



## Classification of sports in Iranian Traditional Medicine

M.B. Siahpoosh, M. Ebadian, G.R. Shahhoseini, M.M. Esfehani, A.R. Nikbakhtnasrabadi,  
H. Dadgostar

### Abstract:

According to Iranian Traditional Medicine, exercise is very important to health preservation and it has been explained a lot of profits for it and according to some philosophers' such as avicenna idea, to health preservation, it is prior to another things even nutrition. Getting the most profits from exercise, proportional sports to every body have been suggested. Actually, sports have been located in different groups and each group, includes specific effects on body. This study's aim is recognition of different groups of exercise and their effects on human body, in the shape of sport classification in Iranian Traditional Medicine, in order to recommendation of appropriate and proportional activity to persons. Using the qualitative study approach of content analysis type, subjects that had been extracted from samples about Sport classification, which had been chosen based on the purposive method from Iranian Traditional Medicine books, were analysed.

**Keywords:** Iranian Traditional Medicine, Sport classification, Qualitative research.

**Corresponding Author:** M.B. Siahpoosh

**Email:** mar.siahposh@yahoo.com