

## Recreation Sport and its Impact on Society

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**Abstract** Today, the welfare indicators tend to increase the wealth and leisure, people spend large amount of cash for leisure, whose importance is now much greater than in any other period of history. Recreation sport has a great importance to man, which today extends its activities in the neighborhood, city and throughout the country. This shows that the acquisition of recreational sports will have an impact on society and removing them from the negative virtues doing so refreshing on a man and his health for his chores. Health problems of today have become more worrisome, because the automated activity, stressful life, work duration, not the healthy way of feeding the people, has brought a range of health problems ranging from children to seniors. This makes physical activity and sport to understand and take an important social value. Currently in the daily practice of sports movement have emerged into new trends as well as anywhere in the world to us. Desire and awareness of people is faced with the need for recreational facilities and sports facilities. Since in general in our country lacks these facilities (including those that have been altered) urged people form with payment and the first to embrace this new trend was exactly the gyms fitness instructors who originally directed by the passionate sports field, the who should be commended. So, lack of public recreational facilities for the population made to bring forth a new trend, the trend of the fitness business, which practically is a beneficial activity for human health and they currently meet the shortage of public recreational facilities.. Now understand that recreational sport, just enter the faculties and should go further and increase the hours of physical education for young people (schools) where there would be various deviations that occur now or later and will serve to avoid them. Many doctors and scientists shall raise even greater value recreation and involvement in a more healthy body.

**Keywords:** recreation sport, society, activity,

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### 1. Introduction

Recreation sports as a subject has launched its beginnings sometime in the Sixties, today held in universities, as necessary for the application of physical education means that these recreational activities and sports to become part of man no matter which profession possesses.

Now with the rapid development of sports technology comes to the minimization of functions of human productive to say, from which the

development has physically smaller loads to give you progress and leadership functions in the work process.

The way of life and human work with other advances, humanity today has affected his state of bio-psycho-physical that is making you vulnerable.

## **2. Purpose of the Study**

The purpose of this paper is that as professionals in this field, will try that little bit to contribute to the organization and development of recreational and sports activities with different age groups of our country. The primary purpose lies mainly in the summary of program information concerning the structure and analysis of recognition of work in recreational activities and possibly the permanent operation of such activities.

## **3. Definition of Sporting**

Recreational word recreation comes from the word rec-reo-are, which means, again created, training, repetition, fun, etc. Today, some terms are used for recreation as recreation of the sport, physical recreation, physical recreation, recreation, physical training, movement recreation, leisure tourism, health recreation, recreation kinesiology or just recreate. Recreational sports, includes and involves all those who sense a need for movement, activity and body exercise, regardless of the body, age, gender, psycho-physical skills, etc.

This activity is organized recreational sport that deals in children of preschool age, school, youth, average age, old and even those employees working in organizations dealing with sport and recreation activities, recreation therefore deal with all those without Unlike age and gender.

In no sport recreation selection as non-recreational sports or primary results are not as active and competitive sport. Recreation develops psycho-physical and spiritual health in comparison with active sport, which not only develops and perfects them, but also other skills-physical specify the purpose of achieving much greater results in the sport. So the result is secondary recreational activities and most important is maintaining the same capabilities and conversion activities, relaxing, refreshing relaxing by eliminating the stress.

Between active sport and recreation and sport there are differences, and these differences can be: Sport and Recreation's organization strictly regular, but is more recreational sports activity as fun, soothing, relaxing, refreshing the body and what is more important as the maintenance of the human body in general, etc.. Active-amateur sport has hierarchical organizational composition, of lower to it the highest-school competitions, the rules respected and understood (accepted) by the contestants.

Also in the group of recreational sports and enter one of the many activities such as peace-running peace, run that gathers around hundreds of millions of people and the capital cities with dozens of countries around the world race for peace, while to us it known as the Teresa day a cross section of the massive support from the Federation of Sport to all that supports and promotes this recreation in different ways and forms.

Meanwhile, developments in sports practice are such that many practitioners require systematic scientific support and are willing to sacrifice economically to be exercised in good facilities and very good. From this syndrome have not saved the children, who are already encouraged by parents to a more systematic participation with no exercise, but with certain sports.

The realization of the objectives of sport for all as an integral part of national sports policy is achieved by those in the strategy detailed short, medium and long-term trend:

- The density and diversity of sports.
- The independence of the individual to exercise the sport.
- Attendance and knowledge of tourist areas.

#### **4. Literature Review**

Transformation of sports movement in a sweeping movement that aimed to:

- Establishment and recognition of sport movement as important national event that develops health, positive lifestyle changes and impacts directly on the prophylaxis of a variety of diseases of the central nervous system and cardio-vascular peripheral.
- Sports included in the value of national culture.
- Sport for all
- Sport for children
- Sport in school
- Sport for people with physical disabilities and mental
- Sport competitions and high quality sports
- Improving the training methodology in all aspects of sports activity.

Century 21 is returning to the sport and therefore models that are aimed at our society such are that they are responding to the society and this is done by stimulating individuals skilled, visionary and civil courage, who are preparing platforms such work, which directly influence the lifestyle of youth, but others who have health problems.

So watch above and added below the appropriate term recreational physical sport is not active. According to renowned author of recreation Lamis, Relac M, said, recreation means the total human activities outside his profession, protected by the attachment, have brought to thee for developing

and maintaining the human-physical spiritual and maintaining vitality, holiday the update. History shows that recreation as a social concept has been developed in capitalism, in the process of working time when labor productivity is increased by the workers. Recreation or sport or recreation for the entire sport (sports for all), gathers and engages all those who have and feel a need to deal with exercises, games or bodily movement, without distinction of age and gender.

With recreation are also organized and taken workers in organizations working in different countries citizens recreational sports. Recreation is not organized as a federation of other, respect the rules of the game, and these rules are not strong.

The planning of this activity should be watching some factor such as sports grounds needed for the player and the competition, then the professional staffs-recreational sports in order to guide and assist people who wish to deal with this sport and the interest that people be collected and deal more with the sport.

But our population has enough features to improve conformity with European achievements, which are:

- Age group 5 to 29 years is organized in the school curriculum.
- Youth education is about 30% of the population, the highest in Europe, or the age of 0-49 years amounts to 79% of the population.
- Youth education has responded, 92%, positive participation in sports teams pay.
- Natural climatic conditions are the most favorable, about 300 sunny days a year.
- Application and practice of new sports, especially water and mountain.
- Our nation has bent and desire to socialize.
- Meanwhile, we must say that to most practitioners of physical exercises are not organized sports associations, sports clubs either, but the other independent. Membership in sports clubs is a very good experience and widespread across European countries, but to us this is not known. Ignorance and poor organization of clubs in our country are such that they have difficulty making informed enough to volunteer activists and practitioners of the sport.

It should be remembered that the distinction between competitive sport and recreation that is no selection and the results are not as important as competitive sports, but more entertaining. Result in secondary sport and recreation is the primary outcome is to achieve as well as the effect of the physical health as well as that of spiritual satisfaction.

The purpose of making the sport recreation (recreational physical exercise) are essentially in the movement, satisfying, fun, a better functioning of the organization and socialization of people involved with this sport.

## Conclusion

Recreation sports should be up to her vast knowledge of the population and its impact in making it. Let's hope that by taking the recreational activities and sports, will try to arrive at an affirmation, development and real progress in the field of sports and recreational activities.

So,

- contemporary life of the population today has not only very good but also to those goods have also come to change his life, and this difference is the lack of recreational and sports activities.
- central and local government structure is not organized enough. The low level of representation and deficits in coordination are the reason for the appearance of especially the low level participation.
- The absence of conception of capitalist socialization. Still being argued in a combination of past experience with Euro-Western.
- The absence of sports facilities and their occupancy rise buildings. Even those facilities that are destined for sports are not maintained.
- Managing the sport is at the lowest potential.
- Sports Lotteries conduct their activities outside the European precedents. Therefore, this change to edit and do the best for us and others around us.

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