

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

Robert R. Redfield



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 *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

The Longevity and Morbidity of College Athletes Henry Joseph Montoye,1957 **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.

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 (CépiDc). 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 in 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

Longevity David Joseph Ansfield,1929 *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

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

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 **The Relationship Between Caloric Expenditure and Longevity Among Michigan State University Athletes and Non-athletes** Timothy J. Quinn,1987 **50 Athletes Over 50** Don McGrath,2010-02-22 Includes 50 interviews with athletic people over 50 years old **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

AI And The Future Of Sports Science: Foundation, Performance And Innovation Dr. Varun Malik, Dr. Kiran Malik, Prof. Kuldeep Singh Kaswan, While a dedicated book by this title may not exist numerous scholarly articles and research papers have been published that explore the intersection of AI and sports science For instance a study by Alieza Amani

discusses how AI can transform sports science by enhancing athletic performance reducing injuries and promoting public health The paper emphasizes AI s role in improving research accuracy training planning performance monitoring and injury risk management AESA Sport Journal Foundations of AI in Sports Science Exploring how AI technologies can enhance research and data analysis in sports science Performance Enhancement Utilizing AI driven analytics to optimize athlete training injury prevention and performance enhancement Innovation in Sports Technology Advancements in materials science and AI integration to improve sports related technologies and training methodologies *The Intercollegiate* ,1906

The Masters Athlete Joe Baker,Sean Horton,Patricia Weir,2009-09-10 Masters athletes are those that continue to train and compete typically at a high level beyond the age of thirty five and into middle and old age The study of masters athletes enables us to better understand the benefits of and motivations for life long involvement in physical activity This is the first book to draw together current research on this important topic **Finding Balance** Barrett Williams,ChatGPT,2025-10-12 Unlock the secrets to achieving peak performance and a fulfilled athletic life with Finding Balance your ultimate guide to mastering the art of recovery Whether you re a seasoned athlete or a fitness enthusiast this groundbreaking eBook is designed to transform the way you think about rest and rejuvenation Finding Balance delves deep into the science behind rest and recovery dispelling common myths and highlighting the essential nature of downtime for both mind and body Discover why recovery is not just a phase in your training regimen but a crucial component of your overall health Explore the intricacies of the body s healing mechanisms with chapters on muscle repair the vital role of the nervous system and the importance of hormonal balance From the energizing benefits of active recovery to the tranquility of passive rest you ll learn when and how to utilize each to maximize results Sleep the ultimate recovery tool is given the spotlight with insights on optimizing your sleep pattern for enhanced athletic performance and overcoming common sleep disruptors Nutrition also plays a starring role with practical advice on macronutrient balance meal timing and the pivotal role of hydration Finding Balance goes beyond the physical addressing mental and emotional aspects of recovery including stress management and mindfulness techniques to prevent burnout Tailor your recovery strategies to your unique training load and goals supported by cutting edge tools and techniques like foam rolling cryotherapy and compression gear With tailored advice for various sports and real life case studies of athletes who achieved success through recovery focused strategies this eBook is a comprehensive resource for anyone seeking to enhance their fitness journey Embrace a balanced approach to fitness and unlock your true potential with Finding Balance Your path to lifelong vitality starts here

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Longevity Of Athletes Introduction

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