

## Preface

There is a close correspondence between the aims of the health authorities in attempting to gradually place more emphasis on preventive health activities and the aims of physical activity and sport, one of which is to contribute towards improvement of health and wellbeing of the population, and to work towards encouragement of the population to fulfil desires and needs by taking part in physical activity and sport. In that reality we have to evaluate the significance of physical activity and sport within the total health promoting activities and secondly make suggestions for practical applications of collaboration between the health authorities and the general public. However, health is not something one receives but something one has to work and strive towards. This presupposes active efforts from the individual and the community at large. In the chain of causative factors and pathological processes which can lead to illness, disability, there are many links, some known and some unknown. Our resources and means must be applied at that point in the causative chain where the best prospects lie for reducing the incidence of illness and disability.

Active individual participation is decisive in determining whether we will succeed in overcoming the health problems of today. It is therefore of importance to approach the individual with information how they should live and how they should keep themselves healthy and in homeostatic balance. As regards health education we agree that health education belongs to the most important element in preventive medicine. We have to examine existing efforts in the health promotion fields and to assess the importance of health promotion in the advancement of community health. Regular physical activity is seen as an essential component in a lifestyle which itself is the basis for the health promotion ideas. Physical activity, correct diet, abstention from smoking, limitation of alcohol consumption, adequate sleep etc. belong to the contributions which each individual can make towards the

achievement of health. In that reality, we have to have considerable personal responsibility for our own health. If we insist on physical activity in connection with remaining health, we must also insist on documentation demonstrating that physical activity really has a favourable effect on our health. Such documentation is therefore essential. If we are to evaluate significance of physical activity sport and recreation in relation to health and performance it is necessary to clarify a number of issues that are transdisciplinary rather than interdisciplinary.

Presented text is oriented to reflect the challenges that face trainers, coaches, health providers etc. in contemporary society. It also provided look into basic concepts of physical activity, sport, tourism, recreation, motivation, health, wellbeing and quality of life. As well as trends in the overall field of training. Throughout the text, several important themes and emerging issues are emphasized, including:

- Quality of life of older cohort continue to be a major issue in the field of gerontology. The greatest threat for many seniors is to become dependent on the help of others for carrying out activities of daily living. A series of studies have recorded positive change in respect of physical working capacity after training among older persons. Number of studies claims that the trainability of the elderly is greater than earlier assumed.
- Parkinson's disease (PD) is one of the most common neurodegenerative diseases that starts predominantly at an older age. Research on PD shows time after time that physical activity has positive impact on the execution of the activities of daily living and therefore quality of life. Physical activity is considered to be one of the modifying factors in the progression of PD. Moreover, we have a strong evidence that antioxidants play a significant role in defending body against the oxidative stress which can be produced also by an inadequate physical activity. However, whether the body's natural antioxidant defense system is sufficient to interact the increase in reactive oxygen species with

exercise or whether additional exogenous supplements are needed yet to be clarified.

- Sport, on its various levels, represents a major area of recreational programming today and constitute a powerful force through the attraction for people of every age and background. In our society, our view of recreation as a social phenomenon and area of community involvement is influenced by our political system. In addition to provide personal benefits, recreation helps a community to meet health needs, gain economic benefits, and maintain community morale. A major concern should be to ensure an equitable distribution of recreational opportunities for public at large. Research shows that the most successful fitness programs are likely to be those that provide an ingredient of recreational interest and satisfaction. Participant levels recreation have grown at a steady rate for more than 30 years. We can utter, that tourism has become the world's largest industry and touches every corner of our life. Tourism has become interwoven with the fabric of our society and is an essential component of recreation and leisure. The traditional health spas are being gradually replaced by stays at more modern health and fitness centers. These destinations often combine varied forms of exercise, nutrition care, and other holistic approaches with health care to provide a fuller range of services to visitors. The psychological motivators of tourism are seen as a means of providing excitement and challenges, as a means of relaxation and escape, as a way to relieve stress, or as a way to balance work and play. Outcomes of recreation tourism involvement – motivation we may classified into physical, social, psychological and emotional where physical motivations have never been as important as they are in today's society.
- The ability to monitor training is critical to the process of quantitating training process. Sport training is a dynamic process that imply not only variability in time but also a very specific means of a causation. Observation should not be limited on the selected moments of time, but on overall sequence of changes, which is defined by a complex, lasting cause-effect relationship. Therefore,

optimal control of training can be achieved through the system of feedback between the interactive elements in the training process. Number of times in the sport world we can encounter with negative impacts on the athletes' body due to inappropriate training load, hence an increased risk of injury. Many times, this is a result of a lack of knowledge in sport science and its related fields of study. Therefore it is crucial to train correctly, evaluate potential danger and make appropriate steps on the way to optimization of once potencial.

Physical activity is anything from a stroll to a quelling competitive physical effort. What interests us is on one side lifelong goal oriented but relatively moderate degree of physical activity. This degree of activity is enough to give the individual a substantial amount of the gain in health obtainable through exercise. On the other side, more vigorous physical activity will improve performance but may contribute little more to health and increases the chance of injury. Competitive sport hardly makes a significant contribution to gain in health but it does play a considerable part through the inspiration it gives to the participant and we have to be aware of that in any respect.