

Objectives

- To develop physical fitness being aware about individual fitness.
- To study the principles of fitness.
- Maintaining consistency in exercise by making it a habit.
- To accept a balanced diet and health habits.

Since ancient times, the role of physical fitness and health is important in human life. According to the law of nature 'Survival of the fittest', ones who are healthy and physically fit can live a healthy life in this situation. For this Physical fitness needs to be developed. For healthy life appropriate physical activity needs to be done.

1.The importance of physical fitness:

Everyone should know the importance of physical fitness. For this, everyone must have a basic knowledge of human physiology. This basic knowledge makes every individual capable of understanding physical fitness. Physical fitness also strengthens the mind. It also makes body relax and makes one capable of facing challenges in life. Increased physical fitness not only makes one healthy but it improves the performance.

2. Personal fitness program:

To enhance and maintain our fitness we need to exercise daily. For this choose the exercises that will develop different factors of fitness. Measure abilities with the help of various tests. Then do the appropriate exercises of those fitness factors more in which you have performed less.

1. Daily activities

Exercise at least one hour daily which will include exercises from medium to high intensity. There are more benefits if exercises are done for more than an hour.

This exercise can be done at home, at school or on the field nearby your home. Choose exercises and sports in the daily routine which will increase your cardiovascular endurance. e.g. Cycling, Running, Swimming, Basketball, Hockey, Football, Skipping etc

Exercises that increases strength of muscle and bones should be done at least three times a week e.g. Weightlifting, Judo, Wrestling etc.

Yoga must be done to increase concentration and mental health, It must include Asanas in different positions along with Pranayama and Meditation.

2. Diet:

Eat a balanced diet every day. Avoid eating outside food, which is oily, spicy, and non-nutritious. Because these types of food cause more harm to the health.

3. The habit of exercise:

In your daily routine, morning or evening time should be reserved for exercise. This will develop the habit of exercising regularly. Yoga should also be included, so that your physical fitness will be increased and mental health will be maintained.

4. Exercise Session

Exercise Session is divided in to three parts.

(1 Warming Up

(2) Main Activity e.g. game/ activity

(3) Cooling Down

3. Principles of Fitness:

Everyday exercise is needed to enhance your fitness and maintain it. While preparing the exercise program which will have positive changes, principles of fitness must be followed.

(1) Individualization

Fitness program must be designed as per the individuals need. Different people respond differently to the exercises. In order to develop fitness of an individual,

his needs and physical abilities must be taken into consideration.

E.g. To improve the fitness, all shouldn't be trained with the same training program. Fitness program should be designed by considering everybody's need.

(2) Specificity

While designing training program, the purpose, need and ability of the child must be taken in to consideration and must be designed specifically. our body response depends on the specificity of the training which will help him for better adaptation.

E.g. Gender, age, height, weight as well as for what he wants to do the training program that means whether he wants to lose, increase or to maintain the weight. Considering all these aspects special training program must be given.

(3) Overload

While designing a training program, overload of exercise must be considered to have a positive effect on the body. For the adaptation of the body to training, overload is required. This can be done by increasing the load daily than the usual. And for this FITT principle must be considered

Frequency of Training (F)

How many sessions of exercise or

training, we do in a week is called as Frequency of training. Generally, to maintain our health it is necessary to exercise 3 to 5 days in a week. The frequency can be less or more according to individuals health or physical fitness.

E.g. To increase the strength of the biceps, exercise is usually done 10 to 12 times in a row. Means 10 to 12 times is it's frequency.

Intensity of Training (I)

Exercise intensity refers to how hard your body is working during physical activity. Generally, the intensity should be from moderate to high. Following steps should be followed to increase the intensity.

- 1) Increase the frequency
- 2) Increase the number of set
- 3) Increase the load
- 4) Increase or decrease the duration of exercise.

T = Type of Training

In fitness training same type of the exercises should be avoided. Variety of exercises must be included to make the fitness training more interesting. e.g. Cardiovascular endurance, Muscular endurance, Flexibility, Strength etc.

There should be variety in all these types so that it will be of great benefit to improve the fitness. Monotonous fitness program decreases the interest of a person.

T = Time of Training

The duration of any fitness program must be specified, by keeping it low at the beginning and should be increased gradually. Intense program in short time may lead to fatigue and injury.

E.g. While designing a fitness training program for any individual all these aspects should be taken into consideration. Overload should be avoided otherwise it will affect on the performance and will lead to fatigue and may have injury.

(4) Progressive Overload

If there is a need for positive change in a player or an athlete with exercising, it is necessary to add more load to the exercise or training program. The intensity and load of the exercise should be increased slowly and steadily while increasing the load.

E.g. If in the first week a person is performing 20 sit ups and 20 push ups then after 8 to 15 days these numbers must be increased, then only the progress will be seen.

(5) Variety

To have the required positive transformations in the fitness, variety of exercises must be included in the training. It shouldn't be boring and must have variety in the training to avoid injury.

(6) Rest and Recovery

With adequate Rest and Recovery, body gets adaptable to the exercise, which is very important.

Recovery is required for better adaptation. Good recovery helps body to adjust to the stress and changes due to exercise. This can be done in a variety of ways, such as proper diet, aerobic exercises and stretching exercises.

(7) Reversibility

The reversibility is a concept that states that when you stop working out, you lose the effects of training. We get benefit after starting exercise and training after a gap.

(8) Consistency

To maintain and develop the fitness it is necessary to have consistency in the training program.

To improve your fitness, plan your exercise and training considering all these principles of training.

Development of Physical Abilities

- Which exercises you will do to improve the following health related physical fitness factors?
 1. Cardiovascular Endurance
 2. Muscular Strength
 3. Muscular Endurance
 4. Flexibility
 5. Body Composition
- Which exercises you would do to improve the following skill related physical fitness factors?
 1. Speed
 2. Power
 3. Agility
 4. Coordination
 5. Balance
 6. Reaction Time

Q. 1 Fill in the blanks with appropriate word.

1. Appropriate is necessary for the development of healthy personality.
2. and is necessary to make the the individuals body ready for exercise
3. While increasing the exercise training the intensity and load should be increased by and
4. should be there for getting favorable changes in exercises.

Q. 2. Answer in one sentence.

1. What do you mean by frequency of exercise?

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2. Which principles should be considered while doing exercises?

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3. What should be done to improve mental health and concentration?

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4. For how many hours exercise should be done daily?

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Q. 3 Answer in brief.

1. Write the names of five components of health related physical fitness.

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2) Write three main parts of an exercise session.

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3) Which exercise should be selected to improve the cardiovascular endurance in daily exercise ?

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Q. 4 Write your view.

1) Importance of fitness for healthy life.

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2) Prepare your individual exercise or training program for developing physical fitness.

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Supplementary Study:

Visit to your nearest college, arrange an interview with Physical Education Teacher/ Director of Physical Education and collect more information about Physical Fitness and note down them.