

The important role of Physical activity at 15 -18 years old

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Abstract

Introduction: Our simple study just touch the top of “iceberg” for the role of PA and sport should have especially in school. There is a close relationship between physical activity, physical fitness, and health in adults (1.). to encouraging greater amounts of moderate and vigorous exercise, it may be wise to attack the problem from the other end of activity side i.e., sedentary behavior, TV watching, which has been kinked to obesity (2).**Objectives:** To see how deep is knowledge of this age about role of Physical Activity in general education and to understand a little bit about their way of thinking on this topic. **Subjects:** This study has selected ,from two high schools , 200 boys and girls 15-18 years old in the center of capital .**Methodology:** Questionnaire assessment has been applied. (based from Sotgiu.P 1988). All data are elaborated in database. **Results:** Data from 13 directly questions show : 1.80 % students wants that PA(physical activity) is part of their main inters. 2.65 % wants that number of hour /for week must be increase. 3.80 %show that get involve in PA without obligation.4. 75 % of student is ready to frequent systematically PA during three years. 5.25 % show that didactic infrastructure is acceptable. 6.14 % do not shows a particular inters about PA. 7. 80 % wants to select by himself games or recreation situation. 8.50 % of student the participation in PA dedicated the respect for teacher, parents. 9.20 % engages in extra curriculum PA. 10.50 % engages in PA because to build a beautiful body. 11.60%shows that prefer collective games (football, basket volley) .12. 57,4% during the PA create a cohesion clime and respect for each other. 13.22,3% shows a luck of communication with their parents about PA .**Discussion:** This study show a interesting and optimistic data for every questions and they speak themselves. The most piquant answers are : 25 % show that didactic infrastructure is acceptable and that is understandable too ,but is a good start for our point of view .22,3 shows a luck of communication with their parents about PA where they are interest in other subjects of schools..This transitory situation has and optimistic side of medals where we all together work and try to performer better and better .The main obstacle we think(as college and parents too) is our own mentality that step by steps , gradually is doing significant changes.

Introduction:

The important role of Physical activity at 15 -18 years old is now a duty for every education institute .A duty and a mission to escape from drugs ,bad behavior ,prostitution and other addiction . Our simple study just touch the top of “iceberg” for the role of PA and sport should have especially in school. There is a close relationship between physical activity, physical fitness, and health in adults (1.). to encouraging greater amounts of moderate and vigorous exercise, it may be wise to attack the problem from the other end of activity side i.e., sedentary behavior, TV watching, which has been kinked to obesity (2).

Against all of these we have ,accept other institution ,e “ Gun “ maybe a small one but very effective against bad behavior , to realize what is more important , our mission for a healthy society. Through PA we have always a better performance ,good look and a antidote for that teen generation.

Study shows that there is a close relationship between physical activity, physical fitness, and health in adults (3) and this is well know for the most of the people the PA improve quality of life itself..

Other study ,cross-sectional analyses of fitness level and coronary risk factor of participants in aerobics Center Longitudinal study(ACLS),cardio respiratory fitness was inversely associated with body weight in men(4)and women .

Exercise leads to a number of long –term health benefits, including a reduction in body weight and an increase in lean body mass (5).So exercise must be the way of living for teens and and for other ages.

It is generally believed that a marked reduction in daily physical activity combined with our affluent diets, rich in fat and simple sugars, are probably two important contributing factors in the progressive increase in the prevalence of obesity (6).We see that phenomena every day of our live ,but we do not know how scientific is that .Inactivity today has many reason for teenagers . For example reduced or disappeared of sports field and recreation because of chaotic transition ,electronic deviser ,commodity and luxury for some percent of population has create a lock of mobility ,lazy behavior .Seems like a platform well organized against health .

If it is expressed as activity, then some have found no association between activity and fatness (7) and others have found the paradoxical result that obese youth are more active than non-obese youths .

Cross-sectional studies of this nature show that inactive children are fatter even while ingesting less energy (8).

When exercise level was estimated by their parents in relation to other children of the same age, it was found that exercise and family history of obesity were principal risk factor for later development of childhood obesity or higher body mass index(9).

The determinant of the optimal exercise dose for body composition and other aspects of health are of primary importance. Relatively little is know about how much, what modality, or what intensity of exercise is most efficacious in altering cardiovascular health in people of any age, and especially little is know about this matter in children..

For example, 30 minutes per day of moderate exercise (10) may not be enough t compensate for the large reductions in activity and fitness brought about by factors such as the reduction of school physical education, the danger of spending time outdoors during no school hours, and evolving dominance of sedentary activities such as TV, video games and computers.

The efficacy studies of interactions between different training doses and different types of diets are needed to provide a strong scientific foundation for school or community interventions.

Commonly used questionnaires estimate occupational physical activity.(11),leisure –time physical activity , or both.

Some groups of the population also need specific questionnaires that are related to their habits and surroundings (12).

Exercise has been to be an important component of behavioral weight control programs. Randomized trials suggest that the combination of diet plus exercise produces better short and long-term weight losses than either of these interventions used alone (13,) and physical activity tends to decline during the teen years ,especially in girls (14) .

Youth are more active in winter than other seasons on weekends compared to weekdays, and outdoors compared to indoors (15)

But children are more likely to engage in intermittent, rather than sustained, bouts of high intensity exercise (16).

Acute bouts of aerobic exercise performed at or above a given exercise intensity have been shown to enhance glucose uptake by muscle cells, thus improving the metabolic milieu. Reductions in both systolic and diastolic blood pressures have been noted after aerobic and anaerobic bouts of exercise (,17).

A sedentary lifestyle, characterized not only by a lack vigorous exercise, but by increased physical inactivity.(18),represents a significant risk factor for obesity development ,especially for children.

Recent data show that active adults tended to have been active as children, and sedentary adults who had been active as children were more likely to be persuaded to become active (19).

In the mean time exercise may influence accumulation of fat by improving the us of lipids as a substrate for energy . Consistent with this hypothesis are recently reported data showing that obese children, during the dynamic phase of fat deposition, had a decreased of lipless in response to epinephrine infusion (20)

Objectives

Our main intention is to understand how much PA interfere in children life seeing how deep is knowledge of this age about role of this one in general education and to understand a little bit about their way of thinking on this topic.

Subjects: This study based from two high schools , randomized selected 200 boys and girls 15-18 years old in the center of capital .

Methodology

Questionnaire standard assessment has been applied. (based from Sotgiu.P 1988).

All data are elaborated in database.

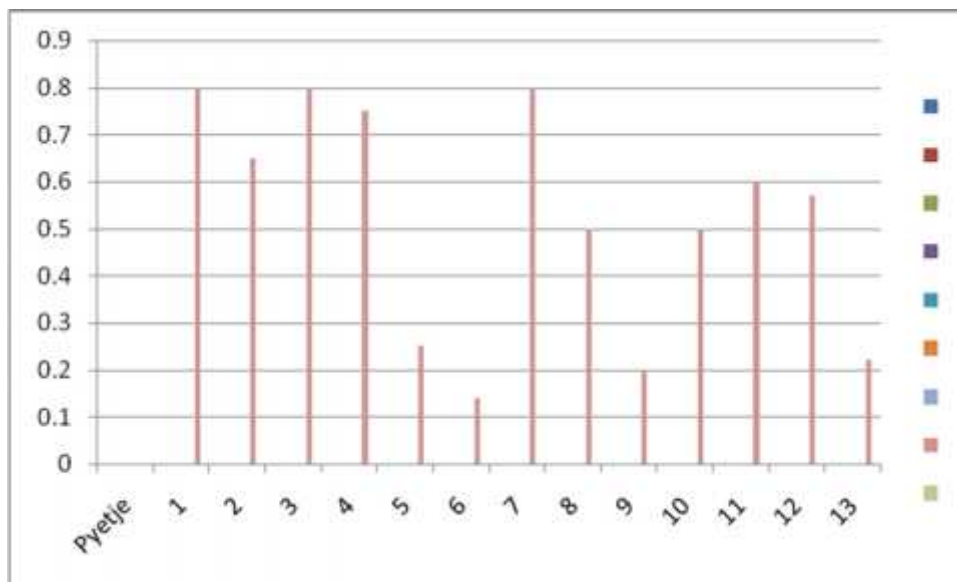
Results

Data from 13 directly questions show :

Questions:

1. 80 % students wants that PA is part of their main inters.
2. 65 % wants that number of hour /for week must be increase.
3. 80 %show that get involve in PA without obligation.
4. 75 % of student is ready to frequent systematically PA during three years.
5. 25 % show that didactic infrastructure is acceptable.
6. 14 % do not shows a particular inters about PA.

7. 80 % wants to select by himself games or recreation situation.
8. 50 % of student the participation in PA dedicated the respect for teacher, parents.
9. 20 % engages in extra curriculum PA.
10. 50 % engages in PA because to build a beautiful body.
11. 60%shows that prefer collective games (football, basket volley) .
12. 57,4% during the PA create a cohesion clime and respect for each other.
13. 22,3% shows a luck of communication with their parents about PA.



Discussion and Analyze

Our discussion and analyze is simple, our discussion is honest ,our analyze is true. This study show a interesting and optimistic data for every questions and they speak themselves.

We are not going to analyze very particular questions because they speak themselves but the most piquant answers are : 25 % show that didactic infrastructure is acceptable and that is understandable too ,but is a good start for our point of view .22,3 shows a luck of communication with their parents about PA where they are interest in other subjects of schools.

This transitory situation has and optimistic side of medals where we all together work and try to performer better and better .The main obstacle we think(as college and parents too) is our own

mind ,our way of thinking ,our mentality that step by steps , gradually is doing significant changes. As we said above the important role of Physical activity at 15 -18 years old is now a duty for every education institute ,a duty and a mission to escape from drugs ,bad behavior ,prostitution and other addiction.

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