

# BOWLS SPORT, AS A MEAN OF PREVENTION AND HEALTH PROMOTION

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The biological aspects of a sport includes both physiological/biomechanical, allowing to focus a sport regarding particularly metabolic demands, functional and mechanical, and those strictly clinical, that, moreover, are unavoidably linked to the firsts. About Bowls sport, be considered that in recent years is establishing itself a more sportive model especially competitive thanks to the participation of young players and women.

Bowls sport is ranked above all evaluating the "quality" of the sporting



gesture, **skill**, based on neuromuscular coordination, that is expressed in the



ability to perform fine muscular movements with speed and precision, to maintain the static and dynamic balance, in the eye-hand coordination that determines the quality of the muscular strength to be used according to the distance and target position to reach or hit. All this suggests that an adequate and efficient overall muscle tone accompanied by adequate muscle flexibility must be very important features in a good athlete but Bowls sport could also be an effective method to acquire those features in sedentary people.

Classification of Bowls between dexterity sports is certainly correct for the specialties of Raffle, Petanque, Lyonnaise "traditional games" and Lawn Bowls, but not for the Lyonnaise "throw" specialty, that has features that get closer to **anaerobic-sports massive aerobic** (progressive throw) or to **aerobic sports-alternate anaerobic** (relay race).

The evaluation of Bowls Sport, however, as well as high levels athletes, must also consider the incredible high number of not so young practitioners, which requires different considerations medical, psychological and sociological. Practice of Bowls represents an excellent and inexpensive method to keep and



improve the level of physical efficiency on general population, particularly with regard of muscular



flexibility aspects, the sense of balance and coordination, muscular endowment, strength and aerobic capacity, specially for those who are already advanced in age and are likely to suffer chronic diseases widespread in western countries, technologically advanced and economically stronger, like: overweight body, diabetes, metabolic syndrome, hypertension, cardiovascular diseases and musculoskeletal system diseases (osteoporosis,

arthrosis). Have an active lifestyle, is one of the recommendations that are targeted more frequently in the general population, regardless of gender and age, in order to promote psychophysical well-being. Bowls players, therefore, must learn to consider their "hobby" as a real sport, that, if supported by an adequate program of a general physical preparation, even for the athletic minor component specialties, can help them to adopt favorable changes of their lifestyle (proper nutrition, lower consumption of alcoholic, absence of smoking, sedentary habits), and to significantly improve the quality of life, when is correctly practiced, not only from the technical point of view.