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Regularly practice & development of physical fitness it is effective for healthy life style of student

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Abstract

The purpose of this study was to describe the importance of “Regularly practice & development of physical fitness it is effective for healthy life style of student”. It was descriptive method study. In this study Physical fitness is one of the vital factor to must develop in recent days because as it is we know the lack fitness reason and due to the new diseases born in earth like corona virus. So in this type of faced challenges in modern life, that way student must aware about the physical fitness and develop their fitness. Students must know which factors important and how they develop that factor for better and healthy life style.

Keywords: physical fitness, health related physical fitness components

Introduction

Physical fitness is not just a theoretical subject to be read about, but is a subject to be experienced. This experience to be effective, it is important to understand some concepts related to physical fitness. Physical fitness development is not the need of players alone. Develop and maintain physical fitness is a challenge, but not impossible. You have to dedicate some time for this during the day and take action. It does not require a lot of money or space, but only time and will power. It is important to understand that there is no shortcut to developing physical fitness. Physical fitness consists of various components. A single activity alone is not sufficient to develop all these components. It is imperative to have a variety of activities to develop the different physical fitness components

Physical Fitness is identified as

- Health Related Physical Fitness
- Skill Related Physical Fitness

Health Related Physical Fitness components

- Cardiovascular endurance
- Muscular strength
- Muscular endurance
- Flexibility
- Body composition

Skill Related Physical Fitness components

- Speed
- Power
- Agility
- Co-ordination
- Balance
- Reaction time

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A few activities that help to develop the above components are as follows

1. Cycling

Cycling is an effective activity for enhancing endurance and stamina. It is also an effective activity for reducing fat levels and improving balance and co-ordination in the body. The use of bicycle for daily tasks will provide exercise to the body, save for travelling money and help reduce pollution. Likewise, organizing bicycle trips to nearby places will provide stability and fitness for recreation.

2. Rhythmic movements

It is very popular among young generation because rhythmic activities are based on music & so avoids boredom. Performing rhythmic movements step-wise for a period of 20 – 30 minutes will help to improve fitness. Different rhythmic activities include aerobics, Zumba, rhythmic gymnastics. All these activities help to increase the endurance level of the body.

3. Games

Participating regularly in games of your choice will help to promote health and physical fitness. It helps to reduce academic stress, and is important to the mental and emotional aspects of fitness. Regular participation in various games such as kabaddi, kho-kho, football, basketball, table tennis, badminton, cricket, wrestling, etc. will help to maintain physical fitness.

4. Hiking and Trekking

Walking on nature trails along hilly regions has become a popular activity nowadays. Going for a hike or trek in between the hectic and fast paced life of today, helps to increase blood circulation, relaxes the mind and helps to improve mental health. Such activities are Lifestyle activities as it does not require company but can be done alone too.

5. Walking, running or swimming

Walking, running or swimming helps to increase cardiovascular endurance and efficiency of circulatory system. These activities are currently, very popular because they help to control lifestyle diseases like diabetes and high blood pressure that are widely prevalent in society today. Swimming is a splendid way to exercise. It helps in the rehabilitation process to heal injuries & also helps to control body temperature. Exercise by walking or running should be done for at least 20 to 60 minutes at a stretch. The intensity of the walk or run is important factor while exercising. By regulating the walking or running pace, the intensity level of the exercise can be termed as low, moderate or high. There are different methods to monitor exercise intensity.

6. Yoga

Yoga is one of the gifts that India has given to the world. Yoga is not just an exercise; it is a lifestyle. Yoga involves asana, pranayama, meditation. Yoga offers all kinds of benefits life, physical, mental, emotional and spiritual. It is very useful for mental stability and peace of mind. Likewise, yoga helps in controlling many diseases related to diabetes, blood pressure, asthma and heart related diseases, which is mentioned in various Indian texts. When doing yoga, begin with expert's guidance.

7. Training Methods

Training methods have a very important role to play in

development of fitness. There are various training methods that can help improve fitness. For example, Circuit training, Weight training, Fartlek training, Plyometric training, etc.

Misconceptions about physical fitness and exercise

- Weight training is meant for men and not for women is a big misconception.
- Lifting weights or weight training by women will make their muscles big, like men is also a big misconception about weight training. By nature, there are physiological differences between men and women, and even though women do weight training, their muscles will not bulk like those of men. Some men feel that they need not go to the gym as they do not want to appear like a bodybuilder. But only going to the gym cannot make one look like a bodybuilder.
- I don't want to lose weight so I don't need to exercise is a misconception of many people. Exercise is not only for weight loss or for athletes but is important for the basic health and well-being of the general public.
- Exercising is very difficult, requires lot of time, sweat and hard work is a misconception in the society. Participating regularly in any physical activity of your choice, makes physical activity a part of your lifestyle. Research in exercise science has advanced so much that under proper and guided supervision, effectiveness of exercise can be experienced in a minimum period of time.
- Exercising is boring. To make exercise interesting the lesson provides information on different activities like rhythmic movement performed to music, hiking, etc. that are good forms of exercises. Also playing regularly a sport of your choice is a good form of exercising. So, exercise is not just about running and squat thrust.
- To increase muscle mass, ingestion of protein supplements or protein shakes is necessary. This is a big misconception spreading amongst the youth now a days. Protein supplement is needed mainly for body builders or high performing sports persons as the natural diet consumed may not be sufficient for those participating in high intensity workouts and long duration training.
- Protein supplementation is conducive in such cases.
- Sit-ups or crunches reduces abdominal fat. Body fat around the abdomen cannot be reduced with exercise targeted to that region alone. But overall body fat levels can be brought down through proper exercise. Sit ups or crunches are exercises to increase abdominal muscle strength and muscle endurance but not burn fat around the abdominal region.

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