

PHYSICAL FITNESS

Physical fitness is the ability of an individual to perform or carry out effectively his/her daily activities without under fatigue. It can also be seen as one's ability to execute daily activities with optimal performance, endurance, and strength with the management of disease, fatigue, and stress and reduced sedentary behaviour.” This description goes beyond being able to run quickly or lift heavy weights.



Factors Influencing Physical Fitness

1. Health Status
2. Nutrition
3. Sleep
4. Age
5. Environment
6. Lifestyle
7. Regular Exercise

Importance of Physical Fitness

1. It builds a structure of flexible compact muscles
2. It promotes blood circulation
3. It helps to develop resistance to against infectious diseases
4. It assists in maintaining an erect posture

5. It aids weight control.
6. It improves muscular tone

Component of Physical Fitness

1. **Performance related component:** These are components that must be acquired by athletes to enable them execute sport skill proficiently. It includes:
 - a. Speed: The ability to react fast to stimulus in sport. It is required to achieve better results
 - b. Muscular Power: It is the ability of an individual to maximally use the stored-up energy when it is required during physical activities.
 - c. Agility: This is the quality that enables individual to move very fast and skillfully perform a risky activity without getting injured.
 - d. Balance: This is the ability to maintain a particular body position or equilibrium. Balance can be classified into namely (i) Static balance (ii) Dynamic balance.
 - e. coordination: This is the ability to combine series of movement in a particular task.

2. **Health related Component:**

It includes:

- a. Muscular endurance: It is the ability of an athlete to resist fatigue and continue to perform for a long period in spite the feeling of fatigue
- b. Muscular Strength: This is the force that a muscle or group of muscles co-exist against a resistance in one maximum effort.
- c. Flexibility: This is the range of movement at a joint while the chance of sustaining injuring is reduced to a minimum.
- d. Cardio- vascular respiratory or cardio- vascular endurance: This has to do with the capacity of the body system particularly the respiratory system (heart) to function effectively in good condition during any physical activities that extends beyond the regular time.
- e. Body Composition: This is the body configuration, that is, the genetic traits inherent by individual athletes that determines body shape(physique) and affect health.

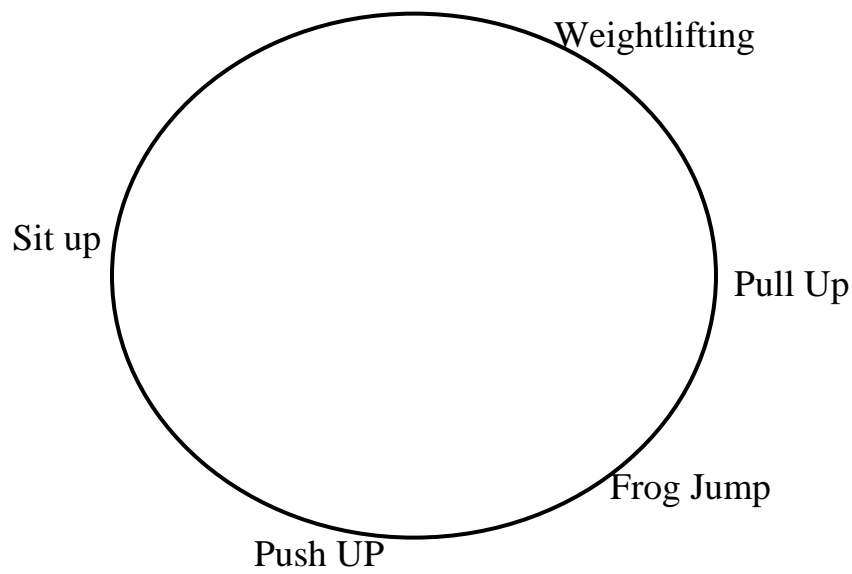
Characteristic of Physical Fitness

1. The muscles are tuned up and the bones are strengthened
2. Endurance is improved
3. Postural defects are prevented

4. The organs of the body become more active and meet the needs of the whole body
5. The joints are more flexible.

Appropriate Exercise to Develop Physical Fitness

1. Circuit training: It involves series of exercises usually Ten or less, that are performed in progressive manner.



2. Interval Training: It is a physical activity involving distance to build endurance an increase in speed, an increase in number of repetitions, the rest or recovery period. This is mean't to develop cardiovascular endurance e.g. juggling training etc.
3. Weight Training: It utilizes resistance exercise considering the numbers of repetition and also the duration and intensity of the exercise being performed, e.g weight lifting at a sitting
4. Weight lifting: Weight lifting, bench press etc.
5. Isomeric exercise: Pull up, pushing against the wall.
6. Calisthenics exercise: It makes the muscle contract so that they shorten to bring ends together (concentric) or muscles lengthen so that the ends go away from the center (eccentric isotonic) e.g flexibility exercise of the waist, arm and neck.