

# sportsbetio

&lt;p&gt;Interdisciplinary study of physical activity&lt;/p&gt;

&lt;p&gt;Sports science is a discipline that studies how the healthy human body works during exercise, and &#127820; how sport and physical activity promote health and performance from cellular to whole body perspectives.&lt;/p&gt;

&lt;p&gt;The study of sports science traditionally &#127820; incorporates areas of physiology (exercise physiology), psychology (sport psychology), anatomy, biomechanics (sports biomechanics), biochemistry, and kinesiology.&lt;/p&gt;

&lt;p&gt;Sports scientists and performance consultants &#127820; are growing in demand and employment numbers, with the ever-increasing focus within the sporting world on achieving the best results &#127820; possible.&lt;/p&gt;

&lt;p&gt;Through the scientific study of sports, researchers have developed a greater understanding of how the human body reacts to exercise, &#127820; training, different environments, and many other stimuli.&lt;/p&gt;

&lt;p&gt;Origins of exercise physiology [ edit ]&lt;/p&gt;

&lt;p&gt;Sports science can trace its origins to ancient &#127820; Greece.&lt;/p&gt;

&lt;p&gt;The noted ancient Greek physician Galen (131 – 201) wrote 87 detailed essays about improving health (proper nutrition), aerobic fitness, and strengthening &#127820; muscles.[1][2]&lt;/p&gt;

&lt;p&gt;New ideas upon the working and functioning of the human body emerged during the Renaissance as anatomists and physicians challenged &#127820; the previously known theories.&lt;/p&gt;

&lt;p&gt;[3] These spread with the implementation of the printed word, the result of Gutenberg&#39;s printing press in &#127820; the 15th century.&lt;/p&gt;

&lt;p&gt;[4] Allied with this was a large increase in academia in general, universities were forming all around the &#127820; world.&lt;/p&gt;

&lt;p&gt;[5] Importantly these new scholars went beyond the simplistic notions of the early Greek physicians, and shed light upon the &#127820; complexities of the circulatory, and digestive systems.&lt;/p&gt;

&lt;p&gt;[6] Furthermore, by the middle of the 19th century, early medical schools (such as &#127820; the Harvard Medical School, formed 1782) began appearing in the United States, whose graduates went on to assume positions of &#127820; importance in academia and allied medical research.[7]&lt;/p&gt;

&lt;p&gt;Medical journal publications increased significantly in number during this period.&lt;/p&gt;

&lt;p&gt;In 1898, three articles on &#127820; physical activity appeared in the first volume of the American Journal of Physiology.&lt;/p&gt;

&lt;p&gt;Other articles and reviews subsequently appeared in prestigious &#127820; journals.&lt;/p&gt;

&lt;p&gt;The German applied physiology publication, Internationale Zeitschrift f

ur Physiologie einschliesslich Arbeitphysiologie (1929 – 1940; now known as the European Journal of Applied Physiology) Tj T\* BT