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## PRINCIPLES OF PHYSICAL FITNESS DEVELOPMENT

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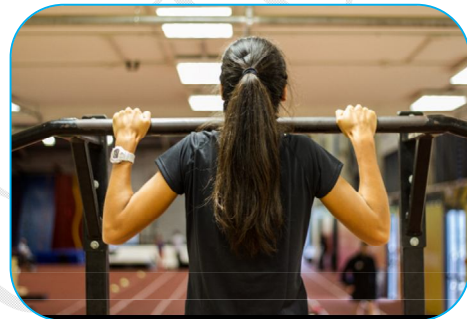
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### ABSTRACT:

*Physical fitness is a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities. Physical fitness is generally achieved through proper nutrition, moderate-vigorous physical exercise, and sufficient rest.*

**KEYWORDS:** Physical fitness, occupations and daily activities.



### INTRODUCTION

Before the industrial revolution, fitness was defined as the capacity to carry out the day's activities without undue fatigue. However, with automation and changes in lifestyles physical fitness is now considered a measure of the body's ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist hypokinetic diseases, and to meet emergency situations.

Developing physical fitness is a scientific and systematic process. Every individual, who wants to be physically fit, needs to observe certain guidelines and undergo proper training. If we follow the following simple but

important principles, we can enhance or develop our physical fitness:

**1.Warming up :** Warming-up is necessary for the body because it prepares the body for training. Warming-up prevents injuries. So before doing the training one should do warming up in the beginning, slow running or jogging should be done. After that stretching exercise should be done. A proper warm-up should raise the pulse rate and increase the temperature of muscles.

Most warm-ups don't take very long, just two-three minutes, five minutes tops. To benefit us the most a warm-up should work the same muscles we will be engaging during the main workout - they should include lighter exercises or a toned down version of the

training ahead.

### Examples

- If you are a runner, your best warm-up is a light jog.
- If you are doing martial arts training a warm-up should also include a few light kicks and punches.
- If you are doing bodyweight workouts basic body (neck, arms, torso, and legs) rotations will get your blood flowing.
- If you are about to lift weights, do a few lifts with very light weights.

Tip: If you are short on time and you are doing a bodyweight workout, you can forgo a specific warm-up and do the first set of the circuit moving at a slower pace, jumping lower and moving slower in general turning the first

set into a warm-up.

**2. Regularity:** The complete program for the development of physical fitness should be done regularly. If an individual does not practice regularly, he may get out of shape and lose physical fitness. So, the principle of regularity should be adopted strictly.

**3. Overload:** The principles of overload should be followed for physical fitness development. To achieve overload principle, distance runners gradually increase the number of workouts per week. They may add more distance or may increase the time of exercises. This principle is most important for physical fitness development. Overload can be achieved through increase in intensity, frequency and duration.

**4. Variety:** Variety is important in a fitness program because it allows for your body to be challenged on a consistent basis and to overcome a plateau. A plateau happens when the body has become accustomed or used to doing the same repeated exercises over and over again. To overcome a plateau the mixture of new exercises and placing new demands on the body will increase the intensity in addition to promoting new muscle growth. A fitness expert can put variety in your fitness program and customize it towards your fitness goals for maximum results. There should be variety in the programme of physical fitness. One should not feel bore. In fact, the fitness programmes should be interesting and exciting.

**5. Proper Rest:** Proper rest should be given to the individuals during and after the fitness programme, otherwise, they may lose weight, speed and interest in the activity.

**Tips for getting the best rest.**

- Have a consistent sleeping schedule. Go to bed at the same time each night, and wake up at the same time each morning.
- Don't exercise at night. Exercise is great, but not if it's too close to bedtime. It raises hormones, like cortisol, that should be low while you sleep.
- Turn off blue lights like phones, computers, and TVs one to two hours before bed. Don't check work emails or engage in stressful text conversations with your mother-in-law before bed.
- Avoid sugar and caffeine at night. These stimulants help keep you awake, and you certainly don't want that right before bed.
- Make it a priority to get at least seven hours of sleep each night. Remember that you can't take out a loan on sleep and you certainly can't pay it back. You must get adequate rest each night.

**6. Progression:** The principle of progression should also be followed strictly. When the load is increased too rapidly, the body cannot adopt and breaks down. There should not be a crash programme for physical fitness in the beginning.

**7. Specificity:** The physical fitness programme should show specificity. It means the physical fitness programmes should clearly reflect the fitness for a particular sport. If an individual wants to have general fitness, he should not be given a programme of physical fitness of a highly specialized sport.

**8. Age and Sex:** Age and Sex should be kept in mind when a programme for physical fitness is to be chalked out. The activities should be according to age and sex.

**9. Limber Down:** Limber down is also as essential as warming-up. It should be followed after the activity because it is essential to bring the body in normal condition.

**10. Individual Difference:** While planning a physical fitness programme, the individual differences should be taken into account. It means that it should be according to the needs and objectives of the individual. The nature of the individual's work, diet and lifestyle should be considered when designing a

fitness programme. The bearance power of stress should also be taken into account when preparing a physical fitness programme.

**11. Safety:** The safety of the individual, who is engaged in the physical fitness programme, should be the main concern. For appropriate safety, there should be a medical examination for prior to the beginning of fitness programme. The protective equipments should be used at any cost by the individuals for their safety. They should take precautions while exercising in special weather conditions such as high humidity, high temperature or extreme cold.

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