



## Influence of Sport on Human Health

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**Abstract:** The article scientifically analyzes the influence of sport on human health. The World Health Organization's definition of health is revealed. Particular attention is paid to the main factors in the formation of physical culture among the younger generation.

**Key words:** Sports, health, healthy lifestyle, physical education.

The American physician G. Sigerist gave the following definition to the concept of health : “A person who is distinguished by harmonious development and is well adapted to the physical and social environment around him can be considered healthy. Health does not simply mean the absence of disease: it is something positive, it is a cheerful and willing fulfillment of the duties that life imposes on a person.” The definition adopted by the World Health Organization (WHO) also corresponds to it: “Health is a state of complete physical, mental and social well-being, and not just the absence of disease or physical defects” [3]. The body’s ability to adequately change its functional indicators and maintain optimality in various conditions is the most characteristic criterion of normality and health.

Science has proven that human health depends only 10-15% on the activities of healthcare institutions, 15-20% on genetic factors, 20-25% on the state of the environment and 50-55% on conditions and image life [2].

The problem of movement and health was of sufficient relevance back in Ancient Greece and Ancient Rome. Thus, the Greek philosopher Aristotle ( IV century BC) expressed the idea that nothing destroys the body as much as physical inactivity . The great physician Hippocrates not only widely used physical exercises in treating patients, but also substantiated the principle of their use. He wrote: “Harmony of functions is the result of the correct relationship of the amount of exercise to the health of a given subject.” The ancient Roman physician Gallen in his work “The Art of Restoring Health” wrote: “Thousands and thousands of times I have restored health to my patients through exercise.” The French doctor Simon-Andre Tissot ( 18th century) wrote: “...Movement as such can replace any remedy, but all the healing remedies in the world cannot replace the effect of movement.”

In modern conditions of development of our society, there is a sharp decline in the health of the population and life expectancy. According to various studies, only about 10% of young people have a normal level of physical condition and health, life expectancy has decreased by 7-9 years, and as a result, the productive potential of society is decreasing .

The close connection between health and physical performance with lifestyle, volume and nature of daily physical activity has been proven by numerous studies ( N.A. Agadzhanian , N.M. Amosov , G.L. Aponasenko , V.K. Balsevich , E.G. Bulich , I.I. Brekhman , A.A. Viru , L.P. Matveev , R.E. Motylyanskaya , I.V. Muravov , L.Ya. Astrand , J. N. ), which convincingly indicate that optimal physical activity in combination with a balanced diet and lifestyle is the most effective in overcoming the “coronary epidemic,” preventing many diseases and increasing life expectancy.

In order for physical culture to have a positive effect on human health, it is necessary to follow certain rules [1]:



- 1) means and methods of physical education should be used only those that have a scientific basis for their health value;
- 2) physical activity must be planned in accordance with the capabilities of those involved ;
- 3) in the process of using all forms of physical education, it is necessary to ensure the regularity and unity of medical, pedagogical control and self-control.

The principle of health-improving orientation obliges specialists in physical culture and sports to organize physical education in such a way that it performs both preventive and developmental functions. This means that with the help of physical education it is necessary:

- improve the functional capabilities of the body, increasing its performance and resistance to adverse effects;
- compensate for the lack of physical activity that arises in modern life.

The leading role in optimizing the physical culture and health process is given to the design of various physical culture and health systems based on scientifically proven and adequate relationships between external and internal factors of human development.

To date, a number of proprietary complexes and programs of health-improving physical exercises have been developed and practically tested, which are intended for wide use. Their main advantages are accessibility, ease of implementation and efficiency. This is first of all:

- controlled running loads (Cooper system);
- 1000 movements mode (Amosov system);
- 10,000 steps every day ( Mihao I Kai system);
- running for life ( Lydiard system );
- only 30 minutes of sports per week against the backdrop of everyday natural physical activity, taking into account the rules: if you can sit and not lie down, sit, if you can stand and not sit, stand, if you can move, move ( Morgause system );
- voluntary alternating contraction of the body muscles without changing their length during the entire “waking” part of the day (hidden isometric gymnastics according to Thompson);
- callanetics: a program of 30 exercises for women with an emphasis on stretching ( Pinckney system Callan ), etc.

Currently, new areas of health-improving physical culture have emerged that provide an undoubted health-improving effect. These include recreational aerobics and its varieties: step, slide, jazz, aqua or hydro aerobics , dance aerobics ( funk aerobics, city jam, hip-hop , etc.), bicycle aerobics , weight-bearing aerobics (small barbell) , aquajogging , shaping, stretching , etc.

The choice of one or another method of doing physical exercises with a health-improving orientation correlates with the real situation, opportunities, needs, and sometimes is a matter of individual taste and interest.

The health-improving effect of physical exercises is observed only in those cases when they are rationally balanced in direction, power and volume in accordance with the individual capabilities of those involved. Physical exercise activates and improves metabolism, improves the activity of the central nervous system, ensures adaptation of the cardiovascular , respiratory and other systems to the conditions of muscular activity, accelerates the process of entry into work and functioning of the circulatory and respiratory systems, and also reduces the duration of functional recovery after changes caused by physical activity.

Regular physical exercise (and therapeutic physical culture procedures) have an equally positive effect on the activity of the digestive and excretory organs: the peristalsis of the stomach and



intestines improves, their secretory function increases, the muscles of the anterior abdominal wall, which plays a large role in the functioning of the intestines, are strengthened; The functions of the excretory organs, as well as the endocrine glands, become more perfect [4-10].

In addition to the healing effect, physical exercise has a training effect on a person (mental and physical performance increases), allows you to increase the level of physical qualities, promotes the formation and further improvement of vital motor skills and abilities

The healing, therapeutic and training effect of physical exercise on the body becomes more effective if it is correctly combined with hardening agents in the form of water procedures, sun and air baths, as well as massage.

Research indicates that modern children mostly experience motor deficits, i.e. the number of movements they make is below the age norm.

And this has a negative effect on their body. Moreover, motor deficit leads to more pronounced functional disorders in the child's body.

The strength and performance of skeletal muscles decrease, which entails poor posture, spinal curvature, flat feet, and delayed age-related development of speed, agility, coordination of movements, endurance, flexibility and strength. And a long stay in a monotonous position (for example, at a desk at school or at a computer at home) causes a static load on certain muscle groups, which leads to the adverse effects of hypokinesia.

Hypokinesia, causing the development of metabolic disorders and excessive fat deposition, contributes to obesity in children. In such children, injuries are more often recorded, and their incidence of acute respiratory infections is 3-5 times higher.

In this situation, parents should be the first to sound the alarm.

Typically, complaints are made against nurseries, kindergartens, and schools.

It's there that their children catch colds, and that's where they catch some kind of infection. It's the "callous" educators and educators who don't give children the proper health they deserve. Sometimes it happens that a working mother takes a "snotty" child to kindergarten or sends her to school. Without thinking that these are signs of a cold and when sneezing, he can infect other children. Isn't it easier to go to the doctor and start treatment on time so that there are no complications. It's even better to toughen up your children[11-15].

Scientific and technological development has led to a significant reduction in heavy physical work in the life of a modern person, especially a city dweller. A person of the 21st century is faced with three vices of civilization: the accumulation of negative emotions without physical release, overeating and physical inactivity. The last two circumstances, according to scientists, lead to acceleration - accelerated development of the child's body, primarily an increase in height and body weight.

Internal organs in their development lag behind growth, and various diseases and deviations arise... now, unfortunately, neither kindergartens, nor schools, much less lyceums and colleges provide their pets with the necessary motor regime.

Children in kindergarten and school enjoy physical exercise and outdoor games. However, research in recent years suggests that this is still not enough. They should be supplemented with activities at home.

But this is what underestimating the importance of physical activity for the health of mother and child leads to. If 25 years ago 20-25% of weakened children were born, now the number of "physiologically immature" newborns has tripled; the mothers of these children ate "for three" and moved little.

In the future, the clouds over the heads of such children may thicken if physical exercise is constantly ignored in their daily routine.



At school age, these children suffer from flat feet, curvature of the spine, myopia, obesity, and hypertension. Parents go to the doctor, undergo medication treatment, instead they need to analyze their motor patterns. Do they spend too much time at the computer or in front of the TV, lounging in an easy chair?

Every day, about 45 million children sit down at their desks, and 13 million of them attend after-school groups. From morning to evening they are surrounded by teachers who specialize in various subjects, including physical education.

And some parents have a calming thought. They say that now my child is a schoolboy and the school takes care of him. They know how much he should move, how much he should cram. But many parents don't know that physical education lessons make up for the deficit in physical activity is on average only 11%, two lessons - by 22%. Why, you ask, will we cover the remaining 78%?

Movement is an urgent need for a growing child's body. Lack of movement leads to a number of diseases and disproportionate physical development of the child's body. Therefore, to ensure a full range of movements, it is necessary to provide a whole range of activities in the child's regime. Various forms of physical exercise help improve health, harmonious development and versatile physical training of children. Under the influence of these activities, the vital functions of the main organs and systems of the body improve in children: the nervous, respiratory, cardiovascular and muscular systems are strengthened and developed, the activity of the central nervous system is improved, breathing deepens, the vital capacity of the lungs increases, and the child's motor system is strengthened.

Daily physical exercise prevents postural disorders and skeletal deformation, strengthens the entire body and increases its resistance to various diseases. After all, physically strong children get sick relatively less often and tolerate diseases much easier[16-20].

Reasonable physical education is the basis for the overall development of a child, as it contributes to his normal growth, strengthening of health and formation of the psyche, and increases metabolism in the body.

You should know that as a result of performing various movements, a child develops a number of vital motor skills in walking, running, jumping, throwing, and climbing. Children grow and along with their growth, physical developmental deficiencies become established.

We have no higher and more responsible concern than raising children. No matter who a person is, no matter where he works, he must always show a high sense of responsibility for the fate of the younger generation.

Thus, regular use of physical exercises and hardening factors increases the vitality of the body of those involved, its natural immunity, improves the functions of the autonomic systems, performance and prevents premature aging.

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