

The Relationship between Sports-Based Development, Physical Fitness Education and Mental Health

Muses Mueller*

Department of Physical Therapy and Motion Analysis, University of South Alabama, 307 N University Blvd, Mobile, AL 36688, USA

Introduction

Dijkstra, et al. state that, incorporating stretching into training has a negligible impact on the risk of total injury. Nevertheless, Amako, et al. reported that stretching reduced the risk of overuse and muscle/tendon injuries. Dijkstra and others also emphasized the low quality of the available evidence regarding the effectiveness of exercise-based injury prevention programs in military populations. Brush J, et al. were unable to determine whether or not an injury prevention program that included exercises for strength, flexibility, and coordination had any effect on the incidence of medial tibial stress syndrome and overuse knee injuries. Interestingly, however, in a 12-minute test, soldiers who participated in a prevention program significantly increased their running distance. Neuromuscular training programs that combine mobility, stretching, strength, agility, balance, and plyometric exercises appear to be multifactorial in nature and may reduce injury risk in military populations.

Previous research on MSI prevention in military personnel appears to be inconsistent. Additionally, the Estonian military's exercise-based injury prevention programs have not been the subject of any studies on MSI prevention. Lastly, MSI poses a significant threat to military personnel's health. This prospective, randomized study was therefore planned. The primary goal of this study was to find out how an exercise-based injury prevention program affected the number of MSIs. The second objective was to find out if the prevention program had any effect on motor performance or psychosocial status. According to our study's findings, there was no evidence that an exercise-based injury prevention program reduced the number of MSIs among military cadets [1-3].

Description

The fascinating challenge in the future would be to determine how large the therapeutic window for the beneficial exercise effects is in this cluster of psychiatric and metabolic disturbances involving addictions. More research is needed to mimic and investigate the effectiveness of exercise on these addictive behaviours. Specifically, dose-response studies will be conducted in which exercise will be administered ad persona, that is, at individually tailored levels of intensity, to determine the effectiveness of exercise. Usually nurse practitioners (NPs), sports medicine nurses assist doctors in the treatment of patients suffering from a variety of musculoskeletal injuries, such as muscle strains, joint sprains, torn ligaments, bone fractures, and dislocations [4]. Sports medicine is a sector that's mostly open to advanced practise nurses with experience or a strong desire to work with an orthopaedic surgery team, despite not being a "formal" or "conventional" speciality for nurses. Patients

*Address for Correspondence: Muses Mueller, Department of Physical Therapy and Motion Analysis, University of South Alabama, 307 N University Blvd, Mobile, AL 36688, USA, E-mail: muesesm@gmail.com

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can include amateur young athletes as well as professional athletes. The sports medicine nurse's responsibilities include gathering a patient's medical history, assisting the treating physician with their treatment plan, and instructing the patient on how to prevent further injuries. They provide physical examinations, record patient histories, and perform a number of other daily duties involving musculoskeletal health and strength. They frequently work together with doctors and nurses to give patients tailored care [5,6].

Conclusion

For those interested in a career in sports medicine, there are numerous choices. You might work for a health club and give members medical advice, such as assessing injuries or recommending a diet and exercise regimen. You might work for a company wellness initiative or an HMO. Sports medicine nurses are widely employed by both high-level groups like collegiate athletic programmes and professional sports organisations. Although you might need to take classes on working with children and treating paediatric patients, you could be able to find employment with a school. If you are knowledgeable in sports medicine, you might treat regular patients in addition to athletes in a hospital or rehabilitation facility for additional pay. Calorie burn with exercise maintains weight loss. If you are skilled in sports medicine, you may work with athletes in a hospital or rehabilitation centre and also treat regular patients for extra money. Calorie burning during exercise keeps weight reduction sustainable and avoids weight gain. High-density lipoprotein (HDL) levels rise when one is active, but harmful triglyceride levels fall. Your risk of cardiovascular disease and excessive blood pressure is decreased as a result. Preventing stroke, metabolic syndrome, type 2 diabetes, depression, arthritis, and some malignancies are additional advantages.

Acknowledgement

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Conflict of Interest

None.

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