

## PHYSICAL EDUCATION, HEALTH AND FITNESS

The Scientific approach by physical education has characterized by a profound substantiation of all its entire initial propositions and of the entire process of physical education by the achievements of science and by the inseparable unity of science and advanced practice. The traits of this man's nature and the scientific approach to physical combined to make a single entity on the basis of the following principles, universality, the link with social practice, the comprehensive development of the personality and the efficiency of improvement of public health.

Sports by their varying natures are enjoyable, challenging, all absorbing and require a certain amount of skill and physical conditions. It is as old as human society itself and it has achieved a universal following in the modern time. The phenomenon of sports today intervenes in many fields of endeavor and sometimes has even central positive sports, a part of physical education program, has grown so big that it has come to be recognizing as a social force. Some people claim a separate entity for sports a separate study. The word physical education indicates physical activity develops the learner. The common denominator in sports and physical education is movement activities. What may not be understood from the combine term is that the motor activities must be performed to develop skillful or artistic execution and to develop the performer. Physical education and sports together form a coherent systematic and scientifically sound program based on the current accepted principles

### **Physical Fitness:**

Today there is growing emphasis on looking good, feeling good and living longer. Increasingly, scientific evidence tells us that one of the keys to achieving these ideals is fitness and exercise. Getting moving is a challenge because today physical activity is less a part of our daily lives. We have become a mechanically mobile society, relying on machines rather than muscles to get around. Consequently, statistics show that obesity and overweight, the problems that come with high blood pressure, diabetes, cardiac arrest, etc. are on the rise. However, statistics also show that preventive medicines pay off, so one should not wait until his/her doctor gives an ultimatum. Everyone must take the initiative to get active now. Physical fitness is to the human body what fine-tuning to an engine. It enables us to perform up to our potential. Fitness can be describe as a condition that helps us for better look, pleasant feel and do our best. More specifically it is, "The ability to perform daily tasks vigorously and alertly, with energy left over for enjoying leisure time activities and meeting emergency demands. It is the ability to endure, to bear up, to withstand stress, to carry on in circumstances where an unfit person

could not continue, and is a major basis for good health and well being.” Physical fitness involves the performance of the heart and lungs, and the muscles of the body. In addition, since what we do with our bodies affect what we can do with our minds, fitness influences to some degree qualities such as mental alertness and emotional stability.

### **The value and purpose of Physical Education:**

We are now surer about what the benefits of fitness are and about how to achieve them than ever before. Our current knowledge about fitness has been earned. Neither what the benefits of fitness were nor how to achieve them was so clear. For a long time, the problem was one of definition. Almost every book written about sport and physical education discusses physical fitness; yet it is not always easy to find acceptable definitions of fitness. Many authors mention how difficult it is to interpret the concept of fitness, and then offer a generalized definition that relates physical fitness to some broader concept of total fitness. Total fitness is described as encompassing physical fitness, and almost any other kind of desirable characteristics the author can include.

Defined in this way, the concept of physical fitness becomes meaningless; simply because the concept is embedded, then a larger notion of total physical fitness that is as broad and elusive as to prove no value. To circumvent this problem of having too broad a definition, people have often defined physical fitness as an adequate amount of muscular strength and endurance to meet the needs of everyday life. Although this definition appears to be more specific and useful, it is not. What are the needs of daily life? Some professional people lead sedentary lives, working behind a desk and spending their leisure hours watching television. If they have enough strength and endurance to do that, are they fit? Is adequacy to meet the immediate need of one's occupational and social life a sufficient criterion for making judgments about fitness? As one can see such a definition raises more questions than it answers. Traditionally, professionals in reference to a list of characteristics have defined physical fitness. The following list, now more than three decades old, is representative of 50 years of traditional professional thought in physical education:

- Resistance to diseases: a broad component referring to degenerative and contagious diseases.
- Muscular strength and endurance: the ability to continue successive exertions under conditions where a load is placed on the muscle groups being used.
- Cardiovascular endurance: the ability to maintain effort when demands are placed on the functions of the circulation and respiration.
- Muscular power: the ability to release maximum force in the shortest period of time.

- Flexibility: the degree of range of movement at specific joints and in total body movement.
- Speed: the ability to make successive movement of the same kind in the shortest period of time.
- Agility: the ability to change position in the space.
- Balance: the ability to maintain equilibrium while stationary or moving.
- Accuracy: the ability to control voluntary movements towards an object.

### **Fitness and Exercise: a way of living**

Exercise is not always performed in a sport or training setting. When one shovel, paint his room, or change a flat tire that means he is exercising. Moreover, when one exercises a number of important bodily changes influence physiological as well as psychological functioning in very striking ways. If one eventually to organize a realistic personal program of exercise, it is important that you understand these changes. Some of the important physiological reactions to exercise expressed in the form of five concepts:

- Concept-I: Exercise involves physical work.
- Concept-II: To contract against resistance created by the body itself or externally imposed resistance, muscles must be stimulated.
- Concept-III: The nervous system typically provides the stimulation for muscular contraction.
- Concept-IV: The cardiovascular system distributes nutrient and oxygen necessary for muscular contraction.
- Concept-V: Exercise is physiologically arousing.

Psychological reactions also takes place through exercise such as anxiety, courage, depression, self esteem, aggressiveness, wellness and a positive, stimulating sound state of mind.

Eating well is very important in keeping our body working at its best. According to the food pyramid, a balanced diet consists of a mixture of fruits, vegetables, grains, meats, fish and dairy. A food pyramid is a chart that includes the different foods from all five groups and how much of each type of food you should eat. Regular exercise is also essential for maintaining a healthy body weight. Exercise not only builds muscle to help us become stronger but it also helps to reduce stress and increases fitness of the heart and the respiratory system. The endorphin rush we get while exercising not only

makes us feel better, but can improve our mood. Whether an individual is an Ectomorph, the Mesomorph, the Endomorph, or a combination? Knowing our body type can surely help us to do the exercises that are best for us. Start by loving our body and making conscious choices that keep us healthy. One can on his way to developing good eating habits and prevents future problems such as obesity, diabetes, and high blood pressure later in life.

The great physiologist "Nixon" defines physical fitness as – "Physical fitness refers to the organic capacity of the individual to perform the task of daily living without undue tiredness or fatigue having reserves of strength and energy available to meet satisfactorily any emergency demands suddenly placed upon him.

### **CONCLUSION:**

Keeping in mind all important outcomes of the physical education and health related issues here in Abhyasa we are running a good track of physical activity programmes to make all Abhyasa students physically, mentally, socially, emotionally and spiritually fit and stimulate.

The physical activity runs in Abhyasa in a regular basis in the morning and evening with conditioning programme followed by different game activities, Yoga & Meditation programme, Health centre (Multi-Gym) training programme, Swimming and Indigenous activities like Kung-Fu, Gymnastics, and Karate etc. Abhyasa students used to participate in different club level, state level, regional level and in the National level as well in different games like Basketball, Cricket, Table Tennis, Badminton, Football, Swimming and Athletics. Here as part of the adventure activity we use to have trekking programme also consisting of Rappelling, Rock Climbing, Rope climbing etc.

**By-**  
**Hem Prasad Nath**  
**HOD, Physical Education.**

Around 3000 B.C Soccer is assumed to have been Conceptualized. The earliest record of playing is in 1004Bc in Japan. Earlier Soccer was prohibited in England. But afterwards from 1880 it has become a popular sport among the English. 'Eton College of England' had the earliest known rules of Football and finally Cambridge rules have been accepted as standard rules in Soccer. The first international match was recorded in November 30, 1872 in between Scotland and England with Scotland winning the match. The Governing Body which determines and controls the rules and regulations is FIFA (Federation International Football Association) and was founded on June 2, 1886. The First Soccer World Cup was played in July 18, 1930 in Uruguay. Thirteen teams took part and the host beat Argentina 4-2 in the final. Brazil has won the World Cup for 5 times and was allowed to keep the trophy after they won it for the third time. Italy has won four (4) times and West Germany three (3) times. The World Cup Tournaments are held every four years.

**ANUPAM ROY**

**Class VII A**

### **DISCIPLINE THROUGH PHYSICAL EDUCATION**

Discipline in the individual or group attitude, which ensures prompt obedience to orders and innovations of appropriate action in the absence of orders. It is the result of effective training and influential leadership, which help the individuals to withstand the shock of odd conditions and for difficult situations without failure. Discipline also welds together the other important qualities of courage, endurance and alertness. Active participation in games and sports or any other physical activity can make an individual disciplined, as it follows a strict rules and regulations. So friends!!! Please utilize the playfield to cherish the fun and joy, as well as to make yourselves disciplined and obey the rules and regulations of the particular activity/game and make a smooth and fair conduction of your valuable time, which will make your health, away from disease. Do not forget that life is nothing but a game, so make it systemized and achieve success!

**Mrs. Sireesha**

Physical Education Teacher

## The Game

There were torrents  
Wild sea currents  
And the waves,  
Deep and dark caves  
Fighting in the caves  
To reach the end  
Success is the ultimate fame  
The game had to be won,  
The finishing line reached  
Mission accomplished,  
Brief happiness and joy,  
Like a child with a new toy!

By-  
**VISHAL.H**  
VII B

## SACHIN TENDULKAR

Do you know who is "sabse bade khiladi"& master blaster of cricket

Ya!!!! I do know

He is world famous mr. Sachin tendulkar

Yes!!! U are correct.

He was born in the year 1972. He had lost his father in his childhood. Before the death of his father; his father always wished Sachin to become a great cricketer. By keeping this in his heart Sachin has fulfilled is father's wish. He started practice and by his hard work he got the reward at the age of 16. He got a chance in international cricket. He has done well in both in ODI and in test. Andhra Pradesh excellent batting by him that made him as a captain of Indian team. Apart from batting skills he even has a good off spin bowling.

## MEMORIES OF A PLAYMAKER

I was in my class (V1) when I touched basketball for the first time in my life on the basketball court of Abhyasa .During that period (2003-2005)we had a coach named Sayed Subbhani,strict &stern on the court .I learnt my basics such as lay-up,dribbling&passing under him. He was an excellent coach. As I was promoted to class(V11),I then started to shoot, which needs concentration & practice .By the way basketball, the worlds second fastest game, had become my favorite sport. I was determined, focused, dedicated&had self interest within me for the game. In my class viii I had observed that most of my classmates never played a single game, they felt to excel in various sports, where as I was only determined playing basketball. I played even when there was no companion or friend with me on the court. I used to take the ball and play alone and even now I do the same. I woke up early on Sunday morning as weekends. My seniors always treated me good, may be because of my interest in learning. I always watched only my seniors play so that I could learn something. I took tips and help from them, and they were selfless and patient in teaching me. A senior named Ajinkya Ramapure taught me various skills in the game. I would say he is my real coach and will remember him throughout my life, whenever I play on the court and whenever the ball is in my hand. I was in my class 9<sup>th</sup> when I was selected for the school team. I gained lots of confident, experience as I played tournaments outside and was good to play with seniors in the past and present we have been one of the noted teams of basket ball in twin cities. Moving to class 10<sup>th</sup>. I was the captain of junior team, which I never

dreamt or imagined. My first individual achievement came when I was chosen as 'Best player of tournament.' Our coach now is Mr. Venkaeshwar Rao, is a great source of inspiration. In my class 11 we had won silver medal at the state sports meet in the Senior category. I was also selected for the Nationals which was like a dream come true. it was an awesome experience to play against various players from different states . There my performance was good, my coaches, teammates and other players appreciated my game, after which I felt that I had bore the fruit of hard work. I strongly believe that if you stick to a single sport and work hard, you are bound to succeed. I'm sure that the senior team will win the gold medal in this years sports meet and four of us will represent Andhra Pradesh at the National level for Basketball. It was a journey of hard work ,emotion and success...

By-

Ashay Kadu

XII Com.

TIME TO PLAY

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | P | A | N | D | A | R | U | G | B | Y | A | P | F | I | L |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|



|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| L | P | X | H | D | P | A | F | B | N | V | S | N | X | B | G |
| B | B | H | L | M | N | H | X | A | S | H | H | J | Z | H | Y |
| A | L | I | I | I | O | O | Y | J | O | T | O | Y | F | I | U |
| S | Z | S | L | C | H | G | N | T | J | A | V | E | L | I | N |
| E | X | F | K | L | H | O | P | L | G | H | Y | O | I | P | X |
| B | I | E | F | E | I | U | C | R | I | C | K | E | T | H | L |
| A | Y | L | K | T | A | P | K | G | N | I | M | M | I | W | S |
| L | P | X | Z | X | B | R | H | J | X | N | S | L | K | B | E |
| L | E | F | L | A | I | A | D | N | K | O | I | P | L | P | L |
| L | H | X | D | B | H | P | L | S | P | K | N | H | O | F | D |
| O | L | S | O | C | C | E | R | L | Z | U | N | V | I | P | R |
| H | F | G | L | H | Z | L | P | H | F | F | E | H | B | O | U |
| C | R | I | H | P | B | A | D | M | I | N | T | O | N | I | H |

Play with alphabets and find out the following games in it.

GAMES:-

- |          |            |           |          |
|----------|------------|-----------|----------|
| RUGBY    | SOCCER     | BADMINTON | BILLARDS |
| HOCKEY   | SHOT-PUT   | HURDLES   | GOLF     |
| SWIMMING | TENNIS     | JAVELIN   | BASEBALL |
| CRICKET  | BASKETBALL |           |          |

By:-  
MAHALAKSHMI & NAKSHATRA  
 Class-VII

Importance of Sports

Professional sports are very important part of the Games and Sports field. They have given us an escape from the hectic life we live and a place of childhood fun. Even in 1890's sports had a great influence on people's lives. It was the time that work could be an enjoyable thing. It was for the first time that life had something enjoyable for everyone, and not just small children and these sports have evolved into the games we play today. Sports influence people's lives more than you'd think. Professional athletics play a huge part in the economy of our government. It costs companies millions of dollars to have their commercial played. That's why sports make a huge impact on the world today. That's how I conclude by saying that sport is life of a person.

**By:-  
Paramanshu Chaudhary  
XII-Science.**

## FEDERER MAKES FRANCE HIS OWN

After 4 years France had a new champion for the men's section. It was person who needs it most. Yes it was Roger Federer. After Nadal's shocking exit in the 4<sup>th</sup> round to Weden Robin Soderling, Federer became the favorite. Just a day before No.4 seed Novak Djokovic lost. But it was not still over we still had No.3 seed Britain's Andy Murray, who was in red hot form. In the quarters Chile's Fernando Gonzalez beat the No.3 to move into the semis. Federer too didn't completely dominate like for instance he played two 4-setters against Tommy Haas and Frenchman Paul-Henri Mathieu. He also played two 4-setters against Argentina's Jose Acusoso and French Gael Monfils. But federer didn't lose heart. He played the crunch moments well and his serve was also good. He played the final against Sweden's Robin Soderling and he ended his French open drought. Meanwhile there was Indian delight too as Leander paes & Czech Lucas Dlouhy won the men's doubles crown. Federer thus became the 6<sup>th</sup> man to win all the four slams at least once.

By  
**D. Sai Ram**  
**VII-B**

## MARK SPLITZ the Great Swimmer

When swimmer Mark Splitz took part in 1968 Mexico Olympics he was already a record holder, he set a total 26 world records during his carrier. He predicted he would win six gold medals at the Olympics, but he won 2 gold in relay event. But in 1972 in Munich Splitz became the first and only person to win 7 gold medals at one summer Olympics. He also set a new record with his new medal tally.

| DATE                      | EVENTS              | TIMINGS         |
|---------------------------|---------------------|-----------------|
| 28 <sup>TH</sup> AUGUST   | 200 MTR. BUTTERFLY  | 2.00.70 SECONDS |
| 28 <sup>TH</sup> AUGUST   | 400 MTR. FREESTYLE  | 3.26.42 SECONDS |
| 29 <sup>TH</sup> AUGUST   | 800MTR. FREESTYLE   | 1.52.78 SECONDS |
| 31 <sup>ST</sup> AUGUST   | 100 MTR.BUTTERFLY   | 0.54.27SECONDS  |
| 31 <sup>ST</sup> AUGUST   | 4 X 200 FREESTYLE   | 7.35.78 SECONDS |
| 3 <sup>RD</sup> SEPTEMBER | 100 MTR. FREESTYLE  | 0.51.22 SECONDS |
| 4 <sup>TH</sup> SEPTEMBER | 4 X 100 MTR. MEDLEY | 3.48.16 SECONDS |

By- Gaurav Rathod  
Clasas IX