

C  
*by* C C

---

**Submission date:** 04-Sep-2020 01:12PM (UTC+0200)

**Submission ID:** 1379565615

**File name:** Response.,.edited.docx (19.57K)

**Word count:** 890

**Character count:** 5237

**Response 1(Attachment 1)**

Having discussed the relationship between physical activity and health status and the impact of physical activity together with exercise on psychological health, cognitive function as well as overall quality of life, in response to the relationship between health status and physical activity, I concur with the student's opinion of them being proportional and direct. A direct relationship occurs between physical activity and health because for an individual to feel healthy, they have to be involved in some physical activity. The proportional relationship between health and physical activity comes in in terms of the effects of physical activity on an individual's health. For instance, if an individual is involved in a specific physical activity such as running regularly, they would be positive effects of the action on their health. According to Warburton et al. (2006), physical fitness effectively reduced the risk of early death and increased the health status of many people. Also, individuals with chronic diseases such as type 2 diabetes improve their health through indulging in physical exercises. When people are more physically active, then they would experience better healthcare. Hence, in response to the student's work, I believe that understanding the relationship between physical activity and health status will help bring out their connections and effects.

On the other hand, the student's response to the impact of physical activity as well as exercise on psychological health, cognitive function and overall quality of life is informative and understandable. Exercise and physical activity are essential for an individual's psychological health since it brings out benefits such as a feeling of fulfillment and satisfaction. Hence, with such feelings, individuals perceive an increase in quality of life. Such individuals have a meagre chance of suffering from non-communicable diseases such as type 2 diabetes, chronic respiratory diseases, and heart diseases. The impact of exercise and physical health on psychological health,

cognitive function and overall quality of life is explained by the research done by Lin & Kuo (2013), which stated that levels of several neurotransmitters such as dopamine, noradrenaline and serotonin in the body are increased during exercising. This leads to the improvement of brain adaptation/plasticity. Also, it increases the release of endorphins in the brain, which improves the moods of an individual. However, people who have lower levels of endorphins and the neurotransmitters mentioned above are more prone to anxiety and depression. Therefore, exercise and physical activity benefit the psychological health, cognitive function and general quality of life in an individual.

### **References**

- Lin, T. W., & Kuo, Y. M. (2013). Exercise benefits brain function: The monoamine connection. *Brain Sciences*, 3(1), 39-53. <https://doi.org/10.3390/brainsci3010039>
- Warburton, D. E., Nicol, C. W., & Bredin, S. S. (2006). Health benefits of physical activity: The evidence. *CMAJ: Canadian Medical Association Journal*, 174(6), 801-809. <https://doi.org/10.1503/cmaj051351>

### **Response 2 (Attachment 2)**

Discussing physical activity impact and exercise on psychological health, cognitive functioning together with overall quality of life and the reasons why the health effects of physical inactivity are described as a pandemic and Dr. Robert E. Sallis purport exercise to be a drug it is clear that the student's explanation of impact of physical activity as well as exercise on psychological health, cognitive functioning, and overall quality of life rotates around aged individuals. During the aging process, a part of the brain known as hippocampus begins to deteriorate, which leads to increased dementia incidence and reduced memory. However, through exercising, an elderly individual can thus improve their cognitive function, which

positively affects their mood and memory; hence reducing the risk of depression and dementia (Erickson et al., 2012). Physical activity improves coordination and balance in the aging population by strengthening their muscles and brain function. Exercise and physical activity help in improving decreased cortisol levels, reduced inflammation, and body composition that exists due to the dysfunction of the cognitive part of the brain. Therefore, for elderly individuals, any form of exercise such as strength training and aerobics, yoga and Pilates can help improve their psychological health and the general quality of life.

There is also a discussion of the health effects of physical inactivity described as a pandemic. Physical inactivity is indeed considered as a pandemic since it affects many individuals and causes deaths worldwide. In the ranks of pandemics, physical inactivity is ranked as the fourth disease that leads to massive casualties. Every year, it worsens since many individuals die due to physical inactivity. Dr. Robert E. Sallis (2008) describes exercise as a drug or medicine that helps individuals prevent the pandemic, which is physical inactivity which can lead to chronic consequences, including death. Exercise is considered as a cure for many diseases because of preventative and treatment effects on health and <sup>1</sup>chronic diseases such as diabetes and cardiovascular disease. Therefore, I concur with the student's research about the exercise being medicine to the pandemic known as physical inactivity because exercising and being physically active helps in positive psychological health and prevention of conditions such as obesity and heart diseases which result in death. Hence, healthcare systems should advocate in exercising and physical activities to end or decrease the physical inactivity pandemic.

### References

Erickson, K. I., Miller, D. L. & Roecklein, K. A. (2012). The aging hippocampus: Interactions between exercise, depression, and BDNF. *Neuroscientist*, 18(1)82-

97. <https://dx.doi.org/10.1177%2F1073858410397054>

Sallis, R. E., (2008). Exercise is Medicine™, American College of Sports Medicine [Video file].

Retrieved August 31, 2020, from <https://youtu.be/YusqoiXLJkU>

ORIGINALITY REPORT

1 %

SIMILARITY INDEX

1 %

INTERNET SOURCES

0 %

PUBLICATIONS

0 %

STUDENT PAPERS

PRIMARY SOURCES



open.library.ubc.ca

Internet Source

1 %

Exclude quotes Off

Exclude bibliography On

Exclude matches Off