



Sports as a tool to promote health and fitness: A review

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Abstract

Sport plays a very important role in supporting the achievement of the recommended levels of physical activity in the Indian population. The aim of this study is to support proceed in policy-making for physical activity encouragement by highlighting recent national policy publicity in the area of sports promotion, with a focus on harmony and variance with the promotion of health enhancing physical activity. The document presents and discusses the main results of a content analysis of the most recent national sports strategies and suggests key points for policy-makers.

This study was developed in the framework of a topic on “Promoting networking, exchange and greater harmony between sport and health-enhancing physical activity sectors”

Keywords: sports, achievement and health

Introduction

Sports unique and universal power to attract motivate and inspire makes it a highly effective tools for engaging and empowering individuals, communication and even country to take action to improve their health. Sports can also be a powerful means of mobilizing more potential is only just beginning to be realized.

Participation in game and sports provides a service to the individual by preparing him/her to the challenges of competition during later life in the society. This includes the development of mental and physical fitness, good character, discipline, competitiveness and courage and opportunities to experience challenges leading to personal achievement and social recognition.

The strength of a nation rest upon the health of its people and future of health of the people depends to a large extent, on what is done to promote, improve and preserve the health, as health is a fundamental human right. To be a good man is the first requisite to success in life and to be a nation of healthy citizen is the first condition to national prosperity.

The following points support this saying in scientific way

Physical fitness improve Brain Health

Everyone knows that sports and exercise are good for them. It helps you lose or maintain your weight. It's good for your hearts and yours cardiovascular system and it generally keeps you fit and heather. Sports and exercise is also good for brain, investigation indicate that sports can help prevent disorder like Alzheimer disease, Parkinson disease and depression. It can even increase your chance of recovering from a stroke or traumatic brain injury.

Sports and exercise are an Anti-Depressant

Regular sports and exercise are much more capable of handling stress throughout their day than when they don't exercise. Study showed that war veterans with post-traumatic stress disorder have compromised function. Again this is like an effect of increased hippocampus function by regular exercise.

Interesting, anti-depressant work in a similar manner, although one does not completely understand the exact mechanism of anti-depressant action, one does know that several classes of anti-depressant increase new neurons in the hippocampus. They do the same thinks that exercise and sports do.

Sports Improve of learning

Sports and exercise actually turns on hormonal support system in our brain. The activation of these system strengthens brain circuits that already have and help you develop new ones. Sports and exercise also increase the blood supply in the brain, study showed sports and exercise increased the number of blood vessel that supply several brain regions. This has the effect of improving nutrient delivery and waste removal from critical region that effect mental function.

Sports protect the Brain from Damage and Disease

Studies also show that sports and exercise protect the brain from aging and injury. Older adults that regularly exercise perform better in cognitive tasks and have lower rates of Alzheimer and Parkinson disease they also

stronger from strokes and from accidental brain injury. Studies also show that in addition to sports and exercise protective role, it's also a valuable therapeutic tool for brain function. Sports training improve cognitive function relative to planning, scheduling, task, coordination and attention. Adult that physically fit and do exercise have more grey matter, representing more brain cells, than adults that don't exercise.

Sports Enhance Academic Performance.

Studies show that all these benefits do pay off. A research in France, Vanves, reduced the time spent on academic and increased physical education time to ensure a quality, daily program. The result the academic performance, discipline, enthusing, fitness, and health of studies who participated were superior to those of students who were not involved. Other study show similar result.

All of the beneficial effect of exercise and physical fitness are compounded by starting early in life it is kind of like compound interest in the bank. The earlier you start saving, the more money there is to interest in the end.

Sports-A fundamental Human Need

Among all the people and in all stage of history, man has found outlets for self-expression and personal development in forms of sports which have a striking similarity. Sports is a common heritage of all people, altho its expression takes varied forms, sports is a chief occupation of young child during his active hours, it is a nature way of affording outlets to the great biological urge for activity and means of acquiring skill needed in later life.

Sports Helps character development

Sports have been characterized as a force of tremendous consequence for the personal character and the national culture. It cannot say character development is not a objective specifically sought by person engaging in sports exercise, it can be natural by participation in team game, drama, and music which require cooperation, loyalty and team play, under sports activity leader of integrity and ability, people can be taught respect for rule, fair play, courage, an ability to subordinate the selfish interest of the individuals to the welfare of the group and capacity for team game, they also can be given valuable leadership experience.

Conclusion

Today there is a growing emphasis on looking good, feeling good and living longer. Increasingly scientific evident tell us that one of the key to achieving these ideals is fitness and sports. Getting moving is a challenge because today sports is less a part of our daily lives, we have become a mechanically mobile society, relying on machine rather than muscle to get around, in addition , we have become a nation of observer with more people spending their leisure time pursuing just that leisure. Consequently, statistics show that obesity and over-weight , the problem that come with high blood pressure, diabetes, cardiac arrest, etc. are on the rise. But statistics also show that preventing medicine pay off, so one should not wait unit his/her doctor gives an ultimatum, every- one must take the initiative to get active now.

Recommendations

1. Plan exercise, rest, and social life. For health-promoting and healthy-aging physical activity, refer to general guidelines summarized in this paper.
2. Adopt a holistic performance development including physiological, medical, mental, and psychosocial aspects.
3. Motivation for training, competition, and socializing.
4. Monitor mental health over time: Personal perception of stress, anxiety, depression, alienation, and self-belief.
5. All children's and adolescents are recommended at least 60 minute daily physical activity.

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