Lifestyle factors that can affect sports performance
Introduction

Sport isn’t just about being technically and tactically skilled, it is also about the way you live your life e.g nutrition, phycology and training methods. You must be committed to your sport by leading an active, healthy lifestyle.

It is important to lead a healthy lifestyle so you can achieve the best quality and be the best at what you do.

All sports performers need to be healthy. And have no injuries so they can compete in the sport.

Sporting performers need to behave professionally e.g if the crowd is shouting at you, do not react because sports performers are role models kids and adults so you need to be able to handle the pressure of being a famous sportsperson.

Stress

Stress may occur if sports performers think that they are unable to meet the demands of a sporting performance or activity. Stress normally has a bad effect on footballers because if they get over competitve or stressed it can lead to them arguing with the referee or making bad decisions whilst tackling an opponent e.g fouling. Stress can lead to anxiety which can effect our sporting performance because our body prepares for ‘fight or flight’ so when put in the situation of being stressed you can not think properly and might react unreasonably.

Smoking

Smoking narrows arteries, shortens breath and increases risks of developing heart disease.

If a professional footballer smoked that would severely impact on his performance because when someone smokes it results in less oxygen being available for working muscles. Smoking can also reduce aerobic endurance levels by up to 10%. This would impact on the player’s stamina and his ability to run around a pitch for 90 minutes.

Drugs

Drugs in sport are generally negative but many have positive effects and can be used legally. Drugs like paracetamol and ibuprofen when given by doctors are safe whereas illegal drugs like steroids are not.

Drugs should never be taken without medical advice, all drugs have side effects. They can reduce fitness levels and can be very harmful to your health.

Footballers should never use certain drugs, there have been cases of professional football players using them in the past because it temporarily increases your ability so you perform better during a football game. If you are found guilty of taking illegal drugs that enhance performance you can be prosecuted and even banned from the game for life. E.g erythropoietin, improves endurance.

Diet

A good diet is very important. Good nutrition helps reduce health risks such as heart disease, obesity, stroke and high blood pressure, all of these could affect sporting performance.

Footballers are forced to have a healthy diet so that they can get the energy they need to be able to perform well during a football match. A balanced diet consists of carbohydrates, fats, proteins, fibre, vitamins, minerals and water.