



Sports for all and its role for maintenance and promotion of physical fitness and wellness

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Abstract: Sports are the physical activities that named according to their respective ways of playing. There is a misleading concept regarding sports that only players can participate in physical or sports activities. But the true is that as the science and technology has made individual to rely on machines, its becomes necessary for all to take part in any kind of physical and sports activities to escape one from the hypo kinetic disorders and to keep physical fitness and wellness. This study has analyzed the role of sports in relation to maintain and promote physical fitness and wellness.

Key Words: Sports, Physical fitness, Wellness

1 Introduction

Sports are the physical activities that named according to their respective ways of playing. Sport is a vigorous physical activity involves physical exertion and skills generally played by two teams, two individuals against each other by following the set number of rules in order to win or defeat other one. It is a well known misconception in society that sports can be played by sportsperson only i.e. the related persons to the sports such as physical education teachers, coaches etc whereas to live a sustainable life everyone must performs any kind of sports activity. It should be remembered by everyone that childhood and adolescent physical activity and physical fitness may influence health status during childhood and adolescence, as well as throughout adulthood [1].

Today's people belong to the period of globalization that is relying on machines rather than muscles to get around, become fond of junk foods. Children do not consume diets that meet the recommendations of the Dietary Guidelines, nor do they achieve adequate levels of daily physical activity [2]. These are the major causes of hypo kinetic disorders for example Obesity, Type II Diabetics, High blood pressure, Heart disease etc and from preventing these disorders taking part in any or various sports on regular basis help to extend life and improve its quality. The health benefit of playing a sport can be achieved by virtually each and everyone, regardless of age, sex, race or physical activity. A New

Zealand study conducted in 2006 suggested participating in physical exercise before and during the onset of puberty helps reach peak bone mass, enabling them to develop stronger muscles and bones that will be the foundation for future growth. Several studies have shown that childhood obesity is a burning problem in global society. Playing sports, however, will keep children active which can control weight leads to decrease the risk of diseases that comes from being overweight in their lifetimes [3].

Besides, Sport not only busy to develop the physiological components of human such as improvement of cardio-respiratory system, reduce the risk of injury in skeletal system, toning and strengthen the muscles, activate the neuromuscular system etc which improvements are most important to be called as a physically fit but also it is connected with the development of psychological, social, intellectual aspects of human being. Sports are the only mean to deal with the loses and profit of life by making balance between body and mind. There is a Greek origin common proverb about the sports that "Sound mind in a Sound body". A healthy person can think properly in such polluted and pressurized environment of today's world. Sports are the best way to improve physical well- being as well as mental [4, 5].

Any of the sports is simple however need full devotion, dedication, determination and hard work to get regular practice and it nourish our life. Sports

bring highest level of self confidence, self- esteem, discipline within ourselves that remain with us whole life to achieve or to get specific goal of life [2].

Man is a social being. One cannot live alone but the principle of individuality is present over there. A sport helps to improve the sense of cohesion, friendliness and removes all the differences between two people. Create Unity among differences is one of the characteristics of a sport. Playing sports at a young age enables children to participate in social interactions to achieve a common goal. This allows children to develop and practice different mental and moral qualities they acquire from their surroundings on the field, at the school and at home. Playing sports require athletes to be disciplined in tactical, mental and physical aspects that help to translate the life situations in order to achieve goals and reach their fullest potential [3].

It is an old saying that a healthy brain needs a healthy body. But in spite of this to people only require a healthy brain to excel in academics. It must be mentioned that only academics cannot make one a complete man. For any individual to progress in academics, it is important for him/ her to be fit and healthy enough. Parents often use to state that playing a sport is just waste of time. Being a student, doing homework or assignment at evening is more useful rather than taking part in a sport. Human body is resemblable to a machine, having an engine. Alike without applying oil an engine will stop to work, sports protect our body and mind from “decaying”, help one to get out from his\her desk in active action, offers a break with some major benefits. Therefore sports are the integral part for improving the quality of education among students, study through sports activities make easy understanding and it is possible to excel in both , just need of desire, dedication and sense of time management. Studies published in the Journal of Pediatrics found a positive correlation between aerobic fitness and passing scores on math and reading tests. Furthermore it was proved that comprehensive physical activity targeted to increase both aerobic fitness and motor skills may have the potential to positively affect executive functions and academic performance [1, 6]

Drug addiction and child crime have been becoming as the vital problem of this contemporary mechanically mobile society. Sports is the best mean, provide opportunities to bring positive thoughts and develop brain, mental-intellectual ability to choose the right path for our own welfare of life & refrain us from the above mentioned obstacles and give us a peaceful society [6].

The range of benefits of sports also includes the elderly people. Though its benefits beyond the boundaries, still it can be summarized as

- ❖ Reduce falls risks
- ❖ Reduce obesity risk
- ❖ Reduce stress and prevent heart disease
- ❖ Contribute to the decrease of cholesterol
- ❖ Fight against the osteoporosis
- ❖ Improve the immune system
- ❖ Maintain muscle mass
- ❖ Create a social link, reduce the risk of depression

Low self – esteem and a lack of confidence can plague specially challenged children. Allowing them to have equal opportunities to take part in sports can enhance their gross motor abilities, social and communicating abilities, as well as improve there over all health and welfare.

Beginning from the health benefits to development of mental, social, intellectual etc aspects of life are play a significant role to live a quality of life. To live an optimum level of sustain life is everyone’s prime requirement. Thus, to achieve this one must starts to perform any kind of sports according to his ability regardless either he is a sports person or not. Our nation, our society does not have a strong sports culture. It is our duty to repeatedly put efforts to strengthen the grassroots of sports ecosystem through an event that is SPORTS FOR ALL.

2 Roles for maintenances and promotion of physical fitness and wellness

Physical fitness: Different people have different statement regarding physical fitness. For most of the people a good physique refers to physical fitness, for medical representative, the proper functioning of physiological components is physical fitness. Ultimately a well agreed definition regarding physical fitness is –physical fitness is the ability to function effectively and efficiently, to enjoy leisure, to be healthy, to resist disease and to cope with emergency situation [4].

Wellness: Wellness is not only refers to be physically fit enough but also an active process of becoming aware of and making choices towards a conscious self-directed process and free from illness to achieve the full potential throughout the life. ‘Wellness is defined as the optimal functioning of body and creative adapting to environment that whole person [5].

2.1 Maintenance

To maintain the physical fitness and wellness which level is vary from a common man to an international athlete, sports play a significant role.

Help to lead a happy and well- balanced life. These can be summarized as follows –

- Contemporary life has reduced the opportunity for the people to expend energy. Obesity, high blood pressure, heart disease become major health problem. Moderate physical activity should be performed at least 6 days a week and one hour per day to decrease the risk of hypo kinetic disorder.
- The WHO has estimated that ‘one in four patients visiting a health services has at least one mental, neurological or behavioral disorder, but most of these disorders neither diagnosed nor treated’. A number of research studies state that regular practice of any sports play a therapeutic role to cure these psychological disorders.
- Every individual has various types of emotions. If anyone doesn’t have appropriate control over it, it may refer him/ her as abnormal. By participating in the sports activities an individual starts having control over their emotions for their own welfare.
- Consistency and continuity are the keys to keeping fit. Continuous practice of sports activity help students develop coordination and teaches them how to maintain their own physical fitness and wellness which carry over into adulthood, helping to avoid the risk factors of various disease.
- Taking part in a sport is not to be something boring and hard one. It can be something that you enjoy and can increase over all happiness in your life through limiting the amount of stress, depression and anxiety.

The role of sports to maintain physical fitness and wellness cannot be emphasized. Now a day’s society is moving towards a sedentary lifestyle, there is a greater need of taking part in sports to maintain both physical fitness and wellness.

2.2 Promotion

To promote the physical fitness and wellness, the role of sports cannot be over estimated. Various steps in schools and communities can take actively in order to promote physical fitness and wellness. They are as follows –

- **Health and wellness club:** Health and wellness club in schools and community is an important dimension for development and maintenance of health skills and physique through active engagement with sports.
- **Physical Education classes:** play is an instinct of a child. Expert recommended that elementary aged children should receive daily moderate physical activity at least for 60 minutes per day.

- **Yoga workshops:** Yoga that is related to our mind and body. Performing yogic activities regularly one can live the best level of physical fitness and wellness. It makes our life full with peace and happiness
- **Intramurals sports competitions:** These competitions in schools and communities are very important for physical, mental, emotional, moral and ethical values of the people. It provides maximum recreation to the students.
- **Health Run:** The purpose of the health run that is organized by the health club or health department to increase the level of physical fitness of the general people.
- **Sports Day:** In contemporary lifestyles overload is given to students which ultimately laid down the harmonious development of the children in schools. In this series Sports day is the only way that help pupil to get out from the desk and the all-round development of children could be done. Children become more enthusiastic to take part in various sports activities.

Moreover, physical activity and sport can be promoted by organizing public sport events and competitions (with motivating prizes, medals, and sports cups) to happen more frequently and to be available for all age groups to participate. Furthermore, the electronic as well as print media can be taken a role to raise awareness about the importance of sport and physical activity and their positive effects on health, fitness, and physical appearance to make a sporty lifestyle a modern and popular trend. Organize more international, professional sport championships and competitions can attract people to participate in sports activities [7].

As we belong to the field of physical education, it is our duty to modernize the whole physical education system so that the updated courses of physical culture will be run for school children and students in higher education institutions to help encourage their participation in sports. Schools can also create environments to engage children regularly in physical activities [2, 8].

3 Conclusions

Performing sports activity become most important task in present mechanical world to keep oneself physically fit and feels the sense of wellness. We observe with more people including children spending their leisure time just that leisure. Instead of that if they use to take part in any sports will definitely strengthen their physical fitness and wellness. Research also proved that higher levels of both leisure-time physical activity and cardio

respiratory fitness had a strong, graded, inverse association with the risk of acute myocardial infarction, coronary heart disease and vice-versa. It has been recommended by various scholars that the large muscles perform dynamic exercise three to four times a week for an average of 30 to 60 minutes to produce a cardiovascular benefit.

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