
Research Papers

PHYSICAL FITNESS AND HOLISTIC LIFE**Showkat Hussain**Asstt. Prof. Govt. College of
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Abstract

Individual is the basic unit of a social group and that of a nation. Capability and quality of the individuals makes a nation great and strong. Capability, spiritual and cognitive qualities of a man are dependent on his physical fitness. Life is the most valuable possession of a person. Which can be nurtured and nourished under a healthy life style. A sickman is a burden not only for his existence but for his followmen also. Because they have to attend on him at the cost of their own work and time. Life in itself, is short. It can be enjoyed and sustained with healthy conditions of body. The social, psychological and spiritual qualities of a person are expressed through different postures of our body. As such the physical fitness of a person cannot be ignored at any cost.

Our physical fitness is closely associated with our quality of life. Physical fitness is one of the primary factors that are responsible for our physical as well as psychological well being. Health is, to a certain extent, nature's gift and a heredity factor, but maintaining health is mainly in our hands. It is our responsibility to keep this gift from nature, fit and fine physical fitness is the key to happy in life.

Physical fitness encompasses human physical abilities such as body composition and coordination, cardiovascular capacity, stamina, speed, flexibility and overall strength.

Physical fitness prevents the occurrence of a variety of diseases. It develops a capacity to fight infection and certain other diseases. Physical fitness help to prevent many of the major cardiovascular diseases. Most important, our physical fitness is responsible for the postponement of the process of aging. A healthy body is home for a healthy mind. A physically fit individual is happier than an unhealthy one. Physical fitness coupled with a healthy lifestyle is one of the vital factors contributing to quantity life.

As physical fitness is responsible for the overall well being of an individual, the maintenance of physical fitness should be one's top priority. Engaging in some daily physical activity is needed of the sedentary life of today. After all, health is the only wealth that is going to remain with us for a life time.

Fitness is the ability to meet the demands of the environment, and the level of fitness as require depends on the life styles, the sports you do and the level at which you take part them.

ASPECTS OF FITNESS

Aspects of fitness	Definition	Test	Type of training
C.R.E/Aerobic endurance	The ability of the heart and lungs, to work for a longer period of time without tiring.	Bleep test leger run Harvard step test cooper 12 minute run	Fartlek training speed play training in which pace and training conditions are varied.
Muscular endurance the ability to use voluntary muscles many times without becoming tired	Muscular endurance is the ability of a muscle or group muscles, to work continuously for a longer time without tiring.	Number of situps I could do in 30sec bent arm hang test	Weight training using force weights or weight machines to provide resistance to the muscles circuit training.
Strength	The maximum force of a muscle/group of muscles can apply against a resistance	Grip dynamometer test maximum weight I could lift in one repetition	Weight training circuit training.
Speed	Moving the whole body part of the body very quickly in a short time.	50 metre timed sprint 50 metre	Sprint/spiriting weigh training plyometric stretching shutter run
Power	Combination of strength and speed	Shuttle run vertical jumps standard board sarjeant jump	Weight training plyometrics
Flexibility	The range of movement at across/around a joint	Sit and reach test	Stretching static

SOCIAL, PHYSICAL AND PSYCHOLOGICAL ASPECT OF FITNESS AND BODY BUILDING

In present day nearly, 1/6th of the world population is overweight, out of shape and unhealthy. And of the 1/6th 300 million are obese or have an extreme excess of body fat the scariest statistic of all is the fact which is not included in the world statistic, is that 22 million children are clinically obese. Some researches say that genetics, stress and ethnicity all play their part in the obesity. But in many opinion it is a direct effect of laziness, lack of motivation, bad lifestyle choices, fast food and poor choices in nutrition. All of these ailments could be cured with the right mind set, motivation and education. For those who wish not to become a statistic as bad as that sounds, choose healthy life styles, are active and maintain good physical fitness levels, More physical fit people need to standing out to a new young generation and set good examples.

Learning is the firsts essential part of becoming physically active any one who first sets foot in a gym without any prior education would not know the first thing to do. The first essential part of becoming fit is to understand the relationship you have with your body and muscles, biologically, when you wish to perform work your brain sends electrical signals to your heart and muscles, stimulating accelerated heart rate and production of chemical to be used by your muscles.

As the microscopic tears in your muscles occur. Your body senses the need to repair. At this stage the endocrine system secretes chemicals called endorphins, which are all natural pain killers. The body

then metabolizes proteins and amino acids to rebuild muscles in place of the tears. It can be often difficult to find foods, high in proteins and amino acids to assist your body in repairing itself.

People must be ready to deal with the short term social effects of dedicating oneself to fitness. Working out time, mental and physical effort. Allocation of time and stress is critical to maintaining a healthy life style and habit. Finding time in a busy lifestyle, can be stressful but that should never stop anyone from being in shape. Making sacrifices is important just as much as making the right ones.

After obtaining optimum physical fitness and muscle development the effects become immediately noticeable through employment of Bio-psychosocial model. Biological effects of fitness are extremely beneficial and plentiful. Noticeable effects of constant muscles training are tight muscles factor reaction time due to the brains learning and training of electrical pathways. The physical fit body releases serotonin from the brain increased level of happiness, in addition, pheromones which attract members of the opposite sex through detection glands in nasal cavity which releases chemical in the brain. Psychologically fit people feel better about themselves. They are in shape and are aware of it. There is generally less stress mentally and are clear headed this physical and psychological excellence leads to many sociological effects. When some one is in shape involuntarily due to instincts, they are generally more attractive to the opposite sex through expression of good genes, time management comes naturally.

Conclusion:-

“Survival of the fittest” is the basic rule of life. It applies to the existence and growth of all types of flora and fauna also. Life has been defined as man's struggle with forces of nature for its existence. Man is the cream of creation. His bodily build-up identifies him a species. But his intellectual and spiritual superiority made him “the man”. Education has also been defined as “all round development of body mind and soul. A sound mind can be found in a sound body. As such physical fitness leads to the holistic development of mankind.

Body is a prized possession of man, a gift of nature. It is the very basis of man's existence, and the plinth of personality. It is the abode of mind and soul. Without a strong and efficient physique man has nothing to be proud of. Man cannot afford to allow his body to become weak and useless through inactivity and disuse, which are already on the increase. Apart from balance diet, and disease free environment, physical activity ensures healthful living and total well being. In the matter of health and fitness, exercise has no substitute.

The development of human personality starts with physical growth and development. Mental, intellectual, emotional and social development of a growing child is squarely dependent on and closely related to his physical development. An individual, possessing a well- balanced personality ought to be physically fit, mentally sharp, emotionally controlled and socially well adjusted. Physical education is a torch bearer of health, fitness, strength and vigour, so important for us all is to live a life:- whose values are measured in quality, not in quantity.