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## Physical Fitness: The Way of Life

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#### Abstract

Physical education which is usually a part of course at the school level incorporate school level training in the improvement and concern of human body and maintaining physical fitness. Physical education is also about grinding overall cognitive abilities and motor skills via athletics. Exercise of different physical and psychological can consequence unswervingly on the presentation of the players in the high level tournament. Hence the presentation of the player and training should develop in the exacting way. The presentation of the player in every game is depends on the level of appropriateness. Fitness is the major cause for the performance in any game. Here the level of fitness of rural boys and physical education students may or may not vary. The study of rural boys and physical education students gives a inclusive outline how the physical education students and rural boys had the fitness

**Keywords:** Physical Fitness, Exercise, Motor Skills, Presentation.

#### 1. Introduction

Fitness is defined as the quality of being suitable to perform a particular task. Around 1950, perhaps consistent with the Industrial Revolution and the treatise of World War II, the term fitness increased in western vernacular by a factor of ten. Modern definition of fitness describe either a person or machine's ability to perform a specific function or a holistic definition of human adaptability to cope with various situations. This has led to an interrelation of human fitness and attractiveness which has mobilized global fitness and fitness equipment industries. Regarding specific function, fitness is attributed to personnel who possess significant aerobic or anaerobic ability, i.e. strength or endurance. A holistic definition of fitness is described by Greg Glassman in the Cross Fit journal as an increased work capacity across broad times and modal domains; mastery of several attributes of fitness including strength, endurance, power, speed, balance and coordination and being able to improve the amount of work done in a given time with any of these domains. A well rounded fitness program will improve a person in all aspects of fitness, rather than one, such as only cardio/respiratory endurance or only weight training.

A comprehensive fitness program tailored to an individual typically focuses on one or more specific skills, and on age or health-related needs such as bone health. Many sources also cite mental, social and emotional health as an important part of overall fitness. This is often presented in textbooks as a triangle made up of three points, which represent physical, emotional, and mental fitness. Physical fitness can also prevent or treat many chronic health conditions brought on by unhealthy lifestyle or aging. Working out can also help some people sleep better and possibly alleviate some mood disorders in certain individuals.

The U.S. Centers for Disease Control and Prevention encourages the adult public, ages 18 to 64, to engage each week in at least one and a quarter hours of vigorous-intensity aerobic activity or two and a half hours of moderate-intensity aerobic activity; that time can be met in any increments.

Developing research has demonstrated that many of the benefits of exercise are mediated through the role of skeletal muscle as an endocrine organ. That is, contracting muscles release multiple substances known as myokines which promote the growth of new tissue, tissue repair, and various anti-inflammatory functions, which in turn reduce the risk of developing various inflammatory diseases.

Health is the level of functional or metabolic efficiency of a living organism. In humans it is the ability of individuals or communities to adapt and self-manage when facing physical, mental or social challenges. The World Health Organization (WHO) defined health in its

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broader sense in its 1948 constitution as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." This definition has been subject to controversy, in particular as lacking operational value and because of the problem created by use of the word "complete" Other definitions have been proposed, among which a recent definition that correlates health and personal satisfaction. Classification systems such as the WHO Family of International Classifications, including the International Classification of Functioning, Disability and Health (ICF) and the International Classification of Diseases (ICD), are commonly used to define and measure the components of health.

Systematic activities to prevent or cure health problems and promote good health in humans are undertaken by health care providers. Applications with regard to animal health are covered by the veterinary sciences. The term "healthy" is also widely used in the context of many types of non-living organizations and their impacts for the benefit of humans, such as in the sense of healthy communities, healthy cities or healthy environments. In addition to health care interventions and a person's surroundings, a number of other factors are known to influence the health status of individuals, including their background, lifestyle, and economic, social conditions, and spirituality; these are referred to as "determinants of health." Studies have shown that high levels of stress can affect human health.

A measure of the body's ability to function efficiently and effectively in work and leisure activities, resist hypo kinetic diseases (diseases from sedentary lifestyles), and to meet emergency situations.

Sometimes added to this definition is the ability to transmit genes to the next generation.

While this is the short answer for "What is Physical Fitness", there is a longer and more interesting answer when you dig deeper. By looking at the individual components of physical fitness, we can get a better picture of what physically fit means in terms of how to identify it, measure it, and assert its significance.

The following are the top 10 facets of physical fitness that are adapted from sources that include President's Council on Fitness, Sports & Nutrition, Cross Fit, and the National Strength & Conditioning Association. The first 5 facets are health-related and can be improved through proper training and the last 5 are skill related, which can be improved through practice of motor skills – aside from power and speed, which require both.

**Body Composition:** Body Composition is the only non-performance metric. For this reason, it is sometimes not included in other physical fitness lists. While it is possible for an individual to have a high degree of fitness and still have excess body fat, losing body fat while retaining lean muscle will improve all other physical fitness metrics given the strength/power to weight ratio will be improved, along with other general health markers.

**Strength:** Strength is required to perform basic functional movements in our life like squatting, lunging, pushing, pulling, and bending are important in our everyday life. In addition, as we age muscle size and strength tend to decrease along with bone mass, which can be reversed with strength training.

**Cardiovascular Fitness:** Improved cardiovascular increases lung capacity so the heart does not have to work as hard to pump blood to the muscles. It is also important for overall heart health and prevention of lifestyle diseases.

**Flexibility:** The optimal range of motion about various joints has a direct effect on almost all other facets of physical fitness. For example, if one's hip flexors are tight, that can affect the ability to reach maximum speed, or perform agility drills to maximum effect.

**Muscular Endurance:** Performing repetitious physical activity such as gardening, raking leaves and washing your car will become less fatiguing.

**Agility:** Agility is not only critical in most sports such as a boxer dodging a punch, a wrestler finishing a take-down, or a running back changing on a dime could all be considered examples of agility. In addition, changing directions is a common cause of injury, so proper movement control from high levels of agility is essential.

**Balance:** Especially as we age, balance becomes increasingly important to prevent falls, which can result in serious injury. Balance is one of the most overlooked areas of fitness.

**Coordination:** Whether you want to play a musical instrument like the drums, or just get into your car while balancing your morning coffee, coordination is involved in many daily activities.

**Power:** The ability to move a body quickly through space is very important in all sports, and is also required in daily living such as getting out of a chair, which requires not just strength, but power.

**Speed:** Some sports are based purely on speed, and most sports require speed. Speed is also helpful in everyday life, especially when you leave your wallet in a cab and need to run after it.

**Stamina:** Also referred to as anaerobic capacity, the ability of body systems to process, deliver, store, and utilize energy. There are three metabolic pathways of energy (1) phosphagen (2) glycolytic, and (3) oxygen. Cardiovascular fitness relates primarily to the 3rd pathway, while stamina is primarily a measure of the first two, which are involved in speed and power related activities.

**Accuracy:** This is partly covered by the definition of agility, but accuracy refers to the ability to control movement in a given direction at a given intensity.

**Reaction Time:** Also closely related to agility, is defined as the time elapsed between stimulation and the beginning of the reaction to it.

**Health, Nutrition, and Wellness:** While mental fitness, nutrition, and overall well-being are not on this list, they are integrally tied to optimal physical fitness. In fact, optimal fitness could never be achieved without adequate mental fitness and proper nutrition.

I hope this list has provided a more comprehensive view of

what physical fitness is all about so you can apply it to your own exercise regimen. At the end of the day, physical fitness can help us all live longer, fuller, and happier lives.

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