

Sports, Youth and Working People

Mir Sharif Hasan *

Student Counselor (Sports) North Bengal International University Rajshahi, Bangladesh

***Corresponding Author:** *Mir Sharif Hasan, Student Counselor (Sports) North Bengal International University Rajshahi, Bangladesh*

ABSTRACT

In a democratic and advanced welfare state the government should give encouragement and opportunities to develop the habit of sports at as early an age as possible. These habits should be developed into a need for sport throughout life. Sport as a necessity of life, the organization and encouragement of sports stems from this idea. Sports thus become a means of preserving health having pleasure and developing people's abilities. Sports a necessity of life, this is becoming more and more a part of the way of life of citizens of the state.

Keywords: *Welfare state, Habit of sports, throughout life, necessity of life, preserving health, way of life.*

ORGANIZATION AND DESCRIPTION

Sports activities for children and young people may be carried out in the following types of organizations:

In the sports clubs of a country, the sports federations. These clubs may established in most nationally owned enterprises, cooperative farms and in other institutions of the national economy in government offices, in vocational schools and colleges and in residential areas. These clubs are to be divided into sections for football, track and field events, gymnastics Swimming and different recreational sport and give the young people an opportunity to train and complete in these disciplines.

These school sports clubs have a similar organization to that of the highest sports body several kinds of sports is encouraged. There would be a close cooperation between the school sports club and the national federation authority. This is especially true of sports competitions for young people which are organized by the highest sports organization of a country. Community sports organization has a wide variety of responsibility in order to make interesting use of free time of youth of a country.

To encourage the people participation in sports and a nation especially the young people the youth physical activities the government can adopt a youth act laws which will be ratified by the national assemble for application. Under that law, sport is an important part of life for young

people. As for as sport is concerned the law is also useful for adult participants. The national sports council of different countries will cooperate in drafting the laws with the committee of experts. Sportsmen also participate in the open democratic discussions as exchange of opinion regarding the youth sports polices of the country.

The youth act increased the responsibilities of the central and local government and most especially the state secretariat for physical culture and sport. Among the assignments made by the government are the training of highly qualified personnel, development of sport research and sports medical studies and the expansion of the material conditions for sports.

According to the law of youth act, specification for year round sports facilities in different communities are established in keeping with the needs for the people. Government organizations and sports leaders are responsible for the systematic construction and upkeep of the facilities.

These facilities free for all enlisted members of the sports clubs of communities. These sports clubs may travel throughout the country as a part of their recreational sports program at fares reduced by 50 to 75 percent.

The manufacture and supply of sports equipment and clothing as well as the quantity and quality available must constantly improved. The youth Act and other government decisions reflect the fact that sports activities are available

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for the young and for working people in every sphere of life in a improved and advanced society of a state.

All young people will have the conscious desire for regular sports activities for purposes of health, joy of life, to build strength of character and efficiency. Every citizen will have access to the humanistic values of sport and that virtually all working people will find relaxation, pleasure and new experiences in sport, games and tourism.

The number of children and young people should be enlisted them as a member of sports club and the number is systematically raised. Exercise and training for young talents shall be varied and interesting and taking into account the special characteristics of each age level shall be improved.

Sports and Working People

Now-a-days a developing country with the help of national olympic committee many take initiatives to organize sports for working people. Because working people of a country is a big mass and this mass/sectional can contribute a lot towards the development of sports and physical culture in a country.

In order to further improving the living and working condition the government can take a plan and set a goal as concerns free time and recreational sports of giving all working people the opportunity to engage in all kinds of sport and tourism with an aim to stay fit and healthy and to make good use of their time together with others. This has resulted in an increase in membership and regular activities in sports clubs in nationally and private owned enterprises, cooperative farms, and residential areas. In this way we can increase the number of membership in important sport unit in a society.

The members of the sports club have to pay a minimum amount as subscription to run the sports clubs. Any member can engage in any kind of sport he chooses several times a week as they wish. These organizations are the property of towns, communities, enterprises and cooperatives and so property of the people. Exercises and training of the working people are carried out under the guidance of trained leaders of the sport federations.

There should be a number of trainers and also many judges and referees who help to carry out the wide variety of competition in so many disciplines at every level.

Along with this, there could be other sports institutes of the country can train sports teacher who will be work with the working peoples sports program.

If we like to achieve better performance in sports and physical education we have to consider some agenda like, to educate the physical education teachers, trainer and coaches and sports officials a need to better coordination between the general education and sports education institutes of the country confirming to run their self programme smoothly throughout the year.

In fact the talented sports personalities are given special sport instruction in the form of training under the guidance of a qualified trainer. In this way, anyone who is especially talented in sports has the same opportunity to develop his talents as those gifted in other subjects who would go to special schools for these subjects.

Close cooperation between school and the sport movement naturally includes cooperation between the sports school and the local community sports clubs. Often club trainers do the preparatory training of young talent so that over the years they are carefully brought to the point where they can use their capabilities to the fullest.

Experience and latest methods are freely exchanged in the trainer's council of the sport association of the country. Under these circumstances, it is possible for sportsmen to be trained for later competitions where they (athlete) will have to prove themselves in the athlete's home town under the guidance of their trainers.

In this way it is possible to work since a large number of trainers and physical education teacher's who are highly qualified have been developed who selflessly pass on their experience and knowledge to the training leaders so that every talented sportsman in the country can make use of it.

The young sportsman receives a regular general education. Thus allowing him to choose his further profession of course a love of sports really makes a sportsman to choose occupations like sports teacher, trainer or sports doctor so that they can later remain close to it. It is known that so many olympic champions of some countries devoted the rest of their life time towards cause of sports and development and everybody should praise over their accomplishment.

CONCLUSION

In conclusion I would say that to develop sports performance and physical culture we have to expedite the services of scientific group (Sports scientist trainers, coaches and sports officials) in a continuous way.

The great importance of competitive sports enriches cultural life, helps to give a greater consciousness of the advanced welfare state in which he lives gives information about the possibilities of perfecting the human body with regular sports activities.

A state is also represented internationally through sports performances and the international successes of our sportsmen create enthusiasm and give a great deal of self-pleasure to many people.

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