My Aim of Life: What is most important in my life?

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In this world, every human has priorities, aims, goals, targets and future concerns in his/her life. To choose a profession is not an easy task, aims vary from person to person according to their choice and personality, someone may want to be a doctor, engineer, or scientist while others aim to become bureaucrats, astronauts, businessman, or teachers. However, to choose any profession, we must be aware of our strengths and weaknesses. While choosing a profession, one must clearly know his direction or path to success is correct and achievable. Similarly, I have also goals and ambitions in my life to join the health care field. I am basically motivated by my father; he is a renowned doctor, dedicated and devoted professional with a spirit of helping mankind. I love people, meeting new people, and always want to help them out in problems, general as well as health related. So, because of my positive attitude for serving unhealthy people I want to choose health care industry. I have a strong aptitude in biology subject which motivates me to go in health field.

In health industry, I want to choose the physical activity field and want to be a physical trainer. My aim of getting physical education is because it displays a highly active lifestyle. Physical activities can initiate the member to develop a calm and composed personal attitude and can improve one’s emotional and mental wellbeing (Kotecki, 2016). It develops social attitudes and conduct by emphasizing on ethical values required in Playing games, personal and social behavior in physical activity. It provides us a chance to move in groups for social contact and self-modification.

Generally, our thoughts, emotions, feelings and successes are significantly influenced by physiological development of the body. This development depends on selection of activities and then performing them to improve and develop the functions of the body. Adopting exercise and sports eliminates uncertainties, negative thinking and anxieties by deve­loping suitable interests and habits. It supports in development and learning of motor skills that are applied on movement concepts and principles. It is a way to attain systematic health knowledge of physical exercise. It helps to boost energy and activeness level from a person’s tense, under confidence, nervous and short-tempered condition. Moreover, it promotes spirit of team, self-trust and discipline, leadership, patience, cooperation, social interaction and sportsmanship. In conclusion, my aim is to get physical education is to help people/children in developing their social, physical and mental health through proper guidance and instructions. It develops in him/her social and individual qualities that help him to live purposeful, happy and healthy life in the society.

# What role does physical activity play in my life?

Physical Activity plays an important role in life of a person and have instant and long-term benefits for health. It is no doubt good for everyone, if starts from childhood, it has very positive effects on health and becomes persons habit of life. Exercise or physical activity can improve persons health and decrease the danger of developing numerous diseases like cancer, obesity, diabetes, and heart disease, anxiety and depression. If you do 30 minutes workout daily you can enjoy a healthy life (Kotecki, 2016).

If you do regular physical exercise then it is very beneficent for health. There are many benefits of physical activity like it reduces obesity and maintains weight. It reduces the risk of a heart attack, maintains the level of cholesterol and normalizes blood pressure. The danger of type 2 diabetes and cancers reduces by regular exercise. Moreover, it prevents a person from osteoporosis and enhances the strength of muscles, bones and joints, which overall increases one’s ability to perform daily physical activities. Regular physical activity helps us to release stress, depression, anger and anxiety (Bouchard, Blair, & Haskell, 2012). Exercise helps to control negative thinking and reduces your concentration from daily worries. It uplifts one’s mood and improves one’s sleep timings.

Furthermore, people feel relaxed by as their mood is enhanced; they feel energetic and sleeps well. If you are not working out then, with the passage of time, your body stamina, strength and functionality slowdowns. Regular physical activities eventually help a person reduce his/her medical bills. In contrast, a lazier and sedentary lifestyle can increase the risk of stroke and heart disease which, in turn, increases the number of hospital visits and medication bills. Exercise helps a person to become healthier, active, prevent long-lasting illnesses related to aging. Regular physical activity develops self-confidence and positive attitude in a person, which results in spending more time with family, friends and community people. Moreover, if a person is a smoker or any drug addict, a daily workout will help him to quit these habits.

Researchers and worlds health professionals recommend at least 30 minutes of workout daily to sustain health and reduce health risks. In order to get a healthy lifestyle, no need to do extra efforts or expanse, start from yourself, sit less, do walk or cycling, be active, participate in social activities and slowly build up your routine. If possible, you can join a gym for extra fitness and health. Finally, one must encourage himself and his family to be more active, play some outdoor games, hiking and picknick on weekends and try to achieve fitness goals.

# What tools will I use to complete my health or physical activity field degree?

In physical activity field, a person needs to have many skills and learning abilities to accomplish their degree. He/she must be organized, analytical, good listener, active motivator, determined, encouraging, patient and consistent. These tools encompass teachers’ chances to interact and promote for physical activity in school as well as large communities. There are certain tools of understanding, to complete my physical health education degree:

## **Motivation**

In a physical education degree, teacher uses individual and group motivation to create a safe knowledge environment that assures positive social communication, energetic collection in learning, and self-motivation.

## **Education Content**

A physical education teacher must be able to understand physical education’s main contents, corrective concepts, and tools of examination required in growth of a physically educated person.

## Development Process

Teachers of physical education must understand how persons can learn and develop, and create chances that support their social, physical, mental and emotional development. The main focus of this process is to integrate growth and development ideas into teaching activites.

## Communication Behavior

Knowledge of real media communication, verbal and non-verbal methods must be used by teacher to substitute analysis, teamwork, and appointment in physical activity situations.

**Learning Abilities**

A physical education teacher first develops his understanding on how individuals vary in their ways of learning, and then develops suitable instructions according to those ways. Teachers demonstrate their ability through this tool, to design and implement learning practices that are complex to various learners.

## Own Practice

In order to utilize this tool; physical teacher must be a thoughtful expert who can reflect his/her actions on others, to be successful professionally. He/she must be a role model for his delivery of knowledge.

## Relationships

For individuals learning and growth, the physical education teacher develops a strong bonding with classmates, parents/guardians, and community activities.

## Management Strategies

A physical education teacher device and implements appropriate instructional strategies to grow physically educated persons. He deals specifically with pedagogical information and data to substitute, physical, emotional and social development of learners.

Overall, to choose a health-related profession is a type of social work in the society. It helps mankind both morally and professionally. One must be efficient, quick learner, patient, intellectual, active, passionate and god-fearing person to eliminate flaws of physical activity in life. Moreover, when ethics are practical in a profession, it maps a value-oriented standard in professionals to improve their creativity and choose the objective of profession.

# References

Bouchard, C., Blair, S. N., & Haskell, W. L. (2012). *Physical Activity and Health.* Human Kinetics.

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