

Research on Sports Anti-aging Promoting the Development of Sports Science and Technology for the Aged

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ABSTRACT. *The physical health of the elderly has become an important research topic in China's social development. Because the aging of our country is becoming more and more serious, the influence scope of the whole elderly group in our country is becoming more and more extensive. It is in this objective reality that what we need to do is to do a good job in the health and health research of the elderly. The main way to study the health of the elderly is to study the aging problem. Because aging will directly lead to the emergence of physical problems in the elderly, it will mainly appear obvious cardiovascular diseases, type II diabetes, cancer and dementia and other diseases which will affect the health of elderly greatly. It is seen that research on sports science and technology can help the elderly to deal with the whole aging process and improve the life quality while researching. So, this paper mainly research on the aging process through sports to help the elderly to have a healthy physique.*

KEYWORDS: *Sport; Anti-aging; Sports science and technology*

1. Introduction

Due to the increasing number of elderly people, the influence of elderly group is getting better and better now. We must focus on the elderly problem when we are in the process of building socialism. Aging is the biggest murderer for the health of elderly people which affects the life quality of elderly people directly, so valuable research on improving elderly health is needed. As for now, medical treatments have little impact on aging[1]. However, as a whole, it brings large impacts on elderly health. It is in such an environment that the active introduction of sports medical methods can effectively resist aging. It is in such a basic environment that the health

status and health level of the elderly can be more effectively improved. In the current sports science and technology health research, it can better guarantee the renewal of China's sports methods. It is mainly aimed at the whole elderly group. Therefore, the main research idea of this paper is how to achieve the basic goal of sports health research in our country through exercise in the whole process of resisting aging. Moreover, at present, effective sports research is also an important part of the whole sports health research. Therefore, the main research path of this paper is to first study the basic characteristics of the elderly in China, that is, by defining the research group, in order to truly help researchers to formulate the correct exercise methods more effectively[2]. Then, the internal relationship between exercise and aging is studied, and then effective method guidance is carried out. Only in this way can we really help the elderly in our country after exercise effectively prevent the damage of aging to their own body, and then improve the health level of the elderly. This is an important research idea in the follow-up study.

2. Physical manifestations of the elderly in China

For the elderly in China, it has its own characteristics. Therefore, in the sports research of resisting aging in the face of sports, the key is to confirm the object of study. Only when the basic signs of the elderly in China are clear can we prepare for the future strategic guidance. The physical condition of the elderly in our country can be basically defined by the following manifestations. Of course, this form of expression is more for the latter study. It is more targeted, and often there will be some differences with the objective situation. However, on the whole, it is quite in line with the objective reality.

(1)Muscle strength in the elderly is significantly weakened. This is the most intuitive feeling. Often due to aging, the muscle toughness of the elderly is declining, which makes it impossible to extract too much weight in the whole life process. Therefore, it can be said that this is the intuitive discovery in the current study that the whole elderly group tends to show a thin state in the body. This is caused by the decrease of the whole muscle tissue, which is also the main influence of aging and the most intuitive influence. It can be said that changes in muscle tissue of the elderly are the most obvious changes in the whole aging process.

(2)At present, there are signs of a decline in the balance and mobility of the world's older people after reaching a certain age. In this way, the elderly tend to move slowly. It is also in such a realistic situation that the other impact of aging is on the elderly's sports. And this influence is the main point of this study. Improving the exercise ability of the elderly can effectively slow down the impact of aging is precisely because aging has a significant impact on the movement of the elderly. Therefore, it can be said that in the whole process of exercise, the elderly in our country tend to be able to better live because of the delay of the whole aging process, which is the content and basic situation that need to be paid attention to in the current study of sports for the elderly. Only in this objective reality can we really help the elderly to live better.

(3)With the increase of age, the physical condition of the elderly has changed obviously. The main problem is that the health of the whole body has obvious problems. That is to say, with the increasing aging, the elderly will have more obvious disease problems in the whole life process. These problems mainly include: cell apoptosis, basic metabolic disorders and the decline of immune function. So cardiovascular diseases, type II diabetes mellitus, brain and visual impairment and other diseases have emerged one after another. It can be seen that in the whole process of aging, the elderly will be more obviously affected by the diet and life when they are young. Therefore, for the whole elderly population in China, what we need to do is to clarify their own health problems, which mainly arise through the aging process. This is the main health reason for the elderly in our country to effectively alleviate aging through exercise.

(4)For the elderly, in the whole process of aging, an inherent manifestation is that there are bone problems in the whole process. This is a common problem and a normal natural phenomenon in the whole elderly population. However, effective exercise can be used to alleviate the impact of this problem as much as possible. The body will inevitably lose calcium after reaching a certain age. At the same time, after a long period of use, the internal bone will inevitably lose seriously and the lubrication between the bones will decrease, which will directly lead to osteoporosis and arthritis in the elderly. These diseases themselves are the inevitable result of age growth, but at present, physical exercise can effectively delay the onset of disease and reduce the incidence of disease. Therefore, it can be said that effective physical

exercise has an important protective effect on the health of the elderly. This is the key reason for physical exercise.

3. 3. Research on the Basic Achievements of Anti-aging

For the current anti-aging research in China, effective physical exercise can maximize the health level of the elderly. It is also in such an objective situation that many researchers have drawn many effective conclusions, which can be basically reflected by the following conclusions: Firstly, endurance training can enhance the mitochondrial function and antioxidant capacity in the muscles of the elderly. Secondly, resistance training and combined exercise can activate the signal of my protein synthesis and promote my protein synthesis, thereby inducing muscle hypertrophy, reducing muscle loss and increasing muscle strength. Finally, aerobic exercise can enhance the brain tissue of the elderly to produce benign stress, increase the expression of brain anti-inflammatory factors, and improve the learning and memory ability of the elderly. [1] In a word, in the whole process of exercise, the elderly can get a better healthy body, and try their best to reduce the harm of aging. This is the basic situation of the current vegetable research, and now, in the whole process of research, the basic research method is to use literature method to analyze data, deductive reasoning through logical method, and carry out effective research of various methods to better ensure the effectiveness of sports for the elderly in China, thereby improving the health of the elderly. In the whole process of research, we can still get many effective research conclusions. These conclusions basically include the following parts: Firstly, for different elderly people, we need to adopt exercise methods that are more in line with their own physical characteristics, so that we can better help the elderly in our country to carry out effective physical exercise to improve their health level. Secondly, in the whole process of research, we can better adapt to science and technology. Only with the help of advanced scientific means, can we formulate more efficient exercise methods, so that we can truly obtain the significance of exercise in high-efficiency exercise. Therefore, this is the basic conclusion obtained by this paper on the basis of studying many existing literatures, and this conclusion is consistent with the objective reality. Therefore, it can be confirmed. The following is a study of specific scientific methods of exercise and aging in order to propose more suitable exercise methods.

4. The Logical Relation between Exercise and Aging

After conducting effective preliminary research, the following is mainly about some of the more important methods to elaborate, hoping to better help our elderly improve their own health level, delay aging, but also to better enhance the happiness index of our residents.

4.1 Scientific Physical Exercise Improves the Central System of the Elderly

There are obvious problems in the central system of the elderly in China. Only by effectively improving the central nervous system can we better help the elderly to improve their own health level. Moreover, effective scientific physical exercise is also an important driving force for scientific sports research in China. Only by effectively combining these realities and methods, can we really help the elderly in our country to play a good role in delaying physical exercise, and then improve the physical and mental health of the whole elderly group. Only after effective physical exercise can the elderly really help their blood circulation smoothly, and then stimulate the activity of internal nerve cells, which can better help the elderly to get a better mental state, so as to truly enable the elderly to get a healthy state. At the same time, exercise can enhance the activity of the nervous system, which is beneficial to the elderly in the whole exercise process to stretch their own bones and muscles, and then can better help them sleep. Only by ensuring the improvement of sleep efficiency, can the whole body get better power in the process of operation. After ensuring effective physical exercise, the elderly can more easily alleviate the aging problem of the whole body cells, further stimulate cell activity, and then enable the elderly to better enhance their mental state. That's why older people can help improve their central system when they exercise.

4.2 Scientific Physical Exercise for the Improvement of Cardiovascular and Cerebral Vessels in the Elderly

When facing the health problems of the elderly, it is necessary to pay attention to their own cardiovascular and cerebrovascular problems in a timely manner. Cardiovascular has always been the biggest enemy of the health of the elderly. Under such circumstances, what we need to do is to carry out scientific health

exercises to improve the cardiovascular and cerebrovascular conditions of the elderly, which can also promote the development of the whole sports health research, and then help the development of sports science research in China. Generally speaking, the whole research process in China has found that active and effective physical exercise can make the system of the elderly better improved, promote blood circulation, and effectively delay the impact of cardiovascular and cerebrovascular. It can be said that this is an important internal reason for our country's physical exercise, because good physical exercise can help our elderly to promote the effective circulation of blood, and then help our elderly to alleviate the discomfort of the whole body. At the same time, effective and scientific physical exercise can enhance the hemoglobin in blood, which can enhance the ability to transport oxygen, and then help the whole body to move effectively to provide nutrients, which has a significant role in improving the body's skills. Moreover, according to the current medical research, physical exercise can better protect the heart and prevent the occurrence of myocardial infarction and other major diseases. Effective scientific physical exercise can maximize the protection of its physical function, and then prevent the emergence of various adverse effects.

4.3 Scientific Physical Exercise Improves Respiratory System of the Elderly

The old people can improve their respiratory system well in their usual exercise. In the whole process of exercise, the elderly often can not breathe well, that is, in the whole process of breathing, the whole respiratory system is often affected. Therefore, effective physical exercise can help the elderly better to improve their own respiratory system, which is of great value to the elderly. With the increase of age, the whole respiratory system tends to be aging, which leads to frequent problems in its internal system. Therefore, at present, physical exercise can really help the elderly improve their own respiratory system. Moreover, after effective physical exercise, it can improve the function of oxygen transfusion and help the whole respiratory system to improve effectively. Active physical exercise, on the basis of scientific persistence, can really prevent and reduce the aging of lung function, which is of great significance to the elderly. This can really help the elderly in our country to get a more healthy body and improve their own physical health quality.

4.4 Scientific Physical Exercise for the Improvement of Sports Health of the Elderly

For the elderly, what they need to do is to improve their own sports ability, that is to say, when exercising, to ensure the effectiveness of their own sports health as far as possible. This can effectively prevent the loss of motor ability caused by muscle atrophy. For the elderly, it is often not very good to improve their muscle strength through food. On the contrary, effective physical exercise can really help them improve their physical fitness. In a word, we should improve the function of tissues and organs effectively on the original basis, and then help the elderly effectively alleviate the aging speed of the whole tissue caused by the age problem, so as to better help the elderly improve their own health level.

5. Conclusion

More physical exercise for the elderly in China can better help them alleviate aging. This can improve the health level of the elderly, but also can better help the elderly to improve their own well-being. In short, effective exercise can really help our elderly to improve their health level, which is the focus of scientific sports health research.

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