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Relationship between physical fitness and health in physical education

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Abstract

The importance of physical fitness cannot be emphasized enough. In today's society that is moving towards a more sedentary lifestyle, there is a greater need than ever to increase the daily activity level to maintain both cardiovascular fitness and body weight. Staying active means keeping your body functioning at a high level. Regular exercise will maintain the performance of your lungs and heart to most efficiently burn off excess calories and keep your weight under control. Exercise will also improve muscle strength, increase joint flexibility and improve endurance. Another main benefit of physical activity is that it decreases the risk of heart disease, the leading cause of death in America. Additionally, it can decrease your risk of stroke, colon cancer, diabetes and high blood pressure. Regular exercise has been long associated with a fewer visits to the doctor, hospitalization and medication. Exercising does not have to be something boring and dreaded. It can be something that you enjoy that helps to increase the overall happiness in your life, as well as relieve symptoms of stress, depression and anxiety. Try to find some activities that give you pleasure or even a buddy to do them with so that exercise is a fun and enjoyable activity (and one that you continue on a regular basis because it adds something good to your life).

Keywords: Physical fitness, cardiovascular, flexibility, calories

Introduction

According to many health experts, the each human being lives will be a major determining factor for the health and fitness of that individual. Although heredity plays a part, to a large degree health and fitness are acquired characteristics. The food that it eaten, amount of rest obtained, physical activity engaged in, and other health practices that followed play important roles in determining human welfare. In other words, it is important to follow a good health regimen if one is to be healthy and fit. Education is essential to help people follow a healthful regimen. It is important to educate students about language (may be English, Hindi or Punjabi) so that they can communicate articulately with their fellow human beings, about mathematics so that they can add their grocery bill accurately and enjoy Chagal and Beethoven. It is also important educate people about their physical selves so that they can function most efficiently as human beings and accomplish all they are capable of achieving. And to attain this objective they need to know scientific facts essential to good health, possess desirable health attitudes, develop skills to make activity exciting and enjoyable, and be physically active. The end result will be productive, vigorous, and rewarding lives. And as the philosopher Will Durant advises, health is mostly within each person's will. "In many cases, sickness is a crime," this philosopher states. "We have done something physiologically foolish, and nature is being hard put to it to repair our mistakes. The pain we endure is the tuition we pay for our instruction living."

Much of this education should take place early in life when the organic foundations are being laid, skills are more easily learned, and attitudes are formed. Unfortunately, too many people do not recognize the need for this education until cholesterol deposits have closed their arteries, ulcers have penetrated their duodenum, or cancer has started its insidious attack on their lungs. As one wise man has said, "We never appreciate health so much as when we lose it." Although it may be difficult to change the health habits of adults, schools and colleges can and should educate young people about their health and fitness.

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This is not only essential from the individual's point of posture. Former U.S.A President Kennedy stated: "The strength of our democracy is no greater than collective well-being of our people. The vigor of our country is no countrymen. The level of physical, mental, moral and spiritual fitness of every American citizen must be our constant concern."

The fact that thousands of schoolchildren cannot pass a screening test of minimum physical fitness and that many more have undesirable health practices offers some evidence that educational programmes are inadequate in this regard. Sound school physical education programmes are needed. To have outstanding programmes, educators must have a clear understanding of the philosophy of physical education and its worth in education. The following concepts will be of help in setting the stage for education for fitness of young and old people alike.

Fitness implies more than physical fitness

Fitness is the ability of a person to live a full and balanced existence. The totally fit person possesses physical well-being but also qualities such as good human relations, maturity, and high ethical standards. He or she also satisfied such basic needs as love, affection, security, and self-respect. School physical education programs are vitally concerned with physical fitness but also strive to contribute to total health and fitness.

Physical fitness includes more than muscular strength

The term physical fitness implies soundness of body organs such as the heart and lungs, a human mechanism that performs efficiently under exercise or work conditions (such as having sufficient stamina and strength to engage in vigorous physical activity), and a reasonable measure of skill in the performance of selected physical fitness is related to the tasks the person must perform, the potential for physical effort, and the relationship of physical fitness to total self. The same degree of physical fitness is not necessary for everyone. It should be sufficient to meet the requirements of the job plus a little extra as a reserve for emergencies. The student who plays football needs a different type of physical fitness from the student who plays in the school orchestra. The question "fitness for what?" must always be asked. Furthermore, determining the physical fitness of a person must be done in relation to that person's own human resources and not those of others. It depends on one's potentialities in the light of individual physical makeup. Finally, physical fitness, as it is affected by mental, emotional, and social factors as well. Human beings function as a whole and not as segmented parts.

Physical education is not the same as health education

Although closely allied, health and physical education are separate fields of specialization. Whereas physical education is concerned primarily with education of and through the physical, the school health program is concerned with teaching for health (e.g., imparting facts about good nutrition), living healthfully at school (e.g., providing a healthful physical and emotional environment), and providing services for health improvement (e.g., instituting measure for communicable disease control).

Physical education contributed to physical fitness

The student needs to engage in regular physical activity but, in addition, needs to understand the impact this activity has on

the body and mind. The student needs has on the body and mind. The student needs to have activities fitted to individual requirements but also to have these activities conducted in a safe and healthful environment. The student should develop skill in various sports but should also develop skill in first aid and home nursing. These are only a few examples of how the physical education programme helps to achieve the objective of physical fitness.

Physical education must be an integral part of the educational programme to achieve the goal of physical fitness most effectively

This subject is not a frill or appendage of the school's curriculum or a means for entertaining students. It should be a vital part of every educational programme in this country. Furthermore, such a concept must be repeatedly injected into programming, scheduling, and other practices that reflect the true educational philosophy of each school.

Good leadership is the key to effective physical education

The excellent physical education teacher is not someone who merely looks healthy, can produce a string of sports victories, or give a good speech before the Rotary Club. Leadership is basic to the physical education profession, and this means men and women who know their subject, the boys and girls they are teaching, and the best methods and techniques for teaching.

Physical fitness is not synonymous with physical education

Physical fitness is one objective of physical education. It is important to have physically fit boys and girls. However, as long as the word education is part of the term physical education, there are other responsibilities. Developing physical skills, imparting knowledge about the human organism, and using the body as a vehicle for achieving desirable social traits also represent desirable goals. Any program or curriculum aimed merely at building strength and muscle is failing in its educational mission.

Interscholar sports represents only one part of the total physical education programme that contributes to physical fitness

The school physical education programmes includes the class programme that fits the activities to handicapped or atypical individuals, the intramural and extramural programme that provides a laboratory experience for skills and knowledge imparted in the class program, and the interscholastic sports programme for those students with exceptional physical skill. All these aspects of the physical education programme must function in a manner that affords balance and harmony and allows for the achievement of physical fitness and other objectives for all students.

The development of physical skills is a major contribution to long-term physical fitness of students

Obstacle courses and calisthenics represent forms of "canned" activities that yield organic benefits to the student, but a major contribution of any physical education programme is to teach boys and girls a wide variety of physical skills. Skills are motivating agents that will accelerate a student to engage in activities and promote physical fitness, not only in the present but throughout a lifetime.

Administrative support and understanding are needed to achieve physical fitness

The quality of school physical education programme will be largely determined by the administrative leadership of the school and community. Boards of education, super-intendents of schools, principals, and other administrative officials will decide the prestige these programmes have in the eyes of the students, whether credit is given to the subjects when calculating the requirements for graduation, how much money is provided in the budget for their development, the attention given to girls as well as to boys, the degree of emphasis on physically underdeveloped students compared with gifted athletes, and the answers physical fitness of students.

Conclusion

It is not what you are doing, as much as it is whether or not you are doing something. Any type of moderate activity like walking, swimming, biking or organized sports can contribute to your physical fitness. Explore your fitness options at your local gym, community center or community college for courses and organized activities that may suit your lifestyle and interests. To get the most benefit, you should begin by warming up for 5 to 10 minutes to increase your blood flow and prepare your body for activity. Follow the warm up with several minutes of stretches to increase your flexibility and lower your risk for injury. Complete your selected exercise or activity for 20 to 30 minutes and conclude the workout with 5 to 10 minutes of cool down and stretching. Everyone! It is important for all people to stay active throughout their lives. Because of busy work and home lives, more than 60% of Americans do not get the recommended amount of physical fitness daily and these numbers generally increase with age. Throughout adulthood is one of the most important times to maintain an exercise regimen. This is the ideal time to maintain your weight, build strong bones and prevent many chronic health problems like high blood pressure, heart disease and diabetes. Many adults do too much exercise at once. After a long work-week, many people try to fit lots of activity into the weekend and push their bodies excessively. This sudden increase in activity can raise the risk of injury which would then stop activity for weeks. Experts recommend working out several times over the course of a week with varying exercises for the most benefit to your health.

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