



# Importance Of Health Fitness In The Field Of Physical Education

Physical Education

Rinki Paul

Research Scholar, Sunrise University, Rajasthan

**Abstract:**---Physical fitness is absolutely necessary for a beautiful and happy life. It is not possible for a sick person to complete any work successfully. So it is very important to acquire knowledge about physical education to achieve physical fitness. In ancient times the acquisition of knowledge related to the body was generally valued as physical education. Many times we say, the body is not feeling well, so we don't want to do any work. If the body is healthy, the mind is healthy, if the body is bad, one cannot concentrate on any work. Therefore, it appears that there is a close relationship between body and mind. The ancient adage of 'a healthy mind in a healthy body' has thus proved to be true for all time. Currently, physical education is the integrated achievement of the development of physical organs, mental development, control of emotions and social qualities. A student as a good citizen of the country by acquiring these qualities of physical education.

**Keywords:**--- Helth, Fitness, Physical, mental, Social, Physical activity, management, Prevention , field

**Introduction:**---In our daily lives, fitness and health have attracted significant attention as an important aspect of overall well-being. People are beginning to recognize the profound impact that fitness and health have on every aspect of our lives, from our personal relationships to our professional success. That's why fitness and health in our daily life The importance is very high.

## Research Background

**1. Health Fitness :---** 'It is the ability to perform our daily task without fatigue' Being able to perform daily tasks efficiently, enjoying leisure time and then working for a sudden emergency Physical ability to fall is called physical ability (Fitness).

**1.1 Physical ,Mental and Social:---** Physical refers to the proper functioning of various devices and systems, externally and internally. External function means - good physical structure, good external appearance, good complexion, attractive countenance, strong limbs, well-formed and undamaged posture and efficient organ circulation. Intrinsic efficiency refers to increasing the maximum acceptable level of functioning of various body systems (nutritional system, circulatory system, respiratory system, nervous system, etc.). Mental refers to the balanced development of personality and behavior. Which helps him to live in harmony with all the

people around him. Sartorius said "a state of harmony between one and others, a co-existence balance between the individual and the surrounding world, a between the realities of the self and that of other people and that of the environment." Social refers to such qualities of people

Coherence, by which his unity with society is proved Donald said " "the quantity and quality of an individuals' interpersonal ties and the extent of involvement with the community".

1.2 Health related physical ability: -----Health related physical ability can be acquired through physical training of people. It is a dynamic and changing condition. The main aim of which is to keep the body free from diseases and improve the overall body. Components that are specific components of health-related capacity are cardiorespiratory endurance, muscular endurance, flexibility, and body fat percentage.

The components of health-related physical fitness are-

- 1) Amount of bone, muscle and fat.
- 2) Heart and lung endurance.
- 3) Flexibility.
- 4) Muscle strength.
- 5) Muscular endurance.

1.3 Physical activity:-----People have many healthy lifestyles or behaviors that affect their performance, health and well-being. Our health is closely related to life style. Physical activity, nutrition and stress reduction activities at the same time. A review of the history of human evolution shows that as long as man depended on bodily functions and organ circulation in his daily struggle for survival, his problems were not as extensive and complex as those of modern life. Advances in technology have increased industrial production, improved communication has brought distances closer, improved medical systems have succeeded in treating many chronic diseases, but these advances have made people inactive, lazy and inactive, resulting in increased obesity, decreased disease. Immunity and human life have become completely dependent on medicine. Laziness, inactivity and the resulting weight gain are the causes of many physical problems. But it should be remembered that the cause of excess body fat and weight gain is not specific or single. They are the by-product of many factors, such as physical inactivity, comfortable lifestyle, diet, genetics, social and psychological behavior (attitude) etc

1.4. Definition of physical activity (Definition):-----By physical activity we mean the movement of body parts (bodily movement) which is done through the contraction of skeletal muscles and through which energy is expended (expenditure of energy). It can be of various types. Such as walking, gardening, climbing stairs, cycling, running, swimming, jogging, other household activities etc. Physical activity improves health and well-being. They reduce stress, strengthen the heart and lungs, increase energy levels in the body, help maintain proper weight and change values in life.

There are three types of physical activity. Namely- 1) light (light). 2) Moderate. 3) Vigorous.

1.5 Physical activity selection in mind:-----Walking, gardening, climbing stairs, playing football, playing cricket, dancing – we can adopt these as physical activities in our daily life. Such physical activities can be taken as a part of daily life in the form of 30-minute special activities of moderate and vigorous intensity. Some examples are - brisk walking - 3.5 miles per hour, hiking, gardening, dancing, golfing, cycling - less than 10 miles per hour, weight training ,Heavy, Running/jogging (5 mph), cycling (over 10 mph), swimming (freestyle), ballroom dancing (fast pace), brisk walking - 4.5 mph, jogging, weight-lifting, basketball, volleyball Competition etc.

Physical activity is an activity that can be undertaken by people of all ages and genders. We don't need to run marathons or spend hours in the gym. We can easily become physically active if we-

- a) Can walk once a day, b) I can go up stairs instead of lift,
- c) Can spend less time in front of television or computer, d) can play actively with children,
- e) Can walk or cycle to cover short distances,
- f) I can do the housework by myself without leaving it to the maid. g) Can swim while taking bath.
- h) Can do a little yoga and pranayama at home.

There are different methods of exercise. The most important of these is the 'morning walk', which means walking in the open air on a specific route at a specific time early in the morning. Life can be prolonged through this physical exercise, life can be kept active for a long time, mental strength can be increased, efficiency is increased in both intellectual and laborers. Besides, by increasing the immunity of the body, the body can be protected from many common diseases. Age-related diseases, heart diseases, blood pressure, lung diseases, joint and muscle diseases, diabetes, respiratory memory loss, liver and kidney diseases etc. can also be postponed to some extent. Through exercise, various sick patients can live a normal life for a long time without medication or with low dose of medication. All these things are scientific and proven.

#### 1.6 Health benefits of physical activity:----

- A) Increases the performance of lungs and respiratory system.
- B) More air enters the lungs during running, cycling. As a result, extra amount of oxygen reaches every cell of the body.
- C) Increases the performance of the heart and circulatory system.
- D) Heart muscle becomes stronger, pumps more blood.
- E) Blood pressure is normal.
- F) Blood circulation in the heart is faster. As a result, the chances of blood clot and heart attack are reduced.
- G) The number of blood vessels increases.
- H) The volume of veins and arteries increases. As a result, more blood is transported.
- I) Reduces the amount of bad cholesterol (Low density lipoprotein) in the blood and increases the amount of good cholesterol (High density lipoprotein).
- J) Regulates sugar levels by maintaining the amount of insulin in the blood.
- K) The heart rate is reduced, so the heart gets more time to rest.
- L) Increases body performance, spends life enjoying pleasure.
- M) Beautiful body structure and physical appearance are beautiful.
- N) Leisure time is spent actively, social relations are good.

O) Mental strength increases, emotions can be controlled.

P) Active role can be played in emergencies.

1.7 Prevention and Management through lifestyle changes and exercise:--- Exercise is a series of planned and specific activities, By which physical capacity and overall health can be improved or protected. Often we refer to exercise or physical activity as a stepping stone to developing an athlete's ability or technique. But it should be remembered that regular physical exercise plays a key role in eliminating cancer, heart disease, cardiovascular disease, diabetes, weight gain disease and back pain. Depending on the overall effect of the exercise on the human body, exercises are generally divided into three groups,

a) Flexibility-enhancing exercises-which involve stretching of muscles and jointsIncreases power.

b) Aerobic exercise- includes walking, swimming and running which increase cardiovascular endurance.

c) Anaerobic exercise includes muscle strength-dependent exercises such as weight-bearing exercises or fast running.Physical exercise improves physical fitness by maintaining an appropriate weight for height, building strong and healthy bones, muscles and joints, maintaining physical fitness, reducing the risk of injury, and increasing immunity. (Physical fitness) to the maximum extent. Exercise is like health .Aids the receiving process. When the body does not get proper nutrition, it almost goes into a state of starvation and physical functioning becomes dependent on stored fat. Studies have shown that long-term low food intake or lack of energy as needed decreases the production of thyroid hormones in the body. Therefore, proper rest and recovery are critical to maintaining health, or the body may suffer permanent damage that cannot be repaired through exercise.

(A) Physical fitness: --Physical fitness refers to the health of the cardiovascular system, digestive system, endocrine system and respiratory system. Right weight, right health is the first step to being healthy.Cardiovascular system requires good thinking, positive thinking, worry free life, a balanced life style free from tension. Fat free food and regular exercise should be avoided fast food. A life free from cold drinks (bottled) and all kinds of intoxicants can keep the cardiovascular system healthy.

(B)Mental health: According to the World Health Organization, 80-85 percent of physical diseases are caused by mental health. In that case, mental health is essential. Mental illness mainly consists of tension, depression, frustration. Again mental (excess) torture also brings illness. Those who worry too much, think unsuccessfully and do not know how to rest the mind, become mentally ill. Practicing mental exercise or meditation helps the mind to heal like the body. A healthy mind means a healthy body. That is why it is necessary to take care of the mind. Since the mind is a metaphysical substance, its activity is realized in the receptacle of feeling.

(C)Social Wellbeing: A harmonious environment along with peace and goodwill also helps in keeping people healthy. If one has to live in a socially unhealthy environment, mental tension and anxiety do not allow one to be healthy. Negative news, TV serials, vehicles, natural environment, create tension and tension at workplace, on top of that, if the neighborhood or home environment is unhealthy then one cannot stay healthy. There are seven keys to protecting social health.

a) There should be genuine affection and good thoughts towards everyone in the family.

b) Time should be given for all-round development of boys and girls.

c) Good will needs to be harnessed, not too much will.

d) Friendship and cooperation should be given generously to all.

(D) Spiritual Health: ---Although all health is known, many people do not have a proper understanding of this spiritual health. Spiritual health is keeping the wisdom right. Vrittis are evil thoughts, thoughts of adultery arise, jealousy vrittis are awakened, suicidal desires are awakened and the flow of criminal acts is created. When vrittis are corrupted, they are reflected through actions, resulting in various disorders (AIDS, mental disorders, mental imbalances, mental disorders, etc.). If you keep the Attitude healthy (through Self Realisation, Relaxation, Meditation) you can stay free from many diseases. Anger causes nervous disorders, jealousy causes hypertension, evil thoughts cause heart attacks, digestive problems, insomnia, etc. Mental and physical torture weakens the blood's immune system, making it easy to get sick.

Conclusion:----For good health, overall well-being to meet the goal of a healthier world, we need to be careful. Although nowadays people are more health conscious but more awareness needs to be brought. Health is wealth. In order to protect this resource, some formulas are mentioned, by which by bringing equality of goals and symptoms, healthy people full of health can create healthy people, can make the commitment of World Health Day a success.

- 1) Exercise regularly,
- 2) Practice regular meditation,
- 3) The mind needs to be changed, not suppressed,
- 4) Must be free from all kinds of addictions,
- 5) It is necessary to take measures to stay positive and happy by turning the mind away from worry, failure thoughts, negative thoughts, toxic thoughts,
- 6) Keeping the mind busy with homework is a way to relax .It is also necessary to take rest.
- 7) It is necessary to live an orderly life,

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