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**A comprehensive Explanation of the Concept of Physical Activity, Exercise, Leisure-time
Physical Activity and Physical Fitness**

Although the terms exercise, physical fitness and physical activity are sometimes utilized interchangeably, these terms are not synonymous because they bear different meanings.

Therefore, physical fitness, exercise and physical activity describe different concepts. For that reason, this paper focuses on providing a comprehensive explanation of the concept of physical fitness, leisure-time physical activity, exercise and physical activity by placing emphasis on their definitions and distinctions.

According to Caspersen et al., a physical activity involves any bodily movement, which is created by the skeletal muscles that have the potential to cause energy expenditure (126).

Caspersen et al. state that an amount of energy is needed to conduct any physical activity, which is measured in kilojoules (126). Fundamentally, there are various ways of categorizing physical activity including tasks that are accomplished at work, at leisure, and while sleeping. Caspersen et al. argue that the energy expenditure in each of these categories is different because some activities are heavily intensive, while others require moderate or light intensity (127). For instance, the energy expenditure during sleep is obviously very little as compared to the energy expenditure during physical activities such as cleaning or sports.

Leisure-time physical activity includes any physical activity accomplished during leisure time (Caspersen et al. 127). According to Caspersen et al., leisure-time physical activity is one of the sub-categories of physical activity (127). For that reason, leisure-time physical activity requires the expenditure of energy. Worth to mention, Caspersen et al. categorizes leisure-time physical activity into subcategories including household tasks, sports and conditioning exercises.

Exercise and physical activity are two terms that most people use interchangeably because they share some similarities and common elements (Caspersen et al. 128). However, these two terms have distinct meanings. Caspersen et al. state that exercise is another subcategories of physical activity (128). According to Caspersen et al., exercise describes a planned and structured physical activity that is conducted repetitively over a certain period of time with an aim of accomplishing a set objective such as physical fitness (128). Unlike other physical activities, an exercise is planned, structured and repetitive to enable accomplishment of set objectives, which more often than not include the acquisition of physical fitness and the desired set of skills.

Unlike physical activity, which involves the movement of people's skeletal muscles, physical fitness describes a pool of characteristics or attributes that people possess or intend to acquire (Caspersen et al. 128). Caspersen et al. argue that being physically fit involves possessing the ability to perform daily errands with utmost alertness and vigor, without experiencing fatigue and while demonstrating the possession of enough energy to handle unforeseen emergencies and to meet leisure-time pursuits (128). Essentially, physical fitness has two measurable components, which are either related to skill or health. The components of physical fitness related to health include muscular endurance, body composition, flexibility, cardiorespiratory endurance and muscular strength (Caspersen et al. 128).

There are various literary works that discuss the concept of exercise, physical fitness and physical activity. However, this paper covers only three literary works to describe the peer responses. For instance, Caspersen et al. provide comprehensive definitions and distinctions for the terms, physical fitness, exercise, leisure-time physical activity, and physical activity, with an aim of eliminating the confusion that makes most people use the terms interchangeably. In fact, Caspersen et al. argue that the four terms have different meanings and people should not use them interchangeably. Additionally, the article by Charles et al. also emphasizes that physical activity and physical fitness are different terms because physical fitness describes attributes while physical activity describes any task that leads to the movement of skeletal muscles. Finally, the journal article by Singh describes a study that focuses on unraveling the definitions of physical activity, physical fitness and exercise, with an objective of clarifying the terms to provide a better platform for future research studies regarding these terms.

Works Cited

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