Evolution of exercise rehabilitation

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Application of exercise has evolved significantly over recent years. The interest of physical activity first started out to increase the performance of professional athletes. However, as the efficacy of properly conducted physical activity has been proven over and over again for various diseases and complications, exercise has become a crucial part of rehabilitation regime for numerous clinical treatment plans. In addition, health and functional hazards of sedentary life style has led numerous voices to promulgate physical activity in the last decade.

In light of such a significant role of physical activity in various clinical and health-related aspects, it was a natural and inevitable progression for the scholastic experts of exercise science and many health-related specialists to gain interest in the role of physical activity. In other words, although the exact mechanism has not been fully elucidated, the scientific minds of each specific field have expanded their investigative breadth to the fullest extent to attain superlative approach to improve the quality of human lives. Certain unique quantity, intensity, and type of movements have been shown repeatedly and significantly deter the degree of external and internal degrading factors and maintain homeostasis in human in all ages and conditions.

Recognizing the unique characters of a certain specific field seems to be the first step in enabling the exceptional quality in scholastic advancement. Consilience of unique fields to strengthen the scholastic depth may initiate from fundamental understanding of the difference between the fields and identifying common objectives they share. Understanding may begin by learning and expe-

riencing the field of interest.

The scholars of exercise science have more burden than ever before. Not only the scholars of exercise science have the obligation to specialize in exercise, they have to acquire the knowledge and experience in the specialized areas of clinical health. Instead of solely focusing on one's specialized field, the scientists in the field of physical activity have to fully comprehend and predict the outcome of physical activity to certain specialized group to augment prevention and promote better outcome. It may be said to the scholars of clinical or health-related field to work toward comprehending unique characteristics of exercise science. Such endeavor could be abridged through unpretentious scholastic gatherings such as conferences and publications that focus on sharing collaborative researches and promoting information sharing between different scholastic fields.

It may be necessary to expand the meaning of globalization from the international integration of the nations and ethnics to international integration of ideas, information, and application of specialized fields. As it is the law of the nature to evolve and for the fittest to survive, it may be a natural transition for the scientific boundaries to dwindle and concert toward offering longevity and improving quality of human lives.

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