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## Health benefits through sports and sports activities

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### Abstract

Along with the development of human society, sport plays a larger role. Today, sport is not only an educational process but also a socio-cultural activity, taking body development, physical enhancement and health promotion as a basic feature. Because sport is a particular social phenomenon, sport has certain educational, political, social and economic functions, and is also influenced and influenced by the economy. that political, social. Considering the impact of sports on human, economy and society has been focused on research by many scientists in sports, sociology, psychology, medicine, and economics. From different professional perspectives, the studies have summarized the role, benefits and negative impacts (accident, injury, doping, betting, cheating ...) of the activity. sport action.

**Keywords:** Benefits, sports activities, physical education, health, exercise

### Introduction

People need to be highly developed intellectually, physically strong, mentally rich, and morally clear. Because, human is the driving force of a new social construction career, at the same time is the goal of socialism. President Ho Chi Minh gave birth to a new sport system for the people and for the country. His overarching thought in laying the foundation to build the cause of our country's sport is to clearly affirm that sport is a revolutionary work, sport is both a need and a right. The obligations of the masses, the cause of the people, by the people and for the people. The goal of physical training and sports is to protect and enhance the people's health, contribute to improving the Vietnamese race, making the people strong and prosperous.

As we know "Sexuality, sensuality, and sensuality are very precious aspects, but all of them must exist on a healthy body, it is like a tree is well nourished for flowers to radiate." New fruit stems "it affirms that to become a human being productive and have a lot of contribution to society requires himself to be in good health because people with health can have up to 100 If you wish, if you are not in good health, there is only one wish that is "health" through which we can see the importance of how much health it means for each. Us personally.

The most precious thing of each human being is health and wisdom. Having good health will create conditions for better intellectual development and vice versa. Therefore, taking the time to exercise every day is absolutely essential. Most people assume that physical exercise will only help you lose weight and support your immune system. In fact, the benefits of exercise go beyond that.

The public's interest in participating in sports and exercise for the benefits of health and life skills is increasing. During the scientific conference on physical activity and health held at the 1996 Atlanta Olympics, PhD. David Satcher has made it clear: while Olympic athletes' athletic performance is increasingly limited in terms of record setting, everyone can enjoy the benefits of an active lifestyle in which physical activity is an important means (US Department of Health and Human Services, 1996).

In fact, human evolution has depended on an active lifestyle, hunting, farming, fighting and survival for reproduction are essential elements of the ancestral past first (Eaton *et al.* 1988). Therefore, a passive lifestyle (sedentary) is an unnatural mistake of human evolution and will lead to the decline of human health. Because of the prevalence of sedentary lifestyles and the strong correlation between a physically inactive lifestyle and negative health consequences, the risk of a less and less physically active population and the harmful effects of drugs. Leaf, obesity, and other health-related factors cause longevity (Hahn *et al.* 1990).

With the explosion of information technology in the age of 4.0, the gadgets of the technology have made people less sedentary and tend to sit more and more on the computer. This has been demonstrated in an international study published in the medical journal The Lancet (UK),

Vietnamese people are ranked among the most inactive in the world, when only 15% of people exercise above 30 minutes a day. Aristotle was an ancient Greek scientist and philosopher who observed, "nothing makes a person tired, weaken and destroy the body by prolonged inactivity". Although it is well known that regular movement helps improve physical fitness and exercise health, but many people, especially urban residents and city youth often ignore this important habit [2].

To clearly see the health benefits through sports activities we will see this through many evidences that have been studied in many magazines around the world.

When exercising and sports, our body must increase activity, namely the highly active motor system leads to an increase in the circulatory system, pushing blood to circulate to nourish and supply the umbrella. xy for better body parts, while also stimulating the lungs to increase respiration, so we see stronger heartbeat and deeper breathing and increased number of beats. From there, it causes nerve reflexes, leading to other organs and parts of the body to increase activity and metabolism faster and waste products are excreted out through breath and sweat more.

Regular physical exercise helps relieve chronic diseases such as diabetes, heart failure ... Those who regularly get active every day even if it's just a few minutes of walking, the ability to recover the body after the movement will also better. According to the American Heart Association, by 2030, the worldwide incidence of cardiovascular disease will increase 9.9%. Scientists in many countries around the world agree that regular exercise will reduce the death rate from cardiovascular disease, making the heart healthier [1].

Exercise through sports activities to help people stabilize blood pressure, prevent and support the treatment of depression. Activities such as jogging, cycling, yoga, badminton, soccer ... increase neurotransmitters and increase the "happiness" hormones that are endorphine and serotonin. With children, if exercising regularly, it will prevent hyperactivity disease, respiratory tract inflammation, asthma and nearsightedness due to overuse of watching TV or sitting on computers beyond the time limit allow.

Regular exercise and sports reduce the risk of cancer. Following 1.44 million people continuously for 11 years shows that physical activity helps to reduce the risk of cancer 7% compared to people who exercise less. and not practicing. Especially for women, daily jogging reduces the risk of uterine cancer by 21% and breast cancer by 10% [first]. Scientists from the University of Copenhagen (Denmark) have studied on white rats and found that, if regular physical activity is high intensity, it will help cancer cells to shrink by 50% [3].

Many people who practice Dat ma waving for a long time have cured many different chronic diseases. Yoga exercises are also considered as a panacea, The advantage of the Dat ma waving exercise, and Yoga exercises are self-practice at home, no need to invest much money, but just need. Persistence and practice in the right way and regular practice has brought high efficiency to everyone.

Sports activities help people improve brain circulation, make the mind more clear, work more focused, help people reduce stress, live optimistic love life, help people come to sleep faster. , deeper and more complete, for students, it helps to absorb the lesson better, to perceive faster, to have more flexible reflexes. Both brain function and memory are

affected by exercise. American scientists believe that aerobic exercise can help prevent age-related brain tissue loss, enhancing information processing capabilities. Regular exercise will help people reduce depression, increase memory, concentration and the ability to absorb new knowledge. In addition, exercise also slows down the degeneration of the brain, helping to prevent Alzheimer's disease (dementia in the elderly).

The relationship between obesity, physical activity and health is a complex, multi-factor issue. Sedentary habits can be the premise or consequence of obesity. It is difficult to pinpoint the health risks in obese people as a result of excessive fat intake, inactivity, or both. Average or higher levels of physical activity and cardiovascular-respiratory health in obese people have a lower risk of death and other diseases than those who are sedentary (Barlow *et al.* 2006; Church *et al.* 2005; Holmes *et al.* 2005; Hu *et al.* 2004; LaMonte *et al.* 2005). When only light exercise (aerobic regimen) is involved, the degree of weight loss is negligible compared to a combination of exercise and nutritional interventions (Grundy *et al.* 1999; Saris *et al.* 2003). For obese people, both endurance and strength training regimes are important in maintaining lean body mass during the diet and maintaining weight loss thereafter (Grundy *et al.* 1999; Saris *et al.* 2003). Maintaining moderate and higher regular physical activity in middle age will reduce the risk of weight gain and obesity (Grundy *et al.* 1999; Saris *et al.* 2003). Currently, scientists continue to conduct research to better understand the 9 issues related to the form and amount of physical activity needed to control body weight, the role of genetics in the effectiveness of weight training and body composition, as well as the effect of physical training on weight, body composition and health at different times throughout human life.

Many studies show that taking part in a sport regularly increases the longevity of people. Medical experts also show that movement slows down the aging of cells. Thus, hard work not only helps people live a long life but also stays young and healthy. "Good health and physical activity is not the destination, but a lifelong journey. One of the main means to go along this journey is to exercise regularly" (Michael J. Lamonte, Karl F. Kozlowski, Frank Cerny; 2009).

## Conclusion

Science has proven that physical exercises are not only good for physical health, but also bring many invaluable benefits to people's spiritual life and working efficiency.

Physical activity is not a trend but is part of human evolution. A lifestyle of physical inactivity leads to adverse biological adaptations of the body and increased susceptibility to disease and reduced life expectancy. Over the past few years, a considerable number of observational and empirical studies on the benefits of physical activity in general and physical exercise in particular have been recommended for adults with a receptive lifestyle. active or sedentary sports. As recommended by many scientists, the amount of physical activity of 8 MET / hour / week with medium and high intensity of exercise is the threshold for most adults to achieve healthy cardiovascular-respiratory health. , reduce disease risk and increase longevity. The health benefit is related to the amount of exercise, so exercise efficiency will increase when the amount of exercise is higher than the recommended threshold [4].

Physical training and sports activities bring to life a circle of benefits including "biological - social - psychological". Therefore, taking the time to regularly practice sports is essential for everyone to identify the valuable benefits of sports training for each of us, from there to take concrete action. Persevere in pursuing sports activities, defining sports and physical training as a guideline for their actions on the path of training to maintain their own health, meeting new people of society, ensuring health, mental comfort, and intellectual intelligence have enough standards to serve a growing society.

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