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Physical Fitness (IV)

Definitions

Mark Powell (2011), is a prominent theorist of “Physical fitness.” His definition comprises two related concepts: general fitness which is a state of health and well being and specific fitness which is a task-oriented definition based on the ability to perform specific aspects of sports or occupations (Powell, 2011). In Powell’s book “Physical Fitness”, he mentions how physical fitness is generally achieved through exercise and is considered a measure of the body’s ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist hypokinetic diseases, and to meet emergency situations.

Two additional notable scholars to mention on the topic is Charles Corbin and Robert Franks, in the research they conducted they presented us with the definition of physical fitness from The U.S. Department of Health & Human Services. The U.S. Department of Health defines physical fitness as a set of attributes that people have or achieve relating to their ability to perform physical activity. Corbin & Franks also concluded that physical fitness is a state of well-being with low risk of premature health problems and energy to participate in a variety of physical activity (Corbin & Franks, 2000).

CJ Caspersen is another notable scholar on physical fitness. Caspersen stated that physical fitness is a set of attributes that people have or achieve. Being physically fit has been defined as “the ability to carry out daily tasks with vigor and alertness, without undue fatigue and with ample energy to enjoy leisure-time pursuits and to meet unforeseen emergencies” (Caspersen, 1985).

These scholars have all similar takes on physical fitness. For instance, each scholar would agree that physical fitness which is a state of health and well being and specific fitness which is a task-oriented definition based on the ability to perform specific aspects of sports or occupations. They would also agree that being physically fit is the ability to carry out everyday tasks with alertness, without fatigue, and with an ample amount of energy to enjoy leisure pursuits.

Psychological well-being (DV)

Ingrid Wells a prominent scholar on psychological well being is the author of “Psychological Well-Being”. Ingrid states that psychological well-being is a subjective term that means different things to different people. Psychological health, otherwise called mental health, is a relative state of mind in which a person who is healthy is able to cope with and adjust to the recurrent stresses of everyday living in an acceptable way (Wells, 2010).

Another notable scholar is Frederic Guay. Guay looks at psychology through a different light than Wells but both definitions share some similarities. Guay states that positive psychology is primarily focused on positive physiological attributes such as interest, talents, virtues, and character strengths; positive experiences such as flow and happiness; positive institutions such as families and schools; and, a positive relationship

among individuals (Guay, 2017). Upon further research, as a result of positive psychology, which is the ability to focus solely on positive thoughts, individuals are able to build strong and healthy personal resources that positively impact their academic and personal well-being (Guay, 2017).

Two other renowned scholars in the study of psychological wellbeing are Basil Fiorito and Kathleen Ryan (2007). These two scholars conducted research on the relationship between religiosity and psychological well-being is increasingly focused on identifying aspects of religious/spiritual involvement that have a beneficial effect on mental health and those that do not (Fiorito & Ryan, 2007). In this research, the authors are focused on how religion and spirituality play a role in the well-being of individuals. Results from this study confirmed the ability of spiritual means to moderate the relationship between spiritual goals and well-being.

Based on the definitions previously mentioned we can see that all scholars had different types of definitions for psychological well-being. This research was fascinating in the sense that all definitions come from researches that all have a different perspective on the topic. Ingrid Wells, the author of "Psychological Well-Being", stated that, "Psychological well-being is a subjective term that means different things to different people." In this definition we can see that psychological well-being may mean different things to different people. Fiorito & Ryan (2007) conducted a study on the role of spirituality and how that comes into factor in a person's well-being.

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