

# BA MAJOR COURSE PHYSICAL EDUCATION NEP 5th SEMESTER

Topic Discussion → Unit 3, 3.11 Definition of Physical Fitness  
3.2 – Component of Physical Fitness (Skill  
or performance related physical fitness)



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# *INTRODUCTION*

- PHYSICAL FITNESS :Physical fitness is a state of health and well being and most specially the ability to perform aspects of sports occupations and daily activities . Physical fitness is generally achieved through proper nutrition moderate vigorous physical activities and sufficient rests .For proper physical fitness a whole some balance diet is essential .

# **DEFINITION**

- **FITNESS** : Fitness is defined as the state of physically fit and healthy. Whatever we are doing in our daily life ,fitness is needed. For example – we are riding cycle everyday for join our regular class. Then we need fitness for do this.
- **PHYSICAL FITNESS** : Physical fitness is a state of health and well being and more specially the ability to perform aspects of sports, occupations and daily activity .Example – dancing , jogging, cycling ,swimming etc. muscle strengthening activity increase bone strength and muscular fitness.

# **TYPES OF PHYSICAL FITNESS AND ITS COMPONENTS**

## **HEALTH RELATED PHYSICAL FITNESS(HRPF)**

- Body compositions
- Cardio vascular fitness
- Flexibility
- Muscular endurance
- Muscular strength

## **SKILL RELATED OR PERFORMANCE RELATED PHYSICAL FITNESS (SRPF)**

- Agility
- Balance
- Co-ordination
- Power
- Reaction time
- Speed

# Agility



- The ability to change direction at pace.
- For example, goalkeeper diving to save a shot.



# Static Balance



- The ability to maintain equilibrium while still.
- For example, a handstand in gymnastics.

# Dynamic Balance



- The ability to maintain equilibrium while moving.
- For example, dribbling a football at speed.



# Co-ordination



- The ability to use senses and body parts to perform motor skills fluently and accurately.
- For example, catching the ball in a lineout.



# Power



- Speed times strength.
- For example, hitting an ice hockey puck.

# Reaction Time



- The ability to respond quickly to stimuli.
- For example, reacting to the gun at the start of a race.

# Skill-Related Components

## Speed

- A skill-related component of physical fitness that relates to the ability to perform a movement or cover a distance in a short period of time.





***THAT'S ALL  
FOR  
TODAY***

***THANK  
YOU***

