Example of swimming research paper

[Health & Medicine](), [Addiction]()

Swimming is a very popular sport and has many health benefits as well as some disadvantages. Some of the benefits of swimming include reducing the body from overheating, training the respiratory system and improving heart function. According to Morel, " The resistance provided by the surrounding water slows movements and increases the difficulty of movement" (Morel). This action cools the body and makes it less likely to overheat. Another benefit of swimming is to train the respiratory system. Fangshicun Health states that the movement in swimming " can help in regulating the respiratory system" (Fangshicun Health), which in turn makes it last longer. Swimming can also improve heart and lung functions. Fangshicun Health states that the kicking motion of water can help facilitate the circulation of blood to the body's organs (Fangshicun Health). Blood circulation to the body is crucial.

Some of the disadvantages of swimming include chlorine exposure and water getting into the nose. According to Fangshicun Health " the chlorine used to disinfect the water is a toxin that might cause asthma and other respiratory conditions" (Fangshicun). Furthermore, according to Morel, " chlorine is absorbed by the body through lungs and skin" (Morel). Therefore it is important to limit chlorine exposure in order to prevent these possible conditions.

It is also important that water does not get into the nose. Fangshicun Health states that " water can get into the nose [and] endanger the health of the lungs" (Fangshicun Health). If the water is dirty it could contain a bacterium that attacks the brain functions. This bacterium can attack the brain cells and cause death. Swimming in unclean water should always be avoided.

References

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