

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.: 13

Lecture Title

Benefits of Fitness

FAQ'S

Q-1 What are the benefits of Physical fitness?

Ans- Physical fitness include the health related fitness components like cardiovascular endurance, flexibility, muscular endurance and muscle strength.

Q-2 How weight bearing exercise can help our bones?

Ans- Weight bearing exercise increase bone density and also prevent bone loss as we get older. This can reduce the onset and severity of osteoporosis.

Q-3 How can you increase your chances of living longer through physical fitness exercise?

Ans- Only a few lifestyle choices have as large an impact on your health as physical activity. People who are physically active for about 7 hours a week have a 40 percent lower risk of dying early than those who are active for less than 30 minutes a week. You don't have to do high amounts of activity or vigorous-intensity activity to reduce your risk of premature death.

Q-4 What is metabolic syndrome and how it can be reduced through physical activity?

Ans- Metabolic syndrome is a condition in which you have some combination of too much fat around the waist, high blood pressure, low HDL cholesterol, high triglycerides, or high blood sugar. Research shows that lower rates of these conditions are seen with 120 to 150 minutes (2 hours to 2 hours and 30 minutes) a week of at least moderate-intensity aerobic activity. And the more physical activity you do, the lower your risk will be.

Q-5 Which diseases are controlled or reduced by physical activity?

Ans- By doing regular physical activity it Reduce Your Risk of Type 2 Diabetes and Metabolic Syndrome, reduces risk of some cancers, Improve Your Mental Health and

Mood, increase chance of living longer, strengthen bones and muscles, reduce risk of cardio vascular disease