

## PHYSICAL ACTIVITY IS GOOD FOR THE MIND AND THE BODY

Sreenivasa T

Physical Education Director, Government First Grade College, Vijayayanagara, Bangalore

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### ABSTRACT

Physical fitness is the capability of the body to carry out daily activities without experiencing physical or mental strain. Physical Fitness refers to a condition of health and wellness. This Physical Fitness serves as the primary foundation for all sports activities and facilitates improved athletic performance and success. Daily physical activities not only strengthen muscles but also enhance an individual's work performance. All athletes engage in conditioning exercises (physical fitness) pertinent to their specific sports and games, which naturally enhances both their physical and mental capabilities, ultimately aiding their sports performance. Maintaining consistency in physical fitness activities can enhance not only our physical health but also our mental well-being. This enhanced mindset boosts our confidence, determination, and challenges to validate ourselves. Consistent physical fitness activities aid in delivering oxygen throughout the body, and when pure, fresh oxygen is provided to every part, both our body and mind begin to function optimally, assisting in success in sports and games.

**Key words :-** Physical Fitness Components Endurance, Strength, flexibility, agility. Co-ordination. and Sports Performance.

### INTRODUCTION:-

Physical fitness is a crucial element and significantly contributes to enhancing sports performance. Improved physical fitness yields significant benefits for both physical and mental growth, aiding in reaching the pinnacle of athletic success. The initial prerequisite for sports success is a solid level of physical fitness. Physical fitness is an essential element that directly influences Motor quality, which reflects movement, and every athlete must understand the practical aspects of physical fitness training.

**Physical Activity:** Refers to any movement of the body generated by the contraction of skeletal muscles that raises energy expenditure beyond the baseline level. Physical fitness is characterized by being in good bodily health, maintaining proper posture, and preparing oneself for a specific sport or activity..

**Exercise :-** Exercise is a form of physical activity that is organized, systematic, and repetitive, aimed at developing, enhancing, or sustaining physical fitness. Mainly Beneficial Impact on Sports Performance through Physical Fitness Training. The conventional athletics authorities have placed significant emphasis on physical conditioning, in addition to the advancement of structured fitness theory.

**Sport:-** Sport and games refer to competitive activities that involve physical exertion. Sport also denotes activities centered around athleticism. These sports events are typically regulated by established rules set by specific game associations to guarantee equitable competition and uniform judgment of the victor. Sports and games that seek to enhance or sustain physical abilities and athletic skills while striving to offer enjoyment to participants and, in certain instances, entertainment to viewers as well. Sports and games are structured activities designed to utilize leisure time, or are governed by specific rules and regulations to enhance an athlete's physical fitness and overall health..

**Achievement:-** Achievement is something that has been realized through effort. It's the capacity of an individual to achieve success in their path. Achievement is an exceptional talent or a noteworthy endeavor to accomplish tasks successfully with considerable bravery. It's a courageous action or skill to attain the ultimate level.

**Endurance:-** Endurance refers to the physical capacity to continue engaging in challenging or painful tasks over an extended period. Endurance also denotes the capability of muscles to persist in continuous contraction during repeated actions for a duration.

**The Ruthlessness:-** Regular exercise contributes to maintaining our heart health, circulatory system, lung function, and overall supports our well-being while enhancing physical fitness. That was essential for establishing our sports objectives, delivering our peak performance in the competition, and reaching a level higher than our previous achievement.

### **Strength:-**

Strength refers to the greatest force our muscles can exert against a weight. Training for physical fitness that enhances muscle strength involves lifting weights or increasing resistance during workouts.

Strength is a factor of Physical Fitness and is a crucial element in attaining success in sports and games. Virtually every sport and game requires strength, and in team sports such as rugby, having good strength is vital as a component of the complete physical fitness profile.

### **Flexibility :-**

Flexibility is the ability to move muscles and joints through a full normal range of motion. Flexibility is the capacity of a joint or muscles to move through its full range of motion. It's a Flexibility is specific to a particular movement or joints. Flexibility is a specific or a particular movement or joints, and the degree of muscle's elasticity around the body.

### **Speed :-**

Speed describes as an acceleration of muscles and joints towards movements. It is also explains about the highest rate of motion. Speed is defined as the ability of muscles to move the body in one direction as fast as possible. Speed is the ability to move all or some parts of the body as quickly as possible. The ration of the distance travelled by an object (regardless of its direction) to the time required to travel that distance. Speed is the ability to do a single movement in minimum of time.

Speed is a way of measuring how quickly something is moving or being done, or something moving fast. Speed is the rate at which something moves, or acts for the fulfilment of objective. It's a rapidity in moving, going, traveling, proceeding, or performing, swiftness and Elasticity.

**Agility:** Agility is the ability of body to be quick and graceful. It's a body's quicker and easy movement. It's a Capacity of an Individual to perform quickly and clearly for the said phenomena. Agility is defined as the ability to move nimbly with speed and ease. Agility can be defines as a it refers to mental quickness and sharpness. Agility is the power of moving the limbs quickly and easily.

**Co-ordination ::**Coordination is the ability to move two or more body parts under our control. And work smoothly and efficiently. In sports and games this coordination ability is needed very much because it helps sports person should use his right muscles at the right time with proper Intensity to achieve proper ant better action.

## **BENEFITS OF PHYSICAL FITNESS WHICH HELPS TO ACHIEVE SPORTS PERFORMANCE**

### **A. It helps to prevent Injuries;**

A Better Physical Fitness and development can help the athletes to prevent Injuries. And a good physical fitness is the main base of Sports Achievement. If an Athlete Keeps his body conditioned with needed physical fitness he definitely manage his injuries and increase his efficiency to achieve and increases his interest to learn sports skills skilfully and get mastery over skills. A better Physical Fitness helps to manage Sports injuries which caused by accidently in movement or while playing.

**B. Develops Thrust of Competition:** A better physical fitness urges a sports person to participate in much competition. Their thrust of playing may not stop nor they become tiered they just want to play continuously. Ability of playing, technical playing, use of tactics, play intelligence all can improve by participating more competition, without any hurdles if one can participate in competition for longer time this is because his physical fitness.

**c. Develops Psychological wellbeing:** Mental state of an athlete plays a vital role in sports achievement, and this Psychological well being can be strongly developed by maintaining or developing Physical Fitness. Many things of psychology of an athletes like stress, anxiety, depression, can washout and needed strength of psychology like self confidence, self respect, achievement motivation, locus of control all will develop automatically while training physical fitness. Both the physical and psychological status can be improve by developing physical fitness.

**D. Helps to take Training Load :** while practice athletics the coach changes his training pattern of apply transfer of training to improve the capacity or efficiency of the athletes. If a athlete is strong enough to take any loan than he can continue with the training. For this particular training load a athletes should be physically fit and well conditioned mind set should be there. Well conditioned physical attitude can take any type of training load to achieve his dream. The high Intensity work load can implement on physically fit athletes.

**E. Physical development urges the athlete to maintain good mental state** The rapid development of modern competitive sports, the requirements for athletes' ability are very high in various aspects. In training and competition, athletes not only consume huge physical energy, but also pay a huge psychological energy.

### **F. Decreases stress**

Another mental benefit of exercise is reduced stress levels—something that can make us all happier. Increasing your heart rate can actually reverse stress-induced brain damage by stimulating the production of neuro hormones like no epinephrine, which not only improve cognition and mood but improve thinking clouded by stressful events.

### **G. Increases self-esteem and self-confidence**

From improving endurance to losing weight and increasing muscle tone, there's no shortage of physical achievements that come about from regular exercise. All those achievements can all add up to a whopping boost of self-esteem—and the confidence that comes with it. You may not set out for better-fitting clothes, a slimmer physique, and the ability to climb a hill without getting winded.

## H. Better sleep

If you have trouble getting a good night's sleep, exercise can help with that, too. Physical activity increases body temperature, which can have calming effects on the mind, leading to less sheep counting and more shuteye. Exercise also helps regulate your circadian rhythm, our bodies' built-in alarm clock that controls when we feel tired and when we feel alert.

## I. Brain boost

From building intelligence to strengthening memory, exercise boosts brainpower in a number of ways. Studies on mice and humans indicate that cardiovascular exercise creates new brain cells—a process called neurogenesis—and improve overall brain performance.

## CONCLUSION

It was concluded that Planned and systematic physical fitness primarily put a positive effects on sports achievement and it will also leads to positive effects on mental as well as physical and personal development. Well Balanced physical and mental strength is necessary to achieve anything in life. Many people getting benefits to achieve in sports and games with lower risk of injuries by maintain good physical fitness. The Improved Self Confidence urges more participation in competition.

Many evidences shows that Physical fitness plays a incredible role to perform up to our potentials and to show our ability in competitions. Physical fitness involves into develop the performance of the heart and lungs, and the muscles of the body. Fitness can help with performing daily tasks, improve circulation and posture, aid in stress relief and enhance coordination to achieve our better performance.

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