

# JSS College of Arts, Commerce & Science

(An Autonomous College of University of Mysore)

Ooty road, Mysuru-570 025 Karnataka

## Consolidated Report for the activities of Physical Fitness

2018-19 to 2022-23

Physical fitness is a state of well-being and health achieved through regular exercise, proper nutrition, and adequate rest.

Gyms have become integral components of modern fitness culture, providing individuals with structured environments to engage in physical exercise and improve overall health. Gyms, trace their roots to ancient Greece, where they were spaces for physical training and education. Over time, gyms have transformed from simple training spaces to high-tech facilities equipped with a variety of exercise machines, free weights, and fitness classes. It is a dynamic concept that encompasses various components, including cardiovascular endurance, muscular strength, flexibility, body composition, and overall functional fitness.

Our college students practice gym activities both in the morning and evening under the guidance of an instructor. This routine not only helps them maintain good physical health but also promotes mental peace, ultimately enhancing their ability to concentrate on their studies and academic performance.

Regular physical activity is linked to a reduced risk of chronic diseases, including cardiovascular diseases, diabetes, and certain cancers. Physical fitness contributes to enhanced mobility, increased energy levels, and better overall functionality in daily activities.

### Components of Physical Fitness:

**Cardiovascular Endurance:** The ability of the heart and lungs to supply oxygen to the body during sustained physical activity. Activities like running and cycling enhance cardiovascular endurance.

**Muscular Strength:** The maximum force a muscle or group of muscles can generate. Resistance training, weightlifting, and bodyweight exercises improve muscular strength.

**Flexibility:** The range of motion around joints. Stretching exercises, yoga, and Pilates enhance flexibility, reducing the risk of injuries and improving overall movement.

**Body Composition:** The proportion of body fat to lean mass. Achieving and maintaining a healthy body composition involves a combination of exercise and a balanced diet.

**Functional Fitness:** The ability to perform everyday tasks efficiently and without undue fatigue. Functional fitness exercises mimic real-life movements, promoting overall agility and balance.

**Benefits of Physical Fitness:**

**Weight Management:** Regular physical activity helps regulate body weight by burning calories and maintaining a healthy metabolism.

**Disease Prevention:** Physical fitness reduces the risk of chronic diseases, including heart disease, type 2 diabetes, and certain types of cancer.

**Mental Well-being:** Exercise releases endorphins, promoting a positive mood and reducing symptoms of anxiety and depression.

**Improved Sleep:** Regular physical activity is linked to better sleep quality and duration.

**Enhanced Cognitive Function:** Exercise has been associated with improved memory, concentration, and overall cognitive function.

Physical fitness is a multifaceted concept that goes beyond mere physical appearance. It is a key determinant of overall health and well-being. By understanding and incorporating the various components of physical fitness into our lifestyles, individuals can achieve and maintain optimal health, fostering a life of vitality, resilience, and longevity.

Nowadays, going to the gym outside is not cost-effective and may not be affordable for all students. However, our college offers well-equipped gym facilities to students free of charge.

Gyms play a pivotal role in promoting physical fitness and overall well-being. With evolving facilities, diverse offerings, and a focus on emerging trends, gyms continue to be dynamic spaces where individuals can pursue their fitness goals, connect with like-minded individuals, and embrace a holistic approach to health and wellness.

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# Photos



