INTRODUCTION

Man is always striving for perfection in every area of knowledge and practice. Human is unique product to Natures creation and evaluation. It is because of his highly developed muscular and nervous systems, which enable him to think, express and search whatever he wants.

Physical education is becoming much broader and meaningful, day to day. It is more closely allied to the longer changes in the total behavior of an individual although physical education is concerned with all round development personality.

Man's existence and effectiveness depends upon his physical fitness. Physical fitness really impulses more than the ability to do a work without much efforts, physical fitness effects to some degree to all of his life activities not only his physical well being but, also mental effectiveness and personal, social adjustment as well.

In other words, people who are physically fit look better, excel better and posses good healthy necessary for a happy and Jeal life. The possession of optimum strength, muscle, bone and endurance not only for emergencies but for everybody living can be the key to dynamic health.

“Healthy mind in a healthy body” to accomplish it requires a good deal of regular exercise besides balanced diet. All work and no play makes individual lazy and dull, inefficiency and keeps low output, therefore for the welfare of mind as well as for body, incentives towards physical exuberance is must.

According to victor, “Fitness is a transitory state and the physically fit person of the moment can be unfit tomorrow if the fails to keep the habit of exercise.

According to Boucher “Physical Education is an integral part of total education process. It is a field of endeavor that has its aim as the medium of physical activities that has been selected with a view of realise these outcomes.
Strictly Speaking, physical fitness means that a person possessing physical requirements. Those requirements may be anatomical and physiological fitness. Anatomical fitness may require a person to be of a certain height and weight or have specified dimensions of various parts of the body. Physiological fitness may require a person to be able to withstand contain temperature or able to perform specific physical tasks involving muscular efforts.

A person may be perfectly fit to meet some of those requirements and yet be until for others. However, a reasonable physical fitness programme based on individual needs and interests is a very logical solution for overcoming the harmful health effects from living in a highly mechanized and technical society.

Physical fitness becomes limited phase of the totality. However, under any hypothesis, it becomes an important aspect but from the standpoint of the activities of the muscle necessary which is largely done through motor performance.

The physical fitness helps boys and girls to understand and appreciate the value of good health as a means of achieving their greatest productivity, effectiveness and happiness and individual. The physical fitness is a means to an end and not an end in itself. The end sought through physical fitness is the good of the total individual.

A week child is a week brick in the wall of nation.

A physically fit child is the pride to the nation. The children are world’s greatest sources. Investment in child development is an investment, in future to nation. Today child will be the tomorrow’s leader and scientist. Because children are precious, nations, future, the quality of tomorrows world perhaps even fits survival will be determined by well being safely and developed of today’s children.

Physical Fitness is one’s richest possession, it can not be purchased, it has to be earned through a daily routine of physical exercise.

Researches have shown that a physical fit person is able to withstand fatigue for longer period than the unfit, that the physically fit person is better equipped to tolerate physical
stress, that the physically fit person has strong and more efficient heart and that there is a good relationship between mental alertness, absence of nervous tension and physical fitness.