

Physical Education & Physical Fitness

Department of Physical Education; SH College, Thevara

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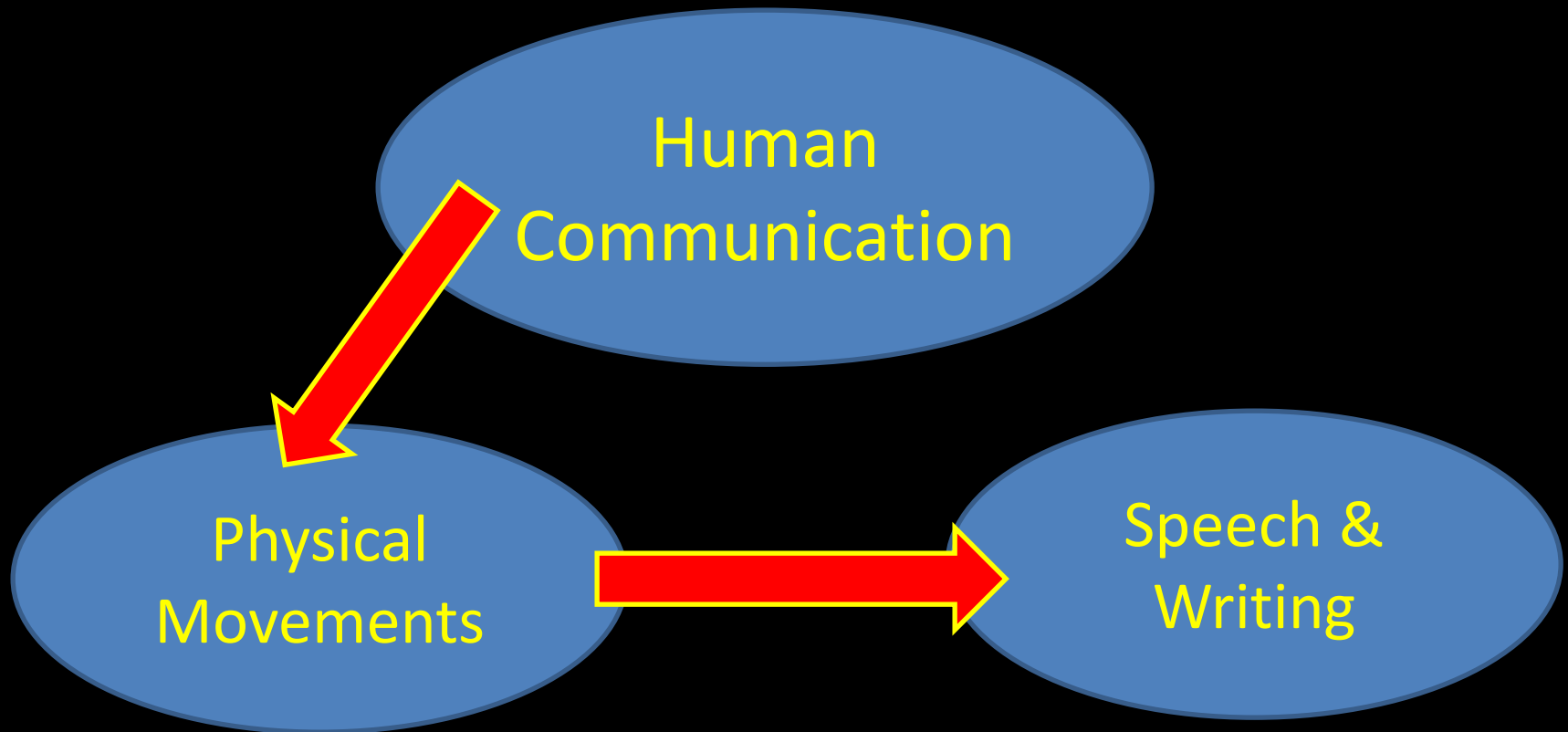
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Introduction



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Concept & Meaning of Physical Education



Understanding a man as a
human being



To reflect our ideas & beliefs
according to nature of Society



Phy. Edn is a purposeful activity
through which the total
personality of a child takes place

Definitions of Physical Education

Physical education is defined as an education of and through human movement where many of educational objectives are achieved by means of big muscle activities involving sports, games, gymnastic, dance & exercise

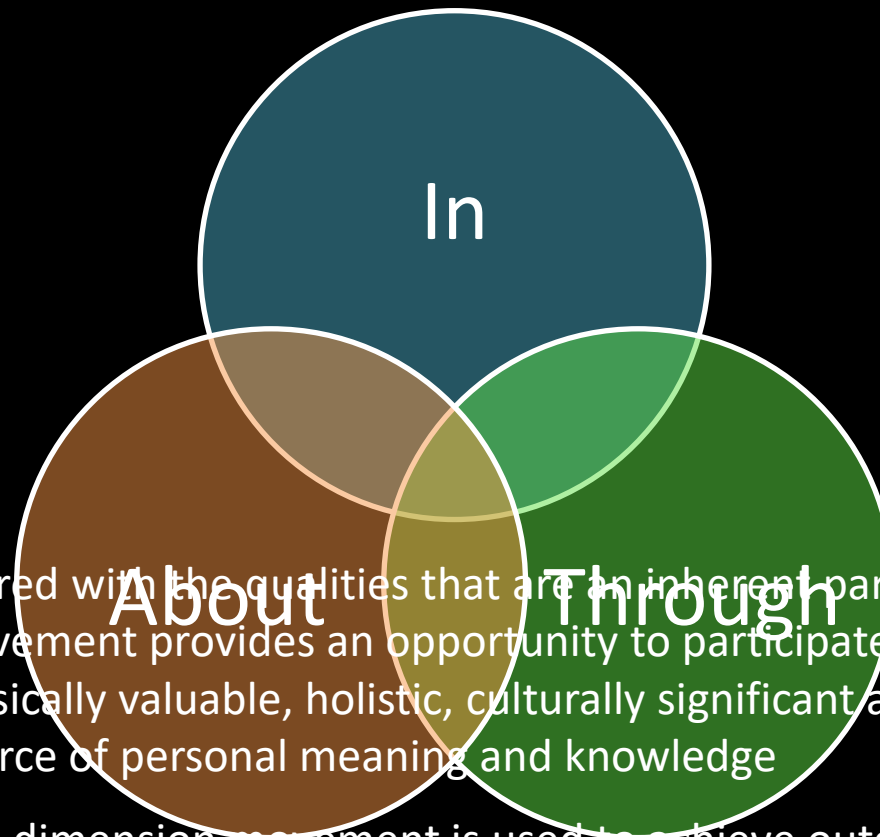
Harold M Barrow

Definitions of Physical Education

Physical education is a part of education which give instruction in the development and care of the body ranging from callisthenic exercises to a course of study providing training in hygiene gymnastics and the performance and management of athletics games

Webster's Dictionary

Three Dimensions of Human Movement



In : is considered with the qualities that are an inherent part of movement itself. This movement provides an opportunity to participate in activities that are intrinsically valuable, holistic, culturally significant and an important source of personal meaning and knowledge

Through : In this dimension movement is used to achieve outcomes such as moral values and conduct, aesthetic understanding and appreciation, social interaction and socialization etc.

About: learning concepts, rules & procedures Such as Anatomy, Physiology, History of games & sports etc.

Aims(Goal, Direction) of Physical Education

Aim of physical education is to develop human personality in its totality through planned physical activity programmes. Physical education aims to the wholesome development of human personality and it includes physical, mental, social, emotional & moral aspects to make an individual good citizen.

Physically fit, Mentally alert, Socially adjusted, Emotionally
balanced & Morally uplifted

Objectives of Physical Education

Aims are the ultimate goal we are striving and not reached yet. The small targets made for the attainment of the aim are called **objectives**

- 
- 1 • Physical Development
 - 2 • Motor Development
 - 3 • Mental Development
 - 4 • Social Development
 - 3 • Emotional Development

• Physical Development Objective

- ❖ The role of muscular activities is the important factor here
- ❖ It helps in the development of organic systems
- ❖ Organic systems refers digestive, circulatory, respiratory systems
- ❖ Results in building the ability to sustain adaptive effort
- ❖ Ability to recover
- ❖ Ability to resist fatigue
- ❖ Muscle strength development
- ❖ Muscle endurance development
- ❖ Cardio vascular endurance development
- ❖ Flexibility development

• Motor Development Objective

- ❖ The role of muscular & Nervous systems is the key factor here
- ❖ development of neuromuscular coordination
- ❖ Results in skillful movements
- ❖ Smooth movements
- ❖ Accurate movements
- ❖ Less expenditure of energy

• Mental Development Objective

- ❖ It deals with knowledge and ability of thinking for a better interpreting
- ❖ Learning skills need thinking on the part of intellectual mechanism.
- ❖ Other Group dynamic activities like leadership, self reliance

4

- Social Development Objective

5

- Emotional Development Objective

Physical Fitness Components



The diagram illustrates the components of physical fitness. At the top is a large blue rectangle with the title 'Physical Fitness Components'. Below it is a wide, dark red horizontal bar. The main content is organized into two columns of colored boxes. The left column contains three boxes: 'Cardio Respiratory Endurance' (pink), 'Muscular Endurance' (blue), and 'Strength' (red). The right column contains three boxes: 'Power' (purple), 'Agility' (green), and 'Flexibility' (orange). At the bottom center, there is a single cyan box labeled 'Speed'. All boxes have a slight 3D effect with a gradient and a shadow.

Cardio Respiratory Endurance

Power

Muscular Endurance

Agility

Strength

Flexibility

Speed

Physical Fitness Components

Cardio-Respiratory Endurance

Cardiorespiratory endurance refers to the ability of the body to perform prolonged, large-muscle, dynamic exercise at moderate-to-high levels of intensity.

This is the quality that enables one to continue engaging in reasonably vigorous physical activities for extended periods of time and where cardio-respiratory adjustments to the activity is built up.

Physical Fitness Components

Muscular Endurance

Muscular endurance is the ability of a muscle or group of muscles to repeatedly exert force against resistance for an extended period of time.

Muscular endurance is the quality that enables a person to sustain localized muscle group activities for extended period of time.

Physical Fitness Components

Strength

Strength is the amount of muscular force one is capable of exerting in a single muscular contraction. Strength is the ability of a muscle for producing maximum amount of force.

A **force** is a push or pull upon an object resulting from the object's *interaction* with another object. Whenever there is an *interaction* between two objects, there is a force upon each of the objects. When the *interaction* ceases, the two objects no longer experience the force. Forces only exist as a result of an interaction.

Physical Fitness Components

Speed

Speed (distance divided by time) is the ability to make rapid / fast / movements of the same type in the shortest possible time

The act or quality of acting or moving fast; rapidity

The rate at which something moves, is done, or acts

Physical Fitness Components

Agility

Ability of human body to change or alter direction quickly efficiently accurately effectively during physical activity

Physical Fitness Components

Flexibility

It's the ability of a muscle to perform movements freely to its large

Thank You