

## Importance of Physical Fitness

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Physical fitness is considered as the most desirable lifestyle component of human beings to lead healthy and very active life. This aspect of the human life is now given so much of importance and studied worldwide very extensively. The physical educators around the world sponsor for the concept of all round development of the human beings through the physical activities. All round development of the individual encompasses the development of the individual's physical, mental, social and emotional aspects. Since, the development of all these domains in the individuals is sought by the physical education by means of physical activities; optimum level of physical fitness is an ideal prerequisite for the individual to participate in kind physical activities. To participate in any kind of physical activities required minimum and optimum amount of physical fitness is an important aspect. But, development of physical fitness depend in the participation in physical activities are interrelated and mutual.

The physical aspect of the development denote the development of the individuals physical and its various systems to the optimum so that the bodily status of the individual is optimally high, so as not get affected by diseases, injuries and also carry on the physical rigors of the day to day life without much stress. This is possible only when the individuals body is functionally well developed with regard to all the system of the body and all these system perform to the best of their required status, then the individual is said to have very good physical development so, the physical and physiological efficiency leads to the health of the individuals, which in turn makes the individual to participate more efficiently and more vigorously in physical activities so that the individuals physical and physiological status will grow further with regard to mental development, as person should passes a highly developed neuromuscular coordination and latently the intellectual development, which can ensure the person to execute very graceful and coordinate physical movements.

Strengthening if the neuromuscular functions and development of these apparatuses in the body is an essential aspect to have this kind of development in the individuals. Though there are other aspects which intervene in this area of developments, the neurological basis is the main component of requisite development. Frequently participation in scientifically moldes exercises and physical activities will make an individual to attain more coordination in physical activities and the efficiency in movements patterns grows leaps and bounds. This change is possible though the regular involvement of motor cortex and streamlining of the neuronal patters thereby strengthening the neuro-muscular function, to attain the higher order efficiency activities of complex in nature. This enhancement in the motor activity functioning will make an individual to develop more interest and easiness in participation of one physical activities. This enhances stimulation in participation of the more complex physical and skill makes an individual more agile and desterow in tacking more complex physical skills.

This elevated physical capacity will help an individual to develop once physical fitness status further and this increase physical fitness status encourage the person to participate person more conveniently in increase physical activities and in this way the person goes on increasing the physical fitness levels. This way a person becomes more physically fit and hereby becomes very healthy.

Development of social skill and emotional balancing capacity of the individuals are others to aspects of the concept of all round development through the physical education programs.

Physical fitness being the prime factor of considering for the physical education and sports coaches around the world, as it is essential for participation of healthy fitness physical activities and in highly skilled sporting activities. A person with optimum and sufficient level of physical fitness can participate of health fitness physical activities and in highly skilled sporting activities. A person with optimum and sufficient level of physical fitness can participate of health fitness physical activities and vice versa, by participating in the physical activities one can improve the status of physical fitness. Through optimum physical fitness is an unfathomable phenomenon it would be better to deal with the discussion to the meaning of physical fitness and the components of physical fitness.

Physical fitness, is a specialized concept and the meaning of the terms physical fitness, is also highly volatile, since the meaning of this term is drawn as per the requirement of the specialized area. For physical education teacher and for health professionals the meaning of the term revolves around the health and happy living. In view of the physical educationist and a health or fitness expert the meaning of physical fitness denotes the fitness of an individual in physical term to meet the exercise demands without getting undue fatigue to develop the optimum health and also to possess higher levels and functional efficiency of various systems of the body so that the individual is not prone to deadly degeneration diseases like diabetes, mellitus, heart diseases atherosclerosis, Osteoporosis, certain types of cancers etc. in this perspective physical fitness means optimum levels of the fitness of the various systems so as an individual can lead a healthy life and can participate in this healthy promoting physical activities.

The term physical fitness in view of a sports trainer is something different. In their view the term physical fitness denotes the physical capacity to tackle the external load that is placed by various exercises and excel in physical performance of the various sports and games situations. These people describe the physical fitness in term of the capacity to do work.

Physical fitness is the ability to carry out task with vigor and alertness without undue fatigue and with ample energy to energy leisure time pursuit and to meet unusual situation and under seen emergencies.

Physical fitness may be defined as the individual's ability to meet the requirement of their environments.

A student may be physically fit and may participate in various exercises without developing undue fatigue quickly. In this way a students may be closer to the better health condition. The physical education teacher should concentrate on the skill and movement efficiency aspect of the children and also the physical capacity of the students simultaneously.

The concept of physical fitness has become a major aspect of research in the field of physical education and sports. As illustrated by the definitions of the physical fitness proposed by the scholars of physical fitness is the ability of the body of the individual to meet the physical demands of the physical activities. Physical fitness is an embodiment of speed strength endurance, flexibility and coordination. Taking into consideration of the meaning extended by various scholar of physical education the following important components make the physical fitness. This physical fitness may also be termed as the skill related physical fitness, since this kind of fitness is highly essential to meet the physical experiences of the physical skill in various sporting activities.

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