Sports Science Interdisciplinary Topic

Marcial Marcelo

Department of English, Old Dominion University

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Dr. Gordon-Phan

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Abstract

Football, basketball, golf, and mixed martial arts are just some of the many popular sports today that I was involved with in the past as either a competitor or as a coach. Most of us participate in physical activities recreationally to reap the benefits of cardio health. Others invest in themselves to make it their profession. In either case, sports science has a place to contribute to anyone that is looking to get and stay healthy or compete physically at the highest level possible. It is all about the right exercise and proper nutrition. We will take a high level overview of what the sports science interdisciplinary study encompasses.

Keywords: Health, exercise, athletic performance, coaching, sports training

Sports Science Interdisciplinary Topic

Fall is synonymous with the NFL for many. Enjoyment comes from watching the players perform at a high-level throughout the season. Speed, quickness, agility, endurance, and strength, while absorbing punishment, is on display each game. These professionals make it look easy for a full 60 minutes. But how do these coaches, and trainers know what it takes to produce a quality competitor? This is where we begin to explore the sports science interdisciplinary topic.

Sports science focuses on exercise for the wellbeing of patients by outlining a plan for preventative maintenance and by helping promote a healthy lifestyle (Pujalte & Maynard, 2020). This interdisciplinary study also conducts research to create strategic ways to properly use conditioning and nutrition to enhance fitness and athletic performance (Pujalte & Maynard, 2020). From my experience, you must practice how you would compete. Being a participant or a coach in different sports in the past, sports specific functional movement is key. For example, a football running back can run and shift suddenly in different directions where a non-athlete could not. Continual practice, like multiple repetitions of quick lateral run cuts, is required for muscle memory. Watching a video and trying it once will not be effective for game situations. A meal plan would then be added for building muscle for power or for getting lean and ripped to be fast. The training and diet are targeted and precise to give you the best results possible.

Sports science examines data to develop proven training routines that are ideal for sports. Professional sports in the United States has become so popular that sports science now crosses over into that industry. Being a lucrative business, keeping players healthy, in competitive shape, and avoiding injuries have become priority for many athletic organizations (Pujalte &

Maynard, 2020). I lifted weights in my football playing days. The strength program was scientifically designed to hit specific muscle groups at different intervals with determined rest periods. The goal was to build functional strength and muscle mass quickly for football performance while reducing the chance for injuries.

Another aspect to sports science is the research to provide knowledge about injuries and recovery. It looks at typical injuries likely to occur in specific sports, their symptoms, and the care and treatment recommended for a full recovery (CSP Online, 2021). Getting hurt in physical activities is almost inevitable, but the goal is to minimize downtime between games. I dislocated my shoulder during a game. The timetable for my return was determined by the significance of the injury. Even so, mandatory physical rehabilitation was necessary to get back to game shape before participating in future games.

From a high-level perspective, we have discussed what sports science as an interdisciplinary study involves. It aims to discover the scientific benefits of exercise and the effects it has on the body. We learned that when conditioning and good nutrition are combined, it leads to living healthy while minimizing the risk of illness or injury. With the popularity of fitness and competitive sports in the country, sports science has become an opportunistic research discipline where its data can be applied to all groups from the occasional fitness enthusiast to the professional athlete.

References

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