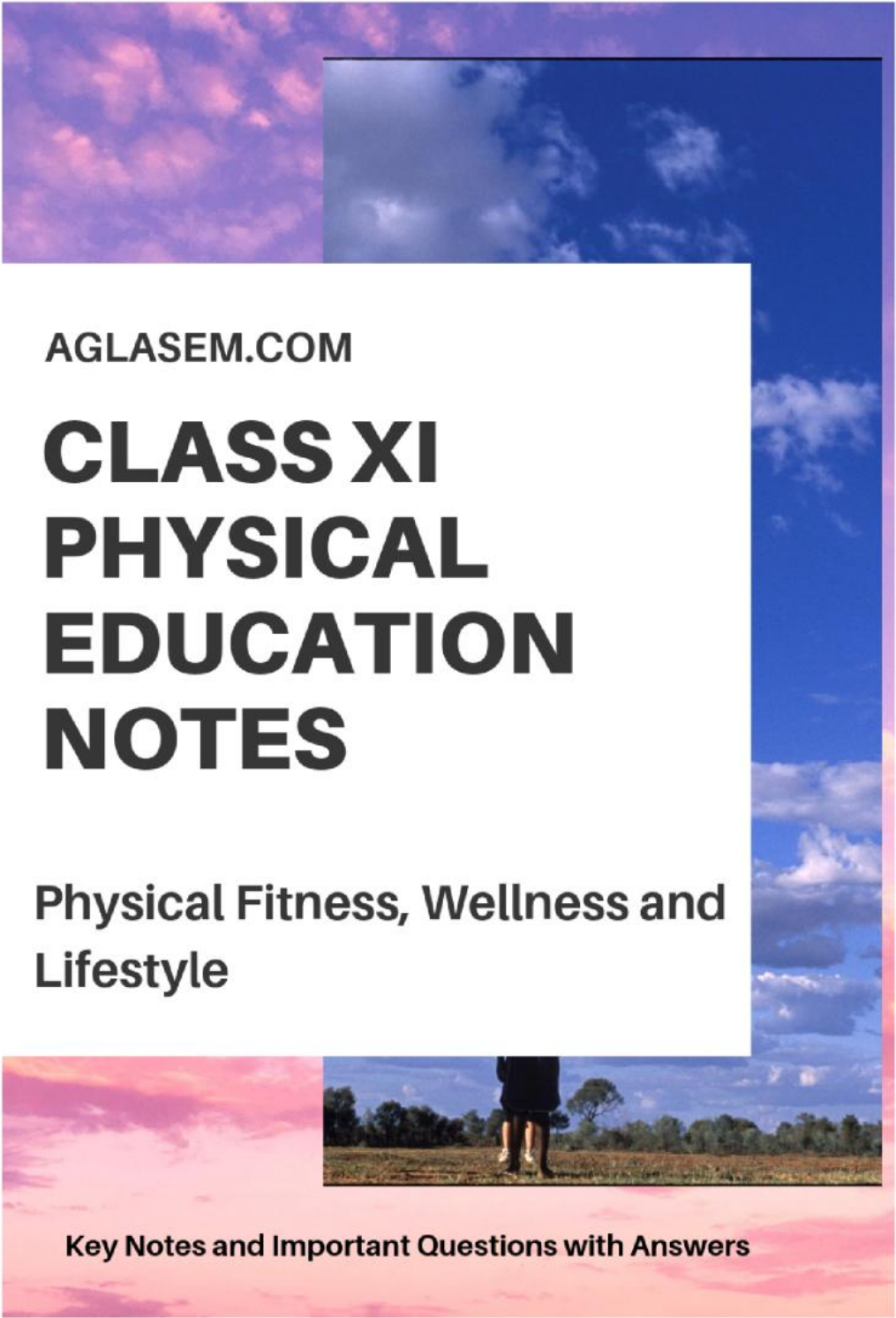




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CLASS XI PHYSICAL EDUCATION NOTES

**Physical Fitness, Wellness and
Lifestyle**



Key Notes and Important Questions with Answers

Unit - 3

Physical Fitness, Wellness and Life Style

- 3.1 Meaning and Importance of Physical fitness, wellness and life style
- 3.2 Components of Physical fitness
- 3.3 Components of Health related fitness
- 3.4 Components of wellness
- 3.5 Preventing health threats through life style change
- 3.6 Concept of positive life style

a. **Meaning and Importance of physical fitness, wellness and lifestyle**

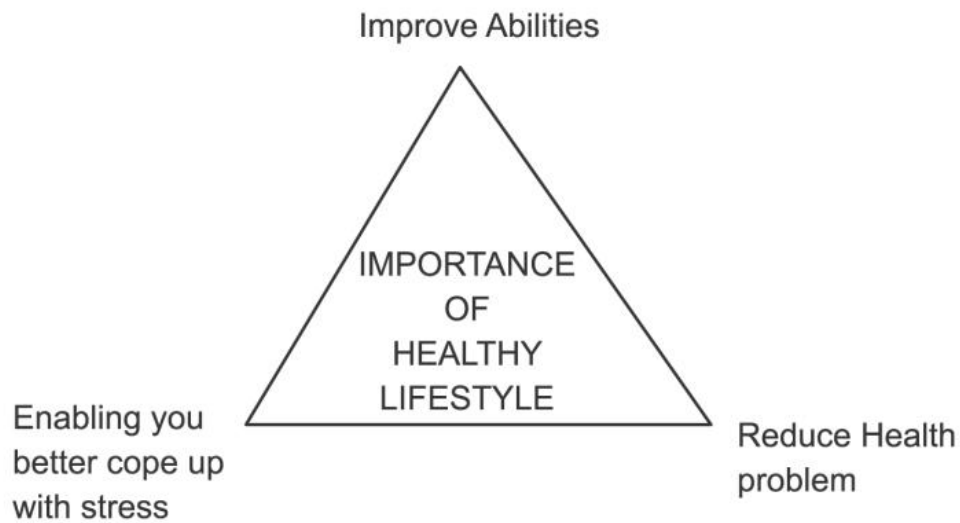
Meaning of physical fitness - Physical fitness means the capacity to do the routine work without any fatigue or exertion and after doing the work the person has power to do some more work and recovery is quicker.

Wellness - Wellness is the capacity of an individual by which he leads a balanced life

Life style - A way of life or style of living that reflects the attitude and values of a person or group

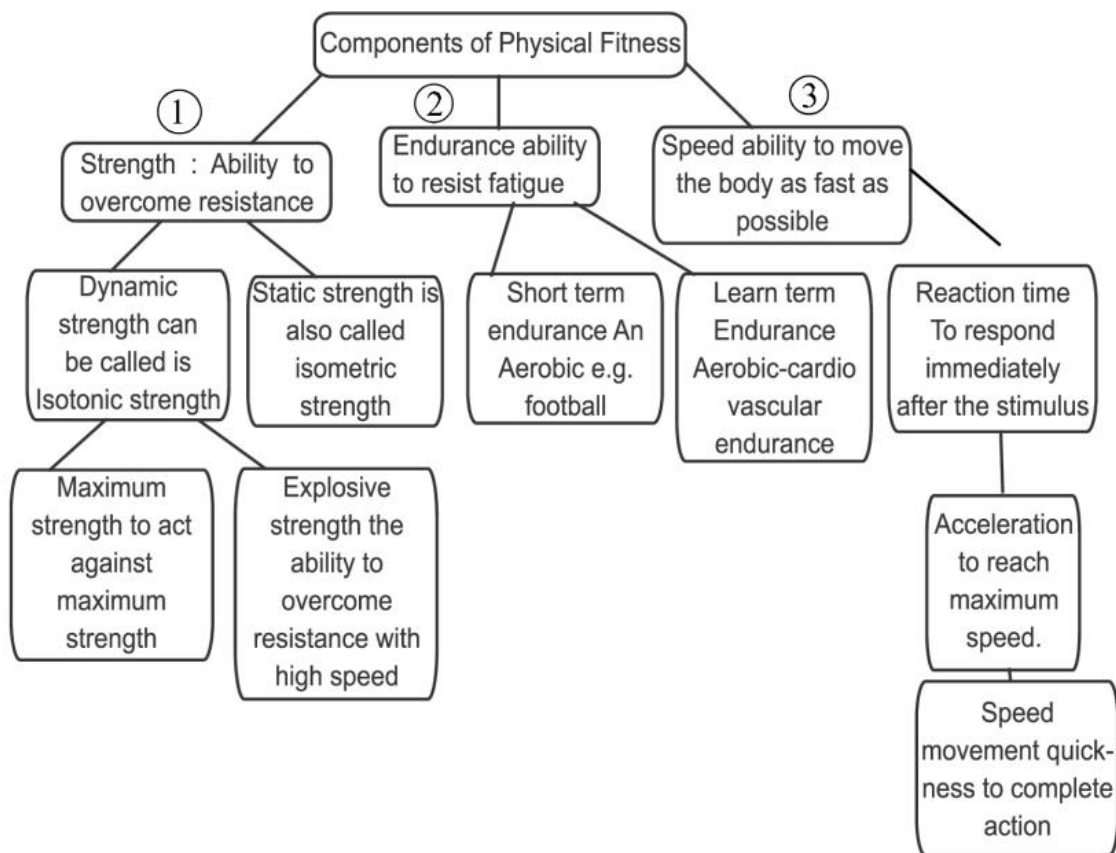
Importance of Physical fitness, wellness and lifestyle

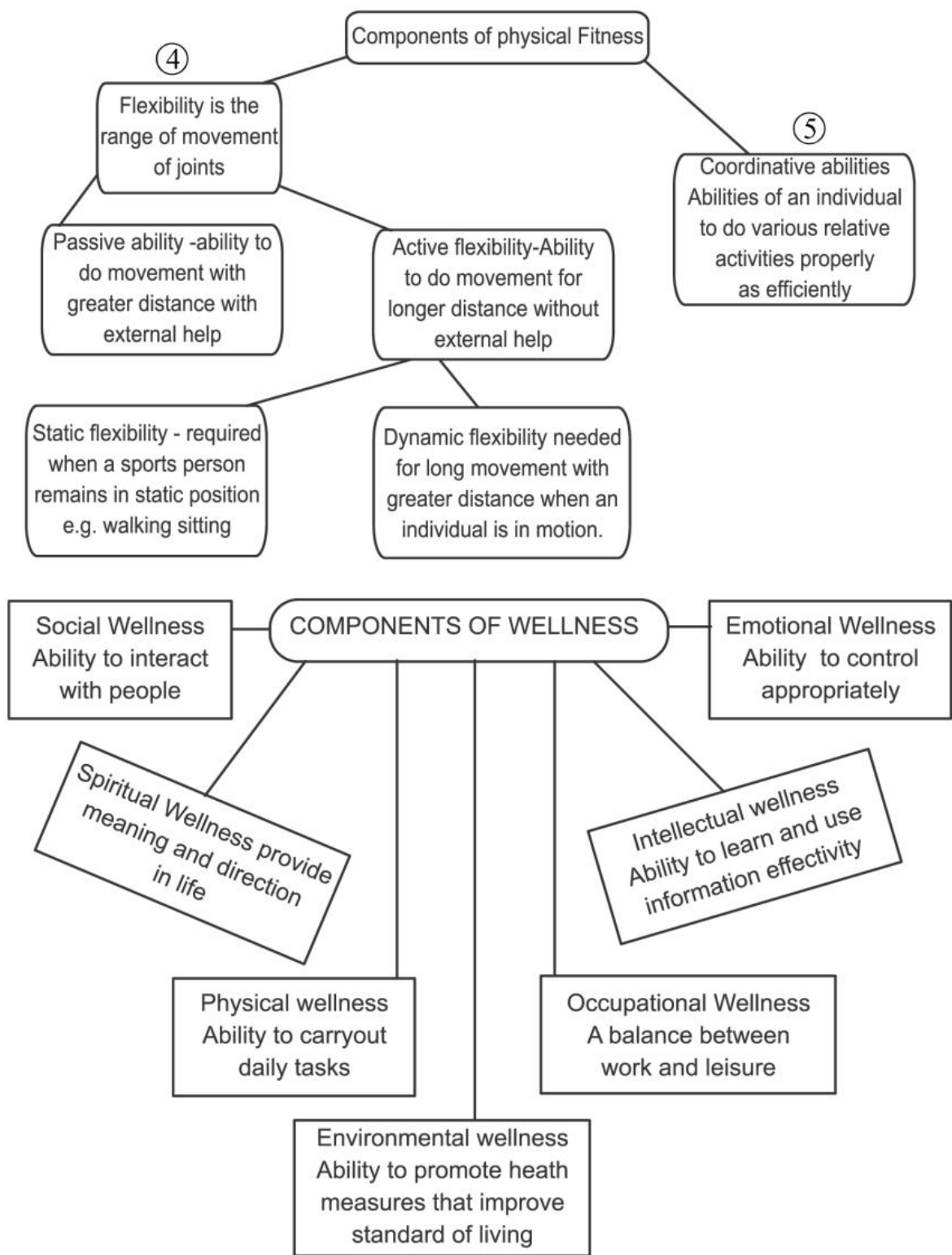




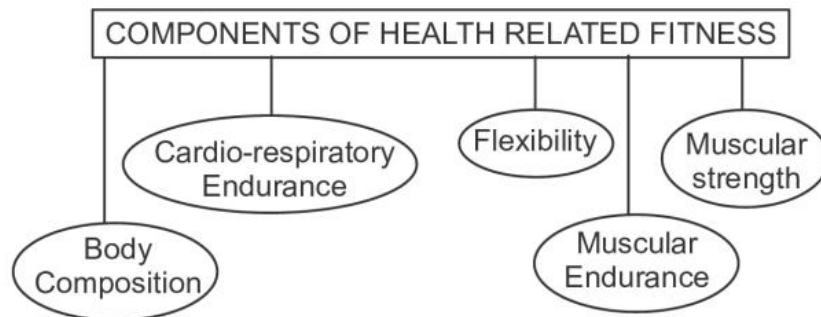
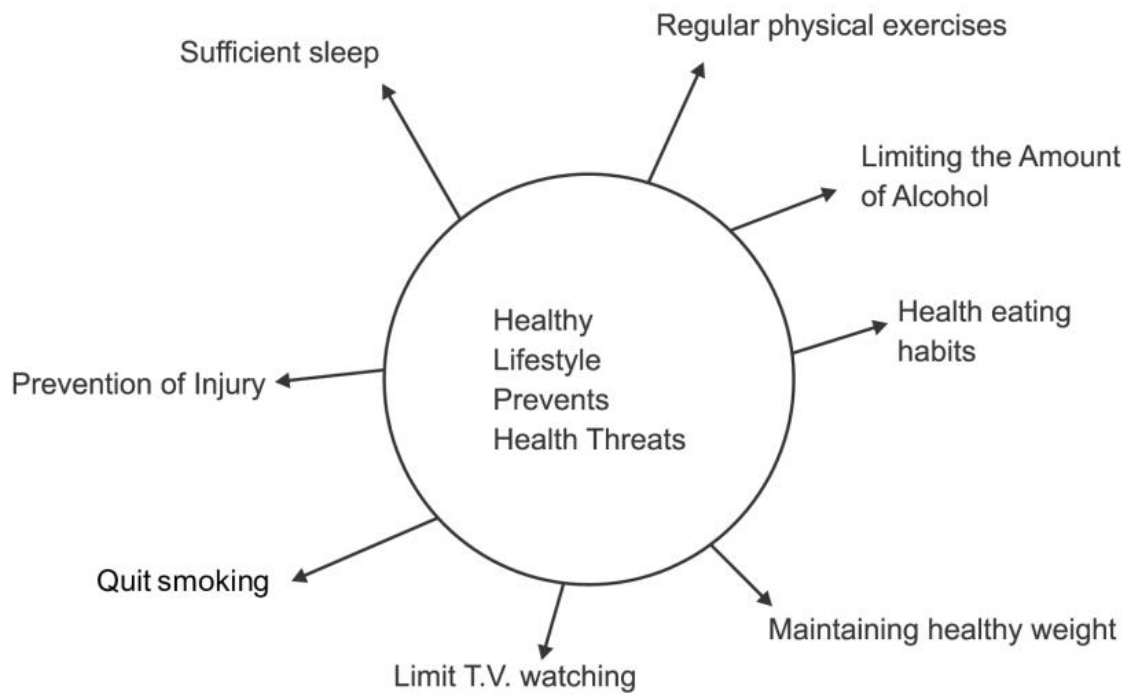
Components of Physical Fitness

There are mainly five physical fitness components. They are directly related to each other

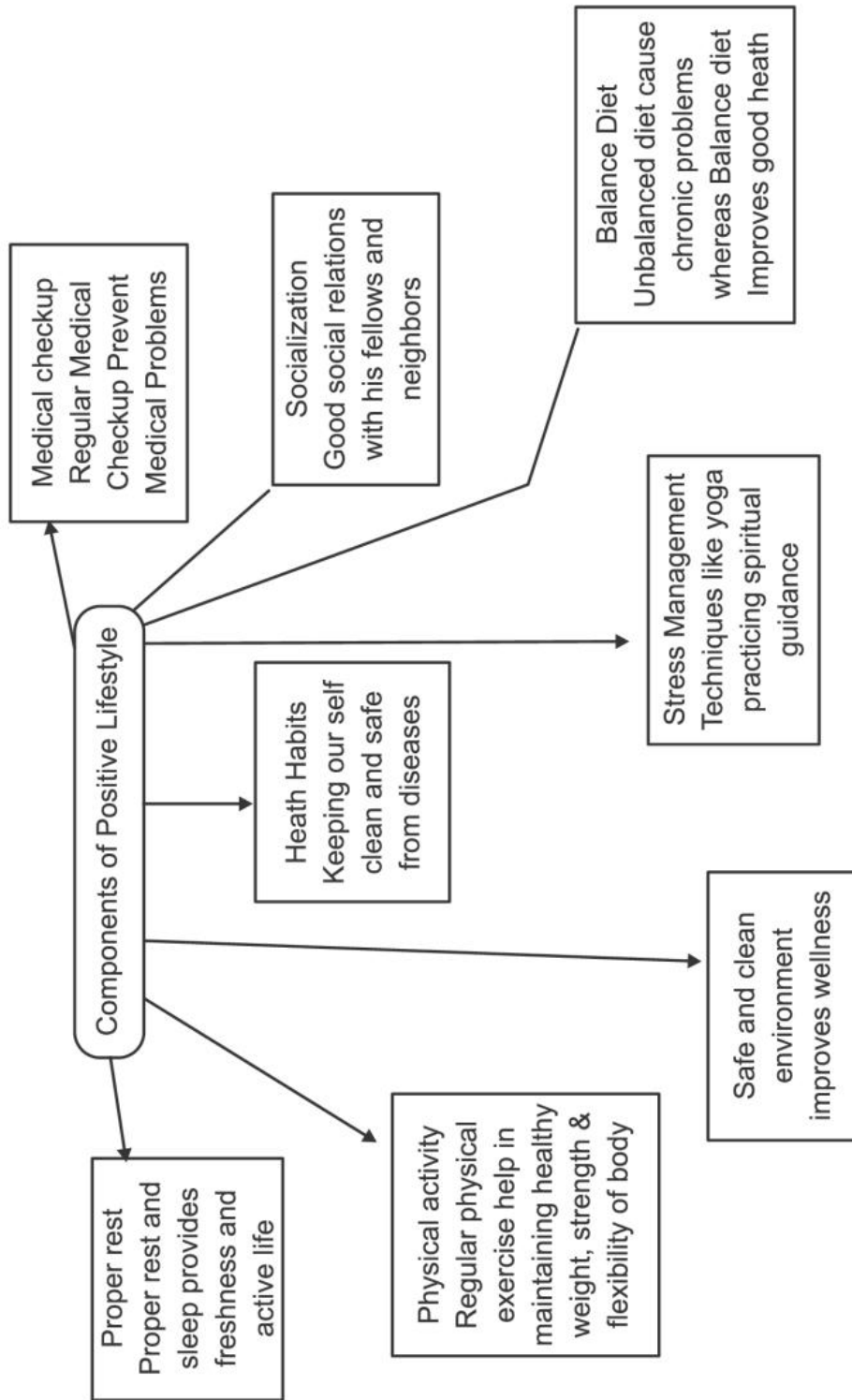




> Preventing Health Lifestyle through Lifestyle changes



Components of Positive Lifestyle



1 Mark Questions (30 Words)

Q.1 What do you mean by physical fitness?

Ans. It is the ability of a person to do daily routine work without fatigue; more over to participate in playful activities and still reserves enough capacity to meet any emergency.

Q.2 What do you mean by wellness?

Ans. The facts or condition of being physically and mentally healthy.

Q.3 What do you mean by lifestyle?

Ans. Lifestyle is a manner of living that reflects the person's value and attitude.

Q.4 What do you mean by health related Physical fitness?

Ans. Health related fitness is related with the development and maintenance of fitness components that can increase the level of health through prevention and remedies of various diseases.

Q.5 Briefly explain the importance of wellness.

Ans. Importance of wellness-

- 1) It help in the improvement and tonning up the muscle.
- 2) It reduces the recovery time after injury or illness.
- 3) It help in fulfilling proper nutritional requirements.
- 4) It helps in better management of stress and tension.
- 5) Regulates and improves overall bodyfunction.
- 6) Motivate positive lifestyle habits or changes.
- 7) It helps people to meet the challenges of life and also unforeseen situation as and when required.

3 Mark Questions (60 Words)

Q.1 Describe the importance of healthy positive lifestyle.

Ans. Importance of healthy/ positive lifestyle are-

- 1) **Increase the longevity :-** A healthy lifestyle increases the longevity. It slows down the ageing process and helps the older person to stay strong and healthy.

- 2) **Increase the level of energy :-** An individual with a healthy lifestyle feels more energetic which means more productivity in day to day living.
- 3) **Helps in reducing depression :-** Healthy lifestyle helps in accomplishing a healthy body which in turn elevates hormone level in the body that regulates the mood.
- 4) **Increase the level of Physical fitness :-** Physical fitness helps in better coordination of muscles and an increase in strength, flexibility and endurance.
- 5) **Increase self confidence:-** Level of fitness of individual tends to become more self confident and self aware.
- 6) **Helps in coping with stress:-** Healthy life style enhances the Psychological power of an individual to cope with the stress as well as anxiety.

Q.2 Discuss 'healthy diet' as a component of positive lifestyle.

Ans. Healthy diet or good nutrition is one of the main components of positive lifestyle. In fact, a healthy diet of good nutrition is necessary to lead a healthy or positive lifestyle. The basic of a healthy diet are lots of fruits and vegetable, whole grain food and low fat dairy products. Such diet required everyday in order to maintain the adequate amount of vitamins nutrients and minerals needed to maintain a healthy body. That is why it is rightly said that to eat is a necessity but to eat intelligently is an art.

Q.3 Health in "an asset" comment.

- Ans.**
1. It is said that "a sound mind lives in a sound body". The low health status is a border.
 2. Unhealthy people has to depend upon others, more over, a lot of money is spent on medicines to improve or maintain the health status.

5 Marks Questions

Q.1 How can healthy threat be prevented through lifestyle change? Discuss in detail:

- Ans.**
1. **Regular Physical Exercise :-** It helps in preventing obesity, high blood pressure, heart diseases, stroke, diabetes, some types of cancer, constipation, depression and other healthy threats.

2. **Healthy eating habits :-** Healthy eating habits can help the individuals in preventing as well as controlling the disease such as high blood pressure, heart disease, diabetes, osteoporosis, muscular degenerating renal stones, dental diseases and including certain type of cancer.
3. **Limit T.V. Watching :-** Watching T.V. for a number of hour regularly is associated with increased various research studies.
4. **Quit Smoking :-** Quitting smoking is significant for a healthy lifestyle. Infact smoking, use of tobacco in any form increases the blood pressure which may cause stroke and coronary artery disease.
5. **Sufficient sleep :-** Sufficient sleep is also very significant part of a healthy lifestyle.
6. **Prevention of injury :-** Prevention of various types of injuries owing to fatal accidents plays a vital role in maintaining a healthy lifestyle.
7. **Limit the amount of alcohol:-** To use alcohol in limited amount is also an important part of healthy lifestyle.

Q.2 Enumerate the factors affecting physical fitness and wellness in detail.

Ans. The following factors usually affect the physical fitness and wellness of an individual :-

1. **Regular exercise:-** It is the most important factor which affects the physical fitness of an individual.
2. **Amount of Training :-** The amount of training also affects the physical fitness. If the amount of training is not upto desirable level he will be incapable of improving his physical fitness. It should be increased slowly.
3. **Rest and Relaxation :-** It also affect the physical fitness of an individual. If proper rest and relaxation are taken, there will be positive effect on the physical fitness of an individual.
4. **Stress and Tension:-** It tend to have a negative effect on physical fitness and wellness. Stress and tension decreases the psychological power of on individual.
5. **Age :-** It is also one of the major factors which affects the physical fitness and wellness of an individual.

6. **Gender:-** It also affects the level of physical fitness and wellness. Infact there are anatomical, physiological, and psychological difference between males and females.
7. **Environment :** The environment, which includes climate, temperature, altitude, social, and cultural factors affect the physical fitness and wellness of a person.
8. **Diet:-** It also influence the level of physical fitness and wellness. Good diet helps not only in maintaining the physical fitness but it also improves the level of physical fitness.

Q.3 Explain the component of physical fitness.

Ans. There are five physical fitness components they are :-

1. **Speed :-** It is ability fo perform movement at a faster rate or it is the ability to perform movement in a short period of time and sports e.g. practicing with faster rhythm, speed endurance, repetition method acceleration runs etc.
2. **Strength :-** It is an ability of muscle to overcome or to act against resistance exercise, pushups etc.
3. **Endurance :-** It is the ability do sustain or continue activity of it is the ability to rest fatigue. It is one of the important components for middle and long distance races and it is required for almost all major games like football, hockey and basket ball.
4. **Flexibility :-** It is the capacity of a muscle to extend without any damage. Flexibility is measured by range of motion around a joint. It is affected by muscle length, joint structure and other factors, it is measured through flexometer.
5. **Co-ordinate ability :-** It is the ability of the body to perform movement with perfection and efficiency. In other words it is ability to change movement or direction in the shortest time without getting disbalanced.

Q.4 Narrate the components of positive lifestyle in detail.

Ans. Positive healthy lifestyle is the most valuable source of reducing the incidence and impact of a number of health problems, for recovery, for coping with life stressors and for improving the quality of life.

1. **Healthy Diet:-** Healthy Diet or good nutrition is one of the main components of positive lifestyle. Infact, a healthy diet is necessary to lead a healthy diet of good positive lifestyle.
2. **Physical Activity:-** It is another component of positive life style. Regular physical exercise is needed to maintain a healthy weight and to enhance strength and flexibility of the body.
3. **Stress Management:-** Stress can be managed properly through meditation and relaxation techniques only.
4. **Socialization :-** An individual should develop good social relations with his fellows and neighbours. He should pay visits to his home from time to time. Such relations strengthens the social bondage among them.
5. **Personal Hygiene :-** Stress should be laid on personal hygiene such as cleanliness and proper care of eyes, nose, ears, throat, hair, teeth, etc.
6. **Proper Sleep:-** Lack of sleep may cause exertion or fatigue. It also cause the body to release Cortisol which further leads to heart diseases. So it si significant to have proper and sound sleep for healthy lifestyle.

Q.5 Describe the components of wellness?

Ans. Components of wellness:-

1. **Physical Activity :-** It makes the person fit and active. It improves various system of body and improves our health. It also improves our growth and development.
2. **Balanced Emotional life:-** Wellness requires balanced emotional life and release of emotions. More ever it should be under control.
3. **Intellectual Attitude:-** Wellness requires positive intellectual attitude. It improves our behaviour, intelligence, alertness, futuristic and insight thinking.
4. **Spiritual wellness :-** It makes the person ethically good, morally good, peaceful more over guides the value of life.
5. **Occupational wellness :-** It makes the person to be hard worker and earn the livelihood with honesty. It helps to achieve the balance of work and leisure and gives satisfactions.

6. **Managing Stress :-** Wellness needs the proper management of stresses and tension of life. It keeps us calm and controls our anxiety.

Q.5 Enlist the different components of Health related fitness and explain them in detail?

Ans. There are following components of Health related fitness:

- (1) Body composition
- (2) Cardio-respiratory Endurance
- (3) Flexibility
- (4) Muscular Endurance
- (5) Muscular strength

1. **Body Composition:** The body composition means the amount of the fat-free body weight. It is well known that a high percentage of body fat in relation to the total body weight is harmful and may lead to obesity from the health point of view, the normal percentage of body fat for young men and women should not exceed 15 and 25 percentage. It means that for health related fitness an individual should have ideal body weight and fat percentage.
2. **Cardio-Respiratory Endurance:** It is the maximum functional capacity of the cardio-respiratory system to carry on the work or Physical activity involving large muscle group over an extended period.
3. **Flexibility:** Flexibility is the range of movements of joints. It is important for all individuals in daily life. It can be classified into passive flexibility and active flexibility. Active flexibility can be further classified into static flexibility and dynamic flexibility.
4. **Muscular Endurance:** Muscular endurance is the ability of a muscle or group of muscles to repeat muscular contractions against a force or to carry on contraction over a maximum period.
5. **Muscular Strength:** Muscular strength is the maximum amount of force that can be exerted by a muscle group against a resistance during a single contraction.