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Relations between sports, diet and health

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Physical education is the interdisciplinary study of physical activity, human movement and athletic performance. This course explores many aspects of anatomy and physiology, exercise physiology, sports injuries, rehabilitation, nutrition, psychology, biomechanics and socio cultural issues within sport and physical education. Diet can help combat depression and improve your mood. Depression can be an offset or even eliminated when the diet consists of nutritional and healthy foods. Indeed, certain foods are not good for you physically but they also enhance your mental and emotional states as well. There are many causes of depression and if you feel that depression is a problem you should consult a licensed medical professional to get proper medical advice. This paper resulted in an annual research project will show that correct sport and true diet which will be very useful to a person health and they, altogether helps the man will be ready to do social activities better and even he/she could be an athlete so, if he/she wants and follows it as a purpose.

Biography

Azim Charoosaei is a faculty member in Physical Education at Islamic Azad University, Khuzestan Province, Iran. He taught for more than 20 years at University and Schools about physical education. His areas of interest are sports and physical education.

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