THE EXAMINATION OF OBSESITY

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HHPK 516 25 July 2022

Research shows that in the past 30 years, childhood obesity and hypertension have grown to be significant public health issues. Obesity was prevalent in children ages 2 to 19 in 2013-2014, according to the National Health and Nutrition Examination Survey (Georgeson, Lebenthal, Catania and Georgeson, 2017). Compared to other pediatric age groups, adolescents have the highest percentage of obese people. Obesity increases the chance of developing cardiovascular illnesses, according to studies on adolescents (Georgeson, Lebenthal, Catania and Georgeson, 2017).

According to research, In the US, almost 30 million children and teenagers take part in organized sports. Before the start of the competition season, these athletes must go through a preparticipation physical evaluation (PPE) (Kropa et al., 2016). The PPE's main goals are to identify athletes who may be at risk of disease, injury, or even death. Although receiving a "preseason medical clearance" may be considered routine process, there is still a great deal of debate on the right context, scope, and expectation of health benefits that the PPE should have (Stiefel et al., 2016). The PPE should be viewed as an opportunity to give the athlete a thorough checkup and general health screening. This interaction may be viewed as a waiver of liability for sports participation according to some (Stiefel et al., 2016).

Youth may overcompensate vigorous exercise by eating more and gaining weight, as shown in a study of kids involved in a school-based activity intervention. If this frequently happens in sports, it might explain why kids who participate in sports have a higher risk of being overweight or obese (Nelson et al., 2011). Although obesity prevention is not the main focus of youth sport programs, sports provide a setting where many young people engage in physical activity. Given the amount of physical activity

involved and the high levels of involvement, youth sports may offer a favorable environment for preventing obesity (Nelson et al., 2011). Research and policy literature have debated the advantages and disadvantages of youth athletic involvement, although many advantages have been found. acquiring physical abilities. In order to keep active, young athletes learn both general motor abilities (such as sprinting, jumping, and hopping) and sport-specific skills (such as how to putt a golf ball or shoot a jump shot in basketball) (Santos, Gould and Strachan, 2019). Children express “to get exercise" and "keep in shape" as two reasons for engaging, and playing sports helps with both of these goals (Santos, Gould and Strachan, 2019). Social interaction is a powerful incentive for participation as well. Teams and good competitiveness in sports can foster peer connection (Santos, Gould and Strachan, 2019). Proprioception and coordination are two basic motor abilities that can be learned through sport and then transferred to other sports and leisure activities, increasing participation and involvement while also assisting in skill development (Santos, Gould and Strachan, 2019).

In conclusion, there are numerous ways to promote a healthy lifestyle. It is the responsibility of everyone involved in youth sports, including coaches, trainers, teachers, administrators, parents, and members of the media, to create an atmosphere that will maximize the possible advantages and minimize the potential risks for young athletes (Malina, 2009). Ensure that prior to participating in a sport, all participants have a physical examination performed and medical history questionnaire filled out.

References

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