



FITNESS MEASURES AND CLASSROOM PRACTICES

Education

**Dr. Manjunath
Bhat**

Asst. Professor, K.S.R. College of Education, Belagavi, Karnataka

KEYWORDS

What is fitness? Is it being slim or muscular? Is it successfully completing a marathon or being skilled at field sports? One thing is clear – fitness has got nothing to do with being slim. It has more to do with your muscle strength, power, endurance, and your willpower. A fit body has a defined shape, good posture and metabolism, high agility, quick reaction time, and strong stamina. The **five components of fitness** give you a realistic picture of how fit you are. So, let's get started and find out ways you can tell if you are really fit.

What Is Fitness? Fitness is our body's ability to function properly during activity and leisure times, being able to protect the body from diseases caused due to leading a sedentary life, and to be able to meet the physical and functional requirements during emergency situations.

Definition of Fitness

According to the Centres for Disease Control and Prevention (CDC), physical **fitness** is defined as 'the ability to carry out daily tasks with vigour and alertness, without undue fatigue, and with ample energy to enjoy leisure-time pursuits and respond to emergencies.' Based on this definition, fitness involves everything from getting out of bed to hiking to performing CPR.

In order to complete all of these tasks, one must consistently address their fitness levels. This requires proper conditioning through both structured exercise and leisurely activities.

Our fitness can be divided into two concepts:

General Fitness – state of physical and mental health and well-being

Specific Fitness – specific task or sport oriented fitness

Components of Fitness

For the general population, being healthy and fit is the main target. And **health-related fitness** aims at improving the overall well-being and functioning of the body. Here are the 5 components of fitness and how to measure them.

1. Body Composition

Body composition measurement helps you understand how much fat and muscle mass are present in your body. Your height, age, weight, bone structure, and the ratio of fat and lean muscle are all considered to find out your body composition. If you workout at a gym, I am sure your trainer must have asked you to get a body composition analysis (BCA) done so that depending on your goals (weight loss or muscle gain), he/she can help you reach your target.

How to Measure Body Composition

You can get your body composition measured professionally at the gym using callipers or a bioelectrical impedance machine. You can also use DEXA or hydrostatic weighing machine, which are more accurate and recommended methods of measurement. All you have to do is follow the instructions of the technician, and a printed report will be generated and handed out to you.

Do This to Improve Body Composition

If you want to lose weight, your first goal should be losing the extra flab. Do cardio three days a week for one hour each day. Fill your diet with primarily whole foods such as whole grains, lean proteins, fruits, vegetables, and dairy. Minimize processed foods. Start strength training from Week 3, two days a week, one hour per day. This will help you build lean muscle mass and look toned.

To gain weight, you must strength train to build lean muscle mass, eat

healthy (same as above), sleep better, and take steps to minimize stress in your life.

2. Flexibility Flexibility is the measure of the ability of your muscles to move to their full range of motion. Since most of us lead a sedentary life, the joints become immobile and lose their flexibility. As a result, you feel a sharp pain and tightness in your joints when you are asked to move your body parts to do certain movements. But being flexible will help you prevent joint injuries.

How to Measure Flexibility

In the lab, flexibility is measured using a flex meter or goniometry, and in the field, it is measured using zipper or sit and reach tests.

Do This to Improve Flexibility

Regular exercise, stretching, and yoga are great for increasing flexibility. If your joints are weak, wear joint support. Start slow, but be persistent.

3. Cardiovascular Fitness

Cardiovascular fitness determines if your heart and lungs are working in coordination. Your body's ability to deliver oxygen to all the cells and then flushing out the toxins and being able to continue being on a cardio workout without feeling tired and fatigued soon will determine your cardiovascular fitness.

How to Measure Cardiovascular Fitness

In the gym or the lab, your cardiovascular fitness will be measured by calculating your VO₂ max. You will be asked to run a 12-minute run, walk a mile, do other treadmill and bicycle tests, etc.

Do This to Improve Cardiovascular Fitness

You have to include cardio in your workout regimen. Start by walking and then increasing the pace of your walk and the distance. Move on to jogging, running, and sprinting. You must also play a field sport that includes body part movements and coordination of the brain and the body.

4. Muscle Strength

Muscle strength is the ability of your muscles to lift weight and exert a force against a resistance. For example, when you lift weights or a heavy box or a child, your muscles have to act against the gravitational pull to be able to lift the weight. The muscles have to contract and relax to complete the range of motion. Unless your muscles are strong and flexible, you will not be able to lift, push, and pull anything. Now, there are three classes of muscle strength:

Elastic strength – The ability of the muscle to overcome resistance force by contracting quickly.

Maximum strength – The greatest force possible in a single maximum contraction.

Strength endurance – The ability to do the same contraction multiple times.

How to Measure Muscle Strength

The 1RM test is conducted in the lab on resistance machines to measure muscle strength. Dynamometers also can be used. Isometric and isotonic contractions also give information about muscle strength.

Do This to Improve Muscle Strength

Include strength training in your workout. Lifting weights on a regular basis or even doing bodyweight training will help improve your muscle strength.

5. Muscle Endurance

Muscle endurance is the measure of the ability of the muscles to perform the same task again and again without getting tired soon. For example, running a marathon is a typical example of muscle endurance power. It also shows how effectively your heart and lung muscles are working to keep your cells oxygenated and prevent fatigue.

How to Measure Muscle Endurance

In the lab and the field, muscle endurance is measured by counting the number of repetitions for an extended period. Running, jogging, and cross training are common ways to assess muscle endurance.

Do This to Improve Muscle Endurance

Practice your run/jog/planks/push-ups/bicep curls. Do a mixed workout 4-5 days a week. Eat healthily and set new targets for every week. Increase the sets and reps of your exercise over a period.

The fitness-testing system, which measures flexibility, blood pressure, body composition, upper-body strength, and cardiovascular health, is integral to Madison's commitment to emphasizing fitness over raw athletic ability -- long the emphasis in PE classes throughout the country.

Developing students 'self-monitoring skills in Schools;

Encourage students to plan and monitor their own fitness and physical activity as a part of teaching and learning about fitness concepts in PDHPE.

Progress charts: Students can monitor their progress on charts, recording information on fitness and physical activity.

Contracts: These are agreements which show what work is to be done by the student by a specified date.

Diary or journal: These can be online or written, verbal or video reflection on a particular issue or focus area. Students are encouraged to provide personal reflections rather than simple descriptions. When teaching about fitness concepts, this strategy supports students to record their results privately and reflect on any feelings or comments they may have.

Portfolio: This is a collection of items relating to fitness and physical activity. It may include such items as a gym program, details of participation in local sporting clubs or dance groups, a personal activity diary, evidence of encouraging others to participate e.g. coaching a junior team or playing with younger siblings. Generally, portfolios are longer-term projects and teachers must give clear guidelines on what they are looking for.

REFERENCE:

1. Anti-inflammatory Diet – How To Fight Inflammation And Diseases- November 30, 2018
2. Low-Sodium Diet – How To Limit Sodium And Prevent Health Complications - November 29, 2018
3. GERD Diet – Foods To Eat And Avoid To Reduce Acid Reflux Or Heartburn - November 29, 2018
4. 15 Best Paleo Dinner Recipes That Will Keep You Happy Every Night - November 28, 2018
5. Ariana Grande – The 'God Is A Woman' Singer's Diet And Fitness Secrets - November 27, 2018