

Importance of Physical Fitness and Cognitive Abilities for Sports Achievement

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Abstract – A sport is an imperative part of Indian entertainment culture and tradition & several sports being played in India. Popularity of a particular sport means how many people are watching that sports. Education does not cater merely to the educational progress of a student, but looks to the overall growth of an individual personality. Physical Education is divine art. It enhances focusing and challenging spirit. Sports create a sense of unity and has no religion, but for oneness, brotherhood and sense of belonging. Physical education is treated as supplement to the learner's appearing value system. Physical activity also keeps a person in shape so one can enjoy leisure activities and safely perform work and home tasks. It offers good mental and social benefits as well. This paper envisages the recent sports achievements in India and also given the importance of physical fitness and cognitive abilities of an individual and also for a sportsperson to achieve their performance. A sport is important for physical as well as psychological development of sportsperson and it is very important for his cognitive and psychological development. Sports provide a channel for the expression of the intelligence, perception and cognitive abilities through motor activity. Intelligence, perceptual and cognitive training programmes will give potential benefits for any sportsperson.

Keywords : Fitness, Sports Achievement, Cognitive Styles.

INTRODUCTION

Education does not cater merely to the educational progress of a student, but looks to the overall growth of an individual personality. Physical education is like a door step to Almighty or God. The inner ability and potentiality is taped and triggered through sports. Sport is an inner journey of a man, where 'health is wealth' and this is the only way to make a man a happy Being. This is the care and essence of physical education.

PHYSICAL EDUCATION

Physical Education is divine art and it enhances focusing and challenging spirit. Sports create a sense of unity and has no religion, but for oneness, brotherhood and sense of belonging. Physical Education is an education of human movement where plenty of the educational goals are attained by means of big muscle tasks including sport, game, gymnastic, dance and exercise. "Physical education is treated as supplement to the learner's appearing value system. One of its purposes is to enlarge options for clever use of free time. Starting a systematic physical activity is a health-improving step. The physical education programme should be developed in compliance with a wide of factors." (Barrow and McGee 1979).

PHYSICAL FITNESS

Physical activity keeps a person in shape so one can enjoy leisure activities and safely perform work and home tasks. It offers good mental and social benefits as well. The lancet released a chain of studies that attribute positive outcomes to physical activity, including a sense of purpose and value, an improved quality of life, good sleep, and reduced stress, as well as stronger relationship and social connectedness. "Physical fitness is the capacity of an individual to perform given physical tasks involving muscular effort." (Mathews, 1973)

COGNITIVE AND ITS RELATIONSILLP WITH PHYSICAL FITNESS

Ability is control of the means or skill to do something. Ability is the technique, skill, or proficiency in a particular area. Cognitive abilities are brain-based skills which are essentially needs to carry out any task from the simplest to the most multifaceted. Cognitive abilities like intelligence, learning ability, creativity etc. A physical trainer must be accountable enough to aid the learner to develop the ability to pick cleverly when it comes to doing judgment about physical activity be it in the present or in the future. The aim of physical education involves getting the

person to achieve his or her maximum competency in movement skills.

Determination is required for achievement and there must be a clear aim and direction of what has to be achieved. The ultimate aim is to be able to carry out the skill with utmost competence in terms of fluency, time and energy. There are three main types of skill needed to make a skilled performance for sports person.

- > Physical and Motor skills: These skills are the physical execution of a movement and they form the basis of all sports
- > Cognitive abilities: These skills are the ability to solve problems and make accurate decisions
- > Perceptual skills: These skills are the ability to read the game-predicts the play.

Hence, the above qualities are essential for any sportsperson. The differences among athletes of differing skill should help successful identification and selection of the best athletes in a particular sport. The ability is to retest the player with a controlled and accurately measured perceptual-cognitive test that can be compared directly to his or her own established normative level. As perceptual and cognitive training conditions are designed to be precise and consistent, both environmentally and functionally, retesting may present an experiential reference for the athlete to judge his or her own cognitive normality. The perceptual and cognitive abilities can be isolated and trained.

SPORTS ACHIEVEMENT IN INDIA

At present, Sports has gained a lot of popularity in India current times. Though it's not familiar for people of India to take part in sports. Below mentioned are the most popular sports in India and achievements.

- > Table Tennis is a famous indoor recreation sports in India, which has caught eyes in states like West Bengal and Tamil Nadu. Sharath Kamal Currently 30th place in the World.
- > Wrestling is one of the most viewing Sports in India. Teenagers and youngsters in India who mostly follow Wrestlers are Sushi! Kumar, Yogeswar Datt, Sakshi Malik and Narasingh Yadhav.
- > Chess is one of the most widespread sports in India from last two decades especially, due to chess Grand Master and former World Champion Viswanathan Anand. His rise in the

world chess stage has motivated a wide generation of young Indians to tuck up in the game of Chess.

- > Tennis has long been popular Sports in India. Through India had not been a influential force, it has played quit well in the doubles and mixed doubles category. Sania Mirza and Rohan Bopanna are the true inspiration for India youths.
- > Badminton is a popular sport in India. It is the second most played sports in India after Cricket. Badminton in India is managed by Badminton Association of India. India has achieved very good success at the international levels and National levels.
- > Field Hockey is the National Sport of India. In the Olympics. India is the one of most effective country in men's field Hockey. India has won with 8 gold, One silver, and 2 bronze medals, more than any other team in the globe.
- > Soccer is second most popular sports in India. Though India National soccer team has not much succeeded at international level. The India national soccer team is 156th team in the FIFA rankiog. But still is the 2nd most played and watched sports in India.

CONCLUSION

It was concluded that a sport is very important for the physical as well as psychological development of the sportsperson and it is very important for his cognitive and psychological development. Sports provide a channel for the expression of the intelligence, perception and cognitive abilities through motor activities. Intelligence, perceptual and cognitive training programmes will give potential benefits for any sportsperson. Of such training may be required for sports person to optimally process sports related visual scenes at the perceptual cognitive level and planned that this capability may be trainable among sports person.

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