

Physical Education Makes You Fit and Healthy

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ABSTRACT

The purpose of this review paper was to assess how the person becomes fit and healthy with the use of Physical Education and what are the various physical activities in person's life which makes the person healthy and physically fit and in what way the physical activities level is enhanced which results in developing ability to think, learn, and make decisions.

KEY WORDS *Physical Education, Physical activity, healthy*

I. INTRODUCTION

Being physically and mentally fit is an essential part of living a healthy and active lifestyle. A person's health and fitness can be improved with the help of a well-balanced diet and frequent exercise. Children who engage in regular physical activity throughout their youth reap immediate benefits in the form of improved body composition and musculoskeletal development as well as lower levels of coronary heart disease risk factors (Malina and Bouchard, 1991).

By influencing body composition and musculo-skeletal development, and reducing the prevalence of coronary heart disease risk factors, regular physical exercise involvement throughout infancy delivers direct health advantages (Gutin et al., 1994). In light of these health benefits, the Health Education Authority [now Health Development Agency (HDA)] has produced physical activity guidelines for children and youth (Biddle et al., 1998). The basic recommendation is to accumulate 1 hour of daily physical activity of at least moderate intensity (i.e. the equivalent of brisk walking) through lifestyle, recreational and scheduled activity types. This is the equivalent of walking briskly for 30 minutes. In addition, children should engage in musculoskeletal health-promoting activities at least twice a week as a secondary guideline (Biddle et al., 1998). Weight-bearing activities that focus on increasing muscular strength, endurance, and flexibility, as well as bone health, can be used to meet this goal.

In school physical education (PE), students are given the opportunity to participate in regular and structured exercise. PE's inclusion in the school curriculum is often cited as a way to improve children's health and fitness (Physical Education Association of the United Kingdom, 2004; Zeigler, 1994). When it comes to the validity of this argument, there is a lot of debate (Koslow, 1988; Michaud & Andres, 1990). Although this may be the case, PE is frequently cited as a crucial factor in helping young people meet their daily physical activity requirements (Biddle et al., 1998; Corbin and Pangrazi, 1998). Health of the Nation goals in the United States shows that PE can play a key role in encouraging people to engage in physical activity that improves their health. It's important that more schools offer and children attend daily physical education programmes, so there are three PE-related goals here. Increasing the percentage of students who spend at least half of their class period participating in some form of physical activity is the third and final goal (US Department of Health and Human Services, 2000). It has been shown, however, that this criterion is rather ambitious for normal physical education classes, and as a result it is rarely met (Stratton, 1997; US Department of Health and Human Services, 2000; Levin et al., 2001; Fairclough, 2003a).

PE has a wide range of objectives, which may make it challenging to achieve a single goal. The International Council of Sport Science and Physical Education (1999) states that these goals are widely accepted by physical educators around the world, but their interpretation, emphasis, and evaluation may vary from country to country. When it comes to the overarching goals of physical education, Simons-Morton (Simons-Morton, 1994) says the two most important ones are for students to engage in adequate amounts of physical activity while in the classroom and learn how to engage in physical activity outside of school and for the rest of their lives. The development of physical, cognitive, social, spiritual, cultural, and moral skills may justifiably be the primary objective of PE instruction (Sallis and McKenzie, 1991; Department for Education and Employment/Qualifications and Curriculum Authority, 1999). If these features are implemented, kids' behavioural and personal abilities can be developed, allowing them to participate in physical exercise for the rest of their lives. This can only be accomplished if these elements are integrated into a curriculum that offers a wide variety of opportunities for children to engage in physical exercise and to assess which of those activities they enjoy and feel competent in. Team sports dominate English PE curricula, yet they have little to do with what

young people do outside of school and after they have completed their schooling (Sport England, 2001; Fairclough et al., 2002). More PE activities are needed to show that it's not necessary for children to be talented athletes to remain physically active for the rest of their lives.

While the development of motor, cognitive, social, spiritual, cultural, and moral skills is important, it may conflict with the primary purpose of PE (Simons-Morton, 1994), which is to increase involvement in health-improving physical exercise. This goal is not supported by the English National Curriculum for PE (NCPE (Department for Education and Employment/Qualifications and Curriculum Authority, 1999)). Furthermore, it's probable that the wide range of physical activity levels in PE is due to a lack of policy, curriculum development, or teacher skill in this area (Stratton, 1996a). It has been shown by objective study, however, that this is mostly attributable to differences in pedagogical characteristics [i.e. class size and available space; organisational tactics; teaching approaches; lesson content, etc.]. It is also possible that inter-individual characteristics influence how much time students spend participating in physical education (PE). According to Brooke et al. (1975) and Fairclough (2003c), students with higher body mass and body fat tend to be less active than those with lower body mass and body fat (Seliger et al., 1980). More active than their less-skilled counterparts, advanced pupils (Li and Dunham, 1993; Stratton, 1996b) and guys (who are more likely than girls to participate in physical education) (Stratton, 1996b; McKenzie et al., 2000). A lot may be gleaned from deeper research into the interrelationships between students and their teachers.

The goal of this study was to measure the amount of physical activity that high school pupils in England engaged in during physical education class, as proposed by Simons-Morton (Simons-Morton, 1994). If PE may assist youngsters become 'fit and healthy' according to the recommendations of Biddle and colleagues (Biddle and colleagues, 1998), then the data were examined. We paid close attention to the disparities in abilities and genders within the various PE exercises.

THE IMPORTANCE OF A FIT AND HEALTHY LIFESTYLE

Health and fitness are essential if you want to have a successful, contented, and tranquil life. It is possible to enjoy life to the fullest degree if one is healthy and fit. It's not just about being physically active; it's also about being mentally and emotionally well. Maintaining a healthy and fit body has numerous advantages, including reducing the risk of diseases such as heart attack, high blood pressure, obesity, and stroke; increasing life expectancy; reducing stress; and providing a higher quality of life.

PHYSICAL ACTIVITY

The World Health Organization (WHO) defines physical exercise as any skeletal muscle movement that needs energy expenditure. The term "physical activity" encompasses all forms of movement, from leisurely strolls to commuting to and from work. Active living at both a moderate and vigorous intensity is beneficial to one's health.

Walking, cycling, wheeling, sports, active recreation, and play are all common forms of physical activity that anyone of any ability level can partake in and enjoy.

Non communicable diseases such as heart disease, stroke, diabetes, and various malignancies can be prevented and managed via regular physical activity. Preventing high blood pressure, maintaining a healthy body mass index (BMI), and enhancing one's mental well-being are all benefits of regular exercise.

IMPORTANCE OF PHYSICAL ACTIVITY

The heart, the body, and the mind all benefit greatly from regular physical activity.

The prevention and management of non-communicable diseases such as cardiovascular disease, cancer, and diabetes can be improved by regular physical activity. Depression and anxiety symptoms improve when people engage in regular physical activity. Physical activity improves one's ability to think, learn, and make decisions. Young people who engage in regular physical activity are more likely to grow and develop normally.

Overall well-being is enhanced by regular exercise. It is estimated that if the world's population was more physically active, it might prevent up to 5 million deaths a year. When compared to those who are sufficiently active, those who are inactive have a 20-30% higher mortality risk.

Over 80% of the world's teenage population is insufficiently active in terms of their level of physical activity

HOW CAN ONE ENHANCE THEIR LEVEL OF PHYSICAL ACTIVITY

To raise physical activity levels, governments and communities alike must take steps to make sure that everyone has more opportunity to get outside and be active. If we want to encourage physical activity in our communities, we need to work together across a wide range of sectors and disciplines in order to create policies and solutions tailored to the cultural and social context of each country.

Workplace and labour policies encourage active commuting and provide opportunities for physical activity during the workday; childcare, schools, and higher education institutions provide supportive and safe spaces and facilities for all students to spend their free time actively; and policies aimed at increasing physical activity are all of the above.

PHYSICAL ACTIVITIES IN PHYSICAL EDUCATION

Considering the total body, there are six elements of fitness: aerobic capacity, body structure, body composition, balance, muscular flexibility and strength.

Regular physical activity, such as walking, cycling, wheeling, participating in sports, or engaging in active recreation, has numerous health benefits. Even a small amount of physical activity is preferable than none at all. People can easily meet the government's suggested levels of physical activity by being more active throughout the day in relatively simple ways.

These include:

Walking.

Dancing.

Swimming.

Water aerobics.

Jogging and running.

Aerobic exercise classes.

Bicycle riding (stationary or on a path)

Some gardening activities, such as raking and pushing a lawn mower.

PHYSICAL EDUCATION MAKES YOU FIT AND HEALTHY

The development of physical competence and fitness is a direct result of physical education. They learn how to make better decisions and how important it is to lead an active lifestyle. Physical education can have a positive impact on students' academic performance as well as their physical exercise habits.

In order to build a student's self-confidence and ability to participate in a variety of physical activities, physical education is essential. Physical education (P.E.) has a tendency to become an integral part of a student's life. P.E. classes that have a high quality curriculum ensure that kids are able to execute a wide range of physical exercises while still having fun.

Students' skill and self-confidence in participating in a variety of physical activities, both within and outside of school, are fostered in Physical Education (PE). Taking part in and excelling at a variety of physical activities can be made possible for all children with the proper PE instruction.

Physical education teaches you everything you need to keep your body in good condition. People can also learn valuable skills like sportsmanship and teamwork through participation in organised sports. Anything and anything that aids one's personal development

II. CONCLUSION

In sports, work, and daily life, one's capacity to do certain tasks depends on one's level of physical fitness. Nutrition, moderate-vigorous physical activity, and adequate rest are the most common means of achieving physical fitness.

Cardiovascular health, particularly the heart and lungs, might benefit from regular exercise and a healthy weight. You can lower your risk of developing some health issues by maintaining a healthy diet and regular exercise. Because your organs are in better condition, your life expectancy is also boosted, making you healthier as a result.

To live a happy and contented life, it's critical to take care of our mental and physical health as well. Young children should be educated about these things from an early age so that they become accustomed to doing them and are encouraged to do so as they grow older.

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