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**MONOGRAPH:**  
**“THE IMPORTANCE OF PLAYING SPORTS THAT REQUIRE PHYSICAL  
ACTIVITY TO AVOID ILLNESSES AND PHYSICAL ISSUES”**

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### **Gratitude**

First, I want to thank my parents who taught me how to be responsible and lead me to have a healthy life and sports. I am also grateful for having Lcda. Claudia Lossa and Lcda. Patricia Sánchez for helping me out through the process of writing this monograph and giving me wise advice, which made me work at my best. Finally, I want to thank my friends who have, through all these years, shaped me into the man I am.

### **Summary**

The following monography is intended to be informative and relevant about the importance of playing sports that require physical activity to avoid illnesses and physical issues. In the

length of the research, it is wanted to be proved how sports not only help the human body but how they prevent you from bad habits that could turn out to be very dangerous and also what should be avoided during exercising for you to keep up your healthy life and not risking it all for ambition and ignorance. Through the investigation of how a healthy lifestyle and habits boost your personal life and how vices, dangerous substances, and excess of drugs, alcohol and also exercise could be affecting your life right now and you should be doing something about it to be a better person in all aspects of your life, because of the great impact sports can do to your body and mental health. It shows how local sports could also help kids into professional life and how it can be beneficial not only for health but for wealth too, not every person could be paid for playing good in something you like. It also creates and makes the growth of a healthy community that is good for everyone. The knowledge about how to prevent injuries and a person should take care of it is also important for a continuous and successful career.

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## **Introduction**

Sports have a huge impact on society, but they also can make your life different in a good way. Not every person is aware of the importance of playing sports that require physical activity to avoid illnesses and physical issues, parents usually make their kids do some extracurricular activities just for them not to be home in their electronics. It is really important for other people to exercise, due to a medical reason, economic problems, self-acceptance; but what it really helps you with is with your entire self and people should be knowing that fact.

It is of great importance to know about how sports can change your life better, not only your body, energy, and strength but also can help you fight against illnesses, physical problems and mental conditions; after all, they can make you happy. They can help you grow as a person and help others too but, you must always remember not to take forbidden substances, alcohol, and drugs that can harm your body, and health; here there also is how they affect you the same as the excess of working out could be very dangerous too.

Through all of the research done, this is a very important topic, there are a lot of studies done about how exercising and sports are related to health such as Oxford in cooperation with IB with *Sports, exercise and health science* written by expert and experienced IB examiners and teachers.

Worldwide there are people who suffer from illnesses and other types of issues that could be avoided or shrunk by doing exercise. Obesity is a mortal enemy to today's society and children should be leaning towards sports to have a healthy life and better future keeping them away from problems, and adults should do too.

There is information about overall health, how to have a healthy lifestyle, giving advice in what behaviors a person should be following and what are bad habits people should be avoiding having a better life. Then sports come in, their origins and how they have evolved and their benefits; also about how local sports help children with their future and impact on society. At last, comes the problems people could suffer if they do not have an active and healthy life and how forbidden substances, alcohol, and drugs can end their careers, damage your body and mental health; and how the excess of exercising could be giving you those consequences as well.

## **Chapter I**

### **Health**

#### **1.1 Lifestyle**

The choices people make daily which later turn into a routine is what a lifestyle is. In order to be healthy and have a completely functional body a person must have a good nutrition, regular physical activity and adequate rest; this will increase your lifespan, prevent diseases, keep good mental health, increase a person's happiness and boost self-confidence and self-esteem. There are unhealthy and dangerous behaviors as well which can make your life tear apart, destroying your physical and mental health conditions. Knight J. says: "In fact, about two-thirds of the major causes of death are, to a significant degree, lifestyle-related. As noted by Mokdad et al, the major "actual causes of death" are physical inactivity and poor nutrition" (p. 1).

##### **1.1.1 Healthy habits.**

Having a healthy life must not be only when you get some free time, or you are able to. A person should follow their routines daily to see the benefits and results, they will not only impact you but your surroundings too. Healthy habits are good for your body and must make the difference when it comes to physical activity performance, an active person with a vigorous routine will have better development in sports for example. "Studies have shown that long-lived species are more efficient in cellular maintenance than short-lived species, suggesting that enhancement of the body's maintenance systems may slow the aging process" (Knight J, 2012, p. 1).



#### ***1.1.1.1 Good nutrition.***

A balanced diet means you are getting all the nutrients, vitamins, and minerals your body needs to have an appropriate functionality. It also helps you to avoid illnesses such as cancer and heart diseases. Great meals consist of fruit, vegetables, whole grains, lean meats, low fat or fat-free milk. Not everyone can eat the same amount and types of food it all depends on your body type. Body type is not only how someone looks it gives extra information about what type of diets and exercise suits you the best (Andrews, 2013)

#### ***1.1.1.2 Regular physical activity.***

Being active is the most important part of having a healthy life. “The 1995 recommended guidelines indicated that at least 30 minutes of moderate-intensity physical activity on 320 most, but preferably all, days of the week would result in significant health benefits” (Knight J, 2012, p. 1-2). Always try some time to do your regular exercise routines to be able to enjoy the benefits it carries. Doing exercise gives you a healthier state of mind and reduces the risk of a heart attack, lower blood cholesterol, and pressure, have stronger bones, muscles and joints and lower risk of developing osteoporosis. On multiple occasions, it has been proven that the impact exercise has on the brain, for example in the treatment of depression.

#### ***1.1.1.3 Adequate rest.***

Resting is necessary for your body and a person should have an average sleep of eight hours. As part of a healthy life, it brings advantages too. Bad sleep can get you fat, increased inflammation and cause depression; good sleepers eat fewer calories, have improved immune system, concentration, and productivity, better sports performance.

### **1.1.2 Unhealthy behaviors.**

Daily good decisions are what people call a routine, but consecutive bad choices lead people into vices which are in most times harmful and dangerous to your body, affecting you in different aspects of your life. Apart from that not doing exercise, not having enough sleep and a poor diet causes issues in your body too. Knight J. says "...Unfortunately, physical inactivity, which has progressively increased over the past several decades, significantly increases the risk of numerous diseases/disorders, including several forms of cancer, diabetes, hypertension, coronary and cerebrovascular diseases, overweight/obesity, and all-cause mortality, among others" (p. 1).

#### ***1.1.2.1 Poor diet.***

Not giving your body the energy it needs to function properly can lead to eating disorders which tend to be bad not only for athletes but for everybody. There is a balance people should maintain between ingesting food and doing exercise, this is because you cannot do exercise without energy and you cannot eat with no limits and do no exercise at all, having a poor diet can turn into anorexia, bulimia, binge eating, pica, rumination, avoidant food intake, and other types of them which will not be good for your health and sport performance. Not only it is about not eating, exceeding the average amount of food needed to be healthy can cause obesity, but this also can lead you to have a sedentary lifestyle in which not doing your regular physical activity basis can be mortal. There should be an equilibrate amount of what you are eating and the physical activities you are doing, it depends on the person and the sport or physical routine they are following.

### ***1.1.2.2 Consumption of alcohol and drugs.***

Bad influences are everywhere nowadays and young people watching them while growing up are not good. Alcohol and drugs are harmful to your body and performance does not matter what sport are you playing. Many of young athlete prospects end their career because of this, they have grown in places where it is normal to see people consuming these type of substances so when they are able to get them easily because of the money they receive for being good at what they do, they end up screwing their future and reputation, in some cases even with their lives. These types of substances are prohibited in professional leagues of any sport but bad people will always want to misarrange your way and make things more difficult.

#### ***1.1.2.2.1 How they affect your body and performance.***

Alcohol and drugs have serious consequences in the body, people may think these will only appear when the ingesting of the substances becomes a vice, but the problems start right away when it enters your body. Alcohol disturbs performance even if you are a regular exerciser, you go to the gym every day or play in events frequently; it has effects on sports performances, long-term effects, could also affect your heart rate, causes dehydration and affects the way the body produces energy. Reardon & Creado (2014) affirm:

Drug abuse occurs in all sports and at most levels of competition. Athletic life may lead to drug abuse for several reasons, including for performance enhancement, to self-treat otherwise untreated mental illness, and to deal with stressors, such as pressure to perform, injuries, physical pain, and retirement from sport. (p.1)

## **Chapter II**

### **Sports**

#### **2.1 Importance of sports on health**

Sports have been in humanity for so long, they are now part of it and history, it is not certain why sports were created maybe entertainment, rivalry or recreationally to name a few reasons. In any case they have help us humans to have a healthier and active life. There is something on every being called homeostasis which is basically the harmony of your internal functions working, while doing exercise during sports this phenomenon works at its best, improving the gas exchange, content of arterial blood, body temperature among others.

The transport of oxygen is an excellent illustration of the body's systems in action during exercise and this will present a common theme while studying the cardiovascular and ventilatory responses to exercise in this chapter. Indeed, the rate at which oxygen is taken into the body and used is an excellent indicator of how well these systems are working together.

(Tony Turner, 2012, p.30)

The human body needs to be synchronized to have a proper functionality which can be regulated and enriched by playing any sport that uses the physical capacities of a human being but will be working incorrectly if the suspect has a cardiovascular or respiratory disease.

##### **2.1.1 People's health and the environment in which they live.**

Sometimes people can be directly affected by the things surrounding them. A sporting family, local sport activities, and regional fan favorites sports could be helpful to set a healthy consciousness which motivates them to keep up with an active lifestyle that will help them develop better in various aspects apart from giving them benefits. It depends on the weather

and geography of the place, not all of the sports can be played everywhere and some of them are not as famous as others in certain places. Traditional sports are very helpful, mostly in kids and teenagers, they make them form a healthy base starting at a young age and could also give them opportunities in the future such as scholarships.

## **2.2 Classification of sports**

Sports are activities which involve physical skill and exertion that an individual or a team must use in order to compete against another or others, could be for entertainment or pastime nowadays. The humankind has created a large and diverse net of sports during humanity's lifespan, every one of them with their own rules and different qualities. All of them partake unique form of contributing into the human body through movements of specific parts of the body, activation of cognitive skills, release of substances which regulate the healthy status by strengthen the systems that take part in the activities done. Playing sports have general benefits such as the following:

- Sports can help control your body weight or reduce body fat.
- Sports motivate you due to the satisfaction of gaining skills.
- Sports fight depression and anxiety.
- Sports allows you to challenge yourself and set goals.
- Sports help strengthen bones.
- Sports help aid coordination, balance and flexibility.
- Many sports can help improves stamina and concentration.
- If you are sporty then you are more likely to have a healthy lifestyle.

Those are some of the positive outcomes of playing sports, on the other hand as the research goes deeper you will find more specific assets depending on the type of sport.

### **2.2.1 Land sports.**

Land sports as the name suggest are played in the surface the floor can vary depending on the discipline taking place, it can be concrete, grass, clay, dirt, and others. These sports must be played in the usually delimited area which also depend on the game.

#### ***2.2.1.1 Benefits.***

Many of the land sports involve running which is an activity that has positive physical effects such as mood boost, internal system improves, among others. Baseball is a sport that requires a lot more than just physical skills, it also needs you to be an intelligent suspect with high capacities of team working, in any case some of the assets of playing baseball are that it builds strong arms and legs due to the use this sports have of both, it also help with mental focus and concentration, and it give you plenty of vitamin D while playing during day time.

### **2.2.2 Water sports.**

Played inside of the water, there are not as many as there are in the land but have their own importance and benefits. The most popular and recognizable is swimming in which the main skill is used basically in most of the other sports inside this spectrum.

#### ***2.2.2.1 Benefits.***

According to Better Health Channel (2013):

Keeps heart rate up but takes some of the impact stress off your body, builds endurance, muscle strength and cardiovascular fitness, helps maintain a healthy weight, healthy heart and lungs, tones muscles and builds strength, provides an all-over body workout.

## **Chapter III**

### **Consequences of an unhealthy and inactive lifestyle**

#### **3.1 Illnesses**

Illnesses conform to a large part of the world's top leading causes of death, from infections to cancer itself. Allen (2013) states that sports are the most powerful weapon to fight against several types of cancer. Apart from giving other benefits, it decreases the risk of getting these illnesses especially breast and colon cancer. Studies have shown that people who exercise are less probable to suffer from these difficulties than people who do not. There are many ways of getting these issues if someone is not into a healthy lifestyle, it is important to do check-ups to keep track of your health status. Be aware of the decisions and activities you do daily, these could be harming your body and can get you sick.

##### **3.1.1 Causes and consequence.**

Illnesses can be caused by several reasons such as bad nutrition, lack of exercise, or doing unhealthy things to your body. Poor nutrition could be either eating unhealthy foods or not eating at all, these two can cause obesity, diabetes, anorexia, heart diseases, strokes, muscular fatigue, among others. lack of exercise can cause a person to suffer from a sedentary lifestyle which can be mortal to a person, usually, these types of people are obese so they have a surplus amount of adipose tissue, this can affect their health causing diabetes, a large number of malfunctioning heart problems. Bad lifestyle choices such as smoking are contributing to higher chances of getting ill, in this case with pulmonary, and breathing problems.

#### **3.2 Physical Problems**

More related to the body itself an unhealthy and inactive lifestyle can cause especially a kid, weak bones, joint pain, lack of nutrients which will cause inappropriate growth leaving the

person short. Not using your muscles regularly can cause them to enter a phase where they stop responding due to the lack of use, this will cause the body to use other parts and possibly injure the person.

### **3.3 Excesses in the sporting community**

In the sporting community, some people break the rules of using substances, either for better performance and enhancement of their body or just as a hobby and fun. Specialists managing that these substances are not getting in or being used among the players, but as everywhere else there is corruption in these organizations and manipulate information, money, and player to their benefit, so they get the best out of every situation. Usually when a person cannot take more exercise and gets stagnant they release them from the team that is one of the main reasons players use these substances to keep on the race to achieve their goals they have been working so hard to achieve, the number of people who want the same as them is enormous and that is why they play illegally, no one wants to be thrown apart.

#### **3.3.1 Forbidden substances.**

According to the World Anti-Doping Agency (2019):

For a substance or method to be added to the list, it must be determined that it meets two of the following three criteria:

- It has the potential to enhance or enhances sport performance
- It represents an actual or potential health risk to the athletes
- It violates the spirit of sport. (p.1)



### ***3.3.1.1 Consequences.***

In the baseball field, how it is known, some players use horse products before a tryout to maximize their potential and give them power and stamina, but it is exclusive for horses which are way more resistant for the effects, a bad calculation on the dose you are using can cause death; not only with this product but others that give similar results, an overdose and your career and life are over. Alcohol creates brain and neuronal damage apart from the consequences that could happen under the effects of its consumption, a lot of athletes die after nights of drinking and partying. SAMHSA (2019) says: “Excessive alcohol use can increase a person’s risk of developing serious health problems in addition to those issues associated with intoxication behaviors and alcohol withdrawal symptoms” (p.1). Drugs are addictive and extremely harmful in any way they affect all of the body structure, principally the brain and the neuronal system.

### **3.3.2 Injuries.**

Another career ending reason is injuries which can be caused because of a movement the body was not prepared to realize, this could be a bad stretching or a try to surpass the body’s own capabilities. Sometimes the fault does not rely on the player but the trainer itself who is trying too hard to get the athlete to a level they are not prepared yet and they overload the player fatiguing the muscles but still pushing them to work. There are times when in recovery things change and will never be the same for the athletes, either they lose their abilities or someone else takes the spotlight while they are out getting better to come again. It is difficult to stay always great; you will try to keep improving and you must push your body to its limits for it to grow, it depends on your capabilities.

## **Conclusion**

- Health is something almost everyone gets granted but can be tricky, the best way to have a great life is by having a great healthy routine, with good nutrition, adequate rest, and exercising regularly preferably by playing a sport. A person must be aware of how little actions can affect the entire body and why you should change your point of view about how you take care of yourself and do it more seriously. It is important to

give children a base they can hang up as a reference and look to it and see what happens if they do not keep track of their health so they can grow as better people always trying to improve.

- Sports cause great impact in society in various aspects but most importantly in the behavior of people and how professional players motivate and make people to be more into sports, this has more effect in local teams and regional sports because people feel more connected and attracted to what they think is closer to them. In kids and teenagers this type of influence is great due to the process of forming a great person with vision and dreams.

### **Recommendations**

- To keep track of your health life by checking yourself in hospitals and experts, also go to a nutritionist to help you with a good diet that will help you get the way you want to be to feel comfortable. Look up into sports near your area that will help you or other exercising in other ways like jogging, gym, Pilates, and others.

- Be sure of knowing the bad consequences the body could have if you are consuming alcohol, drugs and other forbidden substances that can harm the body. Search for help if you do not want to go through that alone, rehab could be helpful.
- Doing physical activities is good but do not take it too far because injuries can be really bad and can get you out of activity, know your body and capabilities to just do what is inside of your limits.

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**QR Code**