IMPORTANCE OF PHYSICAL FITNESS TEST

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Physical fitness essentially is a basic concern of Physical Education and School Sports Program in all education level. It enables an individual to carry out their daily tasks with alertness and vigor and still live them with sufficient energy to enjoy leisure and to deal with emergencies. Physical fitness is prerequisite for skill development and is regarded as an important factor for a good health.

Physical fitness testing is a valuable component for it provides evidences of the effectiveness of the physical fitness program and physical education.

Why do we need Physical Fitness Test? It is suggested that all pupils must undergo physical fitness test at least twice a year. Ideally, testing at the beginning of the school year to analyze the information upon which to establish a structured fitness program for the year. In the end, the pupils can be retested and improvement must be noted and recognized.

Is physical fitness test important? Yes of course, the following are the importance of physical fitness test.

1. It monitors the fitness attainment of school children.

2. It develops and maintains suitable level of physical fitness.
3. It manages our body that acquire useful physical skills.

4. It makes people highly educative in the five basic components of physical fitness.

5. It maintains good health and avoids disorders.

6. It measures how physically fit we are.

In addition, it tests how to derive personal and educational benefits from the program. Knowing the importance of physical fitness test help us to take the right and advantageous activities and proper caring of ourselves. “The healthier mind and body we love; the better future of well-being we have”

References:
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