



SPORTS MEDICINE & PHYSICAL FITNESS

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Abstract:

Introduction:

Sports Medicine

Well the word says it all; sports medicine is the study and practice of medicine related to the science of sports in the areas of diagnosing and treating sports injuries, injury prevention, and athletic training that includes workouts or exercises and nutrition. In other words, sports medicine is a field of medicine that concentrates exclusively on the injuries resulting from sports such as football, baseball, basketball, and other sports. There are many different kinds of sports injuries; therefore there have to be several kinds of orthopedics or specialists to treat patients according to their injuries. There are many sport medicine researchers that are working hard to find different ways to help all kinds of injuries. They also look for corporations that are willing to support the athletes and help out with the costs of sports medicine. The sports medicine field is a very broad field; this means that athletes can find help for their injuries no matter what kind of injury they have.

Importance of Sport Medicine:

Sports medicine is important to schools, trainers, coaches and most of all it should be important to anyone who is an athlete. That includes any athlete no matter their skill level; it could be a beginner or a professional. Sports injuries can happen to anyone, but getting injured is not fun and some of these injuries can affect your life for a short or long term period. Sports injuries need to be treated appropriately because they cause a great deal of damage to your body. This can ruin your sports chances

later on in life, not to mention that it can also lower your quality of life.

The Sports Medicine Profession has responded to the rise in over use injuries by placing greater emphasis on injury prevention, developing new diagnostic and treatment techniques, and promoting rehabilitation as an aid to full recovery. This is what Dr. Lyle J. Micheli, one of the nations foremost sports medicine authorities, calls the "new sports medicine." Below is an example of what a typical sports doctor will do before getting their degree: It has become increasingly evident over the past 25 years that there is a need for data on injury rates for the variety of sports and physical activities in which people of all ages are becoming involved. The research literature on the epidemiology of sports-related injuries has been growing slowly as various individuals and groups have attempted together data on the risks of participating in various sports. Almost all of these attempts have focused on sports in an organized setting, for younger age groups, and have involved relatively short-term observations. With the recent increase in participation in general fitness activities, and with such participation being encouraged by the medical community as a public health intervention to promote healthy lifestyles, it often is not realized there is little or no dependable data available to assess the risks involved in participation in physical activities. Much effort is being expended in defining the benefits of exercise, but little is being done to define risk levels. Such information is needed in order to make informed decisions as to the value of

participating in a particular activity, and to provide clues as to how injury rates can be reduced.

As an athlete, I am always looking for an edge over the competition. With the advancements made in sports medicine, there are many options to get that "edge". Protein supplements, creatine, androstenedione, anabolic steroids; many athletes, including myself, turn to one or more of these products for that edge. If an athlete is using these products, is it really the athlete performing, or is it the supplement?

Protein supplements are used by most athletes in the professional and collegiate level of sports, and by many athletes in the high school level. Protein works by supplying more of the materials needed by your body to build and rebuild muscle. By increasing the amount of protein intake, you can decrease recovery time after a work-out. Protein also improves the results of recovery. It can make the muscles rebuild bigger and stronger than lifting alone.

Research has shown that protein supplements have little or no negative side effects. Protein is naturally found in many foods, therefore, supplements don't affect the body any different than natural protein. It is possible to get the same affects by increasing the amount of protein rich foods in your diet. (J. Kawate 2002) Babe Ruth even experimented with this idea by eating excessive amounts of beef before and after games and practices.

Many professional athletes use proteins often. The increased strength allows them to perform at higher levels. Home-run giants like Jason Giambi, Sammy Sosa, Mike Piazza, Carlos Delgado, Mark McGuire, and Barry Bonds are just a few users. (Sports Illustrated 2002)

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The word steroid can start all types of discussions good and bad. Topics from the

way this substance is abused in the sports world to the way it can help a child with asthma. Each side brings up a good point, both have their side effects and their benefits. In the medicine field the benefits outweigh.

Alternative Medicine

Try Something New Today more than ever alternative medicine is becoming more accepted and widely used as regular medicine. Alternative medicine is considered the use of any medicine out of the normal of what is considered conventional. Alternative medicine is a broad term for any method of treatment that does not follow generally accepted medical methods and may not have a scientific explanation for their effectiveness. The National Institutes of Health (NIH) Office of Alternative Medicine (OAM) has defined alternative medicines as: Any medical practice or intervention that (a) lacks sufficient documentation, for safety and effectiveness against specific diseases and conditions; (b) is not generally taught in medicine.

Conventional medicine and alternative medicine

"Conventional medicine has little to learn from alternative medicine". Today many people in the UK and US choose to be treated by methods that are not based on Western scientific methods, that is the science and practice of medicine which is standard in the West.

State of Sports

In the ever deteriorating state of sports, JRED will address major issues in the major sports enjoyed by Americans. Although some sports are doing well, most are doomed to suffer the failures of greed and power.

Sports management is an area of professional endeavor in which a broad classification of sport affiliated careers exists. It is also an area of collegiate professional preparation. Careers in sports management are established in schools, collegiate sports programs.

Sport At School Should Not Be Compulsory

Sport at school should NOT be compulsory. Sports training and PE take up time that could be better spent learning other subjects, and PE and Sport are not as important as other subjects like maths, science...

Throughout centuries, people of various cultures have relied on what Western Medicine today calls - alternative medicine. The term alternative medicine covers a broad range of healing philosophies, approaches, and therapies.

Sports have played a role in the lives of millions of people all over the world. For some people, the stint is brief. For others, sports are not just hobby but become a way of life - a part of who they are. Sports play an important role in our country. It plays as a stress reliever as much as a stressor. Favored, played and watched by a lot of people, both women and men it is very popular around the world. Looking deeper into sports though is the respect women and men receive that actually play sports.

Holistic verses Western Medicine

Western and Holistic Medicine often have similar goals but go about attaining these results by somewhat different means. Webster defines holistic as: concerned with wholes or with completed systems rather than with the analysis of, treatment of, or dissection into parts.

Sports of the Elizabethan Era

Throughout the centuries, people have always thought up ways to compete against each other. The people of the Elizabethan Era were no exception. Most of the sports of that era were either "blood sports" and "games of war" and provided the nobles with a way for them to entertain.

Today in sports athletes endure many mental and physical obstacles from there competitive environment. Many of today's best athletes work with sports psychologists to help them handle the pressures found in this competitive atmosphere. One question that athletes ask is, why cant they play in big games as well as they anticipate themselves doing? Sports psychologists feel that spending all their time on body conditioning and athletic skills will not

ensure that athletes reach their peak performance.

Through various studies, psychologists conclude that the psyche aspect must also be in shape to maximize the performance potential in sports as well as education or running a business corporation. Psychologists conclude that by fine-tuning athletic skills, and making real-life movements more automatic, it will install a sense of calmness as athletes prepare for the pressure of competition. They call this technique guided imagery. They use this technique for the mental aspect of fundamental skills. Psychologists recommend that athletes mentally practice their events on the eve of competition. When it comes to sports, the winning edge throughout the world of sports may have less to do with strength and talent, and more to do with, what sports psychologists call it, mental toughness.

Many of today's best athletes seek help from sports psychologists, in order to help them with their overall game. Negative thoughts and psychological pressure from competitive moments; create many distractions for athletes who do not focus mental pictures in their minds. A vivid picture, is one that allows individuals to see stress and negative thoughts as a challenge, rather than a threat.

Psychologists assist athletes in coping with many obstacles that might occur, so that when they get in a pressured dilemma, they can react quickly to the situation. Prior to the 1992 Olympics sports psychologists James Loehr, spent a considerable amount of time mentally preparing Jansen's mind to set high goals, so that he wouldn't repeat failure, as he experienced, in the last two Olympics. (Harry Hurt 1996, p.12)

As an Athlete myself I can testify for the psychologist that even when I practiced for hours on end with out being in the right mental mind frame I was not on top of my game. Also I noticed that when I was mentally prepared for a game even if I had not practiced my skills as much that week I still performed very well during that weeks game. But I also noticed that when I practiced during the week visualized myself

hitting the winning homerun or striking the last batter out and than was able to relax before the game, I play my best and others notice it to.

In closing, people such as, Michael Jordan, Tiger Woods, and Bill Clinton, are some of many individuals participating in different occupations, with different skill levels, faced with ongoing crisis that are daily. Maintaining a solid sub-conscentious mine, they were able to achieve maximum potential and results. It takes all of these components outlined in this report to accomplish the objectives. However, all were able to control the mental aspects that enable them to achieve higher goals than the average person in today's society, through this educational process of self therapy.

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