

Why kids should play sports



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The Magazine commissioned a University of Florida research group, led by professor Michael Sagas, to design a groundbreaking study of elite youth athletes, asking them to tell us exactly how they feel about their sports. Ninety six percent Of them said they really enjoy playing sports. Some Of them play team games, while others go the individual route. But the common thread is that, for the most part, they're all loving life. We should encourage our kids to play the sport, but we shouldn't choose which one we want them to play.

Kids should not be force into play a specific sport.

Sometimes this is he main cause for kids not wanting to be involved in sports. There also have been an increase on obesity, rates due to electronic entertainment systems nod days. " If our goal is to keep kids as physically active for as long as possible, we're looking at organized sport as this solution to a public health crisis," said A.

Vises, author of " the study". We should encourage our kids to play the sport, but we shouldn't choose which one we want them to play. Kids should not be force into play a specific sport. Sometimes this is the main cause for kids not wanting to be involved in sports.

Sports have numerous unifies on kids.

Increasing exercise causes growth of muscle tissue and blood vessels, regular exercise will maximize the genetic potential. All tissues of the body grown in proportion to the load put on them. Current studies indicate that bone length and density, muscle size and strength, muscle flexibility,

leanness, and aerobic power all increase with exercise in childhood. They are more prone to be stronger, flexible, thinner, greater aerobic power, and have larger muscles and bones than similar children who do not exercise regularly.

Keep in mind that sports vary widely, the quality you get from a game depends also on the way it is played.

Sometimes it is important to be trained for the specific sport that kids are playing. Improving strength and flexibility of a particular body area will be key to them, to stay healthy and prevent injuries. Athletic competition provides opportunities for young people to learn and grow. If your children are involved in sports, make the most of the opportunity to teach them about these six important character qualities: teach ability, integrity, perseverance, positive attitude, respect, self-esteem.

However there are some potential rough patches to work through, from choosing the right sport, to finding a nurturing team and supportive coach, to learning to watch from the sidelines without making your kid anxious. SCAMS researchers recommend that physical education classes include more vigorous activities for kids. Other research also shows that active children do better in school, are better able to concentrate, and even exhibit fewer behavior problems. Injuries are part of life, it can happen at home, school or at the park. But this should be the last of worries for parents.

There are some recommendations for sports involving collisions, Dr. Robert Can't commends that nobody under the age of 14 should be involved in collision sports. Testing has shown that teenagers who played contact sports

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often already showed signs of chronic traumatic encephalopathy, or CITE, a degenerative brain disease caused by multiple blows to the head. Kids are “training too much, too fast, too soon” in one sport, says Eric Small, a pediatric sports-medicine expert.

Some 60 percent to 75 percent of the injuries come from overuse. ' I. Most coaches are well-intentioned volunteer parents with little knowledge of how a child's body develops.