

Health 4

1. Recommendations for flexibility work.

You have to work a specific muscle group and joint.

2. Effects of flexibility on the nervous system.

It improves the quality and speed of stimuli, through which the nerves reach the muscle to act.

3. What is meant by breathing.

It is the process by which gas exchange occurs which facilitates the oxygen necessary for sustaining life and output of carbon dioxide used, it also has the important mission of the PH balance in the body.

4. How can it be controlled breathing.

Breathing can be controlled both physically and mentally, and is the only vital function that escapes the split between voluntary and involuntary control.

5. Phases of respiration.

Expiration. Of great importance, since for clean air from the lungs is necessary to have expelled the corrupt. Must be longer than the inspiration, yoga recommended twice that length.

Retention after exhalation. It is also called dyspnea. Allows relaxation of respiratory muscles. It should only take place with comfortable pace, if the air is taken with wheezing is because the break has been too long.

Inspiration. Air enters the lungs for gas exchange occurs and the blood is oxygenated and release CO₂. Filling most of the lung surface exchanges better.

Retained after Inspiration. It is also called apnea. With more contact time with air sacs leads to a better gas exchange.

1. Breathing patterns.

Abdominal or diaphragmatic breathing. The air fills the lower zone of the lungs and blood more irrigated.

Costal breathing or chest. The air fills the middle of the lungs. This is done by separating the ribs and dilating the thoracic cage.

Clavicular breathing. The air filled with the highest area of the lungs.

2. Identifies three benefits of breathing in relation to the quality of life.

2) pneumogastric nerve stimulation dramatically improves digestion, metabolism and elimination.

Diaphragmatic massage on the stomach and liver further contributes to the digestion and stimulates peristalsis.

3) Provides an uninterrupted night's sleep and reduces the time required to complete rest.

4) It supplies and massage the brain, significantly sharpens perception, thought, memory and other mental functions.

The best position is laying supine (facing up) with a hand placed on the abdomen to feel like this is moving in the different phases of respiration.

1. Describes two breathing exercises.

Grand Circle Breathing Tai-Chi. It is a very comprehensive breathing exercise synchronizes the breathing body and mind. Stand with your heels together and toes at a 45 degree angle, knees slightly bent, spine straight. Join hands below the navel, palms upward and his right hand resting on the left.

Rhythmic breathing. This is different breathing rates set according to the possibilities of the practitioner. You can practice sitting in a chair or on the floor with your back straight. A good starting rate would double to extend the expiration to inspiration, which would represent as 1-2. We would try after making a deduction lungs filled with 1-1-2. Then gradually increase the retention 1-2-2. Retention until a 4 times higher than inspiration, and a 1-4-2 double exhalation.

2. What is meant by relaxation.

Welfare state, as opposed to tension, whereby both the motor nervous system, such as muscle and brain reduces its tone or activity.

3. What is the relaxation effects on the body.

Relaxation helps to solve these problems and is a means to overcome physical and psychological imbalances that cause them. It helps us better to understand and draw attention to ourselves.

4. What is muscle tone.

Muscle tension minimum necessary for maintaining posture.

5. What effect does the relaxation of the mind and brain waves.

They change their motion.

6. What psychological effects is relaxed.

Monitor more effectively our mental states especially in situations where anxiety or stress can impair our ability to act.

1. What steps facilitate learning of relaxation.

1. willingness to learn to relax and acquire a habit.
2. often practiced consistently.
3. choose one of the methods.
4. Find a quiet room with a comfortable and steady temperature.
5. Wearing comfortable clothing that does not bind.
6. Putting yourself in the position chosen.

1. In which areas can be used for relaxation and why.

In sport, the entertainment world, and in the field of medicine