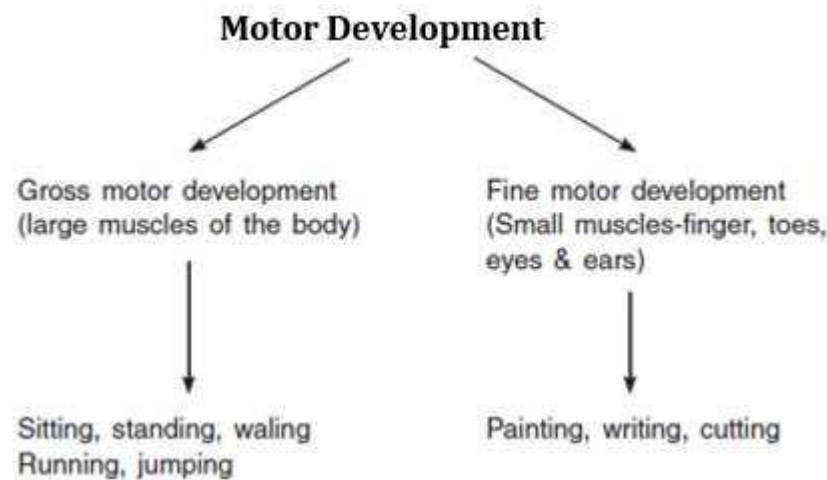


Chapter 5 Children and Sports

Key Points :

- Motor Development in Children
- Factors affecting Motor Development
- Physical and Physiological benefits of exercise on children
- Advantages and Disadvantages of Weight Training and Food Supplement for Children
- Activities and Quality of Life

5.1 Motor Development-Motor Development refers to the development of a child's Bone, muscles and ability to move around and manipulate his/her environment.



5.2 Factors affecting Motor Development

1. Heridity
2. Nutrition
3. Sleep
4. Immunization
5. Environment
6. Stimulation and Interaction
7. Opportunities
8. Training and Practice
9. Recreation
10. Education-Learning and Productivity
11. Gender
12. Posture Deformities
13. Sensory Impairment
14. Obesity
15. Social Skills
16. Mental Health

5.3 Physical and Physiological benefits of Exercise on Children

Physical benefit of exercise

1. Physical Health and Strength
2. Mental Health
3. Emotional Wellbeing
4. Social Health
5. Positive School Environment
6. Motivating personality
7. Controls anti-social behavior

Physiological benefits of Exercise

1. Strengthening the heart
2. Strengthens bones and muscles
3. Controls Blood Sugar
4. Regulate Blood Pressure
5. Increases Energy level
6. Detoxification
7. Reduce Cholesterol level

5.4 Advantages and Dis-advantages of Weight training and food supplement for children

Weight training:- Those exercise, that are designed to strengthen specific muscles. By causing them to overcome a fixed resistance, usually in the form of Bar bells or Dumbles.

Advantages of Weight Training

1. Improves Posture and range of motion
2. Increases muscles strength, bone density and endurance
3. Protection against injury
4. Improve motor performance
5. Promote healthy Blood pressure and Cholesterol levels
6. Maintain Healthy Weight
7. Develop confidence and self esteem
8. Improve immune system functions
9. Improve Psycho-socio well being
10. Promote and develops exercise habits

Disadvantages of Weight Training

1. Maturity
2. Introduce Injury
3. Safety
4. Loss of Flexibility

Food Supplements for Children:- The nutrients, that is added to diet to nourish the body Without getting regular diet. Food supplement include Vitamins, Minerals, Fibers, Fatty acids or Amino acids among Other substances in the form of Powder or Tablets.

Types of Food Supplement

1. Protein Supplement
2. Vitamin Supplement
3. Calorie Supplement

4. Fiber Supplement

Benefits of Food supplements

1. To provide the substances to body in case of incomplete diet.
2. They ensure to replenish sufficient quantity of nutrients to avoid deficiency from meal.
3. Provide instant energy to the body.
4. Children with the chronic medical conditions such as Asthama, Scurvy, rickets or digestive problems-provide nutrients to survive.

Disadvantages of Food Supplements

1. Some body building supplements may contain steroid or like substance which are very harmful substance and could lead to serious liver injury, stroke, Kidney Failure etc.
2. Weight loss supplements may contain numerous untested ingredients, which are not safe and effective for children
3. Mostly, the supplements cause allergy and intolerance among the children.
4. Dietary supplements, including the herbal products may interact with other product or medicines may cause unwanted side effects.
5. Numerous Multi-vitamins and Mineral supplements may cause headache, Diarrohea, nausea, cramps etc. among the children due to overdose.

***Warning*:- “Food supplements must be taken under the supervision a qualified medical practitioner”**

5.5 Activities and Quality of Life

“Quality of life is the satisfaction of any individual’s values, goals and needs through the actualization of their abilities or their life style”

“Quality of life as well-being covering all areas of life i.e. Physical, Mental, Social, Emotional and Spiritual well-being”

Role of Physical Activities in Improving Quality of Life

Mental Health	Physical Health
<ul style="list-style-type: none">• Boost to mental wellness• Improved memory and active mind• Improved mental health and mood• Improved reaction time• Releases tension• Promotes Enthusiasm & optimism & disease• Manage stress, anxiety & depression• Stronger Immunity	<ul style="list-style-type: none">Improve the blood circulationControl weightPrevent bone lossBoost energy levelImprove self-imageHelp delay or prevent chronic illnessBetter posture and balance