



Summary

The aim of physical training is to expose the body safely to stimuli that cause physiological and structural adaptations to take place. Positive benefits include an increased capacity to work for longer periods before the onset of fatigue and a rapid return to normalcy once activity has ceased. General health checks, including physical examinations performed when the patient reported no health concerns, often include medical screening for common conditions, such as high blood pressure. Physical screening will improve one's performance when they obey the principles of training: specificity, overload, rest, adaptation and reversibility in short (SORAR).