

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

References:

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

This article needs more medical references for verification or relies too heavily on primary sources. Please review the contents of the article and add the appropriate references if you can. Unsourced or poorly sourced material may be challenged and removed. (December 2014)

Links:

<https://www.healthstatus.com>

<https://en.wikipedia.org>

<https://medlineplus.gov>

<https://www.reference.com>