

## **Harvard Style Essay Sample**

### **Nature of Health Science**

There is nothing more exciting than to understand the way our bodies operate. Health science, also known as biomedical science, deals with human bodies and works on the basis of serious research that aims at understanding how human and animal bodies function and what internal and external factors affect their functionalities.

Health science has a lot of application opportunities, the results and findings of these studies are widely used in sports and medical systems in order to treat and prevent a number of diseases and disabilities that people face. There are several sub-sciences and different branches in medical system that look more specifically at different areas. Every one of us is familiar with therapist, who understands the general health picture of individuals. There are a lot of not widely known professions, though, such as oncology, toxicology and many others that deal with very narrow and specialized issues.

Sport requires building your body in the best possible shape to effectively use its abilities for the specific activities. In that regards, health science is very important for professional sportsmen to prevent injuries and numerous issues related to muscles and diet, required to maintain healthy balance and optimize performance of the sportsmen. By applying the knowledge acquired about human's body by health science through series of experiments and historical data, sportsmen can optimize their diet and at the same time avoid any negative effects of excluding certain ingredients from their daily ration (Peat 2001, p. 15).

The influence of the health disciplines is, however, not limited by the impact on sport activities. Still, its importance in our daily life is recognized by each individual as well as society as a whole.

#### **References**

Peat, JK 2001, *Health Science Research: A Handbook of Quantitative Methods*, Allen & Unwin, Crows Nest, IN.