

Role of Physical Education in maintaining good health and well-being of a persons or individual

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ABSTRACT - The main aim of the study was to investigate the Role of Physical Education in maintaining good health and well-being of persons or individuals, because the modern life is a life of ease and comforts and our physical capabilities has been reduced which had adversely effect on our health and well-being. So if one intends to make good health and well-being he should take the Physical exercise properly. Physical Education helps to maintain our organs system, so there is dire need of Physical Education activities which insists/inspires the individual to take-up physical exercises or physical activities for the attainment of Good health and Well- Being.

Key words:- Physical Education, Good health, physical activities etc.

I. INTRODUCTION

Physical education is “education through the physical”. It aim to develop students physical competence and knowledge of movement and safety, and their ability to use these to perform in a wide range of activities associated with the development of an active and healthy lifestyle. It also develops Students’ confidence and generic skills, especially those of collaboration, communication, creativity, critical thinking and aesthetic appreciation. These together with the nurturing of positive values and attitudes in Physical Education provide a good foundation for Student’s lifelong and life-wide learning.



Physical education develops the skills, knowledge, Values, and attitudes needed for establishing and enjoying an active and healthy life style, as well as building student confidence and competence in facing challenges as individuals and in groups or teams, through a wide range of learning activities.

II. DEFINITION OF PHYSICAL EDUCATION

Physical Education is an integral part of the total education process and has as its aim the development physically, mentally, emotionally, and socially fit citizens through the medium of physical activities which have been

selected with view to realizing these outcomes. (Charles A. Bucher)

Physical Education is the sum of those experiences which comes to individual through movement. (Oberteuffer)

Physical Education is the sum up man’s physical activities selected as to kind and conducted as to outcomes.(J.F. Williams)

Aims

The aims of Physical education are enable the students to:

- Appreciate and understand the value of Physical education and its Relationship to healthy , active lifestyle and wellbeing.
- Work to their optimal level of physical fitness
- Knowledge and understanding in a variety of physical activities and evaluate their own and others performances.

Objectives

- To access the physical fitness of college students in terms of strength, endurance, flexibility, agility, coordination etc.
- Knowledge and understanding.
- Movement Composition.
- Performances and Application.
- Social skills.

III. WHY IS PHYSICAL ACTIVITY IS IMPORTANT?

Physical activity and Nutrition work together for better health. Being active increase the amount of calorie burned as people age their Metabolism slows. So maintaining energy balance requires activity more and eating less.

In our Experiment, there are 60 subjects of 2 Groups: - comprises of 30 controlled and 30 uncontrolled group.

The Controlled group taking exercises regularly for 1hr daily in the early morning for a period of 50 days.

Hypothesis: There is no significant difference between the groups.

Methodology: - In our experiment, we have one workout/practice session of 1 hr .

In our Physical Activity/practice session. The controlled group doing different exercises like jogging followed by little stretching, Running, sprints, strenuous Exercises, cooling down or stretching.

After the span of 50 days physical activity, apply and conduct the AAPHAR YOUTH PHYSICAL FITNESS test to access the physical Fitness level of the college girls of Govt P.G College for women, Gandhi Nagar Jammu. The test comprises of Six test batteries:-

S.No	TEST ITEMS	ELEMENTS
1	PULL Ups (boys) or flexed arm hang (girls).	Muscular Strength & Muscular Endurance Of Arms & Shoulders.
2	BENT-KNEE SITUPS	Abdominal Muscular Strength Endurance.
3	SHUTTLE RUN	Speed & Agility.
4	STANDING BROAD JUMP	Explosive Strength Of Legs.
5	50 mtr DASH.	Speed Of Lower Extremities.
6	600 mtr or 9 min (run or walk)	Cardio-Vascular Endurance.

IV. FINDINGS

The results of the study shows that there is a significant difference between the controlled group and uncontrolled group are found like:-

1. When we talk about the muscular endurance the controlled group has better than uncontrolled group in longer duration activities but somehow the muscular strength are almost same between the two are same.
2. Speed and agility the results are better than uncontrolled group.
3. In case of Explosiveness, both groups are shows very little difference.
4. In our study, the results have very impressive in case of Cardio-vascular endurance between the two Groups. The controlled groups has efficiently and better cardio-vascular endurance than uncontrolled group, they are more prone to Fatigued and tired during the early time of test.

And also some other beneficial effects of Physical Activities and Exercises on Psychological Parameters like Confidence, Stress free, patience, Concentration, Energetic, Calm, Good Sleep etc.

V. CONCLUSION

Physical Education plays a great role in the all round development of individual personality whether it is physical, spiritual, intellectual, social, Mental. Maintained

good health and well being can be develop only through physical exercises. The main aim study was to motivate the individual for keeping our body fit and well being by doing regular exercise. So let us adopt a healthy lifestyle and well being personality and create the society a happiest and prosperous place.

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