



# **A Study on Movement Control Motor Fitness Variables Among Bicycle Beneficiaries and Non-Beneficiaries of Secondary School Children**

**Chandrika H R**

Director of Physical Education

Government First Grade College, K R Puram, Bangalore, India

**Abstract:** *Cycling is a great way to exercise and achieve healthy levels of fitness and activity. Using bicycle to get around is a great way to stay active as part of everyday activities. Cycling is a healthy, low-impact exercise that can be enjoyed by children. Cycling has numerous advantages that can directly affect quality of life, as it provides benefits both physically, emotionally and ecologically. During cycling, most of the body's muscles are activated. The leg muscles are responsible for the pedaling movement; the abdomen and back muscles stabilize the body on the cycle and cushion external influences; and the shoulder-arm muscular system supports the body at the handlebars. All this trains and tightens up the muscular system, making it stronger and able to function efficiently. Cycling has a considerable relaxing effect due to its uniform, cyclic movement which stabilizes the physical and emotional functions of the body.*

**Keywords:** Cycling

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