

2nd International Conference on Obesity and Weight Loss

October 15-16, 2018 Amsterdam, Netherlands

Movement in Human Life and its Importance for Health

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Contemporary man no longer listens to signals which his organism sends to inform him about his needs. Man has started to act against his own good, indulging into improper, i.e., physically inactive, life.

The aim: of the paper is to a) indicate to possibility to diagnose man's state of health on the basis of his movement activity; b) point out the importance of movement activity and its conditioning for the improvement of man's health.

Conclusions:

1. Movement activity is man's biological need and indispensable component of his life to guarantee the maintaining of good health.
2. Movement activity should accompany man all through his life.
3. On the basis of man's movement activity, and in particular the quality of performing movements, it is possible to evaluate the level of his movement coordination.
4. Movement activity adequate to man's possibilities, strengthens man's health.
5. Movements should be accompanied by various kinds of respiration suitable for the changing character of exercises and their intensity.
6. Kinds and intensity of movement activity depend on age.
7. Kinds and intensity of movement activity depend on the particular character and system of movement education and tradition popular in a given country. Europeans could follow patterns of movement activity popular among inhabitants of Japan or China.

Keywords: movements, health, life, respiration, age, body weight, movement education.

Biography:

Prof. Dr. habil., Dr h.c. Włodzimierz Starosta. Education: University School of Physical Education in Poznan (Poland) 1951-1952; Institute of Physical Culture in Leningrad (Soviet Union) 1952-1956; Institute of Physical Culture in Leningrad Ph. D. -1963; University School of Physical Education in Warsaw (Poland) habilitation (second doctor degree)- 1977. Full prof. from 1990. Visiting Professor: University School of Physical Education in Moscow; University Saarbrücken, Greifswald and Magdeburg (Germany); Zagreb (Croatia); Ljubljana (Slovenia); Izmir (Turkey); Prešov (Slovakia), Tartu (Estonia), Bologna and Urbino (Italy); Italian Olympic Committee. Membership of professional bodies: International Society of Sport Genetic and Somatology (general secretary) 1983-1990; International Association of Sport Kinetics-IASK (president) 1990-2011; member of Executive Board and Regional Coordinator Eastern Europe of ICSSPE (2004-2008); International Ringo Federation (president from 2004). Doctor honoris causa of Open International University for Complementary Medicines in Colombo (1996); Meritorious professor of Kinesiology Faculty of University of Zagreb (2009); Distinguished Service Award of United States Sport Academy (2015). Honorary member of: International Academy of Integrative Anthropology, Academy of Science of Technological Cybernetics of Ukraine, International Academy of Gerontology, Politechnical Academy of Belarus. Editorial Committee of journals: "Human Kinetics"; "Biology of Sport"; "Acta Kinesiologiae Universitatis Tartuensis"; "Kinesiology"; "Kinesiologia Slovenica"; "Studies in Physical Culture and Tourism"; "Anthropomotrics"; "Sport Medicine"; "Acta Facultatis Educationis Physicae Universitatis Comenianae". Publications: over 800 research papers publish in 32 countries of the world including 60 Monographs in Polish, English, Italian, Russian, German. Personal Achievements in sport: sportsmen in 20 sport disciplines, in 12 classified. Greatest achievements in ice figure skating, wrestling and ringo (18 medals on International Polish, European and World Championships). Coach 1 class in ice figure skating – practicing 20 years as a coach.