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## The consequences of sport upon the physical health of people

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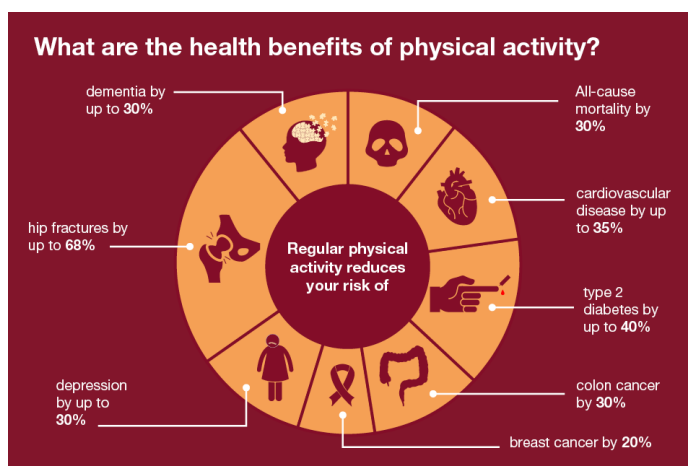
### Abstract

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. 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.

**Keywords:** Health, physical fitness, benefits

### Introduction

Sports and other physical activities have innumerable physical health benefits, including improved cardiorespiratory and muscular fitness, bone health, increased life expectancy, and coronary health. Sports can also help prevent various types of cancer and weight gain and have positive effects on mental health by reducing depression and improving cognitive function.



### ➤ Weight Maintenance

Sports can help promote long-term weight loss and help avoid weight gain. Sports increase metabolic rates and can help increase lean body mass while burning calories and getting rid of excess fat. Although the amount of physical activity needed varies by body type and caloric intake, sports can help a person maintain a healthy weight. According to the U.S. Department of Health and Human Services, between two and half to five hours of moderately-intensive physical activity can help achieve weight stability. High-intensity sports can help people who want to lose weight or maintain a significant amount of weight loss.

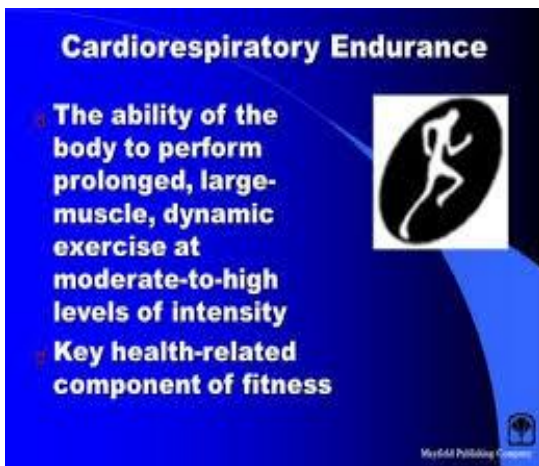
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### ➤ **Cardio respiratory Health**

Sports can help people of all ages maintain and improve the health of their heart, lungs and blood vessels. Physical activity can significantly reduce the risk of coronary disease and stroke. According to the British Parliamentary Office of Science and Technology, approximately 40 percent of deaths related to coronary heart disease are related to inadequate physical activity, obesity, stress and raised blood pressure. Sports can help with all of these physical issues, decreasing the risk of coronary disease by about 50 percent.



### ➤ **Muscle and Bone Health**

As you grow older, physical activity becomes increasingly important for the health of bones, muscles and joints. Building bone, muscle and joint strength is important for children.



### ➤ **Cancer**

Sports can decrease the risk of colon cancer by as much as 300 percent, according to the British Parliamentary Office of Science and Technology. It can also significantly decrease the risk of breast cancer, and might decrease the risk of endometrial and lung cancer.

### ➤ **Psychological Health**

Sports can be a form of mental therapy for people with psychological disorders and depression. Sports may promote self-esteem in the form of positive perception of body image and self-worth. By participating in sports with others, people can also enter in positive social environments to promote psychological health. Physical activity can also decrease the risk of cognitive decline that comes with aging and can reduce anxiety in adolescents.

### **Physical activity and psychosocial health**

The WHO has estimated that “one in four patients visiting a health service has at least one mental, neurological or behavioural disorder, but most of these disorders are neither diagnosed nor treated”. A number of studies have shown that exercise may play a therapeutic role in addressing a number of psychological disorders. Studies also show that exercise has a positive influence on depression. Physical self-worth and physical self-perception, including body image, has been linked to improved self-esteem. The evidence relating to health benefits of physical activity predominantly focuses on intra-personal factors such as physiological, cognitive and affective benefits, however, that does not exclude the social and inter-personal benefits of sport and physical activity which can also produce positive health effects in individuals and communities.

### **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.

### **Conclusion**

Whether it's a pickup game of basketball or an organized water polo league, playing sports can make you healthier and happier because of the physical activity involved. Playing sports contributes to muscle development, coordination, cardiovascular health and numerous other benefits associated with disease prevention; physical activity can help ward off chronic diseases including cardiovascular disease, diabetes, cancer, hypertension, obesity, depression and osteoporosis. Some sports are associated with particular health advantages. For example, bowling can help achieve greater bone density because of the frequent heavy lifting, according to the Mother Nature Network. Fencing might help ward off cognitive decline, given the complex thinking associated with this sport. People who play volleyball benefit from increased hand-eye coordination and flexibility. Ping-pong also helps players

increase hand-eye coordination, while also promoting better brain health because of the fast thinking involved.

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