

A Textbook of Physical Education

Class 11

Chapter 5

PHYSICAL FITNESS, HEALTH AND WELLNESS



As per the guidelines of NEP 2020

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BOOKS



“My single achievement is that, with my sincere and honest approach, I inculcated the spirit of oneness and togetherness among players.”

- BISHAN SINGH BEDI



Includes
COMPETENCY-BASED QUESTIONS (CBQs)
Assertion-Reason
Type Questions
Data-Based/Picture-Based/
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MCQs



Revised and Updated



A Textbook of

Physical Education

Based on the latest CBSE syllabus

XI

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MEANING AND IMPORTANCE OF PHYSICAL FITNESS, WELLNESS AND LIFESTYLE

Meaning of Physical Fitness

“Physical fitness is a state of well-being with low risk of premature health problems and energy to participate in a variety of physical activities.”

– Hawley and Frank

“Physical fitness is the human body’s ability to move with desired speed, balance, agility, and strength gained through proper exercises and nutrition.”

– Don Hoskin

Meaning of Wellness

Wellness, to put it in simple words, is the state of being healthy and free of diseases. However, its meaning can be broadened to show the interrelationship between physiological health, psychological health and social health.

“A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

– The World Health Organisation



Figure 5.1 Physical fitness is directly proportional to physical health.

Importance of Physical Fitness and Wellness

- Improves efficiency of body organs and reduces the risk of heart, lungs and liver ailments.
- Improves posture and balance of the body, thereby making the outer appearance more fit and attractive.
- Keeps an individual energised, focused and intelligent so that he can confidently deal with all sorts of situations and challenges.
- Increases life expectancy and eases the function of daily routine such as walking, lifting, carrying, etc.
- Makes the muscles stronger and more flexible and keeps the joints sturdier, thereby enhancing motor functions, agility and endurance.
- For more points refer to textbook.

Meaning of Lifestyle

“Lifestyle generally means a pattern of individual practices and personal behavioural choices that are related to elevate or reduce health risks.” – *Encyclopaedia of Public Health*

Importance of a Healthy and Positive Lifestyle

1. A healthy and positive lifestyle prolongs life .
2. To keep our bodies in good condition, adequate sleep and rest is required.
3. Depression and stress hamper our productivity and fill our mind with grief.
4. Loss of concentration and poor memory can have a lot of harmful impacts on a person.
5. A balance between work/study and personal life should be maintained so that one is able to experience all sides of life, both the tough and the fun part.

COMPONENTS / DIMENSIONS OF WELLNESS, HEALTH AND PHYSICAL FITNESS

Components / Dimensions of Physical Fitness

Physical fitness goes beyond being strong and immune to diseases. It is made up of various elements, such as endurance, flexibility, speed, etc.

Strength

“Strength is the ability of the muscles to overcome resistance, or the amount of force that can be exerted by a muscle or a group of muscles against a resistance.”

Strength can be studied under two categories:

- 1. **Dynamic Strength:** maximum strength, explosive strength and strength endurance*
- 2. **Static Strength:** Static strength is the ability of the muscle to act against resistance offered by an immovable object.*

Endurance

Endurance is the ability to resist fatigue and sustain an activity for a long duration of time.

Endurance can be of various types. Based on speed, it can be broadly divided into:

- 1. Short Term Endurance:**
- 2. Long Term Endurance:**

Speed

Speed is the ability to perform a movement or a continuous series of movements within a very short period of time.

Speed can be categorised into various types:

- 1. Reaction Ability:**
- 2. Acceleration Ability:**
- 3. Locomotor Ability:**
- 4. Movement Ability:**
- 5. Speed Endurance:**

Flexibility

Flexibility is the ability of an individual's joints to execute a wide spectrum of movements.

There are two types of flexibility:

1. Passive Flexibility:
2. Active Flexibility:

Coordinative Abilities

Coordinative abilities are abilities that enable an individual to do various related activities properly and efficiently.

The different types of coordinative abilities are:

1. Combinatory Ability:
2. Orientation Ability:
3. Reaction Ability:
4. Balance Ability:
5. Adaptation Ability:
6. Differentiation Ability:
7. Rhythm Ability:



Components of Wellness

1. Physical Wellness:
2. Intellectual Wellness:
3. Emotional Wellness:
4. Nutritional Wellness:
5. Social Wellness:
6. Spiritual Wellness:
7. Financial Wellness:
8. Environmental Wellness:



Components of Health-related Fitness

- 1. Cardiovascular Endurance:** It refers to our physical ability to undergo aerobic exercise for prolonged periods of time.
- 2. Muscular Strength:** It deals with short duration muscle contraction involved in anaerobic activities.
- 3. Muscular Endurance:** It is the ability of a muscle or a group of muscles to perform repeated muscular contraction against resistance for a longer period of time.
- 4. Body Composition:** It is the percentage of your body's tissues which are composed of fat versus tissues which are fat-free.
- 5. Flexibility:** It is the ability of a joint to move through a full range of motion.

Components of Skill Related Fitness

The components of skill-related fitness are:

- 1. Reaction Time:** Reaction time or response time is the ability to detect, process, and respond to a stimulus.
- 2. Power:** Power is an individual's ability to exert maximum force as fast as possible.
- 3. Balance:** Balance is the ability of a person to maintain the equilibrium of the body in static as well as in dynamic positions.
- 4. Speed:** Speed is the ability of a person to perform a movement or a continuous series of movements in the shortest possible time.
- 5. Agility:** Agility is the ability of a person to rapidly change the position of the entire body with speed and accuracy.
- 6. Coordination:** Coordination is the ability of an individual to perform various motor tasks properly and efficiently.

TRADITIONAL SPORTS AND REGIONAL GAMES FOR PROMOTING WELLNESS

The traditional sports and regional games are the reflection of the people and the society and their culture. Earlier all the games and sports were played for recreation and entertainment. Many types of traditional sports and regional games are played in India. They include board games (chaupar, shatranj), combat games (kalaripayattu), games involving animals (horse riding), racquet games (ball badminton), team games (kho-kho, kabaddi), play games (gilli danda), Indian gymnastics (mallakhamb), etc.

Refer to Table 5.1 for the brief description of various traditional and regional games and sports played in India.

SUMMARY

1. According to David R Lamb, “Physical fitness is the capacity to meet the present and the potential physical challenges of life with success.”
2. Exercise for a minimum of 30 minutes a day to improve muscular strength, flexibility and also to fully utilise energy derived from food.
3. A balance between work/study and personal life should be maintained so that one is able to experience all sides of life, both the tough and the fun part.
4. Strength is the ability of the muscles to overcome resistance, or the amount of force that can be exerted by a muscle or a group of muscles against a resistance.
5. Endurance is the ability to resist fatigue and sustain an activity for a long duration of time.
6. Speed is the ability to perform a movement or a continuous series of movements within a very short period of time.
7. Flexibility is the ability of an individual’s joints to execute a wide spectrum of movements.

SUMMARY

8. Flexibility is determined by the anatomical structure of joints extension of ligaments and muscles, warm body temperature and the individual's age, gender and physical strength.
9. Body composition is the percentage of your body's tissues which are composed of fat versus tissues which are fat-free.
10. Traditional games and sports help people improve their physical and mental ability, induce happiness, bind them together and improve their habits and behavioural aspects.
11. Sports build up discipline and traditional sports connect people.