

NEED AND
ROLE
OF YOUTH
SPORTS
IN
HEALTH
AND
WELLNESS



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Introduction:

The World Health Organization defines health as a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. Eating right, Exercising, and sleeping well play an equal role in the prevention of infections and diseases. However, a good sense of self, a loving support network, and the potential for continued personal growth is also important to our overall wellbeing.





Importance of Sports

Sports provide a unique opportunity for children to acquire physical, social and personal benefits that can help them throughout their lives, student athletes generally do better in school.

Playing Sport can:

- improve physical fitness
- improve confidence through learning skills and success
- help children to learn to control their impulses - this is necessary for success in sport as well as social relationships
- help build friendships start lifetime interests
- help children learn about rules and fair play help children to cope with winning and losing help children do better at school work.



11-12 years and over

- Children and young people can enjoy the competition and still be learning skills. Some children at this age are showing special talent and interest in a particular sport and can benefit from individual coaching.
- Children and young people need to learn about how to behave when playing, and when winning and losing.
- Sport at this stage can involve trips away with a team and opportunities for team leadership.
- It is important not to push any young people beyond what they are physically ready for and to find out about what is appropriate in relation to their age and the sport they are playing.



CONCLUSION

In conclusion, I would like to say that it is not we who are averse to sports. In fact, in urban areas, our Generation has already turned to basketball and football and not just stuck to cricket. It would be optimistic to consider that this change will soon affect the rural areas too. However, the nature with which sports is handled in the country has made our interaction with it mainly restricted to television viewings and video games. A more integrated approach to Sports Education in the country would perhaps drive us from our living rooms into the nearby playgrounds. It may go a long way in converting the potential interest of the Youth of India into a physical reality.

