

A Review on Promoting Students' Understanding of Physical Fitness through Physiological Variables

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Abstract: *Physical fitness is a fundamental component of health and well-being, particularly among school-aged children and adolescents. Understanding physiological variables such as heart rate, blood pressure, body composition, oxygen consumption, muscular strength, and flexibility can significantly enhance students' awareness of their physical fitness status. Integrating physiological concepts into physical education programs helps students develop scientific knowledge regarding exercise, health, and performance. This review examines the role of physiological variables in promoting students' understanding of physical fitness and discusses educational strategies that facilitate meaningful learning experiences. Findings suggest that incorporating physiological assessments and health-related fitness education into school curricula improves students' knowledge, motivation, and long-term engagement in physical activity.*

Keywords: Physical fitness, physiological variables, health education, physical education, cardiovascular fitness, student awareness