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इतिहासाचार्य वि. का. राजवाडे मंडळ, धुळे या संस्थेचे त्रैमासिक

॥ संशोधक ॥

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'संशोधक त्रैमासिक राजवाडे मंडळ, धुळे' या नावाने पाठवावी.

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Impact of Climate Change on Sports Performance of Athlete

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Abstract :

The surge in industrialization during the modern era has led to an uptick in global temperatures, adversely affecting climate conditions. This shift has particularly impacted athletes, diminishing their physical capabilities and overall performance, especially in outdoor competitions. Rising temperatures increase the likelihood of heat-related ailments such as heat stroke and dehydration among players. Moreover, air pollution exacerbates respiratory conditions, including asthma and lung diseases, further hindering athletic performance. Climate change-induced anomalies, like unseasonal rainfall, contribute to health issues such as diarrhea and jaundice among athletes, weakening their immune systems. Addressing these environmental challenges is crucial for preserving athletes' health and performance, underscoring the need for adaptive strategies in sports training and competitions to counteract the detrimental effects of climate change.

Keywords : *Climate, Pollution, Heat, immunity, Performance, injury, Training, Health.*

Introduction :

In the modern era, industrialization has increased worldwide, leading to a higher number of industries in both urban and rural areas. Consequently, the Earth's temperature is rising, causing changes in the climate. This shift seems to have impacted athletes, affecting their physical capacity and performance, particularly in outdoor competitions. Athletes are

now more prone to heat stroke due to the elevated temperatures. Similarly, dehydration has become more common among them. Air pollution has also compromised athletes' respiratory systems, with conditions such as asthma, respiratory illnesses, and lung diseases diminishing their performance. Furthermore, climate change has resulted in increased unseasonal rainfall, leading to a decline in athletes' efficiency due to illnesses like diarrhea, jaundice, and weakened immunity from water-related changes.

Definition :

1. Climate :

"Climate refers to the long-term pattern of weather in a particular area, typically averaged over a period of 30 years. It encompasses the mean and variability of meteorological conditions, such as temperature, precipitation, and wind, observed over time. Climate is not just about the averages of these weather elements but also their distribution and extremes. This definition underscores the distinction between climate and weather, the latter describes the short-term conditions of the atmosphere, while climate represents the average of these conditions over a longer period"

2. Sports Performance:

"Sports performance is the manner in which sport participation is measured."

Objective of the study :

1. To be aware of how the changing environment affects the performance of the player.