About the Secular Growth Trend

Anna Farkas* and Márta Szmodis

Department of Health Sciences and Sport Medicine, University of Physical Education, Budapest

*Corresponding author: Anna Farkas, Department of Health Sciences and Sport Medicine, University of Physical Education Budapest

INTRODUCTION

Secular trend could be followed up in the performance level, as well, as structural development of the body and the accelerated maturation could help with improving physical capacity [38]. We also have some published [39,40] and unpublished experience about the existence of positive secular trend among Hungarian athletic children e.g. in basketball, where the body height is the key component in the selection. Even in American major league baseball a positive secular trend was observed [41]. However, secular growth changes are supposed come to an end, in a period of time in some of the populations [4,42]. Even in Hungary the trend was varying as the result of the socio-economic changes [15,18,26] but not yet stopped.

In highly civilized societies, e.g. in the Northern European countries and in Japan, the secular changes are slowing down or levelling off [14,43] or stabilized at a certain body height and in menarcheal age, while in other countries e.g. in Brasil and in Hungary it is yet going on [15,44]. There are some further objectives about the secular trend, since we have to understand something concerning the practical use of the knowledge, i.e. when in a younger age child reach a higher level of physical growth and developmental level of the bone system, the balanced growth and the level of coordination could be disturbed. So, they could be exposed to higher incidence of injuries. We have to remember it when planning workload and the evaluation of the performance should be judged by the above-mentioned aspects. At the same time, some further aspects could be aroused,
e.g. with the earlier biological maturation no parallel changes in the mental, social and psychological maturation would take place. That could have and influence on the pedagogical methodology and the conflict management, as well.

Conclusion

Secular trend mostly felt as though it would be just a theoretical case to speak and learn more about in respect of the different populations. However, it is a complex phenomenon with multiple causes to be occurred, manifested itself mostly in more rapid growth and maturation – characterized by the earlier menarche and the increased size of the body. One of the main reasons is thought to be the better nutrition and the better socio-economic environmental factors. Nevertheless, it could have a significant impact on many other areas of our everyday life.

References


