



PHYSICAL FITNESS AND MODERN LIFE

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Communicated :20.02.2022

Revision : 15.03.2022
Accepted :25.03.2022

Published: 01.04.2022

ABSTRACT:

For hundreds of years, man has been vaguely aware that exercise and fitness are important to his well being. Not until recently has science began to document the nature and extent of the relationship between exercise and health. Although man is supposed to be more knowledgeable about the role of exercise today than ever before, it is an indisputable truth that present day man has deteriorated in his fitness level as compared with his ancestors. This is because most of the activities carried out by our ancestors for their welfare and which indirectly benefited them in terms of high fitness status has today been taken over by products of automation and scientific developments. Man now has the tendency to be sedentary and to include in life style devoid of physical activities. It has been observed that when physical inactivity sets in, the signs are more quickly manifested in the female sex than in the male. There is a notion among the modern female that rigorous physical activities apart from dancing are undesirable for women, and that they lead to the development of masculinity. Some do not care for extra exertion required for conscious exercise and will complain of aches, pains and ill imagined fictions in order to escape from vigorous physical activity.

Key words: - *Physical education, sports, physical fitness, wellness and modern life.*

INTRODUCTION:

Physical and mental well being are very closely interrelated, physical activity enhances mental development of person. In physical education and sports, especially, in developing physical fitness there is a large repertoire of activities for experiencing success Albert (1968) recommends that success in motor skill depends upon physical fitness research findings showed that participation in running programme contributed to development of cardiovascular fitness. Many studies conducted outside India have advised for physical fitness has positive effect on sport performance capacity. Norms of physical fitness are essential for formulation, control and assessment of training of sportsman. Apart from many other factors, the health and performance of an individual in general and sports persons in particular, affects because of physical fitness.

Aim: To know the importance of physical fitness in the modern life.

REVIEW OF LITERATURE:

Titule and Beebes (1941) and Davis and Berger(1973) compared college athletes to non athletes on the basis of scholastic achievement but found no differences. Hart and Shay (1964) observed a positive relationship between physical fitness and grade points average and stated that physical fitness could not be used as a predictive device for academic performance nor could academic performance be used for prediction of physical fitness. Jones (1967) observed that physical fitness did not seem to be related to academic achievement for university students. Bruntley (1967) found that physical fitness, motor ability and states strength batteries associated with under achievers did not account either for an adequate amount of variance for predication of intelligence level or of for prediction of academic achievement level. Mcclanney (1969) concluded that high fitness group appeared to be more group depended and the low fitness group was more self sufficient.

RESEARCH METHODOLOGY:

Brassfield (1943) pointed that the physical fitness of a person is limited by the cardio respiratory system, after analyzing all the physiological characteristics of the human body. Evaluation of physical fitness by measuring the recovery heart rate after stepping exercise (Brouha, 1943) and also by measuring the aerobic and anaerobic power (Astrand and Rodahl, 1970) are of prime importance. For evaluation of physical fitness, step test was given importance, and several modifications have been made by the later researchers (Rhming, 1953, Skubic and Hodegkins, 1963; Shephard, 1971; McArdle et al., 1972; Margarita, 1976; Ghosh et al., 1980; Ghosh, 1981), Relative merits (Margaria et al., 1965) and demerits (Lang Anderson et al., 1971; Shephard, 1971) have also been reported in the literature.

Physical fitness:

The battery of physical fitness tests selected consists of the following,

1. Bent Knee sit ups: For abdominal and trunk muscles.
2. Pull ups for arm and shoulder muscles.
3. Standing broad jump for leg and thigh muscles
4. Standing vertical jump for leg and thigh muscles
5. Speed – 60 meters dash
6. Endurance – 2.4 kilometers run
7. Agility - 6 x 10 meters shuttle run
8. Trunk flexibility – forward bend and reach
9. Hand grip strength – subject to availability of requisite dynamo meters
10. Back muscle strength - subject to availability of requisite dynamo meters
11. Vital capacity – subject to availability of equipment
12. Maximum voluntary ventilation - subject to availability of equipment.

RESULTS:**Need and importance of Fitness**

We all know that being physically fit is good for us, but exactly what are the needs of physical fitness? Why is physical fitness important?

Need

1. Effective work
2. Good health
3. Face emergencies

Importance:

Fitness is important for people of all age groups.

1. Overall health
2. Boosts energy
3. Weight reduction
4. keep our bones strong
5. We will sleep better
6. Strong build
7. Mental strength
8. Personality development

What affects physical fitness?

All unhealthy lifestyles affect fitness

1. Regular physical activity
2. Eating well.
3. Managing stress
4. Avoiding bad habits
5. Practicing safe sex
6. Learning first aid
7. Seeking medical advice
8. Protecting the environment

Benefits of Fitness

1. Improve sleep
2. Improves body composition
3. Increases bone density
4. Decreases risk of injury, promotes joint stability and strength
5. Increase BMR
6. Increases immunity
7. Improves circulatory system health
8. Decreases risk of disease (cancer, type II diabetes)
9. Assists in stress management decreases depression
10. Improves self image
11. Lose excess body fat

12. Increases energy
13. Improves athletic performance
14. Injury and disease prevention
15. Increase muscle mass and bone strength

Other effects of being physically fit

1. Wonderful stress reliever
2. Improves flexibility
3. Increases edger levels and stamina
4. Helps regulate your appetite
5. Postpones the process of aging
6. Enhances quality of life
7. Helps look better
8. Helps sleep better

Mental benefits of physical fitness:

Releases endorphins which are responsible for our psychological well being and also help in recuing pain, increases brain power by increasing serotonin level in our brains, which leads to improved mental clarity and boosts self confidence, improves mood, and relieves symptoms of depression.

Benefits of physical fitness:

1. High self esteem and a positive outlook.
2. A foundation philosophy and a sense of purpose
3. A strong sense of person responsibility
4. A good sense of humor and plenty of fun in life
5. A concern for others and a respect for the environment
6. A conscious commitment to personal excellence
7. A sense of balance and an integrate lifestyle
8. Freedom from addictive behaviors of a negative or health inhibiting nature
9. A capacity to cope with whatever life present and to continue to learn
10. Grounded in reality
11. Highly conditioned and physically fit
12. A capacity to love and an ability to untrue
13. A capacity to manage life demands and communicate effectively

CONCLUSION:

The benefits of fitness make us to live much healthier life. It helps us to deal successfully with the difficult situations arising in our day to day life. Today everyone knows that life became more faster and if we want to go with that speed we should be fit physically as well as mentally Stress, obesity, diabetes, acidity and much more diseases are the gift of our unhealthy lifestyles. Due to lack of physical activities but only elders but youngersters are also facing plenty of problems in their life. If we want to avoid it then the only answer is fitness and wellness.

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