

Sports and Fitness

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Abstract: *The best sports for fitness are the ones in which you exercise continuously, those that are least likely to injure you and the ones you enjoy the most. You become fit by exercising vigorously enough to increase the circulation of blood. It makes no difference to your heart how you increase your circulation. The best sports for fitness use your legs because the blood vessels in your legs are so much larger that you can circulate far more blood with your leg muscles. Furthermore, arm exercises tire you earlier because most people have weaker arms. Sports can be a great way to get in shape or stay that way. Having a specific goal can be a great motivator. Physically, you need strength and endurance. Your training will vary with your sport. You would not train the same way for pole vaulting as for swimming. You might, however, cross train. Cross training simply means that you include a variety of fitness activities in your program. Research shows that cross training builds stronger bones. Some sports require a great level of fitness just to start. For example, to jump rope, you must spin the rope more than 80 times a minute to keep it from tangling. Many people can't jump 80 times a minute. The safest sports are low-impact aerobics, walking, swimming and pedaling a stationary bicycle. Running causes lots of injuries, because the force of your foot striking the ground can be three times your body weight, which can damage muscles and bones.*

Keywords: Exercise; Fitness; Endurance, Motivation

I. INTRODUCTION

Physical fitness is the body's ability to function efficiently and effectively. It consists of health-related physical fitness and skill related physical fitness, which has at least 11 different components, each of which contributes to total quality of life. Physical fitness also includes metabolic fitness. Physical fitness is associated with a person's ability to work effectively, enjoy leisure time, be healthy, resist hypo kinetic diseases, and meet emergency situations. It is related to, but different from health, wellness, and the psychological, sociological, Emotional and spiritual components of fitness. Although the development of physical fitness is The result of many things, optimal physical fitness is not possible without regular exercise. Sport plays a wonderful role in fitness. Sport is the application of fitness in a fantastic atmosphere of competition and mastery. Training efforts typically include relatively predictable repetitive movements and provide limited opportunity for the essential combination of our ten general physical skills. It is, after all, the combined expression, or application, of the ten general skills that is our motivation for their development in the first place. Sports and games like soccer, martial arts, baseball, and basketball in contrast to our training workouts have more varied and less predictable movements. But, where sports develop and require all ten general skills simultaneously, they do so slowly compared to our strength and conditioning regimen. Sport is better, in our view, at expression and testing of skills than it is at developing these same skills. Both expression and development are crucial to our fitness. Sport in many respects more closely mimics the demands of nature than does our training. We encourage and expect our athletes to engage in regular sports efforts in addition to all of their strength and conditioning work.

Unlike most attributes, defining physical fitness is not a subjective matter; in fact determining what it means to be physically fit can be a matter of life and death. Some of the physiological characteristics most often characterized as a measure of physical fitness are: Cardio respiratory endurance, muscular strength and endurance, body composition, flexibility, and mental clarity. These components of physical fitness are primarily influenced by regular physical and mental exercise. However social pressures to be thin or very full figured has distorted the importance of being physically fit.

II. MAKING A COMMITMENT

You have taken the important first step on the path to physical fitness by seeking information. The next step is to decide that you are going to be physically fit. This pamphlet is designed to help you reach that decision and your goal. The decision to carry out a physical fitness program cannot be taken lightly. It requires a lifelong commitment of time and effort. Exercise must become one of those things that you do without question, like bathing and brushing your teeth. Unless you are convinced of the benefits of fitness and the risks of unfitness, you will not succeed.

Patience is essential. Don't try to do too much too soon and don't quit before you have a chance to experience the rewards of improved fitness. You can't regain in a few days or weeks what -you have lost in years of sedentary living, but you can get it back if your persevere. And the prize is worth the price.

In the following pages you will find the basic information you need to begin and maintain a personal physical fitness program. These guidelines are intended for the average healthy adult. It tells you what your goals should be and how often, how long and how hard you must exercise to achieve them. It also includes information that will make your workouts easier, safer and more satisfying. The rest is up to you.

III. CHECKING YOUR HEALTH

If you're under 35 and in good health, you don't need to see a doctor before beginning an exercise program. But if you are over 35 and have been inactive for several years, you should consult your physician, who may or may not recommend a graded exercise test. Other conditions that indicate a need for medical clearance are:

- High blood pressure.
- Heart trouble.
- Family history of early stroke or heart attack deaths.
- Frequent dizzy spells.
- Extreme breathlessness after mild exertion.
- Arthritis or other bone problems.
- Severe muscular, ligament or tendon problems.
- Other known or suspected disease.

Vigorous exercise involves minimal health risks for persons in good health or those following a doctor's advice. Far greater risks are presented by habitual inactivity and obesity.

IV. DEFINING FITNESS

Physical fitness is to the human body what fine tuning is to an engine. It enables us to perform up to our potential. Fitness can be described as a condition that helps us look, feel and do our best. More specifically, it is:

"The ability to perform daily tasks vigorously and alertly, with energy left over for enjoying leisure-Time activities and meeting emergency demands. It is the ability to endure, to bear up, to withstand

Stress, to carry on in circumstances where an unfit person could not continue, and is a major basis

For good health and well-being." Physical fitness involves the performance of the heart and lungs, and the muscles of the body. And, since what we do with our bodies also affects what we can do with our minds, fitness influences to some degree qualities such as mental alertness and emotional stability. As you undertake your fitness program, it's important to remember that fitness is an individual quality that varies from person to person. It is influenced by age, sex, heredity, personal habits, exercise and eating practices. You can't do anything about the first three factors.

However, it is within your power to change and improve the others where needed.

V. KNOWING THE BASICS

Physical fitness is most easily understood by examining its components, or "parts." There is widespread agreement that these four components are basic:

- **Cardio respiratory Endurance** - the ability to deliver oxygen and nutrients to tissues and to remove wastes, over sustained periods of time. Long runs and swims are among the methods employed in measuring this component. Muscular Strength - the ability of a muscle to exert force for a brief period of time. Upper-body strength, for example, can be measured by various weight-lifting exercises. Muscular Endurance - the ability

of a muscle, or a group of muscles, to sustain repeated contractions or to continue applying force against a fixed object. Pushups are often used to test endurance of arm and shoulder muscles.

- **Flexibility** - the ability to move joints and use muscles through their full range of motion. The sit-and reach test is a good measure of flexibility of the lower back and backs of the upper legs.

VI. CONCLUSION

Physical fitness comprises two related concepts: general fitness, and specific fitness. Physical fitness is generally achieved through correct nutrition, exercise, and enough rest. In previous years, fitness was commonly defined as the capacity to carry out the day's activities without undue fatigue. However, as automation increased leisure time, changes in lifestyles following the industrial revolution rendered this definition insufficient. In current contexts, physical fitness is considered a measure of the body's ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist hypo kinetic diseases, and to meet emergency situations.

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