CHAPTER I

INTRODUCTION

“Physical Fitness is one’s richest possession; it cannot be purchased, it has to be earned through a daily routine of physical exercises”

Each of us has been given at birth a set of essential genetic characteristics that cannot be altered. We will be tall or short or somewhere in between because our ancestors were tall or short or somewhere between. While we may be perfectly fit, in excellent health, we won’t be able to run as fast as someone else in the same good condition simply because we have shorter legs or the width of our pelvis won’t allow us greater speed. Some people have a naturally higher maximum oxygen uptake than others, and thus have more success in endurance competitions than those not similarly endowed; it might be the person with the shorter legs.

No exercise or special diet is going to change our genetic facts of life. It is important that you understand and accept this as we embark on a program to improve our physical health. It plays a definite role in our setting realistic goals for us1

There is no such thing as absolute fitness. Fitness just means suitability for a particular task. A man who is fit as a hockey player is not necessarily fit as swimmer. What we call fitness is a blend of a number of qualities, and what we say that someone is a very fit person we mean that he has developed most of these qualities. Fitness mean the proper development of seven attribute: Muscular strength, breathing system and stress tolerance2

Education is the master key in the quest for justice, equality, freedom and progress. It is the vital force, which can make our Indian society into a global, democratic superpower. It cultivates self-enlightenment and self-awareness among people. It is education, which can transform an ordinary man into Mahavir, Buddha, or Jesus. Education gives an individual and

1William Zuti “YMCA Fitness Program (warners Books New York:1986) p.11

community ample power and possibilities of developing their inborn potential to the full and to the fullness of their ability. It provides a recognition, identity, consciousness of our body, mind, spirit and environment in which we live and grow. In the same way, schools and curriculum are the basic ingredients which help to cultivate man’s potentialities and possibilities. It is the curriculum, through which a child can acquire its competencies and capabilities. Like education, physical education is a vital instrument in the formation of man’s personality. It would develop man’s inborn characteristics and helps to achieve the ultimate goals of life.

Physical education is the inevitable force for the holistic development of a child. Thus, physical education is a never-ending process by which we can cater transformation in man’s development. It doesn’t mean physical development but it means the development of a person through the various physical activities and movements. It will harmful to believe that physical education is only related to the knowledge of physical activities. Child learns many new things, feelings, and manners through a school. A school is a garden where a delicate child grows and develops its potentialities. Joseph Addison has said what model is to a square of marble; training is to the human soul. Schools can improve our lives, can sustain kid's interest, and acquaint understudies with better approaches for detailing inquiries and discovering their answers. Their presence likewise has the ability to reinforce our country's just standards. By the implementation of physical education in curriculum, we can encourage various joyful activities and playful movements through which a child can help a child to acquire basic physical skills, cardiovascular flexibility and strength. Because of this, physical education curriculum must be organized in such a way that it improves and encourages the child to grow. Without physical education, the upcoming generation will be feeble and week.

Physical education promotes fitness, strongly related to the development of motor skills and helps to understand human development.\(^3\)

Physical education, the term is made of two words, ‘physical’ and ‘education’. The word ‘physical’ deals with the body and education is the medium. The word jointly refers the

\(^3\)Charles A Bucher and Evelyn M. Reade, Physical Education and Health in the Elementary Schools, New York: Macmillan C., 1964, p.22)
education about body and its various movements and process. In the present study, with the help of different tools and methods the researchers had tried to investigate the difference in the performance of the hilly and non-hilly students. Physical education performs a pivotal role in the students’ career, life and personality.

This is the first Surgeon General's report to address physical movement and wellbeing. The primary message of this report is that Americans can significantly enhance their wellbeing and personal satisfaction by including moderate measures of physical movement in their everyday lives. Medical advantages from physical action are in this manner achievable for most Americans, including the individuals who may despise incredible activity and the individuals who may have been already debilitated by the trouble of sticking to a system of vivacious activity. For the individuals who are as of now attaining to consistent moderate measures of movement, extra advantages can be picked up by further increments in action level.

This report developed out of a rising agreement among disease transmission specialists, specialists in activity science, and wellbeing experts that physical movement require not be of fiery power for it to enhance wellbeing. Also, medical advantages seem, by all accounts, to be relative to measure of action; along these lines, each increment in movement includes some advantage. Underlining the sum as opposed to the power of physical action offers more alternatives for individuals to choose from in fusing physical movement into their day by day lives. Subsequently, a moderate measure of movement can be acquired in a 30- moment lively walk, 30 minutes of garden cutting or raking leaves, a 15-moment run, or 45 minutes of playing volleyball, and these exercises can be differed from regular. It is trusted that this distinctive accentuation on moderate measures of action, and the adaptability to differ exercises as per individual inclination and life circumstances, will urge more individuals to make physical movement a normal and practical piece of their lives.

The data in this report outlines a various writing from the fields of the study of disease transmission, exercise physiology, pharmaceutical, and the behavioral sciences. The report
highlights what is thought about physical action and wellbeing, and also what is being found out about advancing physical movement among grown-ups and youngsters.

In July 1994, the Office of the Surgeon General approved the Centers for Disease Control and Prevention (CDC) to serve as lead office for setting up the first Surgeon General's report on physical action and wellbeing. The CDC was joined in this exertion by the President's Council on Physical Fitness and Sports (PCPFS) as a collective accomplice speaking to the Office of the Surgeon General. Due to the wide enthusiasm for the wellbeing impacts of physical movement, the report was arranged collectively with agents from the Office of the Surgeon General, the Office of Public Health and Science (Office of the Secretary), the Office of Disease Prevention (National Institutes of Health [NIH]), and the accompanying foundations from the NIH: the National Heart, Lung, and Blood Institute; the National Institute of Child Health and Human Development; the National Institute of Diabetes and Digestive and Kidney Diseases; and the National Institute of Arthritis and Musculoskeletal and Skin Diseases. CDC's nonfederal accomplices including the American Alliance for Health, Physical Education, Recreation, and Dance; the American College of Sports Medicine; and the American Heart Association—gave discussion all through the advancement process.

The significant motivation behind this report is to outline the current writing on the part of physical movement in counteracting sickness and on the status of mediations to increment physical action. Any report on a point this expansive must limit its degree to keep its message clear. This report concentrates on ailment aversion and consequently does exclude the extensive collection of confirmation on the profits of physical movement for treatment or.

Why study kids' improvement? As an instructor, you will be in charge of another wave of kids every year in your classroom. The more you find out about youngsters' advancement, the more you can comprehend at what level it is suitable to show them. Youth has ended up such an unmistakable period of the human life compass that it is difficult to envision that it was not
generally considered in that way. Be that as it may, in medieval times, laws by and large did not recognize tyke and grown-up offenses and youngsters were regularly treated like small grown-ups. Today we see kids uniquely in contrast to was the situation in medieval times. We consider youth as a profoundly significant and one of a kind time of life that establishes a vital framework for the grown-up years and is very separated from them. We distinguish unmistakable periods inside adolescence in which kids expert exceptional aptitudes and face new life tasks. We esteem adolescence as a unique time of development and change, and we put extraordinary assets in looking after and instructing our children. We shield them from the abundances of grown-up work through extreme kid work laws, treat their wrongdoings against society under an uncommon arrangement of adolescent equity, and have government procurements for helping youngsters when customary family emotionally supportive networks fizzle or when a family truly undermines a tyke's prosperity. Every kid grows halfway like all other kids, incompletely like some other youngsters, and somewhat like no other children. We frequently coordinate our thoughtfulness regarding a tyke's uniqueness. Yet therapists who study improvement regularly are attracted to kids' imparted qualities as are educators who must oversee and instruct gatherings of same- or comparative age youngsters. As people, each individual ventures some regular ways Leonardo da Vinci, Margaret Atwood, Wayne Gretzky, Mother Teresa, and doubtlessly you yourself all strolled at around one year, occupied with dream play as a youngster, added to an extended vocabulary in the primary school years, and got to be more free as a young. Simply what do clinicians mean when they talk about a man's "advancement?"

*The example of natural, cognitive, and socioemotional changes that starts at origination and proceeds through the life compass. Most advancement includes development, despite the fact that it additionally inevitably includes rot (biting the dust). A critical idea in training identified with improvement is that instruction ought to be age-proper. That is, showing ought to occur at a level that is neither excessively troublesome and distressing nor too simple and exhausting. As we examine improvement in this part and the following, remember how the formative changes we portray can help you comprehend the ideal level for showing and learning. For instance, it is not a decent system to attempt to push youngsters to peruse before they are formatively prepared; yet when they are prepared, perusing materials ought to be introduced at the proper level.*
The baby's development is greatly quick. The youthful tyke's development is slower. This slower rate proceeds through center and late adolescence. Else, we would be goliaths. A critical part of physical development is the improvement of the mind and sensory system. The number and size of the cerebrum's nerve endings keep on growing at any rate until immaturity. A portion of the cerebrum's expansion in size additionally is because of myelination, a methodology in which numerous cells of the mind and sensory system are secured with a protecting layer of fat cells. This expands the pace at which data goes through the sensory system. Myelination in the ranges of the mind identified with hand–eye coordination is not finish until around four years old. Myelination in mind territories that are critical in centering consideration is not finish until the end of the grade school years (Case, 1992a, 1999; Tanner, 1978). The suggestions for instructing are that understudies will have more trouble centering their consideration and keeping up it for long in right on time adolescence, yet their consideration will enhance as they travel through the grade school years. Indeed in grade school and later, numerous instructors accept incidental short breaks maintain understudies' vitality and inspiration to learn.

The physical anxiety set on the body when physical movement is more noteworthy in sum or force than normal. The body's structures and capacities react and adjust to these burdens. Case in point, vigorous physical movement puts a weight on the cardiorespiratory framework and muscles, obliging the lungs to move more air and the heart to pump more blood and convey it to the working muscles. This increment popular expands the productivity and limit of the lungs, heart, circulatory framework, and practicing muscles. In the same way, muscle-reinforcing and bone-fortifying exercises over-burden muscles and bones, making them stronger.

When a man achieves a certain wellness level, he or she advances to more elevated amounts of physical action by proceeded with over-burden and adjustment. Little, dynamic changes in over-burden help the body adjust to the extra burdens while minimizing the danger of harm.

The profits of physical movement are particular to the body frameworks that are doing the work. Case in point, high-impact physical action to a great extent advantages the body's cardiovascular framework.
• All grown-ups ought to maintain a strategic distance from inertia. Some physical movement is superior to none, and grown-ups who partake in any measure of physical action increase some medical advantages.

• For considerable medical advantages, grown-ups ought to do no less than 150 minutes (2 hours and 30 minutes) a week of moderate-force, or 75 minutes (1 hour and 15 minutes) a week of incredible power high-impact physical action, or a proportionate blend of moderate- and enthusiastic power high-impact movement. High-impact movement ought to be performed in scenes of no less than 10 minutes, and ideally, it ought to be spread as the week progressed.

• For extra and more far reaching medical advantages, grown-ups ought to expand their oxygen consuming physical action to 300 minutes (5 hours) a week of moderate-force, or 150 minutes a week of vivacious power high-impact physical movement, or an equal mix of moderate-and fiery power action. Extra medical advantages are picked up by captivating in physical action past this sum.

• Adults ought to additionally do muscle-reinforcing exercises that are moderate or high power and include all significant muscle assembles on 2 or more days a week, as these exercises give extra medical

Accomplishing Target Levels of Physical Activity: The Possibilities Are Endless

These illustrations demonstrate how its conceivable to meet the Guidelines by doing moderate-force or incredible power action or a blend of both. Physical movement at this level gives significant medical advantages.

Approaches to get what might as well be called 150 minutes (2 hours and 30 minutes) of moderate-force oxygen consuming physical movement a week in addition to muscle-fortifying exercises:

• Thirty minutes of energetic strolling (moderate force) on 5 days, practicing with resistance groups (muscle fortifying) on 2 days;
• Twenty-five minutes of running (fiery force) on 3 days, lifting weights on 2 days (muscle fortifying);

• Thirty minutes of energetic strolling on 2 days, 60 minutes (1 hour) of social moving (moderate force) on 1 night, 30 minutes of cutting the garden (moderate power) on 1 evening, overwhelming planting (muscle fortifying) on 2 days;

• Thirty minutes of a vigorous move class on 1 morning (overwhelming power), 30 minutes of running on 1 day (vivacious force), 30 minutes of lively strolling on 1 day (moderate power), exercises, (for example, sit-ups, push-ups) on 3 days (muscle reinforcing);

• Thirty minutes of biking to and from chip away at 3 days (moderate power), playing softball for 60 minutes on 1 day (moderate force), utilizing weight machines on 2 days (muscle-fortifying on 2 days); and

• Forty-five minutes of duplicates tennis on 2 days (moderate power), lifting weights after chip away at 1 day (muscle fortifying), trekking energetically for 30 minutes and rock climbing (muscle reinforcing) on 1 day.

There is a developing national and global enthusiasm for the perceived connection between physical movement and wellbeing. Physical idleness has long been known to be a noteworthy danger variable for an unfathomable cluster of wellbeing issues. Many studies have given proof of relationship between physical latency and regular illnesses, including weight, hypertension, sort 2 diabetes, colon disease, osteoarthritis, osteoporosis, and cardiovascular illness (CVD). Besides, stationary living has been said to add to upwards of 10 percent of all passings in the U.S. also, 25 percent of all passings from incessant ailment. In the United States, wellbeing spending has expanded from 8.8 percent of Gross Domestic Product in 1980 to an anticipated 17.6 percent in 2009, and hints at small being brought under control in spite of many years of open mindfulness and investigation of the issue. Given the trouble of checking the expenses of treating sicknesses, the conceivably financially savvy methodology of anticipating sickness is more vital than any time in recent memory. Among the generally distinguished ways to solid living, expanding physical movement is apparently truly managable to far reaching selection in the populace, obliging basic way of life changes. In spite of the fact that people can present some measure of expanded physical action into their current lives without causing significant money
related outcomes, long haul natural changes in group structure to give actuations to physical movement will oblige social assets

For grown-ups who are now doing no less than 150 minutes of moderate-power physical movement, here are a couple of approaches to do significantly more. Physical action at this level has much more prominent medical advantages.

- Forty-five minutes of lively strolling consistently, practicing with resistance groups on 2 or 3 days;
- Forty-five minutes of running on 3 or 4 days, circuit weight preparing in an exercise center on 2 or 3 days;
- Thirty minutes of running on 2 days, 45 minutes of lively strolling on 1 day, 45 minutes of a vigorous exercise and weights class on 1 day, 90 minutes (1 hour and 30 minutes) of social moving on 1 nighttime, 30 minutes of cutting the grass, in addition to some substantial greenhouse take a shot at 1 day;
- Ninety minutes of playing soccer on 1 day, lively strolling for 15 minutes on 3 days, lifting weights on 2 days; and
- Forty-five minutes of stationary bicycling on 2 days, 60 minutes of ball on 2 da

Numerous investigative studies in the course of recent years bolster the estimation of customary practice as a feature of a solid way of life. Studies have recorded a stationary way of life as a danger variable for major degenerative illnesses. National wellbeing measurements demonstrate that a high rate of visits of doctors are for ambiguous dissentions, for example, perpetual weariness. As a rule, the reason for weakness is the absence of customary physical activity.

Customary investment in fiery activity increments physical wellness. An abnormal state of physical wellbeing is alluring for a full, productive life. Stationary living penchants and poor physical health have a negative impact on both wellbeing and step by step living.
Standard, overwhelming physical movement all through life altogether decreases the danger of inability and sudden passing from stroke and coronary illness. It can likewise viably modify a significant number of the critical danger components for cardiovascular illness by bringing down body weight and aggregate serum cholesterol levels, raising HDL "great" cholesterol, and advancing the upkeep of ordinary circulatory strain.

The profits of normal practice on mental wellbeing have been plainly recorded. Patients with uneasiness and gloom improve if activity preparing is joined with different medicines. All the more essentially, the greater part of people who take up normal activity report an enhanced feeling of general prosperity and an upgraded mental self portrait.

Various exploratory studies have archived the gainful impacts of activity in gatherings of men and ladies over the whole grown-up age range. Examination has additionally demonstrated that practice examples and wellness levels secured amid youth and immaturity are liable to extend into grown-up life. Sound activity propensities grew in these early years give the establishment to an existence time of physical wellness through activity.

The medical advantage of long lasting activity propensities and abnormal state of physical wellness is unquestionable. Accentuation must be set on securing wellbeing work out regimes in schools in light of the fact that practice and other way of life propensities are produced ahead of schedule in life. Lamentably, late studies finished at both national and state levels unmistakably show an upsetting disintegration in the wellness levels of our school age youth.

Vast quantities of youngsters have no standard association in fitting physical exercises. At the point when coupled with the relating increment in adolescence and immature heftiness, a shift in conduct and propensities gets to be basic

Activity is an ever-present piece of human life. Through the hundreds of years and over the mixed bag of human ways of life the spot of activity and its significance for survival and prosperity have fluctuated massively.
The affluent individuals have dependably been allowed to pick whether to endeavor physically since their lives laid basically on the work of others. Until this century the less affluent never had a decision and spent the vast majority of their day in physical work.

The requirement for activity is lectured with preacher enthusiasm with guarantees of insurance from executioner illnesses one week and scaremongering stories of passings ascribed to running the following. The outcome has been a part of feelings with radicals at both closures and a substantial number of confounded individuals in the center.

Competitors and Spartans have constantly supported, even worshipped, exercise. Numerous more individuals have found that normal effort can be lovely and bring with it a feeling of prosperity. They need to impart their disclosure however persuade futile.

They can't change over those for whom physical movement is shaded by excruciating memories of windedness, hurting legs, and firmness. The disposition which individuals have towards activity are sure to be emphatically affected by their own particular encounters and those of others near to them. Numerous individuals still partner physical exertion with neediness and an unwelcome requirement for work thus detest practice as a yoke to be pushed off.

Hartley and Allison (2000) draw on contextual investigation approach for their investigation of nearby powers. Their four cases incorporate diverse sorts of power (province, metropolitan and locale), from distinctive connections (predominately country, predominately urban and blended) and with diverse political control (Liberal Democrat, Conservative, Labor and no general control). How these qualities may affect on the discoveries is hard to survey as the quantity of contextual investigations is inadequate to have the capacity to control for any of the variables. The neighborhood powers were picked in light of the fact that they were exhibiting inventive methods for driving their nearby groups, taking part in major hierarchical and social change, which was pointed either at reinforcing nearby administration or at accomplishing more 'resident focused administrations'. The hierarchical change being endeavored was not the same for every situation, consequently again there was a remarkable character to every contextual investigation and, besides, the judgment of "innovatory" is not characterized. Hartley and Allison do express that they talked with a scope of partners including political pioneers, senior officers, administrators, staff, exchange union delegates, group, intentional and private division
accomplices. Altogether they completed 75 inside and out meetings and held five center gatherings with staff. To this they included perceptions and documentation. They don't say to what extent the meetings were or how they were examined however they went by every association for two days to lead the meetings. The essential information are not reported, just the creators' elucidation, so the careful quality of the investigation, its precision and any inclination in the translation can't be assessed.

It is not important how long you live but what quality life you are living is important. Fitness only can give quality life. Add life to years means stay fir and enjoy life Regular adequate exercise is useful and helpful for fitness. Medical science gives us medicine. It cures us form heart attack or stroke but it does not remove disease. Healthy way of life will contribute more than physicians and surgeons. Their contribution is very little compared to that of healthy way of life.4

Many people and the doctors have doubt regarding healthy way of life as preventive measure of heart disease and stroke. Following are tips for regular exercise

1) Exercise positively affects well-being. It is enjoyable, pleasant and helps to remove boredom. A sport is an ideal exercise.

2) Training affects aerobic and vigorous exercises. It enlarges and strengthens muscles, affects positively respiration and transports oxygen around the body.

3) It improves blood circulation. It increases physical endurances and physical fatigue tolerance. It makes and individual strong, sturdy full of joy and mirth.

4) It increases muscle strength, muscle joints, their elasticity. Strong lower back protects against injury and other trouble.

5) As a result physical working capacity is increased.

All the more by and large, physical action expands muscle quality, the quality of joints, their adaptability and versatility, the quality of tendons and muscle connections. Fortifying of the lower back may secure against damage and other inconvenience.

1. These all add to expanded physical working limit.
2. Exercise – consumption of calories – neutralizes heftiness.
3. Exercise enhances an extensive variety of physiological capacities, e.g. bringing down the level of blood-fats, of triglycerides, and all the more suspiciously of cholesterol; it raises the level of defensive high-thickness 'lipoproteins'.
4. Physical action may neutralize stretch and channel forceful drives. For some individuals it assists with slumber.
5. Exercise enhances carriage, appearance, mental self Image.
6. It is also a constructive preparation for an active and happy old age.

So general is the effect of exercise on bodily processes that innumerable benefits have been claimed at one time or another. Much remains speculative and much interesting and important research is under way – for example, on the contribution of exercise to maintaining youthfulness, and to mental functioning in old age. Exercise is no elixir of life. Fitness can guarantee neither good health nor a long life, but it does make both more likely. Life is prolonged primarily through the effect of dynamic exercise, such as sports or brisk walking, on the heart.

There is the secondary effect of reducing weight and this, too, ultimately benefits the heart. The consequences of inactivity are that the body deteriorates as the key organs weaken. It is unfitness, therefore, that shortens life.

Heart disease is the biggest single killer illness in the western world. In Britain it is responsible for a third of all deaths in men under seventy. Anything that can lessen the chance of such heart failure, therefore, has a dramatic effect on the prospects for life and health. Numerous research projects have now shown that people in jobs involving substantial physical activity.
Other surveys have since indicated that exercise in leisure time may help to achieve the same beneficial effect as a physically active job.\(^5\)

Many scientific studies over the past twenty years support the value of regular exercise as part of a healthy lifestyle. Studies have documented a sedentary lifestyle as a risk factor for major degenerative diseases. National health statistics indicate that a high percentage of visits of physicians are for vague complaints such as chronic fatigue. In many cases, the cause of fatigue is the lack of regular physical exercise.

Regular participation in vigorous exercise increases physical fitness. A high level of physical wellness is attractive for a full, gainful life. Stationary living propensities and poor physical wellness have a negative effect on both well-being and day by day living.

Regular, vigorous physical activity throughout life significantly reduces the risk of disability and premature death from stroke and heart disease. It can also effectively alter many of the important risk factors for cardiovascular disease by lowering body weight and total serum cholesterol levels, raising HDL “good” cholesterol, and promoting the maintenance of normal blood pressure.

The benefits of regular exercise on psychological health have been clearly documented. Patients with anxiety and depression do better if exercise training is combined with other treatments. More importantly, the vast majority of individuals who take up regular exercise report an improved sense of general well being and an enhanced self-image.

Numerous scientific studies have documented the beneficial effects of exercise in groups of men and women across the entire adult age range. Research has also shown that exercise patterns and fitness levels established during childhood and adolescence are likely to carry over into adult life. Sound exercise habits developed in these early years provide the foundation for a life time of physical fitness through exercise.

\(^5\)Oliver gillie and derrik mercer ”The Sunday times book of body maintenance” (Michael Joseph London;1978)P 74 – 77
The health benefit of lifelong exercise habits and high level of physical fitness is indisputable. Emphasis must be placed on establishing health fitness programmes in schools because exercise and other lifestyle habits are developed early in life. Unfortunately, recent studies completed at both national and state levels clearly indicate a distressing deterioration in the fitness levels of our school age youth.

Large numbers of children have no regular involvement in appropriate physical activities. When coupled with the corresponding increase in childhood and adolescent obesity, a shift in behavior and habits becomes imperative.

Exercise is an ever-present part of human life. Over the centuries and across the variety of human life-styles the place of exercise and its importance for survival and well-being have varied enormously.

The wealthy people have always been free to choose whether or not to exert themselves physically since their lives rested essentially on the labor of others. Unit this century the less wealthy never had a choice and spent most of their day in physical work.

The need for exercise is preached with missionary zeal with promises of protection from killer diseases one week and scaremongering stories of deaths attributed to jogging the next. The result has been a splitting of opinions with extremists at both ends and a large number of confused people in the middle.

Athletes and Spartans have always advocated, even revered, exercise. Many more people have discovered that regular exertion can be pleasant and bring with it a sense of well-being. They want to share their discovery but coax in vain.

They cannot convert those for whom physical activity is colored by painful memories of breathlessness, aching legs, and stiffness. The attitudes which people have towards exercise are bound to be strongly influenced by their own experiences and those of others close to them. Many people still associate physical effort with poverty and an unwelcome need for labor and so despise exercise as a yoke to be cast off.

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There is therefore a need for clear and honest statements to be made about what exercise does to our bodies and what its influence on health might be. The situation is not easy to explain. The links between exercise and health are not yet fully sorted out and matters have been further confused by well-meaning evangelists who in their eagerness to gain converts may distort the evidence and misrepresent the facts. Not only is there a need to define what we mean by exercise, but also to examine how attitudes towards exercise develop.

In primitive times the powerful drives of hunger or fear of physical attack put a premium on physical fitness, but in the welfare state, relieved of these pressures, man appears as a naturally lazy creature. Adults have little motivation to take exercise for its own sake and the deterioration which occurs through lack of it is so slow that it passes unnoticed. Exercise influences capacity for exercise. Do nothing and soon you will be able to do nothing else.

In addition many adults had too much exercise presented in the wrong way for the wrong reasons when they were children or adolescents and so have developed a profound antipathy to physical activity of any sort.

Competitive sports allow the talented to shine but produce feelings of inferiority and inadequacy in youngsters less well endowed with the co-ordination necessary to catch or throw a ball. The product of this introduction to sport and exercise is the man or women addicted to an armchair that fends off countryside with tales of the great age of one fat indolent relative and by reference to the latest accident on the sports field.

Against this rather negative background interest in exercise has been kindled in the last few years in the hope that it might help to prevent heart disease. Claims about the protective effects of exercise in heart disease have been simplified and exaggerated. They have led to large numbers of middle agreed Adults jogging the streets. The jogging is good for them for many reasons provided they tackle it gradually but the motivation is a little suspect. Exercise should be a pleasant habit pursued for its own sake rather than as a dose of protective medicine.

Physical exercise should come into its own for positive rather than negative reasons. It should be fun and surely that is possible at a time when self expression bra-less liberation, and the pursuit of pleasure are in vogue. This has happened for some forms of exercise.
But, sadly, many other forms of potentially enjoyable exercise such as cross-country running or orienteering have been tarred with the brush of puritan attitudes found in schools and so have been rejected. Yoga and keep fit classes which develop muscular control, flexibility, and strength are popular among both the young and the middle aged. Dancing which also improves the economy of the circulation has always had a few energetic practitioners but never in the numbers who now abandon themselves to the rhythmic beat of pop music at a disco or enjoy themselves at all time dance clubs.

It seems likely that in normal people the limitation to prolonged strenuous efforts with large muscles are set by the rate at which the heart and blood vessels can deliver oxygen to the muscles. Limits for other kinds of muscular work, such as short sprint intensity, short duration or a day’s ramble are quite different. The limits are probably largely in the muscles themselves, and they have a great potential for improvement.\(^7\)

Consider an ordinary individual, not used to much exercise, who is walking briskly, say at about 6 kilometers per hours (4 miles per hour). This is sufficient at the least to triple the resting rate of energy release, to produce similar increases in oxygen uptake and ventilation of the lungs, and to raise the heart rate from 60 to 140 beats per minute. Many of us cannot maintain exercise which is more vigorous than that for more than a few minutes.

Movement and physical work, whether they are achieved by man-made machines or by muscle, require a source of energy. The energy for muscular effort or any other cell process comes from the slow controlled breakdown of stored food, mainly glucose and fat. The process has much in common with the combustion of petrol in a car engine or of gas in a central-heating boiler.

In the Galaxy of God is holy thing is the human birth. Man has taken many progressive steps from the earth onwards to step on the Moon. This is a great Achievement for us. Man has invented many things and brought world very closer to all .In this speed age Man has to face many problems like competition, stress, and anxiety .Every human kind has some

tension as a student has result tension, parents has their children in tension, the poor has tension about food and money, a political person has tension to rule state, un employed has to tension to earn money today anxiety or tension is found everywhere in an every field and in all the aspects of life.

For all development of human personality physical education and sports are necessary. They cannot be ignored. Access to physical education and sports is our birth right. It is our fundamental right. One cannot deny it. We can do anything to develop our personality. Our educational system and other aspects of social life include intellectual and moral powers through physical activities.

Sports also have vital role in shaping our life. Sports enrich our attitude towards life. It enlarges our outlook and broadens our ability to think. Sportsman spirit is appreciated far and wide in the world. It helps us to stand erect even in the difficulties of life.

We can face any difficulty in life with smiling face if we have developed sportsman spirit in life. Life without sports is a dull life. “All work and no play makes Jack a dull boy”.

Sports are our national tradition. Physical fitness is developed through sports.

1) Achievement level in sports is attained through fitness. Physical fitness is a gift achieved through exercise.

2) People expect special opportunities young children, aged people, handicapped all desire to develop personality to the maximum extent through exercise and fitness. Sports program suit them all. Sports are included all over the world in fitness programs.

3) Sports are widely accepted today. It is accessible throughout lifetime. Different countries have developed different models as per their traditions and modes. Yet principle remains the same. Man is always striving for perfection. He needs perfect knowledge and practice. Man is gifted with ability to think. It is all due to muscular and nervous system

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8 Brahma kumar Jagdishchandra, “jivan me sacha such or sachi shakti kaise mile “(how we get real power and real happy in life ) (rajasthan: Abu .gyanmrut bhavan, shantivan) p.4
which enables him to think, express and search whatever he wants. A happy and healthy child is the pride of the nation. Investment made in the development of children is investment in future of nation. Today’s child is tomorrow’s scientist, doctor, actor, painter or cricketer. Children are our future. They are our most valuable recourses.

The quality of tomorrow’s world is determined by today’s well-being, safety, security, fitness and development of today’s children. Life depends on physical fitness.

Fitness means ability to do work without many efforts. Physical fitness affects activities of our life, as well as mental ability and personal social adjustment.

Human beings are active and creative by nature. They do not like idleness. Idle mind is a devil’s workshops. We do not like to sit inactive. Evolution of human life started with movement. His first activity was his search for food and shelter. It was motivated by his basic instinct for survival. Physical activity is associated with emotional and cultural activity.

Today the world has become smaller. It is becoming complex. Physical activity is recognized as form of education.

For all improvement of human identity physical instruction and games are vital. They can't be disregarded. Access to physical training and games is our bequest. It is our major right. One can't deny it. We can do anything to build up our identity. Our instructive framework and different parts of social life incorporate educated and good powers through physical exercises.

Games likewise have basic part in forming our life. Games improve our disposition towards life. It extends our standpoint and widens our capacity to think. Sportsman soul is acknowledged far and wide on the planet. It helps us to stand erect even in the challenges of life.

We can confront any trouble in existence with grinning face in the event that we have created sportsman soul in life. An existence without games is a dull life. "All work and no play makes Jack a dull kid".

Movement and physical activity play vital role in our life. We are not sloth people. We move here and there. In the older days sports were considered enjoyable recreation. Today it has
occupied central, inevitable position in life. Sports have entered in almost all field of human life. A sport thus has experienced an enormous extension quantitatively as well as qualitatively with many positive but some negative aspects too.⁹

In the modern life, the scientific development, technological advancement and research findings in every part of life demand fitness to overcome all the barriers of life. Boys and girls must be inwardly motivated to be physically fit. The reason for children and youth being fit in many cases is not only that they do not have the opportunity to achieve physical fitness but they also do not fully appreciate and know why physical fitness is essential to themselves and to their country.

Exercise is a basic bodily need. The human body is built for use, and without it will deteriorate. By denying yourself exercises you are functioning below your possible best, and so are denying yourself the chance of getting the most out of life.

An unfit body is about 27% percent efficient in its exploitation of the energy available for use, but this low rate of efficiency can be raised to over 56% with regular exercise. Such increased efficiency will be appreciated in every area of life. Your work and your leisure will become less tiring and more enjoyable as your capacity for activity increase.

Improve organic efficiency also means that you will be less likely to succumb to illness and organic deterioration healthy, active life will therefore be extended, and this signs of aging delayed.

Physiologically all your body systems will benefit from regular exercise. Depending upon the degree of exertion and the exercise preformed, muscles may increase in size, strength, hardness, endurance and flexibility, with improved reflexes and coordination.

Regular exercise greatly reduces the risk of heart disease. Exercise greatly increase the strength, endurance and efficiency of the heart. A fit heart pumps 25% more blood per minute when at rest and 51.3% more blood per minute during vigorous exercise than an unfit heart. A fit person's heart beats 60-70 times per minute (86,400-100,800 beats per day); an unfit person's

heart beats 80-100 times per minute (115,200-144,000 beats per day). The heart of a fit person is obviously more efficient than that of an unfit person and it’s therefore less subject to fatigue and strain. With exercise the cardio-vascular system improves its carrying ability. More capillaries (small blood vessels) are formed in active tissues to improve the supply of food and oxygen, and exercise burns up excess fats in the system and checks the deposit of fats in the arteries, so reducing the risk of thrombosis.

Exercise also increases the ability of the respiratory system the lungs vital capacity and ventilation are both. As is the efficiency of the exchange of gases that takes place in the lungs the nervous system also benefits, becoming more coordinated and responsive. For some people alertness and absence of tension are related to fitness, especially if it is achieved by rhythmic exercise or games that involve enjoyable competition.

For building up a new generation of men and women committed to the process of National and International integrating, an appropriate training and motivation of the individuals is imperative. All the possible through the medium of sound programmers of physical education, games and sports which act as a dynamic charging force—never compromising with the status quo of the traditional thinking, attitudes and habits. Undoubtedly, sports and games play a vital role in strengthening national as well as international understanding.

The first sports come to mind is Cricket brought to India by the Britishers. Cricket unites India. It has become much popular. Everybody likes to watch cricket. Hockey Team brought gold medal in Olympic Games. Kabbadi also is a known game. It includes two groups standing a line on the transform ream sends one player into adversary's region. The guidelines of this amusement are basic. It can be played in any dusty back road.

Physical wellness has been connected with a mixture of medical advantages in both grown-ups and youngsters. Being physically fit decreases the danger of cardiovascular ailment, sort II diabetes and heftiness (Hillman et al., 2008) and enhances mental variables, including misery, tension and anxiety (Eveland-Seyers et al., 2009). Notwithstanding the wellbeing effect of physical wellness, a developing assortment of writing has connected physical wellness with enhanced cerebrum capacity, insight and scholastic accomplishment (Davis et al., 2007; Tomporowski et al., 2008; Shelton, 2009). Oxygen consuming wellness has been connected with
expanded blood supply to the cerebrum, expanded mind mass and enhanced synaptic move in grown-ups (Hillman et al., 2008; Trudeau & Shephard, 2008). Late studies have moved the center to the relationship between high-impact wellness and comprehension in youngsters. Hillman et al. (2005) discovered vigorous wellness to be absolutely connected with particular cognitive working connected with consideration and working memory in preadolescent kids, though Schott and Liebig (2007) discovered physical wellness to be a critical indicator of cognitive working in 8- to 16-year-old German youngsters. Indeed in the short term, oxygen consuming activity has been indicated to enhance memory and learning state in youngsters (Hillman et al., 2009), with these impacts enduring up to 60 minutes (Blaydes, 2001).

The expanded commonness of kids who are overweight and unfit has brought about a developing field of examination connecting physical action and physical wellness to scholarly accomplishment (Castelli et al., 2007). In the United States (US), a few populace level cross-sectional studies have exhibited positive relationship between physical wellness and scholastic execution in 7- to 11-year-old kids (Castelli et al., 2007; Cottrell et al., 2007; Eveland-Seyers et al., 2009), and more seasoned youngsters (Grissom, 2005; Chomitz et al., 2009). These studies utilized composite wellness records, reliably reporting positive relationship between oxygen consuming wellness and scholarly accomplishment; albeit in a few studies the impact diminished when financial status was controlled for (Shelton, 2009). A couple of studies report positive relationship between solid wellness and scholarly test scores (Dwyer et al., 2001; Eveland-Seyers et al., 2009) and some report relationship between the quantity of wellness tests passed (counting distinctive wellness segments) and scholastic test scores (Burton & Van Heest, 2007; Chomitz et al., 2009).

Comparable examinations have been led in other created nations. In a study including a national example of Australian youngsters matured 7 to 15 years, Dwyer et al. (2001) discovered huge relationships between appraisals of scholarly execution and the one-mile run, timed sit-up and timed push-up test, while Kim et al. (2003) report a noteworthy relationship of physical wellness.

Polo is designed by Iranian tribes in the ninth century A.D. it spread far and wide even to Japan. It was brought to India by Muslim winners. The Rajput rulers loved this amusement all that much. Kho-kho is seen in the chasms of old urban communities and towns. Kite-flying is a
most loved's interest comes winter and the skies are loaded with shuddering paper kites of each
tone and shape. There is sharp rivalry among kite flyers the string is covered with glass dust thus
that it can cut the string of an alternate kite when they are in flight.

The World Health Organization (WHO) has set a target that every person in the world
should become health conscious by 2010 AD and it is a right step in the attainment of health for
all. The international Olympic committee has signed an agreement with WHO for furthering the
cause of health for all and sports for all by 2010AD. This agreement is clearly directed towards
attaining total fitness of all individuals by 2010 AD. To attain this objective the citizens of the
nation are to be made health and fitness conscious and for this purpose scientific programmers’
and criteria to evaluate fitness are not to be formulated to cover all individuals belonging to both
sexes and of all ages.

Physical Fitness and wellness are one's wealthiest ownership they can't be acquired, they
are to be earned through standard and efficient work out regime and positive way of life
propensities. Physical wellness is the ability to do sensibly well different types of physical
exercises without being unduly drained.

Physical exercises and games assume a vital part in the improvement of identity single
person. The point of physical training is to take a stab at ideal improvement of a single person in
all circles of life and in this way, Physical exercises assume critical part being developed of one's
identity. Book Walters obviously delineates the part of physical instruction and physical
exercises in getting down to business the identity of a single person

In his own particular words "The point of physical instruction is the ideal improvement of
the physically, socially and rationally incorporated and balanced individual through guided
direction and support in chose aggregate body sports musical and gymnastic exercises led by and
hygienic measures"

As one participates in physical activities of his own volition, it provides a free,
pleasurable, immediate natural expression of his innate desire. Such exercise unfolds the hidden
talents and desire, and helps in shaping up the personality.
Physical activities meet the basic needs of human beings, such as the sense of security, the sense of belonging, happiness, experience etc. Physical activities also provide recreation which goes a long way in producing perfectly happy satisfied and balanced individual, having pleasing and energetic personality, having zest of experiences.

The effects of exercise depend upon five factors your personal level of fitness, the type of exercise that we choose and the intensity, duration and frequency of our exercise activity. The Basis of all fitness is the circulatory-respiratory (CR) system. Whatever exercise we do, its effect on over all measured by heart, or pulse- and how soon it returns to normal.

There are two major aspects to our level of fitness. Our potential or realizable fitness is determine by our physiological make-up, health, body type, age, sex and other inherited factors. Our actual or realizable fitness is the degree to which that potential has been fulfilled and developed or harmed by our life style and activities Fitness is a relative concept.

A certain level of realized fitness is necessary for everyone to prevent the deteriorations of their organic functions and to keep their bodies working properly and efficiently. Beyond that it depends upon the requirements of our daily life.

Physical fitness is regarded as the preparedness for performance with special regard for big muscles activity. As a more general period of physical wellness, engine wellness is judged by execution and its normal components are quality, continuance, adaptability, spryness, velocity, offset, power.

Today the games persons are prepared deductively with the most recent preparing systems and complex instruments for higher execution change in distinctive circle of games. Contemporary sports science has enable the sports person to develop physically for competition and as a result the records are being broken at a greater speed day to day.

In today’s scientific age, in every field of human endeavour, systematic objectives and scientific procedures are followed in accordance with the principles based on experience.
Advance countries like U.S.A., Germany, Russia, Australia, Britain and others have made rapid progress in games and sports like Athletics, soccer, hockey, Basketball to name a few. This progress and the international achievements have been possible only due to research and experimentation and application of scientific knowledge.¹⁰

Sports training aims at improving the performance of sports persons. The sports performance depends on several factors. The performance of sports primarily depends on his performance capacity, such as speed, strength and endurance.

The World Health Organization (WHO) has set a focus on that each individual on the planet ought to end up wellbeing cognizant by 2010 AD and it is a right venture in the fulfillment of wellbeing for all. The worldwide Olympic board of trustees has consented to an arrangement with WHO for facilitating the reason for wellbeing for all and games for all by 2010AD. This understanding is plainly coordinated towards achieving aggregate wellness of all people by 2010 AD. To accomplish this goal the residents of the country are to be made wellbeing and wellness cognizant and for this reason investigative software engineers' and criteria to assess wellness are not to be figured to cover all people fitting in with both genders and of all ages.

All these factors therefore are the principal aims of physical training. Sports training are a physical technical, moral and intellectual participation of with the help of physical exercises. It is a planned process for the participation of athlete and players to achieve top level performance.¹¹

The craving to try one's hardest, to exceed expectations, to achieve the most elevated standard of execution, to be incomparable in his picked field is a commendable human aspiration which prompts better benchmarks and individual development. Brilliance in any field does not come effortlessly. The trial is hard and steep. There are various snags to overcome and boundaries to push for achievement in any field demands commitment and sacrifice. The will to

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¹⁰ H William; Physical Education and Sports in changing Society; (New Delhi, Surjeet publication; 1980) ; p-12-13.

perform always argues forward and induces progress. The limits reached today shall be moved further tomorrow.

Winning laurels at international sports arena has become a prestige issue linked with political system and as such nations with each other to produce top class sportsmen for international competitions. For this scientific research is systematically conducted to identify the factors that help in achieving through proper coaching and techniques.

Therefore, it becomes all the more important to educate the child and youth along with improving their performance through sports training. Training involves periodic assessment of the athlete's status and progress.

Physical fitness and working capacity are important in life. In the olden days people did not have good opinion for physical education and activities related to body. People looked down in this regard. There was total authoritarian role thousands of years ago. Today democracy prevails in society. People’s views are liberated views. We have started accepting the views of others. As a result the failed of physical education has emerged all over the world.

As per the report of WHO physical fitness and working capacity are inter related. Physical fitness is the ability to perform muscular work satisfactorily.

Fitness is an exercise in human environment. Every human being is attached to one or the other exercise. It is needed for physical, psychological and social environment. In the olden days a person with high level of working capacity was considered very well. Such strong and sturdy person was desirable for cultivation of crop and working on farm. Such person was highly valued due to his strength and endurance. It provided main energy source. Strong and sturdy people were the pride of the nation. Nation needs such strong and abides people.\(^\text{12}\)

Plato a great thinker has said ‘Luck of action demolishes the great states of each person. While development and orderly physical activity spare it and save it”.

Each human like to play so he moves. He has all inclusive commute of play.

Physical instruction is a piece of training. It happens through movement. It makes and individual learn regarding healthy life. In physical education students must learn required basic skill such as practice. Students perform practice in daily life and become healthy member of society.

Physical fitness is a must for personality development. It is an essential quality for men and women athletes. Physical fitness movement is growing in size all over the world. It has occupied great place in the life of youth. Youth gives much importance to fitness. Exercise is highly desirable. It is an integral part of health.

Once health is lost it cannot be regained so we should preserve it. Healthy mind lives in healthy body. Health is wealth. Everybody welcomes a healthy person. Sickness is unwanted, undesirable.13

Definition according to be Bucher Physical training in an indispensable piece of aggregate instruction transform in a field of Endeavor that has as its point the change of human execution through the medium of physical exercises that have been chosen with a perspective to understanding this result. The beliefs and experience of physical education today rest on the history of this field Endeavour. It is the source of physical education’s identify. Many of today’s activities have their fore-runners in history. For instance the first Olympics date back to 776B.C in ancient Greece. Yoga and karate activities with much recent interest date back to ancient oriental societies. Many more facts that will help the physical educators to understand the present better can be achieved by studying the past.

Ancient India in many ways was similar to ancient china. People in china lived in an environment that was very religious in nature and closely associated with traditions and culture of IndiaBuddha’s prohibition of games, amusements and exercise in ancient India did not totally

13 Bud, Getchell, “physical Fitness A Way of Life”, (New York: John Willey and sons Inc.176),P.8
prevent participation in such as chariot races, riding elephants and horse, swordsmanship, wrestling, boxing, kabaddi, kho-kho, atyapaty, dancing, dand baithak, malkham, lezim, lathi etc. have been in practice from time immemorial.

But neither the names of the inventors of the Indian system of physical culture nor the dates of their origin are known. Yet physical education was in existence in India and was practiced by the people. Yoga, an activity common in India and involving exercise of posture and regulated breathing was popular. This disciplining of experts and a person fully trained in this activity followed routine involving eighty four different postures.

The physical activities were performed in open places and grounds because the Indian system of physical education was such that they needed little or no equipment. Besides, the religious/worship places were the institutes of physical culture where the sages and rishis were the ustad.

The places where Indian physical activities were promoted and practiced were generally called as vyamashalas/Vyayam mandirs.

In the physical culture of India, the age old Vedas advocated that non-violence is the best of righteous acts. This can be realized properly in its true spirit only by a strong individual and not by weak ones, because physical weakness may be attributed to cowardice.

Further, protection is well poet Kalidas has emphasized that physique is the lease indeed for accomplishment of duty. Vedas have emphasized that just a wealth is essential for the appropriate fulfillment of desire; similarly for the salvation of life healthy physique is essential.

Physical education in the past was part and parcel of daily life it was not considered merely as a vocational or free time activity. It was considered as the fundamental factor for self realization. Upanishad as has strongly advocated that the attainment of the powerful soul is not possible for a week individual.

The history of India has witnessed that the society was divided into different classes on the basis of their occupation e.g. teachers, warriors, merchants and servants. They were given
social status which ultimately broke into rigid caste vaisyas and sudras. In all the fields of education the teacher were invariably Brahmins.

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Plato a great thinker has said ‘Luck of activity destroys the good conditions of every human being. While movement and methodical physical exercise save it and preserve it”.

Every human like to play so he moves. He has universal drive of play.

Physical training is a piece of instruction. It happens through development. It makes and individual learn with respect to sound life. In physical training understudies must learn obliged essential aptitude, for example, rehearse. Understudies perform rehearse in every day life and get to be sound individual from society.

Physical wellness is an absolute necessity for identity improvement. It is a crucial quality for men and ladies competitors. Physical wellness development is developing in size everywhere throughout the world. It has possessed extraordinary place in the life of youth. Youth gives much significance to wellness. Activity is very alluring. It is a basic piece of wellbeing.

John Simon believed that it should be taught with reading and writing. He wires the credit of becoming first physical education teacher. He was the founder of this type of education. Guts Muth’s contribution is no less. He developed a series of education and a series of

gymnastic instruments. It was their strong belief that physical education can develop important social skill. Guts contributed a great deal in popularizing gymnasiums. We are thankful to these people of 1700’s for where we are today. Our high consciousness regarding gymnasiums is the outcome of their efforts. Physical education was introduced in the universities in 1800. They generously contributed too many things we have today.

Today we all are aware of sports. We all are taking part in sports. Physical fitness is necessary for healthy and happy life. New sports attract us. Intramurals are brought into school. Women also perform regular exercises. Colleges own their gymnasiums. People religiously visit gyms. It decreases the crime rate.

People are found in any recreational area to decrease crime rate. National collegiate Athletic Association was founded in 1400. Many people were attracted towards sports. They enjoyed sports. A Sport is no way possible without physical education. During the World War II in 1941 people received 4 shocks of the 2 million males 45% failed physically. They were unfit. As an outcome physical education was introduced in schools. It was made strictly compulsory.

The importance of physical education was greatly realized. People became aware. They started becoming sincere and serious in this regard. The Americans needed improvement in health. Our need for survival is of great importance for fitness.

Primitive man used to move here and there in the forest for his existence for hunt, for food. The nomadic and hunters require more strength and stamina and fitness. They were more strong and sturdy than we are today. They had to roam in the darkest forest for miles and miles. In search of food. Their activities were based on physical fitness. They used to walk 6 to 20 miles to meet their friends of course; there was not an easy life. Life was not a bed of roses. They had faced many difficulties and challenges life. Their life became less active due to invention of plough. Gradually animals were used for difficult tasks. Physical labour and drudgery was reduced. Man is withdrawn from physical labour. Today we are enjoying compete automation remote control, many machines of which we are the slaves.

Association was created in 1900. The number of people was attracted towards sports. The number of teacher too increased and physical education became an integral part of sports. In 1941 during the World War II gave 4 big shocks. Of the first 2 million males 45% failed
phically. They were unfit. As result physical education was strongly in strictly introduced in schools.

52 The importance of physical education was greatly realized. People became aware. They also became sincere and serious in this regard. The Americans needed improvement in health. Fitness depends on our need for survival.

In the primitive days man had to wonder here and there in the forest to hunt for food, for his existence, his survival. The nomadic and hunters require more physical strength and fitness. Primitive men pre-10000 B.C were strong and sturdy people. They owned the strength of a giant. They had move miles and miles in lovely dark and deep woods in search of food. Their activities also required lot of physical fitness. They used to walk for 6 to 20 miles to visit their friends or anybody in the neighboring tribe.

Their life was not a bed of roses. It was full of struggle, hardships and challenges. They used to overcome them with their fitness. Their life became less active due to the invention of plough and other agricultural development. Difficult tasks were done by animals. This decreased the amount of physical labour. Man was relieved from drudgery. Day by day he withdrew himself from physical labour and he invented machines for physical tasks.

Physical activity and physical well-being are closely related. Without physical activity one cannot remain healthy. Gradually our physical exercise is diminishing. This is the main cause of falling sick. Only physical activity keeps us healthy. One can’t expect to remain healthy without performing any physical activity. Confucius has said that certain illness is related to physical inactivity. Sedentary life causes many illnesses. Inactive life gives birth to various types of illness. Emergence of gyms is the result of inactive life. Gymnastic is developed. During the period ‘Yoga’ was developed in India. Yoga has become much popular in India. Yoga is an exercise.

Yoga is helpful in attaining mental peace. It is practiced to cure UN curable diseases. It control complex diseases like diabetes, high blood pressure, cardiac vascular asthma etc.

Fitness is strongly required for military purpose. It is associated with military activities. Marching, riding, hunting activities are developed to accomplish fitness. The Spartans are known
for their fitness. The Spartans needed fitness to be good soldiers. Women to bear children who are fit to serve the state. The Spartans became one of the most physical fit societies. The stories of their physical courage are known in the history.

The Greeks of the ancient time emphasized an physical health as well as development of mind. Gymnastic with music became much popular. Exercise is for the body and music for the soul. The views of the Romans and the Spartans were alike.

The Greeks of the ancient time emphasized a physical health as well as development of mind. Gymnastic with music became much popular. Exercise is for the body and music for the soul. The views of the Romans and the Spartans were alike.

Fitness was important for military service. The Roman Empire was declined due to lavish life style. Their interest in fitness too was declined.

Friend rich earned the title ‘Father of German Gymnastics’ in Germany. Physically, fit nation has less chances of foreign invasion.

1) Educational gymnastics 2) Military gymnastics 3) Medical gymnastics were introduced by per Henrik Ling to Sweden.

Fitness program varies from individual to individual. It is strongly believed that physical activity reduces stress and fatigue. America is influenced by European culture U.S. Government promoted health and fitness. Benjamin Franklin the President of U.S and Thomos Jefferson realized the importance of fitness. President Roosevelt encouraged people to be physically active.

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In 1956 President Eisenhower promoted fitness. Minimum Muscular fitness test in children exhibited that 60% children lacked fitness compared to European children. President’s Council of Youth fitness was formed President John F. Kennedy 1960, was deeply included in
wellness advancement in America. He changed the name of the President's Council on Youth wellness to president's chamber on wellness. He additionally composed an article on games "The delicate American". He energized work out regimes and began youth work out regimes.

The physical capacities of the subjects (cardiovascular perseverance, solid quality, strong continuance and adaptability) were resolved utilizing the Fitnessgram (Meredith & Welk, 1999) and the Bruininks-Oseretsky Test of Motor Proficiency II (Bruininks & Bruininks, 2005). The Fitnessgram comprises of five segments of which two, in particular cardiovascular perseverance and adaptability, were utilized as a part of this study. Cardiovascular continuance was controlled by utilizing the PACER subtest where it was relied upon of the youngsters to run here and there and then here again more than a separation of 20 meters at a foreordained pace which dynamically expanded in velocity. Adaptability was dictated by method for the sit-and-achieve tests to one side and left. The Bruininks-Oseretsky test comprises of eight subcomponents of which one, to be specific quality, was utilized for this study. The quality subcomponent comprised of five test things, to be specific standing long bounce, knee push-ups, bowed leg sit-ups, divider sitting and plane lying. Amid the standing long-hop test, the subject must bounce the extent that this would be possible from a standing position and the separation between the starting and the closest piece of the body is measured and scored. The knee push-up obliges that the subject remain on his/her hands and knees with the knees, hips and shoulders in accordance with each other. The abdominal area is brought down and lifted, while this shape is kept up and the quantity of right endeavors scored. With the curved leg sit-up, the subject lies on his/her back with the legs bowed at a 45o point and must over and again endeavor to lift and afterward bring down the midsection toward the knees. Amid the divider sitting test, the subject stands with his/her luck run dry and moves descending until the legs are twisted to 90o at the hip and afterward endeavor to keep up this position for 60 seconds. Amid the lying plane, the subject must lie on his or her stomach and all the while lift both the arms and legs at the hip and shoulder joints off the ground and the time spent in this position is scored. The aggregate of the different sub-things were computed, after which it was changed over to a scale, standard score and percentile for quality. Age equivalents, and also illustrative classes, for the different sub-tests were ascertained from this data.
Numerous Americans took part in work out regime in the U.S. Practices for ladies were outlined. Arrangement of workout performed to music got to be famous. It is like cutting edge's high impact exercise. "The New Gymnastics" was presented in 1865.

Anthropometric estimations to survey wellness was utilized. Physical instruction guideline was in core interest. In 1950, vigorous exercise was found by a media health specialist Jack Lanne. He was the pioneer of resistance activity. He imagined link pulley machine, Smith machine, leg expansion machine and the "Hopping Jack development". Awesome quantities of American were discovered lacking wellness, which is very required amid war. After the World War II consideration was drawn towards wellness. Numerous looks into in the territory of wellness were directed after the II world war and the significance on physical wellness was brought among individuals. Activity was prescribed to people.

In 1960 Dr. Sharp Cooper earned the title. "The father of the Modern wellness Movement'. His belief system was taking into account keeping up great wellbeing through legitimate and satisfactory activity, adjusted eating regimen, passionate parity to avoid illness.

Good health is the first joy of life. Life is meant for enjoyment. Good health adds enjoyment in life. Ill health kills the joy of life. Ask a sick person – are you happy? Sure, even on the heap of jewels and pearls he cannot enjoy life. So it is very clear that one should keep himself fir and fine to enjoy life. Fitness means nothing but good health balanced mind and peace from within. A level headed person normally is not easily excited or irritating. He thinks before reacting. Those who get iritated promptly do not have balanced mind. They lose temper every now and then. Getting angry is very common for them. In short this is no good. We like to hold the days of youth. At the age of 70 one looks fit as 35 years of age. If health is maintained and fitness is preserved nothing is difficult in life. Things are difficult but possible for physically fit people.

Man can and does anything to keep himself young. Today’s beauty treatment can make you ‘Look’ young but it is fitness that makes you ‘Feel’ young. Many treatments have come in the market to show fitness but most of the people still believe in natural ways of keeping oneself fit and fine. These natural ways are regular muscular exercise, yoga meditation etc. People go for sports, jogging complete fitness training. It covers right kind of diet, proper exercise, right posture of standing and sitting. Physical exercise to be performed according to body fitness.
If a person is able to carry out his every day excessive fatigue and with sufficient energy is called a healthy person. Physical fitness is the capacity of heart, blood vessels, lungs, muscles function.

Health needs enthusiasm, energy and spirit, vigour, vitality to perform daily activities with pleasure. Our day must be spent with pleasure. By the end of the day many people are found weak and sick. That won’t do. This is not life. They just kill time, waiting for dusk to dawn. So fitness is must in life. Otherwise a person lives a dependent life.

Body requires vigorous efforts to maintain physical fitness. Physically fit people possess good health, which is a must for happy life. Live life king size. Perform exercise, meditate, feel internal peace and live happily. Muscular strength is required for emergency as well as everyday living. In short physical fitness enables a man to meet physical requirements. Fitness is a very commonly heard term. We all speak and hear this term but we worldly know it’s real meaning. Fitness is mainly related to heart, blood vessels and functioning of heart. If heart function is normal then body and mind will be alright. If heart does not function satisfactorily it affect the functioning of brain and other parts of body.

Fitness is a product of exercise and training have been shown through research to process important Implications in the general health of people.

Fitness is something more than exercise. Exercise is needed to achieve fitness. Only physical activity does not make you fit. Fitness is a part of education. One should know how to obtain fitness and preserve it throughout life.

Many factors shape our health. Biological, social, economical and cultural factors are important makers of our fitness. Health is not absence of disease but it is influenced and shaped by the access to basic needs like food, security, safe water supply, housing sanitation and health services. Social factors are related with individual health. Physical, social and environment play vital role in the health of an individual.\(^\text{15}\)

\(^{15}\) Charles I Hudson, *Physical Fitness*” (London ; February 1968),p-17
Children’s health is of great importance because they are the makers of the nation. Health is responsible for overall development of child. If health is lost everything is lost. It cannot be regained. Every society is concerned about the health of a child. Every parent is conscious regarding the health of a child. Government also puts emphasis on food, health, education and nutrition. One should take utmost care of his health. Life depends on health.

Healthy mind lives in healthy body. Many factors make good health. Mental peace and happiness are the basic requirements for healthy body.

Health is the most valuable asset. It is our finest and rarest property which we must preserve by taking its care. Health is basically requires for happy, well-balanced life. Health is wealth. People all over the world are becoming more and more health conscious and pay much importance to fitness and physical well-being. Healthy body is a must to enjoy things in life.

Fitness means that state of body to which a person is able to function his everyday activities. Actually fitness is a subjective and individual matter. Each person’s ability is different from that of other. Everybody wants to live most effectively. The activity I am able to do. May be rather impossible for others to perform. Fitness varies from individual to individual.

Ability to perform activity depends upon the physical, mental, emotional, social and spiritual factors. All these factors are related to each other. They are inter related and inter dependent. Mentally disturbed person is always found emotionally disturbed. Such person cannot develop spiritual attitude towards life. Most of the time he remains physically disturbed. Most of his illnesses are psychosomatic. Mind is related with all his physical illness.

Physical fitness is the capacity of heart, blood vessels, lungs, muscles and their functioning. Physically unfit person cannot take the pleasures of life. Fitness is needed to enjoy life. E.g. If a child is crippled he cannot run and play. He cannot take part in games played on the ground. He has to watch other boys play. He can play only computer games.
This causes psychological problems like inferiority complex in him. As you know forbidden fruits are always sweet. As he cannot play, he intensely desires to play and run. Physical fitness requires vigorous exercise by the total body.\textsuperscript{16}

Those requirements may be anatomical (structural), physiological (functional) or both. An anatomical fitness may require a person to be of a certain height and weight or have specified dimensions of various parts of the body. Physiological fitness may require a person to be able to withstand certain reparative or altitude or able to perform specific physical tasks involving muscular efforts. A person may be perfectly fit to met some of those requirements and yet be unfit for others. However a reasonable physical fitness programmed based on individual needs and interests is a very logical solution for overcoming the harmful health effects from living a highly mechanized and technical society.

Physical fitness is our most priceless asset whether one considers it from the point of view of beauty, strength, enjoyment and many attributes. Some of which almost defy analysis others are pretty well known and generally accepted on the purely physical sides it presupposes a sound contribution absence of organic illness and well co-ordinate muscles.

It is said that a sound mind lies in a sound body. Health is the first happiness. If health is lost, it is not easily regained. So we must take proper care of our health. Without effort fitness cannot be achieved. Serious and sincere efforts are needed to gain fitness. The Greeks and the Spartans realised the value of strong and sturdy body long back. They knew that only intelligence won’t do. Intelligence with fit and fine body will achieve the toughest goal in life. Tough mind, slim and sleek body, healthy heart is the characteristics fitness. When body is fit mind is sure to follow. Physical fitness is the basic of all human activities. If we fail to encourage physical development our body grows soft and inactive.

Weak and sloth body does more harm than good. We lose our capacity for thought for work. Our mind ceases thinking and body ceases functioning.

It is crystal clear that in spite of fast development of medical science there are some crucial problems which do exist. Health related problems means fitness related problems have not come to an end. Many serious health problems have remained unsolved. Fitness problems do exist. Such problems are a great challenge to human society. It is challenging to WHO also. Fitness campaign should be the prime movement today. Today our life has become sedentary. Machines, remotes have taken the place of physical activities very few physical activities we perform today. Everything is done with machines. Women have been free from household drudgery of grinding, fetching water, sweeping, washing and cooking also. Machines have saved both our time and energy. But we do not know what to do with the time saved by machines? All this gadgets have made us sloth and slaves. We hardly walk on road. We walk only in homes. Vehicles have taken the place of our feet. God gifted us hands and legs but we invented machines.

Health is a state of complete physical, mental and social well-being. Fitness is the ability to perform daily activity. Strength, speed, stamina and flexibility are the four main components of fitness.

This is an age of compete automaton. Many people ask why physically fit in our push button age? We look better, feel better and perform better. We all want to enjoy better health, vigour, vitality and youth, tirelessness of adolescence period that a sound mind and body gives an individual. Everybody wants to enjoy life. Life can be fully enjoyed only if the body is healthy. Fitness is a must for life. Sickness is not accepted. Everybody wants to live happily. Happiness and success depend on health also.

A child is a father of the nation. A weak child will make the nation weak. A weak child is a weak brick in the wall of a nation. Today’s child is the maker of tomorrow’s nation. He is a citizen of tomorrow. He is the strength of the nation. He makes the nation strong. The prosperity and fate and liability of the nation. Lie in his hands. He has to shoulder the liability of not only his own self but also of his family and entire nation. The wealth of nation depends on his health, and on the health of every citizen of the country.

Fitness is desired by all who want lead quality life. Life can be enjoyed with good health, fitness. When health is not good one cannot perform any activity, one cannot take interest in any
good thing of life. He becomes dull and makes others lives miserable by complaining constantly regarding his ill-health. Fitness means being in good physical condition and being able to function at one's highest level. A physically fit person can utilize his ability at the maximum level. Without feeling physically tired. In so doing spiritual, mental, emotional and social factors are involved. We all depend on one another. We are affected by others. We influence others. It is surprising to learn that human cultures have passed through cycles of fitness and fatness. It is a still more surprising fact that the people in highly developed countries today are no more physically fit now than they were 20 or 30 years ago.

Today’s people look young but their body is not young and fit. They cannot take physical strain. They cannot walk 1 km. They use vehicle every now and then. They feel physically tired ever after doing very little physical work. The people in developed countries seem to be stuck in fatness. There is a fitness/fatness cycle. Statistics prove that we have not attained physical fitness in the last three decades.\(^\text{17}\)

Many factors affect fitness. Fitness is not static condition. It is changing and influenced by many factors. Physical fitness and exercise tolerance of the most of the human race of the world are unknown. State of fitness varies in different cultural group Fitness varies due to age, sex, nutrition, acute chronic disease, social pattern, muscular activities, genetics, environment, physical constitution, immunity, sturdiness, etc. Studies of fitness have been undertaken regarding tolerance of human population.

It demands co-operation between different scientific groups. Standard and precise experimental methods have been used to find out possible descriptions of variations within given population. Studies are undertaken by comparing culturally primitive and technically advanced societies, sedentary subjects and well-trained athletes, aortic communities and people living in temperate and tropical zones. People from various culture, various age group are taken for experiment.

\(^{17}\)Lance C. Dalleck, M.S. and Len Kravitz, (2011). The History Of Fitness . ( New york ) p-1
If levels of fitness are assessed with an acceptable scientific techniques the results thus obtained may form a basis to which measurements undertaken in the four can be ubiquitously referred. Long term longitudinal survey studies will give important informal about changes that might take place in respect of important aspects of the body’s functioning and may be a way of demonstrating how can adopts himself to changes in his various. This is an important undertaking at a time when advances in technology and economy greatly after the traditional conditions of living of most human societies of the world.  

**Physical fitness and academic achievement**

Body organization, most regularly reported as BMI, is a wellbeing-related physical wellness segment which has been demonstrated to have a huge negative connection with scholastic execution in youngsters in a few extensive-scale studies including offspring of distinctive ages (Datar et al., 2004; Castelli et al., 2007; However, BMI has been distinguished as a marker as opposed to a causal element in the wake of including socio-monetary and behavioral variables (Datar et al., 2004; Cottrell et al., 2007).

In expansion, overweight is connected with diminished cognitive working among school-age youngsters and youths (Li et al., 2008; Cosgrove et al., 2009). As per global patterns (Katzmarzyk et al., 2008), studies demonstrate that urban South African kids are becoming progressively inactive, unfit and overweight (Kruger et al., 2005; Hurter & Pienaar, 2007). Administrative concerns in regards to the wellbeing of South African school kids assumed a noteworthy part in the restoration of Physical Education (PE) in the national school educational module in 2002 (DoE, 2002). Be that as it may, despite the fact that it is broadly perceived that PE gives an essential boulevard to the advancement of physical action and physical wellness, late studies demonstrate that PE is viewed as a “low status” subject, which is regularly not offered in schools (Du Toit et al., 2007; Van Deventer, 2009). Researching the relationship between physical wellness and scholastic execution will reveal insight into the potential part that PE has on learning capacities and academic results of youngsters, and may add to another, positive impression of PE and its execution in South African schools.

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Stand out late study that addresses physical action, physical wellness and scholarly:-

results in South African kids, could be found in the exploration writing. Themane et al. (2006) discovered no solid confirmation for the positive relationship between physical movement, physical wellness and instructive accomplishments in provincial South African kids (matured seven to 14 years), yet ascribed the outcomes essentially to the novel instructive issues and high levels of physical action and physical wellness of the gathering. No confirmation could be observed that the relationship between physical wellness and scholastic accomplishment have ever been investigated in South African urban youngsters. Accordingly, this study expects to focus the relationship between physical wellness and scholarly accomplishment in a urban South African gathering of grade school kids

included in wellness advancement in America. He changed the name of the President's Council on Youth wellness to president's chamber on wellness. He additionally composed an article on games "The delicate American". He energized work out regimes and began youth work out regimes.

Numerous Americans took part in work out regime in the U.S. Practices for ladies were outlined. Arrangement of workout performed to music got to be famous. It is like cutting edge's high impact exercise. "The New Gymnastics" was presented in 1865.

Anthropometric estimations to survey wellness was utilized. Physical instruction guideline was in core interest. In 1950, vigorous exercise was found by a media health specialist Jack Lanne. He was the pioneer of resistance activity. He imagined link pulley machine, Smith machine, leg expansion machine and the "Hopping Jack development". Awesome quantities of American were discovered lacking wellness, which is very required amid war. After the World War II consideration was drawn towards wellness. Numerous looks into in the territory of wellness were directed after the II world war and the significance on physical wellness was brought among individuals. Activity was prescribed to people.

In 1960 Dr. Sharp Cooper earned the title. 'The father of the Modern wellness Movement'. His belief system was taking into account keeping up great wellbeing through legitimate and satisfactory activity, adjusted eating regimen, passionate parity to avoid illness.
performance. These layers build upon one another. Freedom from disease and the ability get through the daily routine the base for starting a fitness program to achieve a higher of positive health and reduce your risk of health problems.

Those interested in high levels of sports or other physical skills can build upon the fitness base by concentrating on ways to improve the specific performance.

The first level of health and fitness is the medical diagnosis that we are free from disease. This is minimum goal for all us. We try to prevent sickness, illness, and known disease. This is an important first step, but as term such as "Positive health and “Wellness” attempt to communicate, there is much more to health than being without disease.

The second layer deals with the ability to carry out typical activities at work, at home, and in leisure pursuits without undue fatigue. The characteristics necessary for this level differ depending on your vocation and lifestyle and differ from those of other people.

The emphasis here is not on how well you perform the physical tasks, but rather that you can do them comfortably with energy left over for other things. This ensures that you have enough energy to engage in fitness activities to enhance your health and fitness status.

The final layer includes individual who have achieved a high level of the fitness and now choose to participate in certain activities. The performance element involves developing those skills and underlying abilities needed to do the activity well enough to compete with others at a desired level will of course, vary among individuals.

There are various tissues in human body. Variety of organs is found in our body. Muscles, bones, liver, glands, brain, fat, ect. Body weight is important for fitness. Lean mass includes all tissues and organs. Fat mass includes essential fat as well as extra fat.

We very well know that muscles are main source of strength. A person with strong muscles can lift very heavy weights. Strength depends on the size of the muscle and muscle fibers.
Strength is measured with isometric, is kinetic and isotonic test. Strength is measured with specific instruments. This instrument measures the force of the grip. Angle of joint affects isometric strength of muscles.

Flexibility of our joints should be of high level. Each joint has limited range of motion. Flexibility of joints should be maintained. It is necessary to complete everyday task with normal movement of muscles without strain. Lack of flexibility causes low back pain. Flexibility of muscle is genetic. Muscle should be regularly used.

Overload helps to increase muscular strength. Muscles can bear more load than it is accustomed to bear. Gradually the tissues adjusts to the heap by expanding its size or capacity. Over-burden took after by adaption is the premise of wellness. Step by step the heart gets stronger and the individual needs to walk quicker to over-burden the heart. After certain time heart gets to be sufficiently solid to effectively handle the work.

Adaptability is a measure of a joints capacity to travel through a typical scope of movement. Every joint has a restricted scope of movement, contingent upon the joint. It is critical to keep up the adaptability of every joint so that typical daily errands can be finished without undue strain. Absence of adaptability can be identified with low back agony being. Adaptability like any characteristic is constrained by our hereditary gift. It is clear, be that as it may, that consistent utilization is important to create and keep up that gift.

Over-burden and specificity are identified with change of all wellness parts In place for anyone tissue to increment in capacity it must be presented to a heap more noteworthy than that to which it is acclimated; the tissue then steadily adjusts to this heap by expanding its size or capacity. The procedure of over-burden took after by adaption is the premise of wellness and execution programs. Step by step, the heart gets stronger, and the individual needs to walk speedier to over-burden the heart. After several months working up to fast for several miles, the heart becomes strong enough to easily handle the walking.

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People residing in the hilly areas are quite strong and sturdy. They are firm minded people. Hilly areas are quite tough for us to move around. Heart has to function more while moving in the hilly area and climbing up the mountain. Hill running strengthens athlete’s power. It is ideal for cricket players, rugby, football players and runners.

While running on the hill more leg power is used and calf muscle has to function more. Hill training should be conducted for athletes to get used to injury. Athlete uses his body weight as a resistance.

The athlete should not look at their feet but ahead when they run furthermore guarantee their neck, shoulders and arms are free of strain. "Bouncy" activity is more vital than the velocity of a competitor to run up the slopes.

The condition of Gujarat is arranged on the west shoreline of Indian subcontinent. The state imparts its universal fringe to the nations like Pakistan, and national limits with the states like Rajasthan, Madhya Pradesh, Maharashtra and the union domains of Diu, Daman, Dadra and Nagar Haveli to the south. Gujarat is an energetic state with assortment of dialects, individuals, and societies. Gujarat is a home of numerous ranks and groups. It additionally has a rich assorted qualities of winged creatures, creatures, individuals, religions, species and plants.

Gujarat has 33 areas spreading over the mountains to the ocean. they are; Ahmedabad, Amreli, Anand, Aravalli, Banaskantha, Bharuch, Bhavnagar, Botad, Chhota Udaipur, Dahod, Dang, Devbhoomi Dwarka, Gandhinagar, Gir Somnath, Jamnagar, Junagadh, Kutch, Kheda, Mahisagar, Mehsana, Morbi, Narmada, Navsari, Panchmahal, Patan, Porbandar, Rajkot, Sabarkantha, Surat, Surendranagar, and TapiThe geographic differences of Gujarat, from the Arravalli, Satpura and Sahyadari mountain reaches to the ocean, the woodlands of South Gujarat to the desert of Kutch, makes it home to a mixture of societies. Gujarat and Gujarati people are fond of food, fairs and festivals. Gujarati food and festivals are now has became worldwide. Because of this, it’s conjointly referred as the ‘land of fairs and festivals.
We can say that, around 3500 fairs and festivals are noted all around the year in Gujarat. Thus, Gujarat is prosperous and rich in its hoard of flora and fauna. The topography of Gujarat is self-enclosed with an in depth style of flora and fauna. In Gujarat, one will discover as several as five hundred mixtures of mammals, around 2000 species of birds, a good selection of insects, amphibians, fishes and reptiles all are often explored in Gujarat. Geographically, Gujarat can be divided into three broad regions; The North-West part is known as the Great Rann of Kutch, while the Saurashtra region and some of the areas of North Gujarat possesses extended hills and mountain ranges. And the remaining region is plain having fertile stretches of land.
The Gujarat is famous of lignite, limestone and petro-chemical products. Gujarat’s geographical diversity includes hills, desert, forests, and rivers. The state is not only rich in mineral resources but it has an abundance of different flora and fauna. Thus, because of this geographical and cultural diversity, Gujarat is considered among India's most prosperous states, with one of the highest per capita GDP in the country. North Gujarat is a land situated in the north part of Gujarat. North Gujarat is also a rich and prosperous region. It includes districts like Gandhinagar, Banaskantha, Sabarkantha, Mehsana and Patan. This part of Gujarat is famous for the dairy and chemical industries, heavy and small scale factories and its financial growth. In the North Gujarat region, the two districts; Sabarkantha and Banaskantha have hilly areas, while the remaining Patan, Mehsana and Gandhinagar districts are known as plains or non-hilly areas. North Gujarat's mountains are rich in variety of animals and plants. The mountains are well-known for its picturesque magnificence and have been nearly connected with religious and chronicled parts of the individuals. Northern and eastern fringes are comprised of mountains which are the tails or branches of outside extents like the Aravallis, Vindhyas, Satpuras and Sahyadris.
Advantages in Physical Fitness to Students Residing in Hilly Areas:

Childhood and adolescence are the two important stages in man’s life. In these two stages of life, a child develops into a man and also develops its educational and physical faculties. Therefore, physical education trainers, instructors and teachers must be familiar with the nature and patterns of different attitudes and motor skills in childhood and adolescent. No doubt, man’s life and body is a divine gift. But unfortunately, in the present age of din and bustle, life has become less energetic, sporty and fresh. Everyday man plunge himself into this chaos and forgets to maintain the fitness of his body and mind, without which he is mere a machine. Different revolutionary scientific and mechanical discoveries have changed the entire face of today’s world. Today, we are living in the pleasure dome where not a single obstacle or difficulty can challenge human life. We have everything and so we are not ready to work harder like in earlier ages.

Therefore, our physical fitness and bodily strength decreased day by day. Our body is now more familiar with the facilities then adversities. So naturally, our body has become weak and feeble. Good health is necessary for physical fitness. Thus, good and healthy body is the core of our physical fitness. So, the negative and harmful elements of the reduced physical fitness are the grave dangers to our society. Because of this kind of living and food-habits, our body has become a house of diseases like stress, hi-blood pressure, cancer, asthma, hypertension, respiratory problems.

That is why an active and energetic life habits must be established. Man should maintain and continue his physical fitness level throughout his life. Fitness not only improves our health but also activates our interest in life.

Success of a player depends on his skill, competency and his adaptability of the situation. Winning performance on sports requires great effort, strength and physical and mental stability. Many elements play a vital and active role in the formation of a successful player. Genetics, society, geography, culture, taboos, traditions, food, etc all these elements greatly influences the performance of a player.
A player or sports person lives in a particular space, geographical area in which he is familiar with nature’s elements like water-falls, food, land, wind, trees. He has to face many challenges while living with these natural forces. Indirectly he develops himself into a mentally and physically strong character and person. His day to day activity like fishing, hunting, jumping, horse-riding, rafting, swimming, running etc makes him a skilled and strong person. He becomes strong while crossing these challenges in his life. In a way, his routine prepares him for the life’s challenges. His physic becomes more strong, muscular and active. So he gets advantages in sports activity and games. While the non-hilly person or students receive some facility at home and in society.

The hilly areas are unstable or difficult to work, walk or run. These areas create obstacles in running and walking. So the hilly area students are familiar with the challenges like how to maintain energy-level, strength and speed. It gives them benefit in sports like running and jumping where they can run or jump more easily or effortlessly than non-hilly students.

The people residing in the high-hilly regions are highly and harshly affected by climate. Their physical qualities vary from others residing in plain regions. Inn adults low cardio respiratory fitness is very common. It is a strong cause of high mortality rate. People living in the mountain regions have more respiratory troubles than people living in other regions. The air is quite thin at certain height. Oxygen is less at altitude.

Wellbeing of individuals living at high height is formed by low level of oxygen, sustenance, socio-social determinants and the wellbeing level of ancestress ect. They are influenced by environment, sustenance and physiological wellness. A huge distinction was found in BMI, muscle to fat ratio, preand post exercise BP, PFI, VO, 2 max vitality utilization ect. Expansive scale studies are obliged to look at the impact of high height and wholesome status on physical wellness of school understudents of the bumpy territories. In the feeling of specialists and physiotherapists individuals living in bumpy regions have less restorative issues and endure less structure maladies like heart assault, diabetes, hypertension, loss of motion. They have less medicinal issues.
Because of slope their calf muscles contract all the more rapidly and create work at higher rate, and get to be all the more effective. They enlist two to three times more muscle filaments than running on the level surface. Their rough activity enhances the force of the quads before the thigh that gives high knee lift that is needed for the competitor, when contending in their game/occasion; it can mean higher running velocities and shorter foot strike times.

**Statement of Problem**

The problem is stated as a study on physical fitness of hilly and non hilly student.

**Purpose of the Study**

The purpose of this study was to find out whether there is any significant difference in the physical fitness of hilly region students from that of the non hilly region students.

**Significance of the Study**

i) The study will help to know the physical fitness of the youths of both hilly and non hilly student.

ii) The study will help to suggest the ideal physical education programmed to achieve the objective of youth physical fitness.

iii) The study will help to fix the new norms and standards in the light of the performance of the boys.

**Hypothesis**

It was hypothesized that the hilly region boy’s students may have a slight edge over the non hilly student boys in the physical fitness.

**Delimitations**

The study is delimited in the following respects:

i) The study was delimited to the boy’s students of North Gujarat University.
ii) For this purpose 150 students from hilly and 150 from non hilly regions were selected as subjects.

iii) The test is administered on the students who are within the age group of 18 to 25 years.

iv) The height and the weight of the students were not taken into consideration.

Limitations

The research study is limited in the following respects:-

i) The study was conducted only on 150 boy’s students from both hilly and non hilly regions of North Gujarat University.

ii) The ability of the students and their physical training background was not taken into consideration.

iii) Since the study was conducted on the age group of 18 to 25 years. There Physiological and anatomical development will not be taken into consideration.

Operational Definitions of the Terminologies

Agility

The capacity of the individual as measured by the rate of changing his position in space.

Endurance

The capacity of an individual to continues successive exertions under conditions where a load is placed on the muscle being tested.

Muscular power

The capacity of an individual to release maximum force in the shortest period of time.
Speed

The capacity of an individual in the rate of making successive movements of the same kind.

Physical fitness:

Physical fitness refers to the organic capacity of daily living without undue tiredness or fatigue, having a reserve of strength and energy available to meet satisfactorily and emergency demands suddenly placed upon him.

Significance of the Study

1. The study will give rule to physical training instructors and mentors for change of football characteristics of the young men.

2. This study will be valuable in expanding the engine physical wellness of the layer.

3. This study will be valuable in expanding the physiological variables of the layers.

4. This study will help physical instruction instructors and mentors in planning repairing plan.

5. The consequence of the study will be useful for the diverse amusement players for expanding their physiological and engine capacity.