

THE RELATIONSHIP BETWEEN PHYSICAL FITNESS AND ACADEMIC ACHIEVEMENT

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Abstract

The purpose of this paper is to explore the relationship between physical fitness and academic achievement. This paper provides a background the importance of the relationship between physical fitness and academic achievement that can give impact to society especially to childhood and its implications at the school level have research to back its claim. It is important to find the level of development to improve the level of information about physical fitness and academic achievement.

Keywords: physical fitness, academic achievement.

INTRODUCTION

Physical fitness refers to set of attributes that related to the ability to perform physical activity. Physical fitness is the ability of the body systems to work together efficiently to allow people to be healthy and effectively perform activities of daily living Corbin & Lindsey (2007). Physical fitness can be classified into health-related and skill-related fitness. Health-related fitness consists of five components: cardio respiratory endurance, muscular endurance, muscle strength, flexibility, and body composition and is determined by a combination of regular activity and genetically inherited ability. The amount of physical fitness ranges is form low to. On the other hand, skill-related fitness is divided into six components: agility, balance, coordination, power, reaction time, and speed. In terms of prevention of diseases, the main emphasis of any fitness programs should be placed on the health-related fitness as skill-related fitness is crucial for success in sports and athletics, and it also contributes to wellness. Physical fitness may be defined as a physiological state of well-being that provide the foundation for the tasks of daily living, a degree of protection against hypokinetic disease, and a basis for participation in sport. Physical fitness includes nonperformance components of physical fitness that relate to biological system that are influenced by one's level of habitual physical activity.

According to Centers for Disease Control and Prevention (2008) physical fitness is important to our life in order to stay in healthy because it has benefits. The benefits of health is can build and maintain bones, muscles, and joint because the building of lean muscle can reduce fat also can prevent or reduce the risk of cardiovascular disease. Besides that, is it important to society aware about the benefits of health especially to

children because it can decrease the amount of children that have to fight back from diseases including diabetes, hypertension, and elevated blood cholesterol. For overall physical activity is good to health and can leads to a good life.

According to Erin K. Howie (2012) academic achievement was defined as relating to school performance or the quantity or quality of a student's work. It included content-specific knowledge, school performance, dropout, and school engagement. Measures of academic achievement included standardized tests, academic grades teacher reports, or direct observations of classroom behaviour. For this review, the terms academic achievement or academic performance will be used interchangeably to refer to the multiple dependent variables in this review, including cognition, unless otherwise noted.

According to K.K Pucher (2012) most efforts to trade physical activity to school administrators and policymakers have emphasized its health benefits, with little success. Therefore, supporters have searched for an alternative approach to persuade decision makers to include physical activity in the school day. One approach has been to associate physical activity with academic achievement. Because the primary goal of schools is student academic achievement, the key to increasing physical activity in schools would be to show that physical activity improves academics. As administrators have increased the focus on academic achievement since then, schools increasingly have eliminated physical activity opportunities. Researchers have been studying physical activity and academic achievement for over half a century. Now, many researchers contend that sufficient evidence exists to institute school physical activity policies that will improve academic achievement.

ISSUES

In this paper, there are the issues that can be identifying regarding relationship between physical fitness and academic achievement. Based on the issues there are related research that we can relate in order to identify the issues.

- The impact and benefits physical fitness towards childhood.
- Students not aware about the important of physical fitness in academic achievement.
- School not focuses about the important of physical fitness that have related with academic achievement.
- Children easy get overweight or obese because lack of physical fitness.

RESEARCH QUESTIONS

- Does the relationship between physical fitness and academic achievement is important among society?
- What is the impact of the physical fitness towards academic performance?

- What the effect physical fitness among student?
- What the issues of relationship between physical fitness in academic achievement?

RESEARCH OBJECTIVES

- To show the important value of relationship between physical fitness and academic achievement among society.
- To evaluate the awareness of physical fitness among school.
- To identify the issues of physical fitness among children.

LITERATURE REVIEW AND PROPOSED FRAMEWORK

The existing literature on the nature of physical activity provides a basis for this future study. This study relies on previously published literature and online resources to defend the hypothesis that a relationship exists between physical fitness and academic achievement. Physical activity is any body movement that works your muscles and requires more energy than resting. The concepts described offer advantages of being physically active. These factors include health benefits, reducing risks of childhood obesity, development of motor skills, health education.

Based on figure there are the theory framework which is the issues is health benefits, reducing risks of childhood obesity, development of motor skills and health education. The issues are important and give impact in order to evaluate the level of relationship between physical fitness and academic achievement student. In this framework we identify independent variable to evaluate the issues. Based on this framework we can see the different between the issues percentage.

Based on the framework there are issues that have been identify to related the research question and research objective. The physical fitness is important for our health because with physical fitness we can maintain our body in good physical and can avoid the diseases. For the health benefits in physical fitness is can help to prevent excess weight gain or can help maintain our weight loss for example when we doing the exercise of physical activity we can burn our calories that good for our health benefits. We can lose our weight by taking the stairs instead of taking the elevator. In fact regular activity can help prevent the health problems such as stroke, metabolic syndrome, diabetes and so on. This is important thing that we have to take seriously because with health benefits we can avoid unhealthy problem. Besides that, is it important to society aware about the benefits of health especially to children because it can decrease the amount of children that have to fight back from diseases including diabetes, hypertension, elevated blood cholesterol, and also depression. For overall physical activity is good to health and can lead to a good life.

Based on the research physical activity can reduce our obesity because can helps to reduce body fat by building or preserving muscle mass and also improving the body's ability to use calories when physical fitness is combined with proper nutrition it can help to control weight and prevent obesity. Balance is the key to help our child in order to maintain in healthy weight. Balance the calories our child eats and drinks with the calories used through physical activity and normal growth. Overweight and obese children and teens should reduce the rate of weight gain while allowing normal growth and development. Don't put our child on a weight-reduction diet without talking to our health care provider. Reducing risk of childhood obesity is must take seriously because many kids today are overweight or obese than ever before. So it must do prevention in order to decrease the percentage of obesity among childhood. Overweight is defined as extra weight because of muscle, bone, fat, water, and obesity is defined as having an excess amount of body fat (National Heart and Lung Institute, 2008). According to Ogden (2014) children who are obese are at risk for developing health conditions associated with overweight and obesity such as asthma or diabetes at an early age, and are more likely to be overweight or obese as adults. Physical activity can not only improve children's physical health, but has also been linked to children's mental health and academic performance.

According to Fiona Davidson (2007) obesity has become an issue in over the world among children. In that case physical education programs play an important role to schools that can engage students in regular physical activity to help children learn the skills and habits necessary to live a healthy lifestyle. Other than that, school based physical education programs is another's program that can help to prevent childhood obesity.

The use of BMI in itself is not accepted as the most accurate method of measuring obesity in children. There are other anthropometric measures such as weight, weight for height ratio, waist circumference, waist to hip ratio and skin fold thickness that have their own strengths and weaknesses related to validity, practicality and the ability to define different categories. According to Lobstein (2004) there are also other methods such as underwater weighing and magnetic resonance imaging (MRI), which, while providing greater accuracy, are impracticable for large numbers. Although its lack of sensitivity for people who are particularly short, tall or have an unusual body fat distribution, BMI is recognised as the method that will be used to determine the baseline data for the childhood obesity.

Physical activity is important for development especially for improving locomotor. According to Weiyun Chen (2015) development of motor skills is to improve motor skill competency and enhancing health related physical fitness are desired learning outcomes for school-aged children to achieve. Based on study to improve motor skill in that can give impact to children in order to stay health and too aware about the important of physical fitness to them. The children can be active person because there

are skilfully competent and physically fit compared to their other children who are less skilful and unfit. In this study demonstrating motor skill competency and achieving a health-enhancing level of physical fitness are cornerstones for developing a physically active lifestyle throughout childhood and adolescence, and into adulthood. Besides that, there are the component of motor skill that be use to improve the competency and enhancing physical fitness in daily life, the major consist of, consisting of locomotor skills, manipulative skills, and non-manipulative skills, are building blocks for successful participation in many sports and various physical activities. According to Weiyun Chen (2015) observed studies showed that children who are lack of motor skill competency is have a good significantly in physical activity that children who have insufficient motor skill competency. Especially, childhood manipulative skill ability was related with adolescents' participation in a variety of physical activities and organized sports and also significantly predicted their cardiovascular fitness in adolescence. Children with low motor competence are likely to have poor physical fitness when compared to children with high motor competence. Physical activity helps children learn and develop their complex, fine, and gross motor skills in order to be successful in being physically active.

Health education is any combination of learning experiences designed to help individuals and communities improve their health, by increasing their knowledge or influencing their attitudes. According to Gilbert (2011) it depends on the content of discipline such as psychology, sociology, education, public health and epidemiology. Perhaps the main separating factor of some health education practices over other education subject areas is the special importance placed upon the desire to improve health, which in many approaches to health education is concerned with changing behaviour and not only enabling through inculcation of knowledge and skills; the desired and anticipated outcome being lifestyle adaptation. The health education is important because this of health education means that focusing only on knowledge inculcation is not enough to initiate and maintain the desired behavioural changes sought by health education.

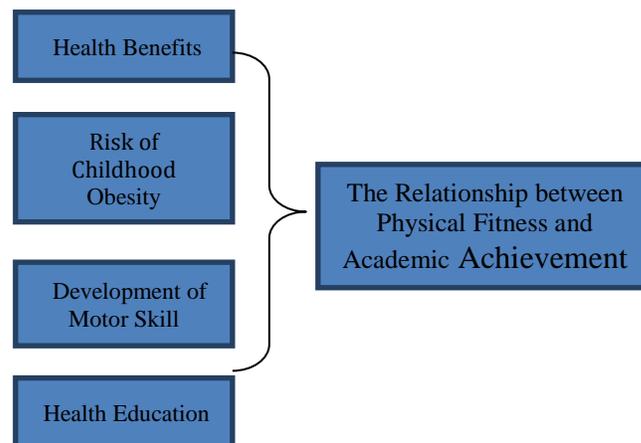


Figure 1. Research Framework.

CONCLUSION

In conclusion, the importance of the relationship between physical fitness and academic achievement can give impact to society especially to childhood and its implications at the school level have research to back its claim. Physical fitness cannot simply look it just small matter but it was a big matter actually because it related to the health and it can affect the academic achievement. This study improves our understanding of determinants of physical activity behaviour in children and it emphasises the importance of awareness. It was found that physical activity has an impact on academic achievement for students and communities to overcome the environmental challenge of staying healthy for a better and healthier future. Physical activity and fit tend to perform better in the classroom, and that daily physical education class does not adversely give negative effect towards academic performance. Furthermore, the students that are physically active are tend to perform better academic.

REFERENCES