

THE FUTURE OF SPORTS MEDICINE

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There was little good research under way, there were several high-quality educational programs of specialization. We now have a significant evidence that the lack of exercise leads to the development of cardiac disease, some cancers, type of diabetes, stroke, and certain skeletal muscle disorders. It is becoming more and more clear that a physically active way of life increases the sense of general wellbeing and generally improves psychosocial health. The impressive body of evidence on physical activity and health led many organisations around the world to develop initiatives and statements on this topic. Exciting new work on exercise and immune function, and what is it related to the risk of cancer and other diseases relates to one prominent example. We can now conclude that physical inactivity does indeed increase the risk of colon cancer, and probably plays a role in breast development and prostate cancer as well.

The roots of science exercise are in physiological disciplines. The Great British A. Hill Physiologist received the Nobel Prize for his study in physiology exercises in the early part of this century. Many important current study paths in the physiology of exercise, and these efforts will undoubtedly continue to produce important results. From the public health perspective, one of the most important issues is how to get more people more active over time. Much of the current work in this area is based on well-developed behavioral change theories and a lot of new information is being made. The next few years will make enormous progress in our understanding of how to successfully engage in physical activity. The main hesitant issue related to physical inactivity and health is the effect of the social and physical environment in which those of us in industrialized societies live. In industrialized societies, probably most people do not avoid sedentary entertainment such as television viewing and surfing the Internet, no - it's wise that they will refuse the most labor-saving devices at home and at work.

So, although we have made a lot of success in science exercises and sports medicine, and while exciting new discoveries are constantly made, the main challenges are ahead in terms of physical activity and health. Let's hope that by working together we can learn to overcome this problem.

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