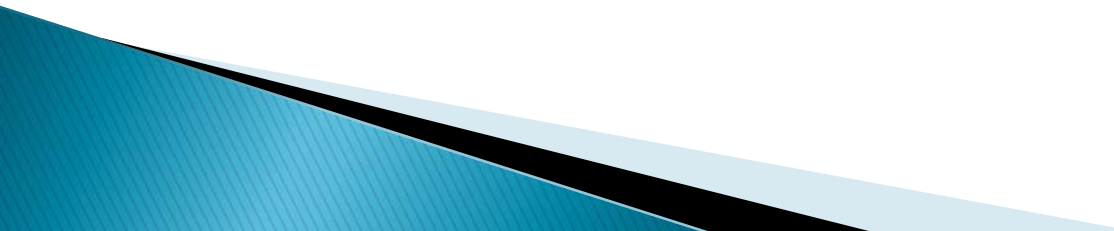
# What is Coordination Exercise

- ▶ Coordination exercises utilise an area of the brain known as the cerebellum. It is linked with the ability to think and also **how fast you can process information**. It seems that exercises that require coordination can help to make you smarter and give you better self-control

# Coordination

- ▶ Coordination is evaluated by testing the patient's ability to perform rapidly alternating and point-to-point movements correctly. Ask the patient to place their hands on their thighs and then rapidly turn their hands over and lift them off their thighs.
- 

# Development of Coordination exercise

- ▶ Developing hand–eye coordination and visual tracking skills: **Throwing and catching a ball. Playing tennis, table–tennis, baseball, football.**
  - ▶ Tandem walk.
  - ▶ Stand on one leg, eyes open or eyes closed.
  - ▶ Walk backwards.
  - ▶ Hop on one leg
- 

# Types of Coordination

## ▶ Fine Motor Skills

- Require coordinated movement of small muscles (hands, face).
- Examples: include writing, drawing, buttoning a shirt, blowing bubbles

## ▶ Gross Motor Skills

- Require coordinated movement of large muscles or groups of muscles (trunk, extremities).
- Examples: include walking, running, lifting activities.

## ▶ Hand-eye Skills

- The ability of the visual system to coordinate visual information. Received and then control or direct the hands in the accomplishment of a task.
- Examples : include catching a ball, sewing, computer mouse use

# Importance

- ▶ coordination is being able to move and use your body effectively and multiple people or things working well together. An example of coordination is when a gymnast walks on a tightrope without falling. An example of coordination is when **two people work together to plan or coordinate a party**

**Thanks**

---