INTRODUCTION

Physical Fitness Evaluation

Barrow and McGee defined evaluation as “the art of judgment scientifically applied to some trait, quality, or characteristics in the universe according to some predetermined standards.”

Johnson and Nelson precisely defined evaluation as “the process of giving meaning to measurement by judging it against some standard.” Tests are instrumental and are techniques in teaching and learning processes involved, in objectively classifying heterogeneous traits of students, and in knowing the necessities and lacunae of the students, evaluation of instruction and programme and grading of pupils etc.

Mathews opines that the “measurement of strength, power and speed are simple and direct, often yielding more reliable results than measurements involving personality, intelligence and attitudes.” Thus objective assessment of physical fitness through physical variables is possible; and the subtlety educational balance, the concept of organism and individual needs are the factors involved in measurement and quantification.

Factors Affecting Physical Fitness

The environmental conditions, nutritional set-up, topography, heredity, living style, etc. may influence individual’s physical fitness. Different Climatic conditions may affect physical performances. Food habits certainly act upon individual’s fitness. The world of training methodology has crossed many milestones as a result of different types of researches in general and their application to the sports development in particular.

In today’s techno-scientific age the world has completely changed in all aspects due to discovery and research. Thus, in the field of games and sports also there has been a great change with the help of scientific training and coaching. The athletes are being trained on scientific guidelines with highly sophisticated means, for better achievement in their concerned sports enabling to coaches to get optimum performance with minimum expenditure of energy and time. They are being exposed to the exercise training the benefit for achieving the higher standards. Transfer of technique from one place to another and the increased publicity to sports events inspire and make today’s athlete more efficient to reach the newer heights.
Athlete development systems and programmes are no longer adequate if they only emphasize skill and physical development. The inclusion of sound practices in training and competition preparations and conduct is a necessary ingredient of modern sport.

Most of the research literature substantiates the notion that regular physical exercise has a favourable effect on body composition for individuals of all ages and sexes. Athletes are known to have greater amounts of lean tissue as reflected in higher body densities and less body fat than an average person of comparable age and sex. Exercise affects body fat reduction. There is an increase in active tissue and a decrease in excess fat by vigorous walking training programmes.

Both heredity and environment provide for greater variations in growth. These variations complicate the lot of the educator, especially the physical educator. An important step in establishing the educational process for children is to understand the nature of the child as revealed by his biological, psychological, emotional, and social needs. Teachers, coaches, and researchers work with children that motivate and structure behaviour of the various age levels.