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Two Day

**Workshop on
Physical Education and Sports**

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Special Issue Index

Sr. No.	Title of the Paper & Author's Name	Page No.
1	SPORTS FACILITIES IN INDIA: AN OVERVIEW Prof. Kundlik Ramchandra Gavade	9-13
2	THE ROLE OF SPORTS PSYCHOLOGY IN SPORTS PERFORMANCE ENHANCEMENT Prof. M. S. Surywanshi	14-17
3	SPORTS TRAINING METHODS Prof. Ajit Kalgonda Patil	18-24
4	Sport Psychology in Improving Athletic Performance Vikramsinh Pandharinath Nangare, Sandip Bajirao Patil, Lawangare Ganesh Maruti	25-31
5	A Descriptive Study- An Inculcation of Values through Extra-Curricular Activities Dr. Shreedevi A. Pawar (Hirugade)	32-38
6	IMPORTANCE OF ANTHROPOMETRIC MEASUREMENTS IN SELECTION CRITERIA FOR VOLLEY BALL PLAYERS RAMESH M. PATIL	39-41
7	Sports Medicine Dr. Suahant T. Magdum	42-47
8	Specificity for Sports Dr. Swapnil D. Patil	48-52
9	Yoga for healthy life Mr. Vishal Uttamrao Salunkhe	53-54
10	IMPORTANCE OF SPORTS IN HUMAN HEALTH Sudhakar S. Kumkar	55-58
11	MENTAL TOUGHNESS Mr. Sandeep Sahadev Patil	59-60
12	New Trends in Physical Fitness training Mr. Ajay Mahadev Marathe, Prof. Dr. Babaso Ulape, Miss. Rupali S. Kamble	61-66
13	A BRIEF REVIEW ON HISTORY AND SKILLS OF KHO-KHO Miss. Jagtap Smita Bhalchandra, Dr. Babasaheb Ulape	67-73
14	Future Challenges in Physical Education and Sports Dr. Shivaji Bapu Powar	74-77
15	Health and Wellness Suresh Ganpatrao Dhure	78-84
16	A BRIEF REVIEW ON HISTORY AND SKILLS OF BASEBALL MR. AMAR ANIL TUPE, DR. MAHENDRA ANANDRAO KADAM-PATIL	85-91



IMPORTANCE OF SPORTS IN HUMAN HEALTH

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1. Introduction:

Sport is one of the top activities which bring great results for people of any age. First, it helps to improve health significantly, including blood circulation and overall physical stamina. Second, it helps to make your body more flexible and responsive. Moreover, sports help to improve brain activity as well, making it the best way to avoid numerous possible aging illnesses. Since sport is a competition, it also brings numerous possibilities and allows improving ability to build proper tactics and strategies. Thus, you can develop your organizational and decision-making skills by going in for sports. Sports and games teach you how to think and respond quickly in order to succeed in your competition. Sport develops physical, social, and organizational skills improving people's abilities to become a part of a team and always heading to the main goal. All these skills are beneficial in personal and professional life and must always be obtained.

When we look at the history and life of famous people, we can always find their life paths quite difficult and problematic. In the same time, all their wins are based on hard work, incredible patience, and numerous physical activities. Only the person who thinks and acts fast can succeed in the end. Sports are the best example of fast thoughts and on-time acting. This exact physical activity is aimed at improving people's physical and social abilities. The continuous physical activities improve human health and brain activity greatly, bringing numerous additional benefits of sport.

Sport is the best way to be involved in physical activities. Moreover, it is great to go in for sports starting from early childhood on a regular basis. People involved in sports gain additional strength and improve health greatly. In addition, it serves as the best method to keep yourself in good shape. You can improve your health, team building, and communication skills greatly when participating in various sports competitions, including Olympic games. You can test your luck and the power of your desire to win as well. Sports improve our lives significantly



and make us stronger and cleverer. Going in for sports and participating in various sports competitions are the best habits any person can have nowadays.

2. Importance of Sports in Human Health

A. Sports and Special Populations

Playing sports can help children develop healthy bones, stronger cardiovascular systems and powerful lungs, according to Sport and Development.org. Child athletes also develop motor skills and cognitive skills. Being physically active as a child makes it more likely to continue playing sports as an adult, promoting lifelong health, according to the United Nations. Among women, sports can help prevent osteoporosis and hip fractures. Older citizens who play sports have opportunities to keep their bodies moving, feel independent and socialize with others in a healthy way.

B. Getting Physical

Playing sports can help people achieve fitness goals related to weight loss, muscle development and fat reduction because of the physical activity involved. Children who play sports are less likely to experience childhood obesity. Physical activity is associated with hormone regulation and strengthening the immune system, according to True Sport.org.

C. In the Body, In the Mind

It's not just your body that benefits from sports. Playing sports contributes to mental health, helping to prevent depression and increase self-esteem and body image, according to Sport and Development.org. Individuals who participate in sports might also benefit from the social aspect, developing friendships with teammates and feeling part of a group. Children can learn positive mental health skills including accountability, leadership and dedication, according to the University of Missouri Children's Hospital. Playing sports is a key strategy for reducing stress, because your body releases feel-good endorphins while exercising.

D. Different Sports, Different Benefits

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.

E. It's a Lifestyle Thing

Another reason that sports are important for health is that participating in sports can encourage positive lifestyle decisions. For example, if you belong to a recreational rugby league, you might spend your evenings and weekends practicing with your team rather than stopping for a cocktail after work or ordering greasy happy hour food.

3. Benefits of Sport to Health:

1. The heart is a muscle; it needs to be worked out! Regular exercise can help improve the overall health of your entire cardiovascular system.
2. A healthier heart means reduced risk of cardiovascular disease, stroke, and diabetes.
3. Not only does physical activity burn calories, it also improves your metabolism in the long run.
4. Physical activity keeps your heart and blood vessels healthy, helping to prevent hypertension.
5. Participating in aerobic activities — such as running, cycling, or swimming — can improve your body's ability to transport and utilize oxygen in the lungs and blood.
6. Resistance exercises challenge your muscular system, resulting in bigger, stronger muscles.
7. Improved flexibility reduces risk of injury.
8. Exercise is a great mood-booster and has proven to be an effective method of stress relief.
9. People who exercise regularly are less likely to develop breast, colon, and lung cancer.
10. Exercise decreases LDL (bad cholesterol) levels and increases HDL (good cholesterol) levels.
11. Building dense, strong bones is another benefit of physical activity.
12. Exercising more and getting sick less.



13. We know just how important sleep is, and exercising can help you capitalize on these benefits.
14. Exercise is good for your mental health too, as it can battle feelings of anxiety and depression, sharpen your focus, and improve self esteem.
15. When you add all of these benefits together, what do you get? A longer, healthier, more enjoyable life!

4. Conclusion:

The essay on the importance of sports is aimed at showing people the strong need for sports activities for the young generation. Sports can bring a bunch of benefits for youth, including general health, together with blood circulation and overall physical stamina improvement. Sport develops and improves people's physical, social, and organizational skills, which are beneficial in personal and professional life and must always be obtained.

