

Course Name: Bachelor of Physical Education

Year: IInd

Paper Name: Kinesiology and Physiology of Exercise

Paper No. 1

Topic No. Sec - D (2)

Topic Name: Physical Fitness

Lecture No.: 12

Lecture Title
Physical Fitness

FAQ's

Q-1 What is Physical Fitness?

Ans- Physical fitness is defined as the state of general well being, physically sound and healthy, along with mental stability. Previously fitness was commonly defined as the capacity of the person to meet the physical demands of daily life and carry out the day's activities without undue fatigue.

Q-2 What are physiological components of fitness?

Ans- Metabolic ,Morphological , Bone integrity and Other

Q-3 What are skill related components of physical fitness?

Ans- Agility, Balance, Coordination, Power, Reaction, Time and Speed

Q-4 What is High Intensity Interval Training ?

Ans- High Intensity Interval Training consists of repeated, short bursts of exercise, completed at a high level of intensity. These sets of intense activity are followed by a predetermined time of rest or low intensity activity. Exercising at a higher intensity has increased cardiac benefits for humans, compared to when exercising at a low or moderate level. When your workout consists of an HIIT session, your body has to work harder to replace the oxygen it lost.

Q-5 What is cardiovascular endurance?

Ans- Cardiovascular endurance can be defined as the component which helps to determine if the heart and lungs are working in coordination. It shows the ability of the body to deliver oxygen and nutrients to tissues and to remove wastes.