



BHARATHIDASAN UNIVERSITY

Tiruchirappalli- 620 024

Tamil nadu, India

Programme: B.P.Ed., Physical Education & Yoga

**Course Title :Contemporary issues in Physical education,
Fitness and wellness**

Course Code: 21BPE24EA

UNIT – 1

Introduction to Fitness and Lifestyle

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INTRODUCTION TO FITNESS AND LIFESTYLE

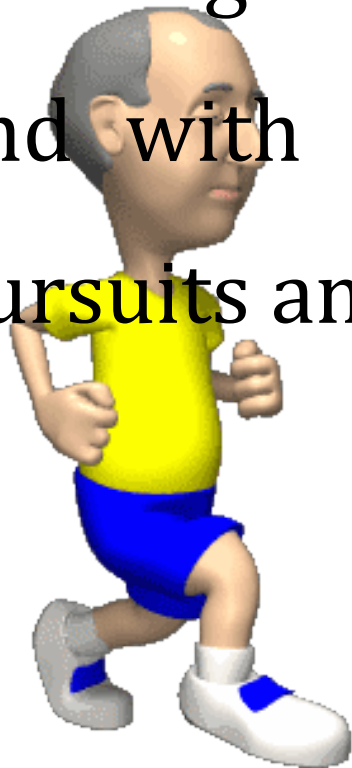
FITNESS MEANING

Physical fitness is a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities. Physical fitness is generally achieved through proper nutrition, moderate-vigorous physical exercise and sufficient rest.



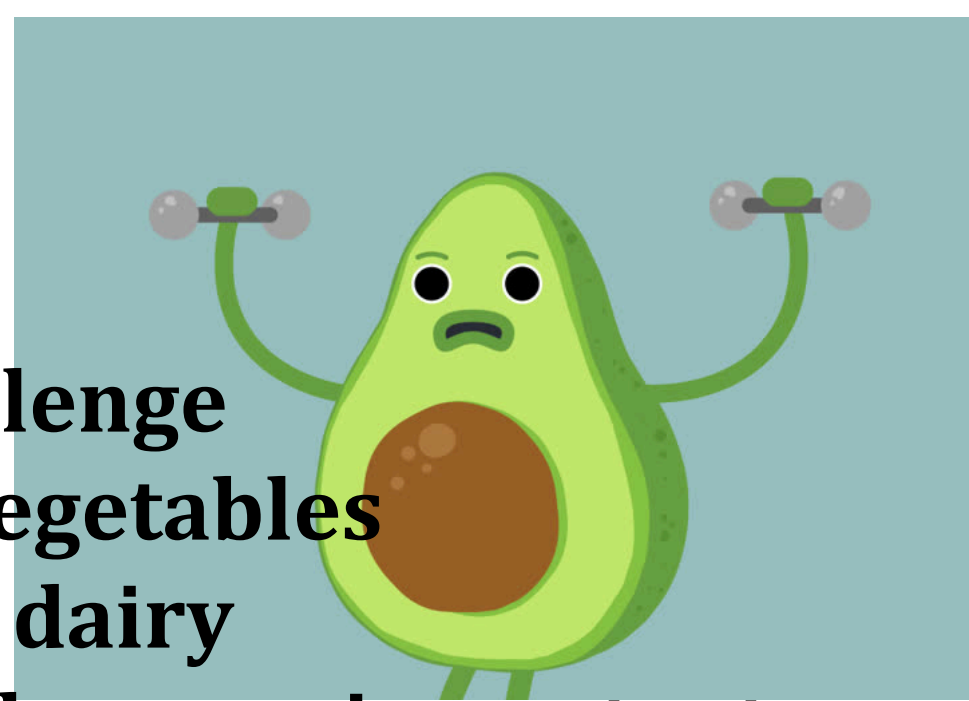
DEFINITION OF FITNESS

According to the *Centers for Disease Control and Prevention (CDC)*, Physical fitness is defined as 'the ability to carry out daily tasks with vigor and alertness, without undue fatigue, and with ample energy to enjoy leisure-time pursuits and respond to emergencies.'



AIMS OF FITNESS

- **Be More Active**
- **Complete fitness challenge**
- **Eat more fruits and vegetables**
- **Considered giving up dairy**
- **Remember that rest days are important**
- **To challenge of behavior and life style**



OBJECTIVES OF FITNESS

- **To establish and set fitness goals**
- **Discuss and implement to components of fitness**
- **Discuss the process of selecting food products**
- **Implement the principles of exercises**
- **Understand how to monitor and reassess one goal**

COMPONENTS OF FITNESS

Components of physical fitness can be divided into two categories, namely

1. Health-Related Physical Fitness:

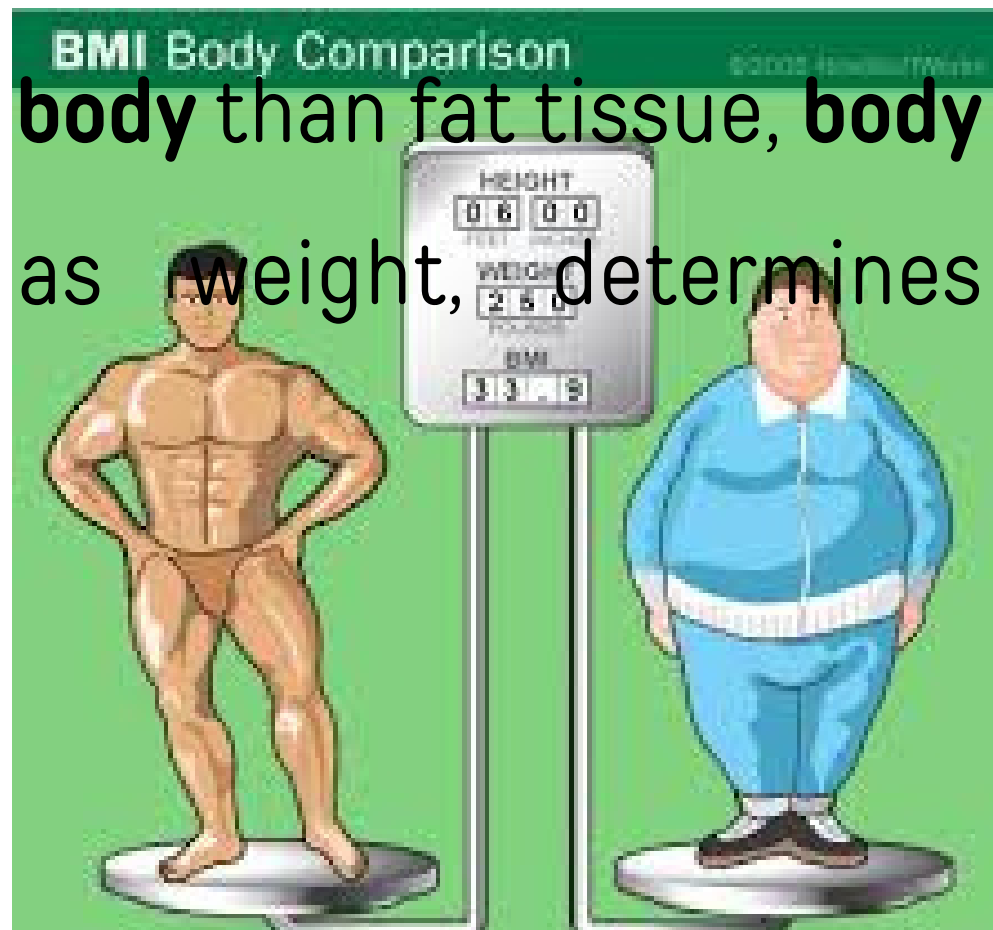
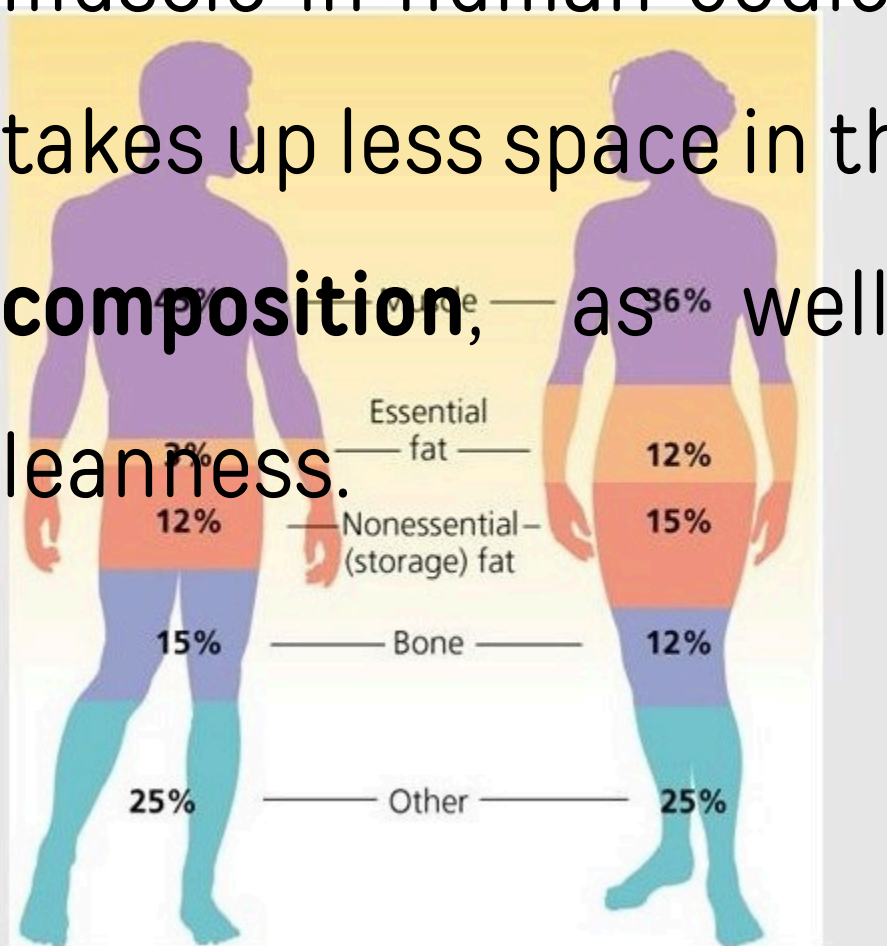
The components that control human issues related to physical development and increase the physical ability, and provide good health to the people, it is called **Health-related physical fitness**.

- **Body composition**
- **Muscle and fat ratio**
- **Strength**
- **Muscular endurance**
- **Flexibility**
- **Cardiovascular endurance.**

The main goal of this ability to maintain disease prevention is to maintain good health.

BODY COMPOSITION

In physical fitness, **body composition** is used to describe the percentages of fat, bone, water and muscle in human bodies. Because muscular tissue takes up less space in the **body** than fat tissue, **body composition** as well as weight, determines leanness.

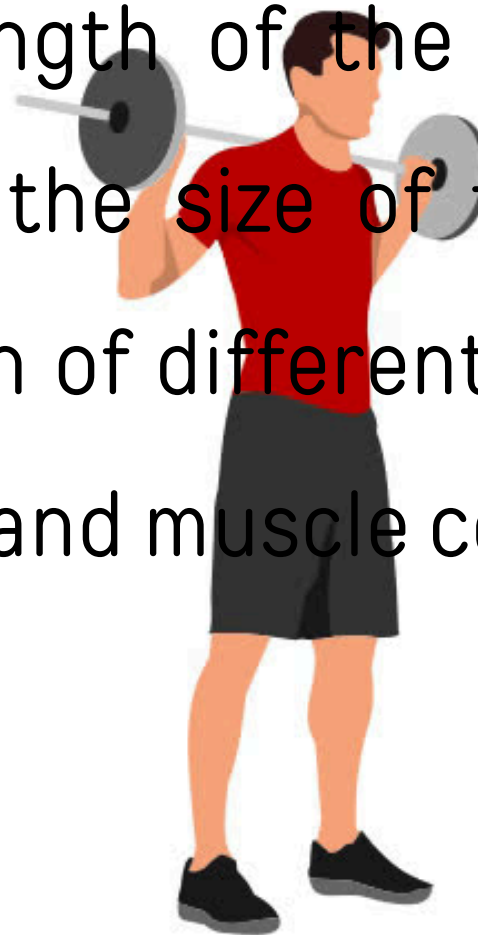


Strength

The ability to overcome any obstacle or to work against obstruction is called strength.

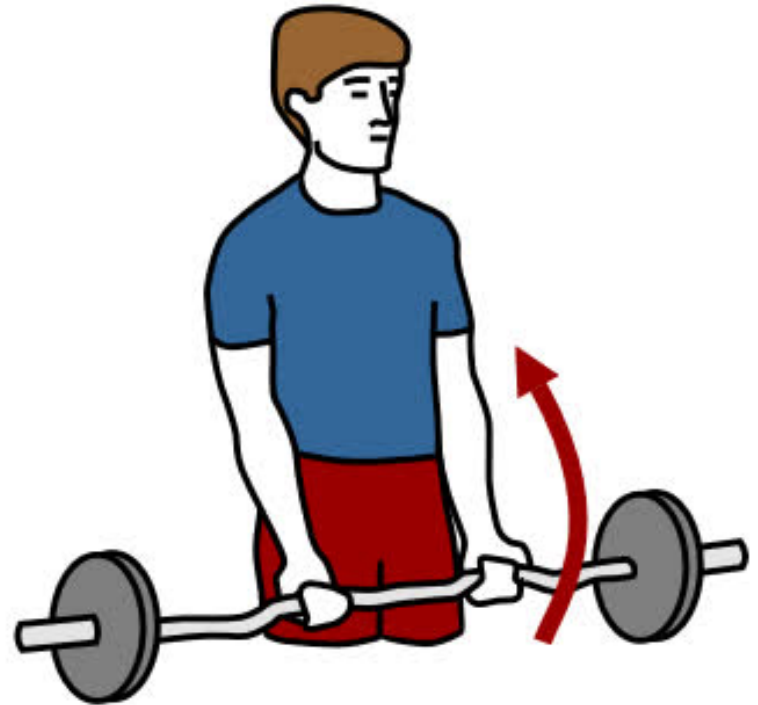
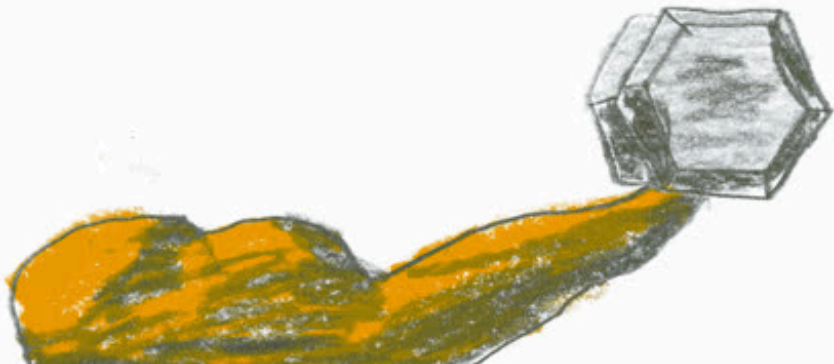
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It depends on the length of the muscles, the muscular cross section, the size of the body and constipation, combination of different muscles, the total number of muscles, and muscle coordination.



MuscularEndurance :

Muscular endurance is the ability of a muscle or group of muscles to sustain repeated contractions against a resistance for an extended period of time. It is one of the components of muscular fitness, along with muscular strength and power.



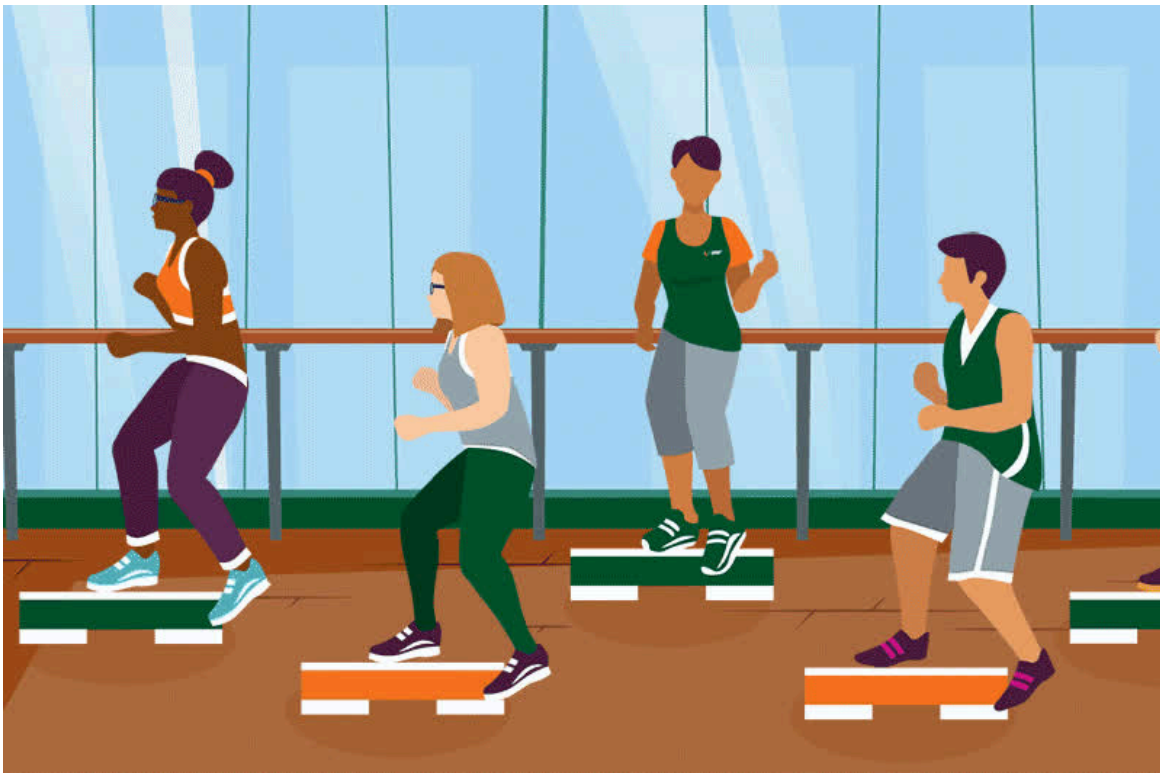
FLEXIBILITY

Flexibility or limberness refers to the range of movement in a joint or series of joints, and length in muscles that cross the joints to induce a bending movement or motion. Flexibility varies between individuals, particularly in terms of differences in muscle length of multi-joint muscles. Flexibility in some joints can be increased to a certain degree by exercise, with stretching a common exercise component to maintain or improve flexibility.



Cardiovascular Endurance:

Cardiovascular fitness is the ability of the heart and lungs to supply oxygen-rich blood to the working muscle tissues and the ability of the muscles to use oxygen to produce energy for movement.



PERFORMANCE (or) SKILL RELATED FITNESS:

The fitness of the sports professional to compete in the field of sports, as well as the fitness to compete with them. In order to achieve complex speed or strategy, the athletes need more or better quality than the normal physical fitness.

Agility

Balance or Stability

Coordination power

Speed

Reaction time



that indicates the speed or position of
time. This particular component of



BALANCE (or) STABILITY

In a stable or dynamic condition on the athletes, when there is no acceleration and pressure of the balls applied to the outer applied balls or when the algebraic gain is made, then the athlete has a balance or equilibrium.

It basically depends on coordination, nerve activity, mental wellness, and ventilator.



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Co-ordination:

Co-ordinating power is the ability to properly organize the necessary coordination between different parts of the body due to an interaction between body and mind for success in any work. (For example, there is a need to coordinate between the speed of the hand and the movement of the feet, depending on the movement of the body while running).



Speed:

The rate of change is called speed. It indicates the ability to transfer the muscles most of the time. It is a special component of the skill of physical fitness. It depends on the mobility of the nervous system, explosive power, technique or technique, muscle proportion, coordination ability, energy capacity, etc.



Reaction Time:

Responding to an excuse, and responding to the response to the response, he responded at the break. The reaction time is affected by how many elements. (*For example – the activity of the senses, the intensity of stimuli, the state of prepared habit, transmission, exhaustion and above the person*).

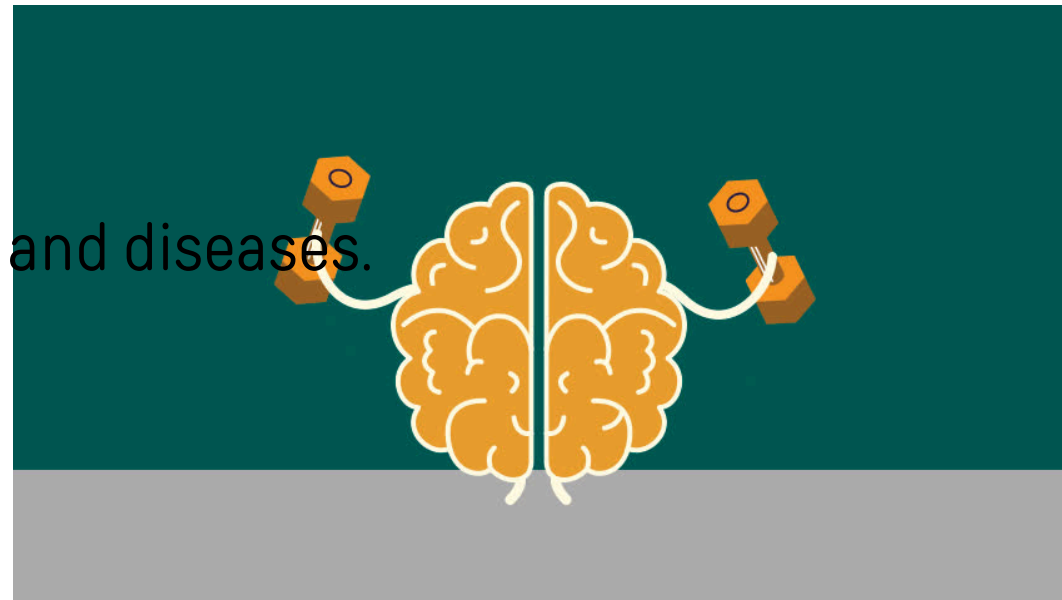
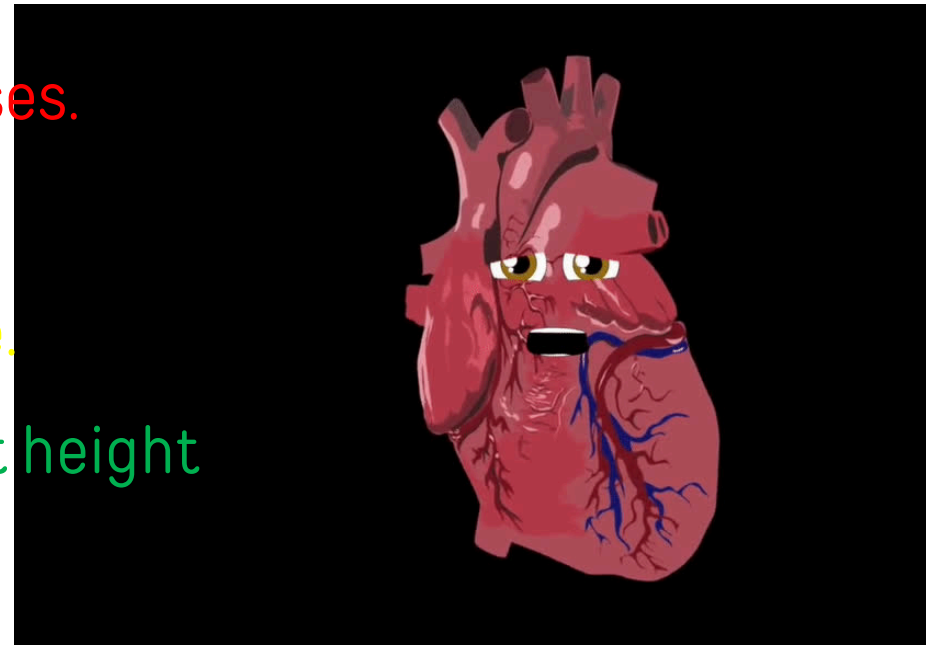


THE IMPORTANCE OF PHYSICAL FITNESS:

1. A person with a physically capable person is able to do a lot of work right and effortlessly, in a short time, without any difficulty working less.
2. Help survive in personal life, vigorous and functioning
3. Correlation between the body and the mind, so that it works properly.
4. Increased performance of the lactating and respiratory system.
5. Obstacles are delayed due to physical ability. So there is a tendency to work for a long time.
6. As the personality develops, the mind remains in the heart.
7. Old age comes late.
8. Disease resistance increases.
9. Increase muscle strength.

10. Physical capacity improves health

- Cholesterol and blood sugar decreases.
- Keep blood pressure normal.
- There is less chance of heart disease.
- Consistent according to body weight height
- Help reduce stress.
- Sleep well.
- The body structure is strong.
- Increases self-confidence.
- Keeps away from minor injuries and diseases.



PHYSICAL EDUCATION AND ITS RELEVANCE INTO INTER-DISCIPLINARY

Physical Education as a subject studies the human actions under various conditions, thus other subjects of academics are also concerned for benefiting human being. Their relevance are as under.

1. Mathematics :

Lot of mathematical calculations are required in physical education like in track marking, ground marking, stagger formula, etc. Thus, a good knowledge of mathematical calculations is required.

2. **PHYSICS :**

The principles of physics help physical education in its activities. The knowledge of Aerodynamics principles of physics helps to improve performance. Kinesiology and Biomechanics involve the principles of physics. Therefore it plays important role in physical education.

3. **Physiotherapy :**

The rehabilitation process after injury is done by physiotherapy. It brings back the lost performance through exercises. This has very relevant importance in physical education.

4. **Medical Stream :**

In physical education, the medical knowledge is very helpful like in the treatment of injury, prevention and cure of injury, overcoming health problems, etc. This aspect is learned through medical stream so it has relevance with physical education.

5. **Biology :**

In physical education Human Anatomy and Exercise-Physiology are studied. So, Biology has great relevance in physical education.

6. Health Education :

Health education studies the health principles, optimum health development, healthy environment, hygiene, etc. This is also promoted by physical education, thus both educational subject cannot be separated from each other.

7. Management:

The activities of the physical education needs good organization, administration and management skills, thus it is guided by management techniques. In physical education, sport management guides the administration, organization, infrastructure techniques, etc. for better results.

8. **Teaching Methods :**

Physical education provides best teaching experience. It also helps to understand various teaching methods. It also guides the proper training methods for various activities.

9. **Sociology :**

This subject studies the social phenomena. Physical education plays important role in socialization process.

Therefore, Sociology has great importance in physical education to improve personality and also helps to bring social changes.

10. Psychology :

Psychological factors like motivation, feedback, learning patterns, behavior modification etc. are better understood by psychology. A branch of sports-psychology deals the psychological patterns in physical education to enhance performance.

11. Dietary and postural Remedies :

Good knowledge of dietary, postural remedies, bio-chemistry, etc. help in the enhancement of performance.