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Dr. Ompal

Assistant Professor,

Department of Physical

Education, Chaudhary Charan

Singh University, Meerut,

Uttar Pradesh, India

A comprehensive study on the significance of physical fitness, health, and wellness in sport

Dr. Ompal

Abstract

As we know, a healthy body has healthy brain which is ultimately related to the success of individuals in their lifespan. In physical fitness regular and scientifically designed and custom-made fitness program supported by the old and culturally supported fitness program, they altogether play a very important roles. As there is a famous and old phrase, health is wealth which emphasizes the importance of good health for quality of life. To remain fit throughout life, there is a constant need for awareness of different parameters which support the overall well-being of health. To excel in sports, one must have high level of fitness and endurance because success in sports is ultimately the result of high degree of important role in emotional feelings of individual. Physical fitness and wellness for sport is also supported by good quality of nutrition with proper training. Overall health and fitness play a very important role in all aspect of life whether it is sport, study, carrier, or anything else.

Keywords: Physical fitness, health, nutrition, wellness

Introduction

Physical fitness refers to maximum functional capacity of all systems of the body. We are exercising whenever we move and keeping our body tuned and in a good running order. The body of human is framed in such a way that it can jump, climb, bend, stretch and do more tedious work. The human body becomes stronger as it exerts more and muscles involvement matters a lot in shaping it. Exercise helps in improving our health and builds up our energy and stamina.

Physical fitness is a state of health and well-being and, more especially, the ability to carry out daily task with vigor and alertness, and to meet unforeseen emergencies without undue fatigue. Fitness can also be defined as any form of physical movement that utilizes multiple muscle groups in the body.

Fitness is the condition of being physically fit and healthy and involves attributes that include, but are not limited to mental acuity, cardiorespiratory endurance, muscular strength, muscular endurance, body composition, and flexibility. While there is a standard definition for fitness, each individual can have their own personal understanding of what fitness means. To some individuals, being fit means the ability to complete a marathon or lift a lot of weight. To another, it could mean walking around the block without becoming short of breath. Your definition of fitness will be influenced by your interests, physical abilities, and goals. No matter what the definition, it is important for every individual to keep their personal definition of fitness within a healthy framework this means you should have realistic expectations and maintain balance and moderation in all aspects of life. Set small, attainable goals and avoid giving too much power to the numerical measurements of fitness. This can help your journey to fitness seem much less daunting and much more enjoyable.

Physical fitness is generally achieved through proper nutrition, sufficient rest and moderate-vigorous physical exercise. Physical fitness is one of the most important keys to a healthy body. It is the reason, a state of general well-being marked by physical health and mental stability. A person who is fit is capable of living life to its fullest extent. People who are physically fit are less prone to medical conditions and are more able to function at the peak of intellectual capacity.

Correspondence

Dr. Ompal

Assistant Professor,

Department of Physical

Education, Chaudhary Charan

Singh University, Meerut,

Uttar Pradesh, India

Physical fitness, as we know it today, seems to be relatively modern invention – something that started vaguely in the 70s with jogging and jazzercise. However, physical exercise obviously goes back much further than that, to a time when people would not have thought of it as working out, but rather as a way of life. Centuries and millennia ago, they did not have all the machines and weights and gyms that we have today, and yet they were in better shape than we are. To understand why this is, how we got to our modern fitness culture, and what we have lost along the way, it's helpful to take a look at the history of exercise. In the most general terms, a fit person is able to perform tasks with more sustainable energy and for longer periods than an unfit player. However, fitness is more than just the ability to work longer; in fact, it includes a number of components. Regular exercise is one of the best things you can do it for your health. It has many benefits, including improving your overall fitness. There are many different types of exercise; it is important that you pick up the right types for a sport. Most player benefit from a combination of them.

Fitness describes the capability of an individual of certain genotype to reproduce, and usually is equal to the proportion of the individual's genes in all the genes of the next generation. If differences in individual genotypes affect fitness, then the frequencies of the genotypes will change over generations; the genotypes with higher fitness become more common. This process is called natural selection.

An individual's fitness is manifested through its phenotype. As phenotype is affected by both genes and environment, the fitnesses of different individuals with the same genotype are not necessarily equal, but depend on the environment in which the individuals live. However, since the fitness of the genotype is an averaged quantity, it will reflect the reproductive outcomes of all individuals with that genotype.

As fitness measures the quantity of the copies of the genes of an individual in the next generation, it doesn't really matter how the genes arrive in the next generation. That is, for an individual, it is equally "beneficial" to reproduce itself, or to help relatives with similar genes to reproduce, as long as similar amount of copies of individual's genes gets passed on to the next generation. Selection which promotes this kind of helper behavior is called kin selection.

The concept is particularly difficult to understand and frequently misunderstood; J.B.S. Haldane when discussing it with John Maynard Smith is reported to have described it as "a bugger".

Almost everywhere you go today, you are approached with the concept of physical fitness. Unfortunately, a large percentage of Americans are considered obese and it has become quite a concern. Due to this epidemic, we now see increased marketing of diets, being physical fit, in addition to, the many health products now being offered. TV, magazines, and radio play a major role in the distribution of why the concept of physical fitness is so important.

Endurance

Endurance training is the act of exercising to increase endurance. The term endurance training generally refers to training the aerobic system as opposed to anaerobic. The need for endurance in sports is often predicated as the need for cardiovascular and simple muscular endurance, but the issue of endurance is far more complex. Endurance can be divided into two categories including: general endurance and specific endurance. It can be shown that endurance in sport is closely tied to the execution of skill and technique. A well

conditioned athlete can be defined as, the athlete who executes his or her technique consistently and effectively with the least effort.

Nowadays in every sphere of sports and for high performance in sports, endurance training is successfully followed up by the sports trainer. Now endurance training is essential for a variety of endurance sports. A notable example is distance running events (800 meters upwards to marathon and ultra-marathon) with the required degree of endurance training increasing with race distance. Two other popular examples are cycling (particularly road cycling) and competitive swimming. These three endurance are combined in triathlon. Other endurance sports for which extensive amounts of endurance trained include rowing and cross country skiing. Athletes can also undergo endurance training when their sport may not necessarily be an endurance sport in the whole sense but may still demand some endurance. For instance, aerobic endurance is necessary (to varying extents) in racket sports, football, rugby, martial arts, basketball and cricket. Endurance exercise tends to be popular with non-athletes for the purpose of increasing general fitness or burning more calories to increase weight loss potential.

Aerobic activities increase your breathing and heart rate. They keep your heart, lungs, and circulatory system and improve your overall fitness. As like cycling, walking, running, jogging, and swimming. Balance exercises can make it easier to walk on uneven surfaces and help prevent falls. To improve your balance, try chi or exercise like standing on one leg.

Strength

Resistance training, exercise makes your muscles stronger. Some examples are powerlifting, weightlifting, gym, and using a resistance band. Flexibility exercises stretch your muscles and can help your body stay limber. Yoga and doing various stretches can make you more flexible. Fitting regular exercise into your daily schedule may seem difficult at first. But you can start slowly and break your exercise time into chunks. Even doing 10 min at a time is good. You can work your way up to doing the recommended amount of exercise. How much exercise you need depends on your age and health. Physical fitness refers to being in good physical condition sometimes referred to as being in condition or in shape. The health-related factors to physical fitness include muscular strength, muscular endurance, cardiovascular endurance, flexibility, and body composition. Muscular strength is the ability of our muscles to exert maximal force in a given motion range. Muscular endurance is the ability of muscle to exert submaximal force throughout a certain range of motion or at a certain point over a specified period of time. Cardiovascular endurance refers to the ability to go on with training of the system over a longer period of the time. The ability of a joint to move through full motion range is called flexibility. Body composition is the ratio of lean mass of body to the fat body mass. The skills related factors to physically fitness include speed, ability, power, coordination, balance, and reaction times.

Physically fitness is when you are using your body. Fitness is anything including being fit. Being physically fit means having your body in a state of all round wellness. Physically fit is when your body has a low fat percentage, chemical balances are good, and all functions of the body are working well. Fitness in the phrase "physical fitness" is being able to move and deal with weights and stresses such as running, without damage, and with reasonable stamina. It means having muscles in good condition and able to exert force

when needed. It means being healthy, supple, and aware. The body adjusts very particularly toward the training stimuli it's needed to cope with. Your body will work best in the specific speed, kind of contraction, muscle group usage, and power source usage it is familiar with in training. To be able to enhance your strength, endurance, and fitness, you need to progressively boost the frequency, intensity, and duration of your workout routines. An easy way to excite you're is to test different sports activities.

Since the body will adapt inside a highly specific method of working out it receives, a powerful sports foundation is required before specific training techniques work brilliantly. The specificity principle simply states that, therefore, training must move from highly general training to highly specific training. For instance, if you're a runner, being by helping cover their easy running and general weight training before moving onto explosive training when it comes to plyometrics or sprints from the blocks. By trying to complete explosive, intense training too early, you will risk such training being ineffective and perhaps leading to injuries. The key of specificity also suggests that being better in a particular exercise or skills. Your weight training exercises need to emulate exactly the same actions that you want to perform throughout sports competitions.

Discussion

Health, according to the World Health Organization, refers to a state of complete mental, physical, and social well-being and not just in the absence of infirmity or disease. The dimensions of health include emotional, physical, intellectual, spiritual, and social. Physical health refers to the state body is in regarding its compositions, functions, development, and maintenance. The intellectual dimension is the ability to come up with skills and knowledge essential to enhancing our life. The emotional dimension means one's ability in accepting and coping with their situation, and the feelings of other. Social dimension refers to the ability in building and maintaining relationships that satisfy our need naturally. This is vital because we are social beings. Spiritual dimension refers to our ability to search for the purpose and meaning of life.

Factors influencing our health include the economic and social environment, our individual behaviors and characteristics, and the physical environment. The economic factors affect our choices regarding health. The rich can easily access vital services that can help transform health status. Issues explored regarding the physically environment include clean water and air, healthy work environments, good roads, and safe houses with favourable neighbourhoods. The individual behaviors for instance social networks are associated with good health. The genetic aspect as well as the gender aspect are associated with our making and are essential in determining our health. Accessibility to health services also influences our health in the sense that information and services regarding our health are readily available.

Wellness

Wellness is defined as the condition or state of being in good mental and physical health. Every aspect of our wellness is affected by stress. The dimensions of wellness include social, spiritual, emotional, occupational, environmental, physical wellness, and intellectual wellbeing. Social wellness refers to our ability in relating and connecting with other people in our places. Emotional fulcrum is our ability to understand

ourselves and cope with challenges brought by life. Our ability to establish peace with ourselves is categorized as spiritual wellness. Recognizing our own responsibility regarding the quality of air, water, and land is entailed in environmental wellbeing. Occupational wellness is our ability to get fulfilment from jobs or in the careers we choose. The ability to open our own minds to ideas that are new is inclusive in intellectual wellness.

Physical wellness refers to our ability to maintain healthy quality of life that permits us to go on with our daily activities. Factors influencing wellness include the health habits, family history, environment, access to health services, attitude, and media and technology. Health habits for instance can lead to heart disease. Our daily health choices affect our level of health. The family history plays role in pre-disposition to a wide variety of condition that affects our wellness. Examples of these conditions include heart disease, cancer, stroke, and diabetes. The physical environment refers to the things that we got exposed to in our workplaces, schools, and the general environment. They include air, radiation, water, sound, crime, and recreational facilities. Our access to health services for instant vaccination, screening, and early treatment is essential in improving our quality of life. Our attitude, for instance, optimism, affects wellness by interacting with our decision.

Sports

The human race is known to have deliberately or accidentally invented sports as part of culture rather than nature. It is not really known when humankind started to invent sports. The most famous association and religious sports, the Olympic Games, date as far back as 776BC through it might have been in existence long before then. The early occupation of man seems to be the genesis of all modern sports. The definition of sport usually includes a broad and inclusive spectrum of activities suitable to people of all ages and abilities. By its very nature, sport is more about participation, inclusion, and citizenship. Sport has a unique power to attract, mobilize, and inspire. Its intrinsic values: Teamwork, fairness, discipline, and respect for the opponent and the rules of the games, can be harnessed in the advancement of solidarity, social cohesion, and peaceful coexistence. The interaction between health wellness is quite essential in our lives because of many benefits that encapsulate. They include reduced risk of premature death, reduced risk of cardiovascular disease, decrease in resting heart rate, regulation of normal blood pressure, decrease in body fat, increase in high-density lipoprotein and decrease in low-density lipoprotein, and reduced risk of diabetes. Other benefits we gain include joint stability, strengthened bones, increase in muscle mass, increase in resting metabolism, improve core strength, improved balance and coordination, improved body image and selfesteem, reduced depression, and mass management. Weightlifting, powerlifting also offers us a way of trimming fat, increasing muscle mass, and the boosting immune system. Measures in maintaining our bodies healthy, well, and fit include engagement in aerobic exercise daily. There seems to be a closer relation between wellness and health, as well as the factors that affect components. There is also an enormous value in maintaining fitness in regard to the health status attained.

Conclusion

Several factors as explored hear above are important in determining physical fitness, health, and wellness in our lives.

There seems to be a closer relation between wellness and health, as well as the factors the components. There is also an enormous value in maintaining physical fitness in regard to the health attained. Hence, the good player has physical fitness, health, and wellness.

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