

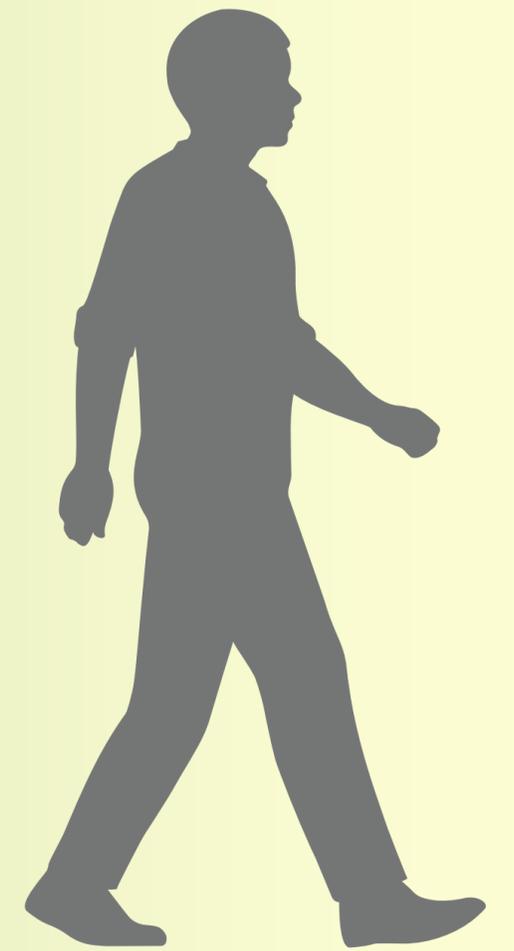


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**SEARCH**  
SPORT EDUCATION FOR ACTIVE AND RESPONSIBLE CITIZENSHIP THROUGH HEALTH CARING





**MODULE 1**  
**Enhancing the educational activity of sport**

# **SEGMENT 4**

**The educational role of sport towards a healthy life**

Practicing sports has both physical and mental benefits.  
A constant and measured sporting activity encourages:

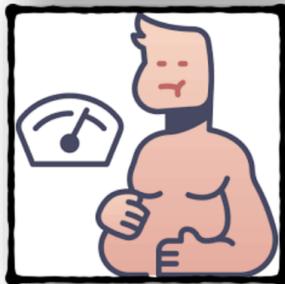
- ***From a physical point of view, to know and to take care of your body;***
- ***Regarding the prevention, to implement a real protective action concerning the physical problems that may occur over time;***
- ***From the nutritional point of view, it can encourage a good caloric balance and a truly healthy physical condition;***
- ***As regards mental health, it allows to relieve stress and tension accumulated during the day and to recharge with new energy;***
- ***From a psychological point of view , it improves self-esteem and social relationships.***

According to the WHO, a lack of physical activity is the fourth highest risk factor for mortality worldwide, while a proper level of activity provides the following benefits:



### ***Cardiovascular protection:***

Cardiovascular diseases are one of the most common causes of death in western countries: seriously practicing sport means preventing such diseases by eliminating risk factors.



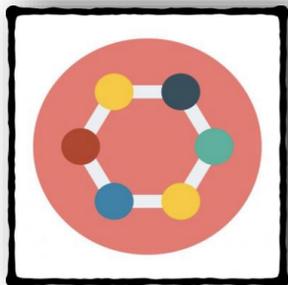
### ***Maintaining the ideal body weight:***

Practicing sport means burning much more calories and, therefore, making it easier to get back to the ideal weight which would require starvation to be maintained in a sedentary lifestyle because of the low calorie consumption.



### ***Strengthening joints and bones:***

Physical activity significantly increases the efficiency of muscles and joints it increases bone density by preventing typical diseases of advanced age.



### ***Hormonal control:***

Physical activity exerts control over glycaemia it stimulates the production of growth hormone by carrying out an anti-aging action it releases endorphins which causes natural feelings of goodness by reducing stress it reduces the concentration of hormones responsible for tumor development.



### ***Ageing delay:***

According to a DNA study implemented by the *King's College of London* (Cherkas), the chromosomes of people practicing at least 3.5 hours a week of *sport* are ten years younger than those of a sedentary person.



### ***Psychological action:***

Practicing *sport* means regularly undergoing hard training involving challenges in terms of determination and resistance to fatigue, i.e. *resilience*. This is a real mental training which can help the athlete overcoming the problems of everyday life.

## ***RECOMMENDATIONS FOR A HEALTHY SPORT ACTIVITY:***

Everyone knows that *sport* is important for staying healthy, but it may not be clear to everyone how powerful physical activity is as a means to prevent or even treat many diseases.

Health is certainly one of the reasons pushing, or forcing, people to practice sport at a late age. However, this is not the case as concerns young people, whose age reveals no differences in terms of health if we compare an athlete to a sedentary person. This difference occurs actually at the age of 30-40 years. Therefore, a young person often fails to understand how keeping sedentary will mean losing many years of his or her healthy life, especially if he or she is not far-sighted.

When practiced outdoors, it improves mood tone by reducing the risk of developing anxiety-depressive syndromes;

It takes only thirty minutes of light physical activity per day to ensure important benefits in the body, thus it is something that anyone can do.

***Meaning of the equation:***

***EDUCATION TO SPORT = EDUCATION TO WELL-BEING***

Education in sport, therefore, means teaching **psycho-physical-mental well-being**, that is, a complete well-being. Practicing *sport* both at high levels and on a personal level develops indeed such a high degree of satisfaction that it coincides with a **concrete feeling of inner fullness**.

Practicing sport, moreover, allows people to escape from an existential dimension which provokes systemic and systematic unhappiness if coinciding with conditions of boredom, suffering, difficulty and discomfort in their broadest sense.



Anyway, the wear and tear of everyday working life represents a significant loss of strength, just like a hooking machine which steals your energy reserves. Sport plays a role also in this sense:

a. first of all, physical activity pulls the plug and recharges the batteries;

b. secondly, recharging helps developing an energy which is spread in well-being.

The healthy subsequent tiredness and the feeling of satisfaction actually represent a ***re-established balance***.

For instance, it is enough to think that we identify the wellbeing also with a whole technology of devices around us, whose **action affects our inaction**: just think of the wide range of cases, ranging from ultra-modern means of locomotion to all kinds of remote controls which transform us into inert beings and prevent the slightest movements that defend us from *the insult of time*.



## The mental dimension of movement has to be reassessed:

- ▶ If you are young, because it structures you.
- ▶
- ▶ If you are growing, because it still structures you and at the same time it teaches you the rules.
- ▶ If you are an adult, because it keeps your structure.

If you are aged because it keeps the structure by giving you a certain independence.



# **Keywords**

**WHO**

**Resilience**

**well-being**

# Remember

Regular sports and balanced nutrition of individuals prevent the development of diseases such as heart and vascular diseases, joint and skeletal system problems, diabetes, fibromyalgia and thyroid diseases that may occur in advanced ages.

It is important for parents to do sports with their children and to encourage them to do sports as a role model for children to gain the habit of doing sports and living healthily from their developmental age.

