



“An Imperative Study of Physical Training and Fitness among All Age Groups”

SANTOSH KUMAR B RATHOD

Mped, NET,K-SET

Physical education teacher

Govt High school KONKAL, Tq//Dist:: Yadgiri

ABSTRACT

Physical fitness is the basic requirement for most of the tasks to be under taken by an individual in his daily life. Physical fitness is one's richest possession; it cannot be purchased but only obtained through regular routines of physical exercises. A close relationship exists between physical fitness and sports performance. In case the standard of games and sports in the country is to be improved, adequate stress have to be given for enhancing the physical fitness status of sports persons through physical training. Regular participation on training schedule improves all the important physical, physiological and psychological fitness components. Every individual should develop physical fitness for a happy and effective living. In order to get physical fitness one has to involve in physical activities. In present paper an imperative analysis is conducted on the importance and prevalence of *Physical Training and Fitness among All Age Groups* of individuals.

KEYWORDS- *Physical fitness, training, exercise, sports.*

1. INTRODUCTION-

Health and physical fitness have a vital role in the life of men from time immemorial. The progress of the Nation lies in the hands of the people, who are healthy and physically fit. Every individual should develop physical fitness for a happy and effective living. In order to get physical fitness one has to involve in physical activities.

Physical activity is essential for the development of wholesome personality of a child which would depend upon the opportunities provided for wholesome development of the mental, physical, social and spiritual aspects. Hence a well organized and properly administered physical education programme for school children is very essential.

In developed countries, people aging 65 and older constitute approximately 20% of the population and are the fastest-growing segment of the population ^[1]. With this growing aging population, the number of institutionalization will likely increase in coming years. Being relocated to an assisted living facility can result in functional and health disturbances and worsen

quality of life in elders. This may be attributed to or worsened by lack of regular physical activity. Appropriate exercise programs may be an important component of quality of life in this group of transitional frail elders.

Previous studies suggest that participation in a regular exercise program can be an effective intervention to reduce/prevent a number of functional declines associated with aging. In this regard, current guidelines point out the importance of aerobic exercise in the maintenance and improvement of various aspects of cardiovascular function and health and strength training in the attenuation of muscle strength declines associated with normal aging.

Physical activity throughout the ages has been acclaimed for health and recreation. It provided fun and enjoyment. It also provided youthful exuberance and the elderly care. Physical activity and movements are as old as human existence. It played numerous roles from struggle for existence to struggle for excellence.^[2]

A sport is an activity in our lives where pursuits of different movement achieved through the total investigation of Neuro – muscular co-ordination. In this modern era, we can see that each and every individual directly or indirectly related to sports. Modern Physical Education commonly known as there is sports where pursuit of discipline freely formed such as biological, social and physical sciences.

Over decades, the society in general has realized the need for keeping fit and health through organized physical activity programme. Scientific evidence has made with a clear and that unless man engages himself in organized vigorous physical activity programme. The real benefits would not come.^[3]

2. REVIEW OF LITERATURE

Physical fitness related to performance has been a subject of research enquiry since more than seventy five years. The contemporary status of research on physical fitness is an outcome of the vast literature available on physical fitness. This study involves the literature on construction and standardization of specific fitness test. A sincere effort was made by investigator to collect relevant literature per training to the present study.

Bakshi, (2001) conducted study to assess the Health related Physical fitness status of the male students studying from 9th to 12th classes in the Higher Secondary School of the Jammu Province. To achieve this objective, the whole of province was divided into six clusters comprising, 99 Higher Secondary school of boys in all. For the collection of data 34 schools were randomly selected from total 99 schools. 17 School belonged to rural area and an equal number of schools belonged to urban areas. As many as 118 subjects were randomly selected from each school for the collection of data.

Kuhna and Zhu in 2001 conducted the study on fitness portfolio calibration for first through sixth grade children. The purpose of this study was to develop and calibrate health related fitness portfolio for 1st – 6th grade students using the many facet rash models and examine advantages and hundred ninety five students from 23 schools in 1st to 6th grade, who completed six of nine health related fitness portfolios.

Parks (2010) studied the effects of a 10 week physical fitness programmes on selected psychological variables of elderly people of 65 to 82 years. The subjects were 15 females. By the state-traits anxiety inventory, the pre and post measurements were obtained for psychological variables. The physiological variables measured were body composition, flexibility, heart rate and blood pressure. All subjects participated in the fitness programme, half an hour in the mornings, three days a week for 10 weeks. Each exercise began with 10 minutes of warming up followed by 15 minutes of exercise of moderate intensity. The last five minutes were used as cooling off period. To determine if a significant difference existed between pre and post test measures on the related physiological and psychological variables, the 't' test of correlated samples was used. The results showed the following significant changes.

1. There was a decrease in percentage of body fat
2. Increase in flexibility and
3. A decrease in heart rate.

3. RESEARCH METHODOLOGY

This research paper is based on secondary data like Reference book, Reports-economic survey and websites.

4. RESEARCH OBJECTIVES –

1. The main objective of the study was to find out the status of physical training and fitness among youths in India.
2. To find the influence of Intensive physical training on youths as well as old age peoples.
3. This study will bring awareness about physical training and fitness among all the individuals in India.

5. FINDINGS

5.1 MEANING AND IMPORTANCE OF PHYSICAL FITNESS

Most authors define ‘physical fitness’s the capacity to carry out every day activities without excessive fatigue and with enough energy in reserve for emergencies. Emphatically this definition is inadequate for a modern way of life. By such a definition almost anyone can classify himself as physically fit **Gatchell (1977)**.

According to **Clarke (1971)** Physical fitness is the ability to carry out daily task with vigor and alertness without undue fatigue and ample energy to enjoy leisure time pursuits and to meet unforeseen emergencies.

Fitness is a broad term denoting dynamic qualities that allow satisfying the needs regarding mental, emotional stability special consciousness and adoptability spiritual and oral fear and organic health are consistent with heredity. Physical fitness means that the organic system of the body is healthy and function efficiently vigorous tasks and leisure activities beyond Organic development, muscular strength and stamina. Physical fitness implies efficient performance in exercises **Bucher and Prentice (1985)**

Every individual must know the importance of physical fitness. In other words, one must have a fundamental knowledge of anatomy and physiology. This fundamental knowledge enables person to understand physical fitness. Physical fitness is the capacity of a person to function steadily and smoothly when a situation arises.

Physical fitness makes you feel mentally sharper, physically comfortable and more with your body and better able to cope with the demands that every day life makes upon you. Increased physical fitness not only improves health but improves your performance at work. Hundreds of American companies have backed with idea financially by employing full time directors of fitness for their work. **Gorden Jackson(1985)**

It is necessary for every individual to be physically fit to perform their daily work with ease and to take part in various activities effectively. Everyone should be fit enough through participation in physical activities to develop the different physical fitness components.

5.2 RELATIONSHIP BETWEEN PHYSICAL TRAINING AND PHYSICAL FITNESS

Exercise or training is the means to an art, vigorous and lengthy life, inactivity will kill you. Many people say that exercise makes them feel better and more relaxed number of studies has shown that people improve psychologically as well as physically as a result of running programmes. There is a lot of circumstantial evidence to suggest that this relaxing effect is caused by the release of endorphin – morphine – like substances which occur naturally in the brain. “If you make an investment in exercise it makes you conscious of other reasonable health habits. You are not about to waste your investments” **Morehouse and Brass (1975)**

According to **Lumpkin (1986)** “Exercise means using or exerting body play” refers to the resultant action or what the participants do during physical exertion. “Games” range from amusements or diversions to competition with significant outcomes governed by rules. Freedom from work or duties describes “Leisure” which may or may not be used for physical activity similarly “Recreation” refers or renews one’s strength and spirits after toil again with or without

activity. “Sport” encompasses all these diversions and physical activities that are done for pleasure and success”.

6. CONCLUSION-

Health, Fitness and performance are poorly correlated phenomena. Health is generally defined as the freedom from disease, fitness strictly relates to a man’s ability to meet the demands of his environment and excellence in performance. Thus, the study suggests that participation in a regular exercise program can be an effective intervention to reduce/prevent a number of functional declines associated with aging and could improve the health of young individuals. Many researchers strongly support the regular exercises helps one to keep a strong and healthy and to prevent cardio vascular diseases. Physically fit person, heart beats at a lower rate and pumps more blood per beat at rest. As a result of regular exercises and individual’s capacity to use oxygen is increased systematically energy production depends on internal chemical or metabolic change.

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