



---

## Effect of Functional Training on Sangli Districts School Students on their Health Related Physical Fitness

---

Rudreshappa Basappa Shivpulji<sup>1</sup> & Dr. Kailas Shivharrao Palne<sup>2</sup>

<sup>1</sup>Researcher

<sup>2</sup>Director of physical Education and Sports,

Shivjagruti Senior College, Nalegaon Dist- Latur

Corresponding Author – Rudreshappa Basappa Shivpulji

DOI - 10.5281/zenodo.10891890

---

### Abstract:

Functional training for overweight students to understand its effects on body weight and other body variables (e.g., body fat percentage, lean weight, body mass index, fat, muscle, fat) in blood lipoproteins such as total cholesterol, protein content, blood triglycerides, etc. and some health factors, such as arm and shoulder muscle strength, abdominal muscle strength, flexibility, and muscle soreness. Functional training consists of four pillars: movement, rotation, transition, and push and pull. This article forms the basis of functional training and covers the importance of sports and physical fitness among the school students.

---

**Key Words:** Variables, Lipoprotein, Flexibility, Endurance, Locomotion, Movement etc.

---

### Introduction:

Functional training means training in a way that helps you stay healthy and move well in your daily life. This is a simple necessity for all the activities we do every day or every week, from dancing to house cleaning or shopping. With practical training, the application of movement patterns becomes easier and more successful, most people do not even realize it. This strengthens the bodymind connection and controls the body and body mechanisms so that everything happens naturally when necessary. Functional training not only improves our daily activities, but can also help reduce injuries while performing our activities. It also builds muscle mass, which many, if not

all, of us need, while also improving our balance and mobility, which can be especially beneficial today.

### Objectives of the study:

1. To study the concept of functional training
2. To study the functional training used in exercise for school children.
3. To study the importance of functional training to school students.
4. To study the types of functional training to school students for physical fitness.

**Methodology of the Study:**

The present study has been descriptive; the data for this study were obtained from secondary data sources. The secondary data has been collected from various references which already existed in published form; part of the paper is based on literature review the method comprising of collecting all the available papers relating to the theme and selecting relevant papers/books for the review purpose. Selection of the paper is done on the basis of their relevance and contribution to the body of knowledge. The author has made an attempt to do primary reading of the selected papers which will constitute the core of this review study.

**Concept of Functional Training :**

Functional training is a type of exercise that resembles movements you would do in daily life. It helps in sports, injury prevention and other daily activities. Exercising requires many muscles in the body to work together. These exercises are generally similar to movements you would do in daily life. Lifting weights, swinging a baseball, or carrying food are real-life activities that functional training can help improve.

**Functional Training is used in Exercise for School Students:**

Functional movements use large groups of muscles working together across body. These exercises often look similar to movements make in daily life. Picking up a heavy object, swinging a baseball bat, or carrying groceries are real-world situations

that functional training can help to improve. While many exercises fit the definition of “functional training,” others don’t. Less-functional strength training can have different characteristics and goals:

**i. Workouts that target a specific body part:**

Non-functional exercises work on only one muscle, or a muscle group in one part of the body. Think “leg day” or “arm day” at the gym. Traditional [strength training](#) exercises like bicep curls, calf raises, and seated leg press are all less functional.

**ii. Focusing on the appearance of certain muscles:**

Many bodybuilders and non-functional exercises aim to increase the size of a specific muscle. Functional training prioritizes muscle movement over appearance.

**Importance of Functional Training to School Students:**

Functional exercises help the body to work as a whole rather than training particular parts. Strengthening the complete body in this way has many advantages for health.

**i. Daily life:**

Functional training trains the same muscle movements use in daily life. For example, a senior citizen might practice bodyweight squats to develop their ability to stand up from a chair. These daily

activities can get easier when train for them.

### **ii. Balance and coordination:**

Functional exercises can useful to maintain and preserve sense of balance. Functional exercise makes various parts of body move together smoothly. This is useful for older adults to control falling and related injuries. People covering from injuries can also regain adjust with functional training.

### **iii. Injury protection:**

Perfecting the movements included in daily life can help control injury. Functional training control spine from movements that cause [back pain](#). If lift is weighty objects off the floor correctly while exercising, can stop accidents picking up heavy objects at work.

### **iv. Athletic performance:**

Athletes develop with functional exercises depend on the movements of their sport. A basketball player might practice leaping from side to side to develop their agility and speed on the court. Rowers may follow squats to train the same leg muscles they use in the boat.

### **v. Time-efficient:**

Functional exercises can be more time-efficient for fitness and [weight loss](#) than concentrating on one muscle at a time. Adding a few shorter, more concentrated full-body exercise sessions to regular boosts the calories burn.

### **vi. Improved physical fitness:**

Junior functional training focus on age-appropriate exercises that include functional movements. These exercises impersonate everyday activities, such as running, jumping, crawling, and lifting, building them great for kids. Regular involvement in these classes helps improve cardiovascular survival, strength, flexibility and co-ordination.

### **vii. Boosted confidence and self-esteem:**

As children growth through functional training and develop their own physical developments their confidence and self-esteem receive a beneficial boost. By learning new movements and overcoming problems this will encourage a sense of pride and positive self-image.

### **viii. Fun and engaging workouts:**

One of the major draws of junior functional training is that they are fun and pleasurable which in turn makes students more likely to stay connected and enthusiastic about staying active. This sets the foundation for a lifelong love of physical movements and a healthier lifestyle.

### **ix. Cognitive benefits:**

Functional training workouts not only help the body but also the mind. Studies have shown that daily physical activity can improve cognitive function, memory and focus span in children. By connecting in these classes, students may experience improved focus and concentration in school.

**x. Social development:**

Junior functional training are often organized in a group setting, presenting social interactions and teamwork among the participants. Students learn to communicate, co-operate and support each other, building needed social skills that will benefit them in different aspects of life.

**Types of Functional Training to School Students for Physical Fitness:****i. Squat:**

We were all born knowing how to squat, just look at babies and their perfect squat form. Regularly we all end up doing some sort of squat changes whether train or not. This is why squats are often measured the most functional of movements. At its most basic level, a squat includes lowering body from a standing to seated-like (or lower) position. When master the squat, preparing the body to be capable to comfortably pick things up off the floor and stand up from being sat on the sofa after seeing favourite show.

**ii. Hip Hinge:**

A hip hinge involves bending forward from the hips (not knees) whilst using posterior chain (the muscles in the back part of body). The most common hip-hinge exercise that every person knows is a dead lift, which ready for things picking up a child out of their cot or lifting a big box up off the ground.

**iii. Lunge:**

A lunge is basically a single-leg exercise that help to develop strength and balance in each leg equally. By practicing lunges on both sides, benefit to strengthen legs and core for any type of moment where weight is one-sided, or where may risk losing balance. Practical implementation can be things as simple as going up the stairs or hopping over a puddle.

**iv. Push:**

A push is any exercise that has pull or press weight up or down, like a push-up or shoulder press or the very common bench press. Upper-body pushes train chest, core and arms and shoulders for movements like putting those heavy bags on a shelving compartment on public transport, or even just lifting body up off the ground if fall.

**v. Pull:**

A pull is the against motion of a push: an exercise that has pull either an object towards body toward an goal, such as a pull-up or row. Upper-body pulls (like pushes, there are lower-body ones too) train back and arms for various activities like rock climbing, playing tug of war with dog, or even just pulling that chair out from under the table.

**vi. Carry:**

A carry is exactly what it says on the tin, carrying a weight, on one side or both sides of the body. It could be

something from a dumbbell or kettlebell to shopping bags as head to the house from weekly shop. It trains center and arms to move with weight efficiently, without hurting neck or back.

#### vii. Rotation:

These are things like woodchoppers, or bicycle crunches, these six patterns useful train core to handle movement in all directions, so rotational movement will be a great addition to useful to safeguard spine too. So, this means that when may need to immediately move unexpectedly, less likely to get hurt.

#### Conclusion:

Functional fitness training is a type of strength training that prepare body for regular activities. These exercises equip for the most important part of physical fitness, the kind that preps for real-life, daily living stuff like bending, twisting, lifting, loading, pushing, pulling, squatting and hauling. Most functional fitness include multi-joint movement patterns that include knees, hips, spine, elbows, wrists, and shoulders, which all build strength and develop range of motion. It all comes down to being practical, but don't mistake that for tedious.

#### References:

1. Malina R.M. Physical activity and fitness: Pathways from childhood to adulthood. *Am. J. Hum. Biol.* 2001;13:162–172. doi: 10.1002/1520-6300(200102/03)13:2<162::AID-AJHB1025>3.0.CO;2-T. - [DOI - PubMed](#)
2. Ding C., Jiang Y. The relationship between body mass index and physical fitness among Chinese university students: Results of a longitudinal study. *Healthcare.* 2020;8:570. doi: 10.3390/healthcare8040570. - [DOI - PMC - PubMed](#)
3. Ortega F.B., Ruiz J.R., Castillo M.J., Sjöström M. Physical fitness in childhood and adolescence: A powerful marker of health. *Int. J. Obes.* 2008;32:1–11. doi: 10.1038/sj.ijo.0803774. - [DOI - PubMed](#)
4. American College of Sports Medicine . ACSM's Health-Related Physical Fitness Assessment Manual. 4th ed. Wolters Kluwer Health/Lippincott Williams & Wilkins; Philadelphia, PA, USA: 2013. p. 2.
5. Corbin C.B., Masurier G.C.L., McConnell K.E. Fitness for Life. 6th ed. Human Kinetics; Champaign, IL, USA: 2014. p. 19.