



SPORTING BENEFITS FOR LONG LIFE

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Abstract:

Introduction:

Sport is a passion for Indians. Hockey is the national game while other sports like cricket, tennis, badminton, chess, boxing, wrestling, swimming, football etc. are also played with equal enthusiasm. Indians have remained world champions in hockey and cricket more than once. Sports like boxing, tennis, chess, badminton, snooker and even shooting have brought glory to the country. Respective sport councils in the country work towards the strengthening of sport participation.

The concept of sport for Development (S4D) underlines that sport is an effective tool to help achieve goals in health, education HIC/AIDS prevention, child protection and child development. It also remains a key tool to help achieve the Millennium development goals and improve the life of child.

Unfortunately in recent days, children have less time for participating in any sporting event. They are busy with their home work, tuitions, television, computer games and worst of all, the Internet and Mobile. And because of this the rate of obesity amongst children is on the rise. This is because activity dramatically reduces the risk of many diseases and also reduces the risk of emotional problems such as anxiety and depression. They would opt for healthier options and reach out for cricket, athletics, football, basketball, badminton swimming or bicycles, running.

Group Sporting Activities.

Sports can boost enrolment, enhance, learning, achievement, leadership qualities and encourage child-centered participatory learning. It is true that individual play does

give a child the chance to make up his own games and rules but the joy of team sports helps children build positive attitudes.

Group play encourages competition, builds self-esteem and helps children get along with each other and get accepted by others. Most importantly, the child forms positive attitudes towards exercise and fitness. Group activities and organized sports are more important for children with disabilities.

Physical Benefits

According to Parul Shetty her studies suggest that those participate in physical activities, exercise and sports as children, reap both physical as well as mental benefits as adults. Regular physical activity keeps a child fit and healthy and builds Immunity thus keeping away sickness and diseases. It has several other benefits such as reduction of body fat, strengthening or bones, improving coordination, Balance and flexibility, improving stamina and concentration and fighting depression and anxiety.

Activity has also been known to been known to decrease the risk of chronic diseases such as diabetes, cardiovascular disease and obesity. According to the centers for Disease Control and Prevention (CDC), US, sports help overweight children get in shape and also prevent weight gain in future. Participation in sporting activities help strengthen bones, which lowers the risk of osteoporosis in later years.

Psychological Benefits

Participation of children in sporting activities has a great effect on the child's growing mind. A child's energy is streamlined and used constructively while

taking part in sports. In fact, sporting activities serve as a release for negative emotions, serve as a release for negative emotions which in turn help release stress.

Sporting activities are directly related to a child's academic performance they fare better than those who are not physically active. Studies reveal that even physically disabled children who have participated in sporting activities show an improvement in self-confidence and self acceptance.

For kids participating in sporting activities is indeed a learning curve. Sports teach children about risk taking. Sometimes, Children learn many communication skills when they take part in activities. They narrate their sporting experiences to their parents.

Socially these are the children who make friends easily because they meet several people including students and teachers from different schools, different neighborhoods etc. They learn to work towards achieving a common goal in a team play.

Getting Your Kids to Love Sports

In his book, The David Elkind an American psychologist and author explains how demanding coaches and critical parents affect children's perceptions about themselves, sometimes causing them to lose confidence in their ability to play sports. And truly so because being critical or finding faults can make a child think less of him/her.

According to sports psychologist Dr. Patrick Cohn of Florida based peak performance sports, Us, many times parents enroll a child for a sport, but they do not take about tangible goals, or they tend to put their own measures on the child. Most children give up playing sport as they grow up. They leave because of academic, home and career pressures or because they feel they may not be able to succeed in a sporting career.

Choosing Sporting Activities

Researchers at Mayo Clinic, Rochester, Minnesota, us, suggest that kids must participate in age-appropriate sports. Toddlers and preschoolers are good at unstructured sports, such as running and tumbling. Children at the age of 6 and 7 can

do well in gymnastics and ball games. Kids over 6 are the ones who are ready to participate in most sports, with adequate supervision

The American Heart Association recommends that all children age _ older should participate in at least 30 minutes of enjoyable.

Before choosing any sporting activity, experts suggest considering a child's personality and interest. Parents may plan a sporting activity for their child. Some children love water while there are others who may simply fear water. There are some who love the rough games while others may not want those bumps and shows. Parents may want their child to excel in athletics but their child may prefer martial arts. Every child has got his or her own likes and dislikes.

Child's liking and skills.

Less aggressive children may prefer athletics, swimming or gymnastics where they are given more space and independence from the rest of the team.

Age-appropriate Sports

Scientists at Mayo Clinic of US have listed some age appropriate activities for children. It is true that sports promote fitness but all children may not be able to participate in organized sport so parent can help their child find the right sport and place.

Organized sports and athletics are not the only options for child's fitness. There are kids who may not be interested in cycle rides, walks, jog, and dance or spend active time with friends playing games like hide and seek, jumping rope, skipping etc.

Ages 2 to 5 free play for these toddlers and nursery students is the best. These children can master basic movements but they are too young to participate in organized sports. They would enjoy common play activities such as running, catching, jumping, climbing, kicking, tumbling, swimming, or sliding on playground garden, supervised water play or gymnastics, dancing playing catch with a lightweight ball, pedaling a tricycle or a bike with training wheels.

Ages 6 to 7 Motor skills improve after the age of 6. Their coordination and

attention spans also improve. Children this age can take part in team sports such as volleyball, gymnastics, football, cricket with rubber ball, swimming, tennis, badminton, martial arts, cycling etc. Ages 8 and older children this age are ready for organised team sport Running on the track and field events supervised weight training rowing etc are some of the sporting activities that these children can take part in.

While at play children are vulnerable to injuries. Also certain health conditions such as asthma or seasonal allergies can get aggravated while playing sport. Immediate action needs to be taken in case of any health problem or an injury.

Ultimately, in the game of life the confidence and positive attitude that help children sail through with ease.

Sporting benefits:

Some sporting benefit can improve the human life and they can live long because the following are the sporting benefits.

- Maintained body weight and reduced risk of obesity
- Improved lung and heart fitness
- Healthy growth of bones, muscles, ligaments and tendons
- Reduced risk of type-2 diabetes
- lowered blood cholesterol levels
- Lowered blood pressure
- Ability to relax, improved sleep
- Reduced chronic aches such as headache or backache
- Improved co-ordination and balance
- Feel good feeling greater confidence and improved self esteem
- Enhanced social skills, personal skills, leadership, co-operation
- Ability to handle physical and emotional challenges

Research has shown that due to sports, endorphin and some happy hormones can secrete in our body and it boost our mood and enthusiasm which makes the person balanced and happy. Sports can achieve the eight fold path given by Lord Buddha i.e. it cultivate Right aspiration, right vision, right concentration, right mindfulness, right thinking, right efforts, right action and

right livelihood and it is proved by research

Research has shown that participation in sports helps children improve the physical, social, emotional and academic aspects of their lives. Besides, the experiences of youth sports influence their behavior as adults too.

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