

SAĞLIK TEMELLİ BEDEN EĞİTİMİNE GENEL BİR BAKIŞ

11. BÖLÜM

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Giriş

Fiziksel aktivite pek çok hastalıkla yakından ilişkilidir. Obezite, kardiyovasküler rahatsızlıklar, tip 2 diyabet, kanser çeşitleri bu hastalıklardan bazılarıdır. Ayrıca depresyon, erken bunama, kaygı gibi bilişsel ve psikolojik sorunlar ile fiziksel aktivite arasında ilişki olduğu bilinmektedir. Fiziksel aktivite düzeyi düşük olan bireyler bu tür rahatsızlıklara daha açık hale gelmektedir (U.S. Department of Health and Human Services, 1996; Moore, 2016; ACSM, 2018). Çocukluk döneminde edinilen alışkanlıkların genellikle ömür boyu sürdürüldüğü düşünüldüğünde, yaşam boyu düzenli egzersiz bilinci, beslenme ve sağlıklı yaşam alışkanlıklarının küçük yaşlarda kazandırılması fiziksel aktivite eksikliğinin sebep olduğu rahatsızlıkları önlemek adına anlamlı olacaktır. Ayrıca bu alışkanlıklarının erken yaşlarda edindirilmesi amacıyla

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kendi ders ve kazanımlarını güçlendirmek adına teknolojiyi takip etmeli ve kendi alanlarına adapte etmelidir. Son zamanlarda hareketsiz yaşam ve sağlıklı beslenme kaynaklı artış gösteren hastalıkların önlenmesinde, teknolojinin etkili ve doğru kullanımı sağlıklı ve aktif yaşam motivasyonu oluşturmada etkili olacaktır.

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