

The influence of sport on teenagers' health



The problem:

No interest in sport

Too much time with gadgets



Actuality:

Do not realize

- the harm of smoking
- correct nutrition
- the ways of keeping fit



I decided to study

- it is very important for me to be aware about the use of sport in my life.
- students who don't do any sport get ill more often



Purposes:

1) to draw the attention of my friends to sport



Purposes:

- 2) to raise teenagers' awareness about the correct nutrition and ways of keeping fit.



Tasks:

- To understand the advantages and disadvantages
- To study the survey
- To formulate conclusions and recommendations

Sport

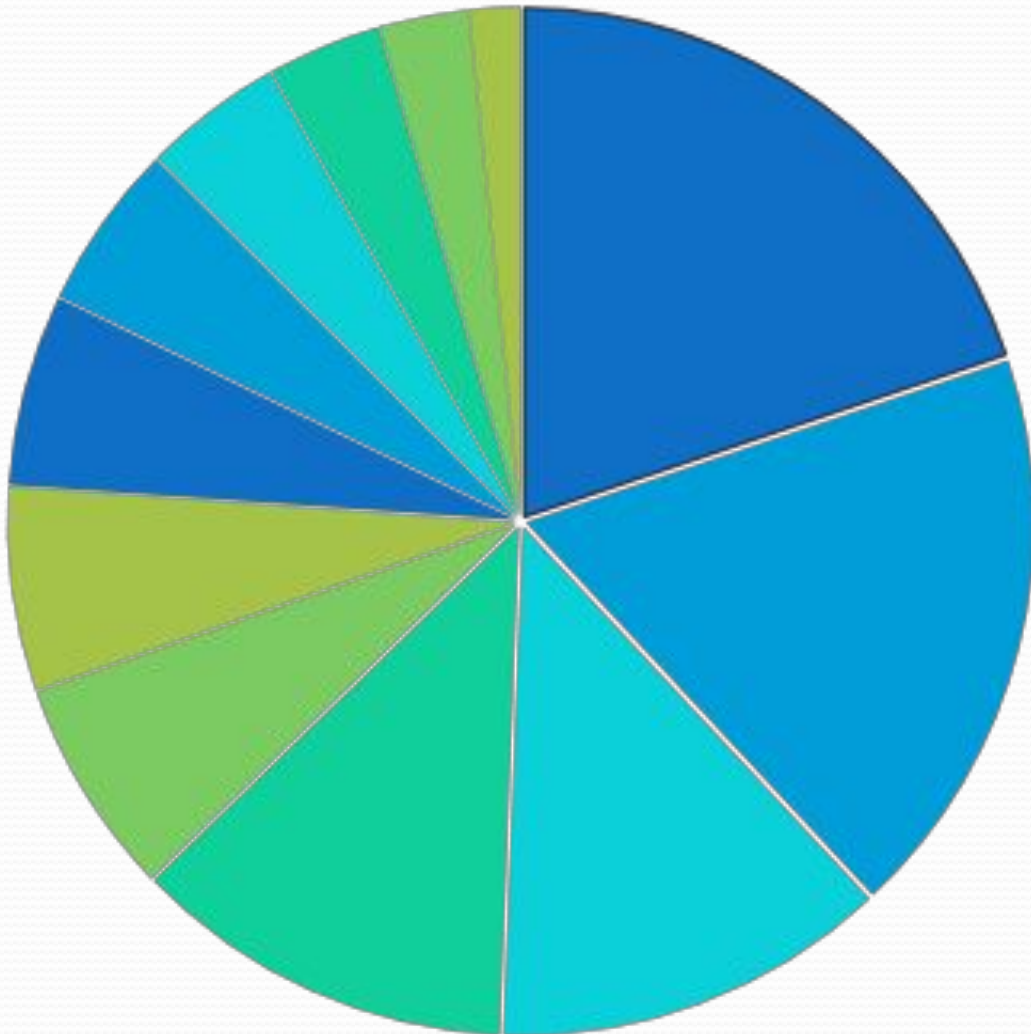
Disadvantages	Advantages
Fractures, dislocations and sprains	The provision of necessary physical activity
Chemicals are a part of the nutrition	Against physical inactivity
Psycho-emotional disorders	Struggle with extra weight
Less time in studying	Improving of coordination
	Improving of gait
	Gaining self-confidence

The frequency of psycho-physiological conditions of adolescents (% of the number of students interviewed)

Psychophysiological state	The array
Low mood	49
Severe fatigue at the end of the day	45
Irritability	31
Headache	30
Aggressiveness	17
Fast fatigability	16
Difficulties of concentration	15
Anxiety	13
Stomach ache	11
Restless sleep	9
Pain in heart	7
Exacerbation of chronic diseases	4

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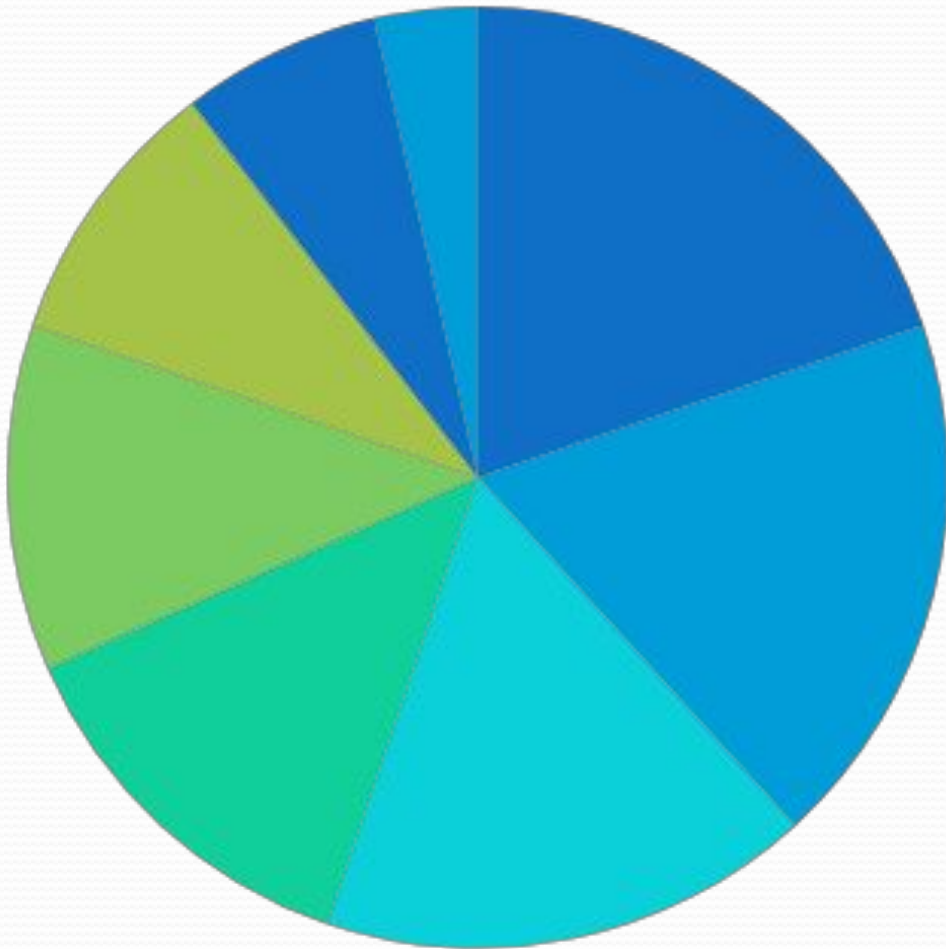


Adolescents' perceptions of healthy lifestyle (%by column)

Factors of a healthy lifestyle	The array
Athletics	78
Proper diet	73
The rejection of bad habits	67
Healthy sleep	52
Personal hygiene	47
Positive emotion	37
The adherence of the day	27
Disease prevention, hardening	14

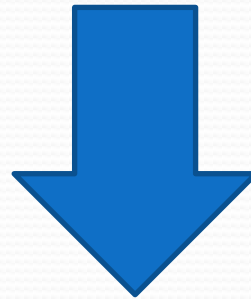
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Conclusions

- Sport is one of the highest paid occupations in the world
- Correction of the health
- Being fit and strong



Advantages
Disadvantages



Recommendations:

- Complex of physical exercises
- Sports in our region (Tagansky region)
- 16 ways to de-stress
- 9 ways to grow old and to stay young
- Standards for swimming, sports categories

TO BE FIT, HEALTHY & STRONG:

EAT RIGHT,

TRAIN RIGHT,

AND TALK TO YOURSELF RIGHT.

