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Long-term physical effects of participation in physical activities:

- i. What are the long-term physical effects of participation in physical activities?
- ii. What are the long-term mental effects of participation in physical activities?
- iii. What are the long-term social effects of participation in physical activities?
- iv. What are the long-term emotional effects of participation in physical activities?
- v. Should all people participate in physical activities? Please explain your answer.
- vi. What influences people's perceptions of the need to participate in physical activities?
- vii. What factors may influence a person's decision to avoid physical activities?
- viii. What suggestions do you have to help people make a commitment to participating in physical activities?

SOME SUGGESTED ANSWERS :

What are the long-term physical effects of participation in physical activities?

“Regular exercise results in adaptations to the circulatory, respiratory and muscular systems in order to help them perform better under additional stress. Here are the changes which must take place within the [muscles](#), [respiratory system](#) and [circulatory system](#)” (see: http://www.teachpe.com/anatomy/long_term_effects.php)

“Benefits of Regular Physical Activity

- Helps build and maintain healthy bones and muscles.
- Helps reduce the risk of developing obesity and chronic diseases, such
- Reduces feelings of depression and anxiety and promotes psychological well-being.
- May help improve students' academic performance, including
 - Academic achievement and grades
 - Academic behaviour, such as time on task
 - Factors that influence academic achievement, such as concentration and attentiveness in the classroom.

Long-Term Consequences of Physical Inactivity

- Overweight and obesity, which are influenced by physical inactivity and poor diet, can increase one's risk for diabetes, high blood pressure, high cholesterol, asthma, arthritis, and poor health status.
- Physical inactivity increases one's risk for dying prematurely, dying of heart disease, and developing diabetes, colon cancer, and high blood pressure.” (see: <http://www.cdc.gov/healthyyouth/physicalactivity/facts.htm>)

What are the long-term mental effects of participation in physical activities?

It helps enhance one's mood, helps manage stress, increases self-esteem, good for brain health, improves sleeping habits etc.

What are the long-term social effects of participation in physical activities?

Sense of belonging from participation in team activities, social cohesion, development of relationships etc.

What are the long-term emotional effects of participation in physical activities?

Increased self-esteem, enhanced mood, releases endorphins etc.

Should all people participate in physical activities? Please explain your answer.

The above effects of physical activity benefit young and old. All people would benefit.

What influences people's perceptions of the need to participate in physical activities?

Motivation, laziness, lack of opportunities or facilities, shyness, self-consciousness, want to lose weight, health reasons, enjoyment, family's perceptions of physical activities etc.

What factors may influence a person's decision to avoid physical activities?

Health concerns, lack of access to facilities, or lack of time or resources, perceived lack of competence or ability etc.

What suggestions do you have to help people make a commitment to participating in physical activities?

Any relevant answer. E.g. start with something small that you enjoy doing, like going for a walk once a week for a short period of time. Gradually increase it. Look for someone to do the activity with to encourage you etc.