

THE LIFE EXPECTANCY OF ELITE ATHLETES IN SPORT

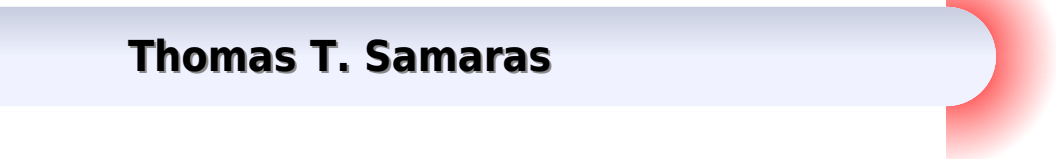
	Sport	Life expectancy	Vs. world population life expectancy (72.6 years)*
	Boxing	67.7 	-4.9 years 
	Football (soccer)	74.6 	+2.0 
	Cricket	76.7 	+4.1 
	Basketball	77.3 	+4.7 
	Baseball	77.6 	+5.0 
	Golf	77.8 	+5.2 
	American Football (NFL)	78.6 	+6.0 
	NHL Hockey	78.9 	+6.3 
	Rugby union	79.1 	+6.5 
	Tennis	80.4 	+7.8 



*Our world in data. Life expectancy: Twice as long – life expectancy around the world, 2019. Accessed August 2021

Longevity Of Athletes

Thomas T. Samaras



Longevity Of Athletes:

The Longevity of Athletes Anthony P. Polednak, 1979 *The Relation of Athletics to Longevity ...* Earl Robert Jackson, 1937 *The Effects of Activity Patterns on Longevity of Athletes and Non-athletes* Kenneth Ellis Stephens, 1978

The Longevity and Morbidity of College Athletes Henry Joseph Montoye, 1957 *The Longevity and Morbidity of College Athletes* Henry Joseph Montoye, 1957 **Longevity and Causes of Mortality in Elite Athletes** Juliana Antero-Jacquemin, Université Paris Descartes (1970-2019)., 2015

Background and objectives along their careers elite athletes are subjected to specific constraints that distinguish them from the general population Such constraints related to the high intensity of their physical activity their overexposure to injuries or particular lifestyle may have long term consequences on the athletes health and ultimately on their longevity Thus the main goals of the present study are the following 1 to describe and analyze elite athletes longevity and specific causes of mortality in comparison with the general population and according to the type of effort they performed and 2 to investigate their lifespan trends in comparison with the longest lived humans in order to apprehend the current scenario of human longevity trends

Methods we collected data on the biography and the athletic performances of all the French athletes who participated in the Olympic Games OG from 1912 to 2012 n 4708 and all the French cyclists who participated in the Tour de France TDF from 1947 to 2012 n 786 Then we verified their vital statuses through the National Registry of Identification of Physical Persons RNIPP For the deceased athletes we obtained the causes of their deaths through the Centre for epidemiology on medical causes of death C piDc We compared the athletes overall and specific mortality according to the main chapters of the International Classification of Disease with the French civilian life tables using Standardized Mortality Ratio SMR and the Kaplan Meier methods We adapted and applied the life years lost method under the competing risk model to quantify differences on longevity due to major causes of death according to the athletes type of effort Furthermore we collected data on worldwide deceased Olympians participating in the OG from 1896 to 2012 n 19 012 and on worldwide supercentenarians 110 years deceased between 1900 and 2013 n 1 205 in order to analyze their lifespan trends using a density analysis tool total number of life durations per birth date

Findings and conclusion French elite athletes show consistently lower mortality 40 50% lower in comparison with their compatriots whether female or male Olympians or professional cyclists mostly related with a lower cardiovascular 40 60% lower and cancer mortality 45% lower No excess mortality was observed in elite athletes for any of the specific causes of death we studied French Olympians lower mortality results in an average of seven years of life saved in relation to the general population This gain partitioned according to specific causes of deaths shows that cardiovascular longevity benefit is associated with the type of sports practiced during the Olympic career favoring combined type of effort over very short or very long duration effort In relation to cancer mortality all types of effort studied were associated with better longevity Despite their survival advantage no Olympian in the world up to date has ever reached the status of a supercentenarian as the longest lived was 106 years old

The common lifespan trends between Olympians and supercentenarians indicate similar mortality pressures over both populations that increase with age a scenario that is better explained by a biological barrier limiting further progression The supercentenarians density trends show a current stagnation of the human longevity Nutrition and Performance in Masters Athletes Peter R.J. Reaburn,2014-10-15 Addresses the Aging Process and Its Effect on Sports Performance Age related changes influence all physiological systems including those used during exercise and sport Highlighting masters athletes older adults who train and compete in organized sports Nutrition and Performance in Masters Athletes examines the extent to which regular physical training can impact these changes This book bridges the gap between theory and practice addressing nutritional exercise and sport sciences and the actual performance of masters athletes and older exercisers It reviews in detail many age related changes that occur in the physiological systems provides implications of these changes for masters athletes coaches and clinicians explores scientifically based methods to maximize sprint strength and power team sport players endurance and ultra endurance performance and focuses on the unique nutritional needs of master athletes Examines the Growing Body of Knowledge on Masters Athletes Each chapter has been written by a world leading authority in their field Contributors focus on a specific topic and discuss available research Incorporating information from studies on younger and older athletes and healthy older non athletes they help determine the training and nutrition implications for sports medicine professionals and clinicians masters athletes and coaches and future research directions for academic and postgraduate students The book includes material on endurance ultra endurance speed strength and power and team sports athletes Sections cover macronutrients carbohydrate fat and protein needs micronutrients vitamin and mineral needs fluids and hydration supplements and ergogenic aids nutrition for chronic disease and the training nutrition needs of every type of masters athletes Nutrition and Performance in Masters Athletes is highly recommended for medical and health professionals fellow academics postgraduates with an interest in masters athletes as well as masters athlete coaches and masters athletes and administrators wanting to assist their members *Human Body Size and the Laws of Scaling* Thomas T. Samaras,2007 Several books have been published on scaling in biology and its ramifications in the animal kingdom However none has specifically examined the multifaceted effects of how changes in human height create disproportionately larger changes in weight surface area strength and other physiological parameters Yet the impact of these non linear effects on individual humans as well as our world s environment is enormous Since increasing human body size has widespread ramifications this book presents findings on the human species and its ecological niche its community and how the species interacts with its environment Thus a few chapters provide an ecological overview of how increasing human body size relates to human evolution fitness health survival and the environment This book provides a unique purview of the laws of scaling on human performance health longevity and the environment Numerous examples from various research disciplines are used to illustrate the impact of increasing body size on many aspects of human enterprises including work output athletics and

intellectual performance *Competitive Sports as a Factor in Longevity* David Joseph Ansfield,1929 [Athletes Triumphs](#)
Ava Thompson, AI, 2025-01-11 *Athletes Triumphs* offers a compelling exploration of twelve elite athletes' journeys from adversity to excellence, weaving together sports science, psychology, and personal narratives to create a comprehensive understanding of athletic achievement. Through carefully structured case studies spanning team sports, individual competitions, and Paralympic events, the book reveals how determination and resilience shape athletic success. The analysis delves into three fundamental themes: adversity's role in building mental strength, the importance of support networks, and the science behind performance recovery. Each athlete's story is meticulously documented through medical data, training logs, and firsthand accounts from coaches and family members, providing readers with both inspiration and practical insights. The book progresses from team sport athletes managing group dynamics to individual competitors mastering solo performance psychology, culminating in remarkable Paralympic athletes who redefined physical limitations. This diverse range of experiences, covering the years 2000-2020, offers valuable lessons for athletes at all levels. What sets this work apart is its balanced approach to combining technical knowledge with accessible storytelling. While explaining complex physiological concepts and training methodologies, the book maintains relevance for its target audience of young athletes, coaches, and sports professionals. The inclusion of actionable strategies and training principles ensures that readers can apply these elite athletes' experiences to their own athletic pursuits, making it both an educational resource and an inspiring collection of triumph over adversity.

[The Aging Athlete](#) Live Long and Strong Press, 2025-11-14 *Discover How to Defy Age and Elevate Your Athletic Journey*. Are you ready to redefine what it means to be an athlete beyond your prime? This transformative guide delves into the realities of aging while revealing practical strategies to keep your body strong, agile, and pain-free. Say goodbye to outdated myths that suggest slowing down is inevitable; aging presents unique challenges, but it also offers opportunities for greater resilience and performance. Inside, you'll find a comprehensive roadmap tailored specifically for the midlife athlete. From mastering strength-building techniques that safeguard your muscles to cardiovascular workouts designed for longevity, this book provides clear, evidence-based advice to optimize every aspect of your fitness. Explore specialized nutrition and hydration plans that fuel recovery and power sustained energy, while targeted mobility drills help maintain flexibility and joint health. But this isn't just about physical fitness. Learn how to protect your mental edge through cognitive exercises and stress management tools that build mental resilience. Discover the critical role of quality sleep and effective recovery methods that keep fatigue at bay. Plus, uncover the often-overlooked importance of social connections and motivation in sustaining a competitive spirit that fuels purpose beyond the finish line. Whether you're chasing personal bests or simply striving to stay active and pain-free, this book equips you with everything needed to embrace your evolving athletic journey. Step confidently into each chapter with expert guidance that transforms challenges into triumphs, helping you stay strong, competitive, and vibrant through every season of life. Your next peak performance is waiting—turn the page and seize it.

today **50 Athletes Over 50** Don McGrath,2010-02-22 Includes 50 interviews with athletic people over 50 years old

SUICIDE IN PROFESSIONAL AND AMATEUR ATHLETES David Lester,John F. Gunn,2013-05-01 This book looks at the problem of why so many professional and amateur athletes kill themselves Professional athletes lead what seem to us to be glamorous lives and make large and sometimes huge salaries In schools the athletes are often the formal and informal leaders given recognition and honors News of their suicides shocks us because to the rest of us these are the successful members of our society often looked up to as heroes and role models The book therefore explores the incidence of suicide in athletes and reviews the risk factors that increase the likelihood of suicide in athletes Research on these risk factors such as the role of steroids and concussions is reviewed and case studies are provided to illustrate these risk factors Some of the topics include suicide in baseball and cricket how steroids is often linked to suicide as well as concussion and traumatic brain injury how social relationships of athletes including suicide among lesbian gay and bisexual athletes and sexual abuse can lead to suicide suicide as a result of bullying among high school and college athletes and suicide contagion how spectators involvement in sports can be related to suicide and the effect of retirement on athletes psychiatric problems among athletes and how substance abuse among athletes can cause suicide along with many other topics The book concludes with ways in which suicide might be prevented in athletes It will be of great interest to crisis workers and those who work in crisis centers as well as suicidologists mental health workers and others interested in the topic The Literature of American School and College Athletics Will Carson Ryan,1929 Oldest Athletes Emily James,AI,2025-02-20

Oldest Athletes explores the remarkable stories of sports figures who defied age achieving success beyond conventional limits It examines how advancements in training nutrition science and sports medicine have facilitated extended careers You ll discover how psychological resilience and mental fortitude play crucial roles in overcoming age related challenges allowing these athletes to maintain competitiveness against younger rivals Intriguingly some athletes have secured significant victories and championships well into their later years challenging societal perceptions The book argues that athletic longevity results from the complex interplay of physical conditioning psychological strength and access to advanced resources Through individual case studies it details the training regimens career highlights and personal strategies of athletes across various sports from marathon running to baseball These biographical accounts provide a personal glimpse into their dedication and discipline The book progresses by first introducing key concepts and scientific data then presenting individual athlete stories and finally synthesizing findings to draw broader conclusions about athletic longevity **Bulletin** Carnegie Foundation for the Advancement of Teaching,1929 **Longevity in Athletics** Morgan Mason,2017 Sport specialization is defined as intense year round training in a single sport with the exclusion of others Jayanthi et al 2012 Current research has shown that there has been a dramatic increase in youth sport participation over recent years with a coexisting increase of early sport specialization ESS The overall effect of ESS on longevity in athletics is not yet fully understood Studies in current academic

literature have not definitively established that ESS is either beneficial or detrimental to an athlete's physiological and psychological health LaPrade et al 2016 Mattson and Richards 2010 However some available evidence suggests active participation in ESS may lead to higher rates of physiological and psychological issues including overuse injuries burnout and emotional distress DiFiori et al 2014 Jayanthi et al 2012 LaPrade et al 2016 The objective of this research project is to provide an understanding of the factors that influence an athlete's appeal to specialize coaches parents school size choice of sport etc and to determine the effect ESS has on longevity in athletic participation A survey was developed utilizing Qualtrics 2015 Provo UT and participants of the study included current students and student athletes at a Midwest Division III college This survey employed the use of multiple choice and open ended questions Results showed that a majority of participants specialized in sport 68.03% with a majority beginning to specialize at age 11 or younger 23.49% Participants who specialized reported high numbers of chronic injuries yet they argue that specializing in sport was beneficial to their athletic success With this information recommendations can be made to the sporting public regarding early sport specialization Abstract

The Relationship Between Caloric Expenditure and Longevity Among Michigan State University Athletes and Non-athletes Timothy J. Quinn, 1987 Buffalo Medical Journal and Monthly Review of Medical and Surgical Science, 1906
Harper's Magazine Lee Foster Hartman, Frederick Lewis Allen, 1928 Important American periodical dating back to 1850

The Enigmatic Realm of **Longevity Of Athletes**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Longevity Of Athletes** a literary masterpiece penned by way of a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those that partake in its reading experience.

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