

Health and Wellbeing through Sports

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ARTICLE DETAILS

Article History

Published Online: 20 February 2019

Keywords

Health, Physical activity, Exercise.

ABSTRACT

Health and wellbeing ensures that children and young people develop the knowledge and understanding, skills, capabilities and attributes which they need for mental, emotional, social and physical wellbeing now and in the future. Each establishment, working with partners, should take a holistic approach to promoting health and wellbeing, one that takes account of the stage of growth, development and maturity of each individual, and the social and community context. I can expect my learning environment to support me to: Health and wellbeing experiences and outcomes which are the responsibility of all adults working together are shown in italics. Because of the nature of development and learning in health and wellbeing, many of the experiences and outcomes are written to span two or more levels. They should be regularly revisited through a wide range of relevant and realistic learning experiences to ensure that every child and young person is progressing in his or her development and learning.

Being physically active plays an essential role in ensuring health and well-being, and there is a large body of research investigating the benefits of exercise. i Physical activity benefits many parts of the body – the heart, skeletal muscles, bones, blood (for example, cholesterol levels), the immune system and the nervous system¹ – and can reduce many of the risk factors for NCDs.

1. Introduction

It is well acknowledged that health is a multidimensional concept and is shaped by biological, social, economic, cultural and political factors. Access to basic needs like food, safe water supply, housing, and sanitation and health services influences the health status of a population and these are reflected through mortality and nutritional indicators. Health is a critical input for the overall development of the child and it influences significantly enrolment, retention and completion of school. This subject area adopts a holistic definition of health within which physical education and yoga contributes to the physical, social, emotional and mental aspects of a child's development.

Being physically active plays an essential role in ensuring health and well-being, and there is a large body of research investigating the benefits of exercise. i Physical activity benefits many parts of the body – the heart, skeletal muscles, bones, blood (for example, cholesterol levels), the immune system and the nervous system¹ – and can reduce many of the risk factors for NCDs. These risk factors include. Have you ever thought why people do sports? Absolutely, many people seem not to know the reasons. As an anecdote, there are many people who do sports for nothing around us. Every day we can encounter with these people. They regularly do sports; however, none of them realizes the benefits and importance of sports. In fact, vice versa, some people want to be fit and attractive, look smart. Unfortunately, these people can't consider other benefits of sports. In my opinion, there are several benefits of sports that people often do not consider: sports are required to be healthy people, are needed for enjoyment, and are great market for countries' economies. The first advantage of sports for people is that they help people be healthy, and be fit. Throughout history, people can't give up

their interest at their body. I believe that now many people love themselves no matter how beautiful or ugly they are. Naturally, people's first aim should be healthy and fit with the benefits of sports. Due to this fact that Sports keep our body healthy. As a possible example, imagine that there is a car which has not worked for years. If you try to run the motor engine, it will not work anymore since it has been rusted and its engine may be broken down. As a result, people are similar to engines and motors. If we don't do sports, we will be forced to rust, in other words, decomposition of our body; afterwards, we may have some problems with our body when we even need to small walk. In addition, sports balance our body's blood pressure and circulation. According to many researches which have been done by scientists, we can prove the importance of sports for our health because 70% middle aged people who did not do sports in their youth are now struggling with the problems such as high tension, trouble with blood circulation, easily become tired due to the lack of sports.

2. How Sports Affect Your Health

Sports have always been known for their physical benefits. In recent years, research has also found that sport participation can positively affect your health Sport is identified as a physical activity carried out by human beings usually executed by following a set of rules and principles to ensure fair competition among the candidates. Playing sports and indulging in physical activities aids in confirming various health benefits including comfortable respiration, muscular development, bone strength, advanced life expectancy, and coronary fitness. Playing sports helps in safeguarding the body and prevents it from contracting various types of diseases like cancer. Also, it assists in controlling unnecessary weight gain and depression by diverting the mind in a positive direction. Some of the

affirmative effects of playing sports have been discussed below.

It is a known fact that regaling in any kind of physical activity leads to a healthy workout and consequently promotes weight loss. Sports acts as a catalyst for the metabolic processes and resultantly increases lean body mass, burns calories and aids in attaining perfect body shape. There is a lot of variation in the amount of suggested physical work. It is mainly due to the variation in the shape/size of the body of different individuals and amount of calorie input, nonetheless it is remedial for people who are obese. As enumerated by the U.S. Department of Health and Human Services, Weight stability can be obtained if 2-5 hours are invested in playing averagely demanding sports. Playing high intensity sport is extremely significant for people who wish to reduce their weight adequately.

It is advised by physicians that people of all age groups must undertake any kind of physical activity or sport as it helps in cultivating a healthy heart and mind. As delineated by the British Parliamentary Office of Science and Technology, about 40 percent of deaths related to coronary heart disease take place due to insufficient physical work, overweight, mental stress and increased blood pressure. Sports can help in dealing with these physical ailments by reducing the contingency of coronary disease by almost 50 percent. Decrease in the strength of muscles, bones and joints, is an inevitable corollary of growing old. Aged people are advised to go for regular walks and practice numerous physical exercises so that their body parts are in healthy and working condition. Thus, it can be concluded that playing sports is very significant for people of all age groups and must be taken up seriously in order to maintain a healthy body. The benefits of physical activity have been shown to be effective across the lifespan, among young and old alike. Physical activity has been shown to improve educational attainment in children as well as prevent obesity. Among older adults, engagement in routine exercise on a regular basis leads to improved functional abilities such as mobility, and is related to increased longevity.

- Sports Improve Your Mood
- Sports Improve Your Concentration
- Sports Reduce Stress and Depression
- Sports Improve Sleep Habits
- Sports Help You Maintain a Healthy Weight
- Sports Boost Your Self-Confidence
- Sports Have Been Linked to Leadership Traits

3. Sport and physical activity as part of a healthy lifestyle

A number of factors influence the way in which sport and physical activity impacts on health in different populations. Sport and physical activity in itself may not directly lead to benefits but, in combination with other factors, can promote healthy lifestyles. There is evidence to suggest that changes in the environment can have a significant impact on opportunities for participation and in addition, the **conditions under which the activity is taking place can heavily impact on health outcomes**. Elements that may be determinants on health include nutrition, intensity and type of physical activity, appropriate footwear and clothing, climate, injury, stress levels and sleep patterns.

Sport and physical activity can make a substantial contribution to the well-being of people in **developing**

countries. Exercise, physical activity and sport have long been used in the **treatment and rehabilitation of communicable and non-communicable diseases**. Physical activity for individuals is a strong means for the **prevention of diseases** and for nations is a cost-effective method to improve public health across populations.

4. Suggestions

Give priority to strengthening national policies for physical education, physical activity and sport for all in schools.

Target physical activity policies and initiatives to specific populations and tailor initiatives to respond to population needs.

Develop strategies that address physical, social and environmental barriers to greater physical activity.

Develop guidelines on optimal physical activity levels and communicate them publicly.

Facilitate and invest in the development of culturally relevant, community-level, physical activity and sport programs as an important means of encouraging more active healthy living.

Provide persons with disabilities with opportunities and support to participate in sport and physical activities adapted to their physical and mental condition.

Ensure that initiatives are sensitive to relevant local beliefs, in particular those on diet, physical activity, and body shape.

Be aware of cultural norms with regard to gender that may, in some cases, prevent women and girls from being more active.

Incorporate monitoring and evaluation processes into all initiatives from the outset to assess their effectiveness, continuously improve them, and help make resource allocation decisions.

Maximize the effectiveness of programs to increase sport and physical activity participation by observing guidelines derived from successful programs:

5. Conclusion

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We can conclude that there are several advantages and benefits of sports. First, sports are required by people to be fit, smart, and good looking. Second, sports are entertaining due to many facts. Third, sports are the huge market for countries' economies.

In my opinion, despite sports' advantages, many people can't believe that sports are useful and beneficial. I hope that in the future these people will tend to be more optimistically to sports since they are the necessity of our lives.

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