



Benefit of archery game to improve health and fitness

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Abstract

Archery is a good, physical activity with the walking and repetitively drawing the bow. “The only thing you have to be careful with is that you need to build up to it. This paper is based on secondary data collected from reputed books, journals, magazines and newspapers. Facts and data collected from these sources have been supported by the observational facts by the researcher. Though archery is often perceived as a stationary sport, competitive archers actually require a significant amount of strength, endurance and focus to perform well. If you aren’t familiar with the demands of the sport then you may be surprised to learn that there are several health benefits to participating in archery. In addition to physical benefits, archery can improve your mental health as well. The main aim of a recreational archer is simply to have fun. Archery provides a good avenue for relaxing and enjoying yourself. It can assist you in relieving stress and tension after a long and exhausting week.

Keywords: Archery, strength, endurance

Introduction

Archery is the sport, practice or skill of using a bow to propel arrows. The word comes from the Latin *arcus*. Historically, archery has been used for hunting and combat. In modern times, it is mainly a competitive sport and recreational activity. Archery is a physically demanding sport and the demands of archery are often underestimated by those who don’t participate. Archery is a great game for children. Archery teaches children to be alert, position right and help them realize the importance of safety. Archery is considered as an important sport for children as it teaches them how unsafe habits can injure themselves and provides them knowledge on how important safety is. On the other hand, it is proven that Target Archery is one of the safest sports for children because the strictness involved teaches the children to be safe while enjoying the game. Archery trains your hands to aim based on the feedback from your eyes. With continuous practice and repetition your coordination becomes better. The better coordination an archer has, the better the aiming. The arms, core, chest, and shoulders are all used when practicing a proper draw.

Archery is a fitness activity that benefits areas from muscle development to mental health. The sport of archery requires precision, control, focus, physical ability and determination. Top athletes train daily, and for hours at a time, but even recreational archery can carry huge benefits to your health. Whether practiced indoors or out, competitively or socially – and despite often being perceived as stationary – archery gets you active, burning calories and in a better state of mind. One of the main advantages of archery is that it can be easily performed by both disabled and able bodied individuals. People with severe disabilities as well as the blind are capable of joining provided they make use of the special tactile equipment.

Research Methodology

This paper is based on secondary data collected from reputed books, journals, magazines and newspapers. Facts and data collected from these sources have been supported by the observational facts by the researcher.

Objectives of the Research

- The present research paper aims at the followings:
- To understand the need of Archery game for children
- To know about the importance of Archery
- To investigate role of Archery in promoting health.

Hypotheses of the Study

In present research paper it is hypothesized that Archery plays an important role to improve mental ability.

How Archery Game Improve Health and Fitness

1. Exercise

Archery is a sport that can be practiced by all, no matter age, gender or ability. While physically drawing a bow does expend energy, so does walking to the target end on end to collect arrows.

Games, *The Economist* compared the calorie usage of winning Olympic Gold’s to 10 minutes of other activities like dancing, snorkeling, sweeping and vacuuming.

On their way to topping the Olympic podium, a male archer burns an estimated 1,084 calories –only 747 calories less than women in marathon but more than 1,054 than the 100 metres’ sprint men. (Yes, the timeframes are different - but the point is valid!)

At tournaments, archers walk around eight kilometer’s (five miles) each day and can burn between 100 and 150 active calories every 30 minutes.

2. Strength

As an exercise that requires short bursts of energy from core muscles, the act of drawing a bow puts tension in the chest, hands, arm and large upper back muscles, and non-core areas of your anatomy like the rotator cuffs, which support your shoulders. The correct and continuous repetition of this movement strengthens these tissues.

3. Control

Archers learn to maintain focus on their shot routine, avoiding distractions like wind, distance, noise and their competitors to deliver the perfect arrow. That control is beneficial for other areas of life, too.

4. Neuro-Muscular Coordination

The steps requires to create a good shot combine to form a high-precision routine that needs to be ingrained into an archer's muscle memory and sub-conscious. There's so much happening at the same time – and with such little margin for error – that the coordination of all these movements becomes almost instinctive.

5. Patience

Archery's easy to learn, but difficult to perfect. Although fun, it can be frustrating – and patience in practice is essential for a longer-term future in the sport. Having the determination to precisely repeat a technique makes you a better archer and, consequently, a better person!

6. Relax

Staying calm and accurate under pressure is an ability that archers develop by managing their breathing, concentration and nervousness. When you're shooting well, hours can pass by in a blink of an eye – and, as much as the sport can be sociable, when you're on the line, archery is only about you and your bow. The perfect time for some internal meditation.

7. Self-Confidence

Even in competition, an archer's greatest opponent is himself. Identifying what to improve and setting clear goals is easy – after all, results are all based on easily-measurable scores. Progression breeds confidence, and there's no better sport to measure that than archery.

8. Socialise

There are very few sports in the world that allow the world's best to compete on the target with someone fairly new. Tournaments in archery are, often, without barriers – and enable friendships between individuals from all walks of life. You never know who you'll end up on a target with next

9. Balance

Balance is vital to success in archery as you have to be able to hold your body still while aiming and making a shot. Practicing archery helps you to gain control over your balance as you focus on trying to hit the center of the targets you shoot at. The more you practice, the more your core muscles will become accustomed to balancing your body and keeping you steady as you aim and fire your arrow.

10. Coordination

Hand-eye coordination is an essential skill for archery. Archery trains your hands to work together while performing different tasks, aiming and firing your arrow based on input from your eyes. The more you practice, the better your coordination will become. This increase in coordination will result in better aiming of your bow and will help you in other sports and activities that use the hands as well.

11. Mental Focus

Focus is important to success as an archer, and developing focus can have a positive impact on your mental health and wellbeing. The more focused you are on your target, the easier it will be for you to clear your mind and aim precisely both in practice and in competitions. These same skills will help you to deal with stress and clear your mind of worry when you're away from the archery range and will help you to remain more focused on tasks as well. The focus you learn from archery may even help you to overcome procrastination and distraction.

12. Hand and Finger Flexibility

Finger and hand strength increase in archery. They also become more flexible because they are fully in use while aiming at the target. Strength building: The arms, core, hands, chest and shoulders are all used when practicing a proper draw.

Conclusion

Archery is one of the safest sports for children because the strictness involved teaches the children to be safe while enjoying the game. Archery plays an important role to improve mental ability. Archery is a sport that can be practiced by all, no matter age, gender or ability. In this the correct and continuous repetition of this movement strengthens these tissues. Staying calm and accurate under pressure is an ability that archers develop by managing their breathing, concentration and nervousness. Archery improves a person's self-confidence, mental focus and patience. So this study shows that Archery plays an important role to improve health and fitness.

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