



Students' Motivation for Sport Activity and Participation in University Sports

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Received date: 08 July, 2021; Accepted date: 21 July, 2021; Published date: 28 July, 2021

Introduction

Sports participation interventions engage pupils in sports as a way to increasing educational engagement and attainment. This could be through organized after school activities or a programme organized by an area sporting club or association. Sometimes sporting activity is employed as a way to encourage children to interact in additional learning activities, like football training at an area football club combined with study skills, ICT, literacy, or mathematics lessons. Youth sports is any sports event where competitors are younger than adult age, whether children or adolescents. Youth sports include school sports at primary and secondary level, also as sports played outside the education system, whether informally or organized. In sports studies and public policy contexts and regulation of 18 (the age of majority) is common in discussing "youth sport". Not all sports governing bodies define "youth" as "under-18", while the Youth Olympic Games and therefore the FA Youth Cup are for under-18s, the LEN Junior athletic game European Championship is for under-17s. Many youth sport programmes have multiple age levels, for instance under-8, under-10, under-12, etc. It is not, however, only underage sport which will be considered as "youth Sport"; for instance, the existence of the planet Rowing U23 Championships recognizes that adults aged 18–22 haven't yet reached peak condition.

Participation in organized sports during childhood and adolescence has important benefits for physical, psychological, and social health. Sport-based youth development programs outside of faculty promote a good range of learning and life skill development. Involvement in youth athletics encourages youth to measure a healthy and happy lifestyle, foregoing the common issues many youth face like obesity and depression. However, sport involvement goes beyond health, other benefits allow them to make and strengthen affective relationships, teach youth to value self-improvement over winning, the way to be

competitive during a competitive society, and to figure culturally with different peers and authorities. Within the classroom, high school student-athletes are far less likely to drop out of faculty and 15% more likely to attend college. The practice of sport fosters young people's physical and emotional health and builds valuable social connections. It also offers opportunities for play and self-expression especially for those children with few other opportunities. Sport also acts as a healthy alternative to harmful actions like substance abuse, and involvement in crime. Beyond the individual, sport involvement cuts barriers that divide societies, making it a strong tool to support conflict prevention both symbolically on the worldwide level and practically within communities.

Injuries have always been of concern in terms of sport but youth are far more vulnerable to injury considering both their immature system and increasingly high intensity training. Consistent with the U.S. Centers for Disease Control, participation in organized sports is on the increase. Nearly 30 million children and adolescents participate in youth sports just within us. This high rise in sport participation has led to some startling statistics, high school athlete's account for an estimated 2 million injuries, 500,000 doctor visits, and 30,000 hospitalizations annually. the foremost common sorts of sports-related injuries among youth are sprains, muscle strains, bone or growth plate injuries, and overuse injuries.

Early sports specialization has long been typical among children and teenagers in gymnastics, swimming, diving and ice skating, especially if they need aspirations of being competitive at elite levels. Undeniably, the most purpose for athletes to concentrate on sport is to become a far better player so as to extend their chances of creating it to the large leagues or to become an elite athlete. Unfortunately, the information doesn't prove that specializing as a youth are going to be enough to form a toddler into a successful athlete afterward. Youth athletes that are considered less specialized are found to exhibit more all-around athleticism and other advantages that specialized athletes don't benefit. Studies have supported that decreasing specialization at a young age will lower the rates of injuries for the players while increasing playing times and length of careers compared to athletes who specialized as a youth. Still, sport specialists tend to dramatically outweigh those that stayed multi-sport athletes due to the standards people place on sports and the way valuable a sports career are often. As youth athletes exhibit skills at higher levels than their peers at a young age, parents, coaches, and therefore the athletes themselves tend to specialize in that sport so as to require advantage of their natural skills. Parents, coaches, and athletes should know that showing promise in sport from a young age doesn't guarantee future success as competition levels rise and therefore the athlete develops as an individual.

Citation: Westergrena T (2021) Students' Motivation for Sport Activity and Participation in University Sports. J Athl Enhanc 10:7