

Role of Physical Education in Improving Awareness of Body Composition and Fitness

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Abstract: *Physical education plays a vital role in promoting health, fitness, and awareness regarding body composition among students. In contemporary society, sedentary lifestyles, unhealthy dietary habits, and reduced physical activity have contributed to increasing rates of obesity and lifestyle-related diseases. Physical education provides scientific knowledge about body composition, fitness components, and healthy lifestyle practices while encouraging regular participation in physical activities. The present paper examines the role of physical education in enhancing awareness of body composition and fitness and discusses how educational interventions contribute to long-term health outcomes. Findings from previous studies indicate that well-structured physical education programs significantly improve students' understanding of body mass index, body fat percentage, muscular fitness, cardiovascular endurance, and overall health status.*

Keywords: Physical Education, Body Composition, Fitness Awareness, Health Education, Physical Activity