

Children and Sports

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Abstract : The recent changes in the social background of modern Japanese society have reduced the time, space and friends available to play for children. Accordingly, the decline in children's health due to a lack of exercise is now becoming a problem. In contrast, children tend to participate in athletic sports at a younger age because their parents value athletic competition. This may cause sports disorders due to inappropriate training. Therefore, the bipolarization, i.e., lack of exercise and inappropriate athletics in younger age is a recent characteristic that is increasingly observed in children. Given that most physical activity of recent children is achieved through sports, pediatricians, thus, have to be more aware of sports medicine to meet this increasing need.

Key words : Exercise physiology, Playing, Athletic sports, Fitness, Physical education