

Health and Sport

What is the main core-business of these sectors?

Health

Promote public health

- To cure and prevent prevailing diseases
 - In western societies are NCD's
 - Strongly lifestyle-related
 - Physical inactivity has been identified as one of the main risk factors for NCD's

What is the core-business of your organization?

- To which of these two it is closer to?
- How close/far it is compared to core-business of the sports (clubs)?

Sport

Organize sporting activities (specific to certain sport discipline)

- To develop athletes to perform better in a given sport
 - i.e. athlete development and sports performance
 - Training volume is the key factor (quantity, but also quality of training)



A fundamental role of lifestyle factors in comprehensive athlete development

- The significance of lifestyle factors can be highlighted by changing those un-healthy and need to be tailored to sports (athlete development and sports performance)
 - Shortage in sleep, unbalanced diet, abuse of substances, a lots of screen time, over-usage of energy drinks effect on athlete development...for example
 - decrease psychophysical alertness for training (before and during)
 - disturb learning (during and after)
 - slow up recovery from training (after)
- Together with direct effects unhealthy behaviors have in-direct effects like...
 - shortage in sleep leads to tiredness → to feelings of dizziness, restlessness, hyperactivity, unbalanced moods... effects on training?!
 - binge-drinking leads to...
 - direct alcohol related effects (short- (one time) and long-term (several times))
 - In-direct effects via sleep (shortage etc.), nutrition (un-balanced), other...
- Similar chains of effects can be found under every health topic
- Clearly in these cases the best possible training effect can not be reached

