CONCEPT OF PHYSICAL EDUCATION & FITNESS
UNIT I

Concept of Physical Education and Fitness

• Definition, Aims and Objectives of Physical Education, fitness and Wellness
• Importance and Scope of fitness and wellness
• Modern concept of Physical fitness and Wellness
• Physical Education and its Relevance in Inter Disciplinary Context.
PHYSICAL EDUCATION

PHYSICAL EDUCATION is an integral part of the total education process and has as its aims the development of:

- physically
- mentally
- socially &
- emotionally fit citizens

through the medium of physical activities that have been selected and planned to achieve specific outcomes.
Aims and Objectives of Physical Education

(i) To develop the organic systems of the body:

It is recognized that our feelings, emotions, thoughts and achievements are influenced to a considerable extent by the physiological process of the body.

The development of the organic vigor is dependent on a wide selection of activities and so conducted that the normal functions of the body are developed and improved.
Aims and Objectives of Physical Education....

ii To develop neuro-muscular co-ordination or skill:

A good deal of physical activities helps the individuals and groups to develop certain skill, which gives satisfaction and happiness in a variety of ways during leisure times. Being physically illiterate many people do not know how to enjoy their leisure and become unhappy and maladjusted. Individual and group play activities enable people to give wholesome expression to their innate desires and interests.
Aims and Objectives of Physical Education...

iii To develop right attitude towards physical activities in general:

Programme of physical education is based on sound psychological principles. It develops amongst the individuals wholesome attitudes towards play and physical activities and cultivates recreational and hobbies.
iv To develop a desirable social attitudes and conduct:

By giving emphasis on ethical values inherent in Playing games with and against others the desirable social attitudes and conduct can be developed through a programme of well organized physical activities. It gives opportunity for social contact, group living, and self adjustment with the group.
Aims and Objectives of Physical Education....

v. Development of psychomotor skills;

vi. Development of understanding and appreciation of the techniques and strategies of sports;

vii Preparation for leisure time;

viii Elimination of worries and anxieties through developing appropriate interests and habits of engaging in exercise and sports;

ix Attainment of knowledge of proper health procedure as related to physical exercise.
Aims and Objectives of Physical Education.....

X To develop correct health habits:

• A rational programme of physical activities can stimulate the participant to develop favourable attitudes and habits in physical, mental, moral, social and emotional health.

Xi To serve as an outlet for surplus energy, which if pent up, make the child tens, nervous and irritable.

xii To meet the challenge of growing indiscipline among the student community by instilling in the younger generation a sense of patriotism, self-reliance and discipline.

xiii To give adequate scope for bringing out the aptitudes and talents of the child.

xiv To promote the spirit of certain qualities like sportsmanship, team spirit, leadership, patience, self-restrain co-operation, sociability and those other qualities of character and citizenship.
FITNESS

The state or condition of being fit; suitability or appropriateness.

Good health or physical condition, especially as the result of exercise and proper nutrition.

Biology The extent to which an organism is adapted to or able to produce offspring in a particular environment.
Health Related Fitness Components

➢ Cardiorespiratory Endurance
➢ Body Composition
➢ Muscular Strength
➢ Muscular Endurance
➢ Flexibility
Skill-Related Physical Fitness Components

- Speed
- Power
- Agility
- Balance
- Reaction time
- Coordination
Health Related Fitness Components ..

- **Cardiovascular Fitness** - Cardiovascular fitness (also known as cardio-respiratory fitness) is the ability of the heart, lungs and vascular system to deliver oxygen-rich blood to working muscles during sustained physical activity.

- **Muscular Strength** - Muscular strength is the amount of force a muscle or muscle group can exert against a heavy resistance.
Health Related Fitness Components ...

• **Muscular Endurance**- Muscular endurance is the ability of a muscle or muscle group to repeat a movement many times or to hold a particular position for an extended period of time.

• **Flexibility**- Flexibility is the degree to which an individual muscle will lengthen.

• **Body Composition**- Body composition is the amount of fat in the body compared to the amount of lean mass (muscle, bones etc.).
BENEFITS OF FITNESS

• Looking Good
• Feeling Good
• Enjoying Life
• Prevention from diseases
• Being Physically Fit
• Mentally fit & relaxed
• Better social adjustment
WELLNESS

“A state of being that enables you to reach your fullest potential.”

• It includes your intellectual, social, emotional, physical & spiritual health.
• Wellness has to do with feeling good about yourself & having goals & purposes in life.
• Wellness is the “positive” component of health that we want to promote.
WELLNESS....

• Physical wellness is centered around the specific things you do on a daily basis to maintain your physical health. This includes regular physical activity, appropriate eating habits, maintaining a healthy weight, getting enough sleep, avoiding tobacco use, appropriate use of medications and moderate alcohol consumption. It also includes taking appropriate actions to protect and manage your health through preventive testing and proper self-care.

• Managing one's physical wellness through proper nutrition, exercise, preventive testing and appropriate self-care contributes to an increased level of energy and enhanced self-esteem.
Wellness Continuum

Low level of wellness

Physical, mental, emotional symptoms

Change and growth

High level of wellness

Malaise

Vital, meaningful life
COMPONENTS OF WELLNESS

- Physical
- Emotional
- Intellectual
- Occupational
- Social
- Environmental
- Spiritual
Benefits of a Wellness Lifestyle

• **To the Nation**
  – Reduction in health care costs
  – Maintenance of productive work force
  – More productive

• **To the individual**
  – Reduced health care costs
  – Increased longevity
  – Increased quality of life
New Opportunities, New Responsibilities

• Infectious diseases, caused by invading microorganisms, were the leading causes of death a century ago

• Chronic diseases, caused by a variety of lifestyle and other factors, are the leading causes of death today
Leading Causes of Death Overall

- Heart disease
- Cancer
- Stroke
- Chronic lower respiratory diseases (emphysema, chronic bronchitis)
- Unintentional injuries (accidents)
- Diabetes
Behaviors That Contribute to Wellness

• Be physically active
• Choose a healthy diet
• Maintain a healthy body weight
• Manage stress effectively
• Avoid tobacco and drug use and limit alcohol consumption
• Protect yourself from disease and injury
Lifestyle and Wellness

- More time watching TV = increased risk of obesity and diabetes

(a) Sedentary lifestyle and risk of obesity and type 2 diabetes
Lifestyle and Wellness

- Cigarette smoking = increased risk of lung cancer

(b) Cigarette smoking status and risk of death from lung cancer
Lifestyle and Wellness

- Low intake of fruits and vegetables = increased risk of heart disease

![Graph showing the relationship between daily servings of fruits and vegetables and the relative risk of heart disease. The graph indicates that a higher intake of fruits and vegetables is associated with a lower relative risk of heart disease.](image)
Lifestyle and Wellness

• Few healthy behaviors = increased risk of heart disease

(d) Lifestyle factors and risk of heart disease
Benefits of Physical Activity

- Increased endurance, strength, and flexibility
- Healthier muscles, bones, and joints
- Increased energy (calorie) expenditure
- Improved body composition
- More energy
- Improved ability to cope with stress
- Improved mood, greater self-esteem, and a greater sense of well-being
- Improved ability to fall asleep and sleep well

- Reduced risk of dying prematurely from all causes
- Reduced risk of developing and/or dying from heart disease, diabetes, high blood pressure, and colon cancer
- Reduced risk of becoming obese
- Reduced anxiety, tension, and depression
- Reduced risk of falls and fractures
- Reduced spending for health care
The Role of Other Factors in Wellness

• Heredity
• Environment
• Health care
Family Health History

[Family Health Tree Diagram]

**Name:** 

**Date:**
National Wellness Goals

• Major goals of *Healthy People*:
  – Increase quality and years of healthy life
  – Eliminate health disparities among Americans
Quantity vs. Quality of Life

Healthy life: 65.8 years

Impaired life: 11.6 years

Life expectancy: 77.4 years
Dimensions of Diversity

- Gender
- Ethnicity
- Income
- Education
Evaluating Sources of Health Information

• Go to the original source
• Watch for misleading language
• Distinguish between individual research reports and public health advice
• Remember that anecdotes are not facts
• Be skeptical and use your common sense
Evaluating Sources of Health Information: Internet Resources

• What is the source of the information?
• Who is the author or sponsor of the site?
• How often is the site updated?
• What is the purpose of the page? Does the site promote particular products or procedures? Are there obvious reasons for bias?
• What do other sources say about the topic?
• Does the site conform to any set of guidelines or criteria for quality and accuracy?
Reaching Wellness Through Lifestyle Management

• Getting started:
  – Examine your current health habits
  – Choose a target behavior—an isolated behavior selected as the object for a behavior change program
  – Obtain information about your target behavior
  – Find outside help if needed
Building Motivation to Change

• Examining the pros and cons of change
• Boosting self-efficacy—the belief in one’s ability to take action
  – Locus of control: internal versus external
  – Visualization and self-talk
  – Role models and buddies
• Identifying and overcoming key barriers to change
Enhancing Your Readiness to Change

- Pre-contemplation—no intention of changing behavior
- Contemplation—intending to take action within 6 months
- Preparation—planning to take action within a month
- Action—outwardly changing behavior
- Maintenance—successful behavior change within the past 6 months
- Termination
Create a Behavior Change Plan

1. Monitor your target behavior and gather data using a health journal.

<table>
<thead>
<tr>
<th>Time of day</th>
<th>M/S</th>
<th>Food eaten</th>
<th>Cals.</th>
<th>H</th>
<th>Where did you eat?</th>
<th>What else were you doing?</th>
<th>How did someone else influence you?</th>
<th>What made you want to eat what you did?</th>
<th>Emotions and feelings?</th>
<th>Thoughts and concerns?</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30</td>
<td>M</td>
<td>1 C Crispix cereal 1/2 C skim milk coffee, black 1 C orange juice</td>
<td>110 40 120</td>
<td>3</td>
<td>dorm cafeteria</td>
<td>reading newspaper</td>
<td>eating w/ friends, but I ate what I usually eat</td>
<td>I always eat cereal in the morning</td>
<td>a little keyed up &amp; worried</td>
<td>thinking about quiz in class today</td>
</tr>
<tr>
<td>10:30</td>
<td>S</td>
<td>1 apple</td>
<td>90</td>
<td>1</td>
<td>library</td>
<td>studying</td>
<td>alone</td>
<td>felt tired &amp; wanted to wake up</td>
<td>tired</td>
<td>worried about next class</td>
</tr>
<tr>
<td>12:30</td>
<td>M</td>
<td>1 C chili 1 roll 1 pat butter 1 orange 2 oatmeal cookies 1 soda</td>
<td>290 120 35 60 120 150</td>
<td>2</td>
<td>cafeteria terrace</td>
<td>talking</td>
<td>eating w/ friends; we decided to eat at the cafeteria</td>
<td>wanted to be part of group</td>
<td>excited and happy</td>
<td>interested in hearing everyone's plans for the weekend</td>
</tr>
</tbody>
</table>

M/S = Meal or snack       H = Hunger rating (0-3)
Create a Behavior Change Plan

2. Analyze the data you collect and identify patterns relating to your target behavior.

3. Set realistic, specific goals. Break your overall goal into smaller steps and goals.
Create a Behavior Change Plan

4. Devise a strategy or plan of action:
   – Obtain information and supplies
   – Modify your environment
   – Reward yourself
   – Involve the people around you
   – Plan ahead for challenging situations

5. Make a personal contract
Behavior Change Contract

My Personal Contract for Eating Three Servings of Fruit per Day

I agree to increase my consumption of fruit from one serving per week to three servings per day. I will begin my program on __10/5__ and plan to reach my final goal by __12/7__. I have divided my program into three parts, with three separate goals.

For each step in my program, I will give myself the reward listed.
1. I will begin to have a serving of fruit with breakfast on __10/5__.
   (Reward: __baseball game__)
2. I will begin to have a serving of fruit with lunch on __10/26__.
   (Reward: __music CD__)
3. I will begin to substitute fruit juice for soda for one snack each day on __11/16__.
   (Reward: __Concert__)

My plan for increasing fruit consumption includes the following strategies:
1. ____Keeping my dorm room refrigerator stocked with easy-to-carry fruit and fruit juice.___
2. ____Packing fruit in my book backpack every day.___
3. ____Placing reminders to buy, carry, and eat fruit in my dorm room, backpack, and wallet.___
4. ____Buying lunch at a place that serves fruit or fruit juice.___

I understand that it is important for me to make a strong personal effort to make the change in my behavior. I sign this contract as an indication of my personal commitment to reach my goal.

____________________________  __9/28__
Michael Cook

Witness:  ________________________  __9/28__
Katie Lim
Putting Your Plan into Action

• Commitment
• Strategies from behavior change plan
• Belief that you are the “boss”
• Change-friendly environment
• Support
• Rewards
• Congratulate yourself
Staying With It

• Social influences
• Levels of motivation and commitment
• Choice of techniques and level of effort
• Stress barrier
• Procrastinating, rationalizing, and blaming
Being Fit and Well for Life

- First attempts may only involve the planning stage
- Need to develop certain skills
- Do not expect to master everything quickly and with ease