

# IMPLICATION OF MENTAL EFFORTS DESIGNING EXERGAMES CURRICULUM IN MODERN TIMES IN PAKISTAN

Prof. Iqbal Ahmed Qureshi (Late), Shahzaman Khan and  
Prof. Dr. Yasmeen Iqbal

## ABSTRACT

---

*The implication of mental efforts in designing physical education curriculum in modern times provides favorable environment for this academic discipline contribute to motivate the trainee players engaged in physical education activities to make the people physically fit in the national community as students often continue to exercise to increase their ability through moderate work outs concentrating to improve their skills in the societal community. The authors have briefly described the benefits of mental efforts in receiving the advantages adopting physical education curriculum through displaying sports video games in modern-day physical education course while discussing the importance of sports videos in the learning process worked out in physical education courses of academic institutions adopted in many civilized nations world over, considering the importance universally recognized to recommend to impart teaching and training through displaying exergames (telecasting sports games on videos) understanding the techniques of the games on television received enormous value in making outstanding athletes to follow modern procedure to receive the advantages of learning new techniques to recommend advanced training exercises in contributing student-players to appreciate the effects of moderate exercises carried out in achieving significant training to support players in producing to testify in adjusting the players' fitness preparation to participate in lifelong exercises adopting variety of physical activities to make individuals physically healthy in the societal community as displaying videos on TV provide exercise and gaming techniques emerge as the innovative tool to settle the crisis. only prevalent as part of students' physical education classes as summarizes the literature on the mentioned subject matter, emphasizing on their potential to improve student-players' physical health along with various social activities, and academic performance in the academic institutions and hopefully in future years, Pakistan may display and telecast the modern sports techniques on known national television channels.*

---

**Key words:** Youth, obesity control, social, cognitive, developments, benefits, displaying exergames, public health, recreation, situational learning, process.

## INTRODUCTION

In recent times training provided to young individuals through displaying sport videos

offer excellent opportunities to coaches and players to undertake the physical activity courses as optional subject of physical

education discipline as it has become interesting and motivational to both skilled and unskilled student-players receive potential improvement in their strength and duration of physical activities working in the time frame work of assigned exercises increased motor skills, strength and encouragement in enjoying the assigned training activity programs provided to players expressing the physical evidence to support the physical education activity courses, student-players under take ranging from primary to high school levels and players were satisfied with providing training through displaying particular sports videos assist technical guide lines in improving the interest and advantages of such training imparted to players time and again. The self-satisfaction in achieving the adequate results of physical activities and other sports telecasted considering the situational interest often increase students' ability to display sports videos in better way in the advancement of the intensity of physical activity under taken by renowned sports persons in the community.

The authors have attempted to provide exceptional founda-

tion of viewing the sports video games to elaborate the techniques of shadow training helping to analyze the findings of physical education curriculum learning to examine the benefits of displaying video games on television. Further, investigate its different methods in which particular sports has been telecasted to integrate with modern-day approaches of physical education curriculum to consolidate the work of young persons viewing with different approaches to define the importance of visualizing the, assigned academic training curricula displaying particular sports videos watching on television organized for learning process and argued viewing sports games shadow training programs also motivate individuals towards physical activities to display shadow exercises to achieve the real target of the arranged competitions offer ample opportunities to increase students' learning process to help in solving problems, and ability to further reevaluate the fitness of the trained individuals of the society and the concept of learning through displaying through particular sports videos produced and supervised to adjust the physical

activity strategies to facilitate the lifelong participation of the individuals of the nation.

### **Shadow Practice of Displaying Video Games**

Many studies provides significant evidence in favor of contributing displaying shadow games of sports activity of physical education on television for providing the technical guide line to athletes and concern with the intensity of physical activity programs, and findings were quite positively in involving players in shadow practices to participate in particular games help them to engage in physical education programs of athletes to improve their performance in the competitions and its importance could be compared with displaying particular sports videos with other physical activity programs comparing with students participation in rhythmic dance exercises sparing time participants spent in aerobic dance exercises and also find out the ways of self-efficacy, enjoyment, and other cognitive mediators showed players' willingness to engage in sports and other physical activities in contributing the continu-

ance efforts of the participant athletes. Similarly, Sheehan and Katz-have described to compare with displaying particular sport telecasted on television describing its importance on describing the latest techniques employed to world fame athletes in modern times designed to enhance agility, speed and coordination among athletes and organizers in judging the time of rhythmic folk dances along with applied strength, flexibility, and body endurance, location and force applied in body movements and study combined with other studies make understandable that displaying sports videos on television screen to find out the weaknesses and advantages of renowned athletes may acquire their information regarding their routine physical exercises in situational interest to motivate in participating in physical education activities to acquire satisfaction and enjoyment in undertaking the work outs regularly. Displaying shadow practice for training develop favorable situation in managing sports videos on television along with other physical activities as number of evidences demonstrate improving the quality of sports grad-

ually develop players' physical activities effectively as compared to multi-activity programs displaying particular game on regular basis to support the players in encouraging to participate in video games as players more often prefer such type of sports activity planned for longer durations as compared with small level intensity of physical activity carried out during play time, referred to lower level skilled athletes participating in competitions. But, their concern remains on trainee participants displaying the techniques of particular sports videos on television as beginners rarely permit to participate in advanced level sports activities and other related physical activities compared with fitness-oriented training lessons, such as jumping, running, jogging, and conducting aerobic exercises to engage the trainee participants in moderate exercises to enhance gradually towards vigorous physical workouts in performing adequate sports activities displaying on videos to acquire the reduced time for physical fitness training refining eminent players participating in the competitions.

The studies, further recommend displaying video games on

television related to the reductions of waist circumference—in sports and other physical activities carried out in the society, measuring frequently the body mass index and checking the percentage of body overweight viewed among athletes, strongly favored some of the sports in conducting to reduce weighing scale with sound body posture having strength to hold agility abilities without displaying video games activities organized in the society, describing the achievements in bringing adequate results on cumulative physical activity programs associated with displaying particular sports on television found that who watch consistently hold comfortable experience in displaying sports videos agreed to telecast at higher level sports competitions, find difficulty in maintaining the performance of athletes for longer time as inexperienced sports players hold lower level intensity in physical activity programs performed by them in the societal community of the nation, find little difference in better conditioning of the players to acquire higher motivational status honored players to play with experienced players during competitions, but results

received were not found satisfactory as during the time of school vacations very few student players showed their interest to participate in displaying sports videos in summer and winter vacations, becomes one of the important reasons in occurring drastic reduction in physical activities among student players as idleness develop among student players during vacations make them ineffective to perform well in competitions, provide assurance to achieve required results comparing with time periods between summer and winter holidays, finding decrease in the intensity of physical activities among athletes. The renowned sociologists, Sheehan and Katz has rightly referred about displaying video sports on television emphasize on holding basic training courses to work in strengthening student players' body balance during competitions, stress more on exercises displaying on video games activities considering the importance of designing the curriculum on this developing discipline as many scholars felt pleasure in conducting the classes for couple of weeks to compare and compete with the role of instructor of physical education in teaching

the courses, focusing their interest on agility of participating players, their body balance with adequate coordination of physical education activities conducted in the community. The student-players experienced enough to work on designing to display video games curriculum to improve their achievement on human body exposure learning training from their instructors discussing about working on their body balance coordination as it provides effective modus operandi in conducting and arranging such sports programs advocates in displaying particular games justifying its significance of displaying the games on videos to sports persons keenly interested in healthful activities of the society. The enthusiasm cause imagination in students' feelings extend as student players enter the gymnasium equipped with displaying particular sports facilities with sufficient opportunities to participate in different individual and team games displaying videos on television to create more interest among student-players in motivating them to participate in competitive sports activities, found beginners possess no experience in displaying sports videos adeq-

ually that become one of the reasons of decreasing the physical activities among players in the community of the nation repeated public relations over the time, but some of the players avoided to participate again in already exposed sports activity as only interested student players could feel comfortable in repeating the sports environment, desired to telecast particular sports videos effectively to demonstrate in drop off situation with increased intensity of physical activity as their knowledge level has increased quickly during competitions as studies undertaken by Hawkins and Stouter expressed displaying such sports measures the contestants motivate to participate in physical activities in favorable conditions providing healthy physical activities among players. Further, described untrained student-players often show their reluctance among participating sports activities based on traditional environment feel uncomfortable playing with inexperienced student players as found in the studies of Hawkins that children and adults enjoy the challenges to maintain their influence on displaying sports videos in the

societal community as many participants showed their interest to continue exercising to keep them physically fit and play games regularly to reduce the weight through daily exercise training and some times feel dullness in the play fields where other scholars found increased motivational level of being overweight student players and further initiated the players were motivated to play sports videos on television viewing the folk and western dances as being socially interactive nature in designing the curriculum displaying video games on television as many scholars could not find significant difference in gender proposition describing about their weight position. Consequently, appear to attract players feel reluctant to participate in sports and some recreational physical education, attract students on undertaking physical exercises inside gymnasium as initial step to encourage the players to participate willingly after school timings and grown up individuals engaged in sports activities after discharging their duty hours effectively.

### **Enjoyment Participating in Sports and Physical Activities**

The rise in number of students' enrolment brings satisfaction and enjoyment in undertaking physical education training programs regarded as central phenomena to create meaningful experience in physical education activities comparing experts and trainees' of sports events found trainees require experience of higher level enjoyment in works out comparing with traditional exercises enhancing the satisfaction making easier course for players to maintain regular daily exercises and further studies confirmed that experienced players demonstrated inherent motivation during displaying such games in the competitions, even performing exercises of lower physical intensity feel enjoyment in participating sports to continue their engagement in physical education to prepare for future physical activities programs under taken in the community where as the objective of enjoyment, carried out in physical activities, and engagement many physical education programs, often take time as resources constraint the limits students' opportunities to experi-

ence with the benefits involved in modern physical education courses provided in the society.

### **Physical Education Curriculum Displaying Through Sports Videos**

The displaying games and sports has potential to contribute to physical education programs competitions has been believed to be modern-day activity has preference to develop student-players enjoyment in physical education activity programs contributing its goals to experienced persons displaying sports videos, recommend learning environment where students find apprehension in their efforts in solving the problems confronted to them in the society. In conducting regular physical education classes many players find recreational activity of physical education, while defining the traditional programs to student players that as compared with performing traditional dance activity that reflect programs that focus on many different sport activities as students often start lessons to avail modest training techniques in strengthening warm-up exercises with some jogging before spending the remaining instructional

time in game play. This curriculum is characterized by limited skill and tactical development with a few skilled students highly motivated to participate in moderate intensity activities as many students engage themselves in light exercises and situational interest motivates for solemn efforts to achieve the skillfulness among the participant players and little skilled players were reluctant in improving their skills to feel enjoyment in inspiring players to participate in active lifestyle to construct recreational environment in the community.

The displaying performance on video sports activities implementation without any difficulty to work out recreational physical activity displaying videos on television before the community people offer substantial opportunities to student players to recall the enjoyment moments received in interested sports and physical activities of their choice, emphasizing to generate favorable atmosphere in contributing players' willingness to engage them with untrained players in accepting the challenges confronted them as they experience little concern

over recommending enough opportunities to investigate the assigned research matter in spite of situational interest has been reduced dramatically over the time as players' ability to perform displaying particular videos develop the techniques to improve intensity level of physical activities in the societal community of the nation.

### **Health-Oriented Physical Education Activities**

In recent times most of the physical education programs focus on recreational objectives and many programs oriented towards public health issues paying attention on physical education lessons on physical activity orientation as its main purpose to make students physically active within the assigned research work to complete it during instructional time as many students participate in aerobic sports exercises as essential part of the lessons for players involved in improving the strength and endurance exercises helping cardiovascular fitness of the players during the class timings, trained student players often enjoy physical activity programs find satisfac-

tion in the challenges confronted them to accomplish the designed objectives, where as less skilled players possess low level energy among students often acquire advantage from outside motivation to encourage them to make active to maintain sound heart rate pulse as physical education programs are based on regular physical activities so that children and adolescents meet the physical activities and guidelines from instructors' coaching time, if he finds necessary.

The developers, trainers, and epidemiologists seized high hopes in improving to display sports videos has become fundamental activity in public health orientation on designing physical activity curriculum as many persons involved in the development of displaying video sports videos learning express student players received multiple opportunities to participate in such type of videos to telecast on televisions to develop their ability to play effectively, allow them to exercise for longer durations, depending on frequent changing surroundings provide ideal environment to decrease boredom often found in some of the trained ath-

letes performing adequately in displaying physical education programs and such environment described the different experiences observed exciting arrangement in challenging the trained players, but many independent scholars hesitate to decide whether displaying sports on television will meet the required intensity to motivate the objectives required for health and physical education activities in the community, despite the fact displaying various games on videos appear to feel uncomfortable in stimulating the environment among student players declined for longer period often find difficulties in monitoring the assigned research work.

Further, physical education programs mainly focused on improving student learning process associated with physical activity skills relating to particular sport and physical fitness of the players having cognitive knowledge in their sport performance possess adequate knowledge on fitness issues, finding affective leadership in goal-setting, and achieving intrinsic motivation in completing the process of physical activities among players as many

well-informed programs incorporate the fundamental purpose in finding recreational participation for enjoyment and improving public health programs, oriented towards physical education teachers were not satisfied until students accomplish the approved level of training provided to participant student players to receive unsatisfactory desire in the accomplishment educational physical education program.

The trainee participants after completing their course work normally develop right directions towards players' performance in competitions as successful learning process brings substantial change in behavioral attitude in defining the cognitive learning process effectively bringing changes in analyzing the reasons individual's receive knowledge of physical education programs in the community and academic institutions, facilitating the students to under take the courses on this important discipline in modern times requires designed lessons constructing number of management skills, and providing fitness issues based on their performances in training sessions, with instructional time eff-

ectively find out the results while examining the out put such games interest and enjoyment felt in physical activities worked out in recreational and health oriented physical education discipline, little research work has been carried out in Pakistan, therefore, enough research is not available in telecasting particular sports videos that help in improving students' body balance displayed in above mentioned sports videos events has rarely scrutinized physical education programs, where their main objective has command on understanding displaying techniques of video games telecasted on television. There seems little evidence is available to propose for displaying such games could be referred as viable perspective to educate cherished educational objectives in settling the problems of decision-making. The displaying sports videos on television activities possess bright potential to reach towards the targeted goals as many players check themselves the heart pulses displaying games telecasted on television as concept was based on teaching lessons on learning body structure of the participants responding the exercise intensity participants involved in

organizing such sports videos on TV displaying in teaching the community individuals as lessons were taught learning the fundamental objectives associated with caloric balance and energy expenditure among players during physical exercises, embedded to provide adequate learning about displaying sports videos create environment ideal location to integrate the physical activities bringing affective cognitive results of the educational physical education learning lessons extend immediate benefits to student players expecting to participate for longer time to contribute efficiently, achieving the physiological benefits of physical activity as performed athlete players subside the cognitive principles' frequency associated with intensity and progress of the performance continue to endure for long time in understanding the techniques of displaying the videos on television provided it has been conceptualized within the framework of physical education environment understanding to guide the development in the curriculum televised in the interest of all participants in the country as many learning supposition emphasize the role of the learner as

vital foundation in learning process mainly rely on-physical education courses framed around active participants engaged in reconcile the experience with bodily responses of getting results considering increase to reach reasonable objectives they construct meaning from their experience, focus on solemn gaming as situational learning experience the player, displayed in video games to create educational gaming experience limited to physical activity programs undertaken in situational interest to motivate the participant players. Thus, different players play the same game with different ambitions and intentions to define the achievement received in different academic institutions with complex environments extend authentic source of relational learning such sports on videos providing outstanding example of learning environment reflect the characteristics of trained video sports organizers interacting the movements of physical education provide educational environment to participants of such activity. Shehan and Katz have discussed on the agility and body balance as learning environment of different types of games were chosen for

displaying videos on TV. The content of the game includes not only the skills of the game itself, but also the physical and cognitive challenges that must be mastered to move in higher level.

One of the advantages of displaying video games provides the opportunity to engage players physically and mentally active in displaying the gaming experience where organizers experience most of their life time displaying video games setting feel happiness in showing the involvement in such activities to achieve experience in displaying video games on television. The social interactive aspects of some exergames and physical education relating to displaying video games and without doubt some players find themselves fascinated with displaying video games describing information of particular video games helping players feel satisfied they were conveniently shifted to another place in time during training to avoid their daily concerns of the changing time as players engage completely in a different breathing space often with a new set of characters that quickly become friends and players often emphasize on

interactions within the community of learners student players' willingness to engage their efforts in such activities to perform in the community. The cognitive commitment, physical, and emotional engagement of players provides unique opportunities to engage more on fitness exercises as players often develop affection on particular game characters assisting team members in making uncomfortable opponents due to their body balance in the improvement of displaying video games on television.

### **Conclusion**

In concluding the physical education curriculum has achieved promising place for young players to telecast video games presenting effective academic settings as many of the teenagers playing computer to display video games used in some schools in Pakistan charging high fees to meet the expenses displaying sports videos incorporated with physical education classes in schools during free hours, lunch-times, and after the closing times of schools as displaying video sports games received favorable response from players, students and parents. The displaying spo-

rts videos on television help in communicating the warnings to the trainee players who live in unsafe areas cost more displaying games on television has been the delicate barrier in conducting the fitness programs to the nations, involve high price as compared with expenditures occurring on various exercises with modern equipments in Pakistan such as stationary bicycles, rowing machines; presently young generation play video games more often discussing whether displaying these games has been the good investment in establishing school systems in their locality depends on sustainable physical activity performed time again in order to maximize effectiveness of schools through displaying video games on television to integrate physiological measures in schools. The physical education courses adopt organizing video games routinely to optimize health warm-up of low-intensity develop maximal heart pulses in cool-down physical activities of higher intensity exercises to maintain heart rate pulses to resting level position measured earlier and such a routine work is possible to be taught in school during physical education

classes and home works assigned to children as immediate behavioral change was observed learning and implementing the changes in their behavioral attitude enhancing the experience if students feel reluctant to learn fitness exercises along with maintaining skills to increase their ability and willingness to participate in physical activities undertaken for entire life of the players.

## References

- D. Hawkins: Using game equipment to teach Curriculum Rev, 48 (2009), pp. 10-11
- L.H. Epstein, M.D. Beecher, J. L. Graf, J.N. Roemmich (2007): Choice of interactive dance and bicycle games in overweight and non-overweight youth Ann Behav Med, 33, pp. 124-131
- Z. Gao (2012): Motivated, but not active: the dilemmas of incorporating interactive dance into gym class J Phys. Act Health, 9, pp. 794-800.
- Z. Gao, T. Zhang, D. Stodden (2013): Children's physical activity levels and psychological correlates in interactive dance versus aerobic dance J. Sport Health Sci, 2, pp. 146-151
- R. Maddison, L. Foley, C.N. Mhurchu, A. Jull, Y. Jiang, H. Prapavessis, *et al.*

- Feasibility (2009): design and conduct of a pragmatic randomized controlled trial to reduce overweight and obesity in children: the electronic games to aid motivation to exercise (eGAME) study *BMC Public Health*, 9 (2009), p. 146
- C. Ni Mhurchu, R. Maddison, Y. Jiang, A. Jull, H. Prapavessis, A. Rodgers (2008): Couch potatoes to jumping beans: a pilot study of the effect of active video games on physical activity in children. *Int J Behav Nutr Phys Act*, 5 (2008), p. 8
- K. Sell, T. Lillie, J. Taylor (2008.) Energy expenditure during physically interactive video game playing in male college students with different playing experience *J Am Coll Health*, 56 (2008), pp. 505-511
- D.P. Sheehan, L. Katz., (20013). The effects of a daily, 6-week exergaming curriculum on balance in fourth grade children *J Sport Health Sci*, 2 (2013), pp. 131-137
- H. Sun, (20012). Exergaming impact on physical activity and interest in elementary school children *Res Q Exerc Sport*, 83 pp. 212-220.
- Nintendo Wii as an inclusive learning tool. *Disability Support Services Unit Online Newsletter* (2008), p. 7
- C.D. Ennis. Curriculum: forming and reshaping the vision of physical education in a high need, low demand world of schools. *Quest*, 58 (2006), pp. 41-59
- M. Simons, E. de Vet, S. Hoornstra, J. Brug, J. Seideell, M. Chinapaw: (20012). Adolescents' views on active and non-active videogames: a focus group study. *Games Health J*, pp. 211-218
- A.S. Lu, T. Baranowski, D. Thompson, R. Buday. Story immersion of videogames for youth health promotion: A review of literature *Games Health J*, 1 (2012), pp. 199-204