

Importance of sports essay



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Here's hoping that now you know what is the importance of sports.

Besides being important for kids, taking up a sports career in adult life, has its own benefits. A sports person often travels to other countries to play matches and in the process, learns a great deal about the cultures of these countries. Even the spectators or TV viewers are thoroughly entertained while watching professional sports, making it an excellent recreational activity.

We live in jet age. Life has become so easier than ever before.

With advancing technologies our lives have become comfortable. But in today's world under the spell of technology we are ignoring our health. Even kids rather than going out and playing with friends prefer watching television, playing computer games, or surf the net. Playing Sports keeps us physically fit and mentally alert. It keeps us healthy which is the most important thing of all!! As it is indeed equal to all the wealth in the world, for you may have money but if you have not got health to enjoy it what is its use ?

We have variety of sports to choose from like Basketball, Tennis , Football, Cricket, Swimming etc. Besides sports not only helps us to be physically fit but it also teaches us the values of discipline, loyalty , teamwork, hard-work and honesty which helps us to play the bigger game of life! A true sportsman celebrates victory and accepts defeat with a smile. To him winning is not important but giving his 100% is! But in today's competitive world studies are given more importance. A child doesn't get enough time to play because of constant pressure of studies and his parents to perform better and better. Hence children , parents and teachers must understand the importance of sports and give the child enough time to play as we all know very well that “ All work and no play makes Jack a dull boy! “

Importance and Benefits of Sports

Have you ever thought why people do sports? Absolutely, many people seem not to know the reasons. As an anecdote, there are many people who do sports for nothing around us. Everyday we can encounter with these people. They regularly do sports; however, none of them realizes the benefits and importance of sports. In fact, vice versa, some people want to be fit and attractive, look smart. Unfortunately, these people can't consider other benefits of sports. In my opinion, there are several benefits of sports that people often do not consider: sports are required to be healthy people, are needed for enjoyment, and are great market for countries' economies. The first advantage of sports for people is that they help people be healthy, and be fit. Throughout history, people can't give up their interest at their body. I believe that now many people love themselves no matter how beautiful or ugly they are.

Naturally, people's first aim should be healthy and fit with the benefits of sports. Due to this fact that Sports keep our body healthy. As a possible example, imagine that there is a car which has not worked for years. If you try to run the motor engine, it will not work anymore since it has been rusted and its engine may be broken down. As a result, people is similar to engines and motors. If we don't do sports, we will be forced to rust, in other words, decomposition of our body; afterwards, we may have some problems with our body when we even need to small walk. In addition, sports balance our body's blood pressure and circulation. According to many researchs which have been done by scientists, we can prove the importance of sports for our health because 70% middle aged people who did not do sports in their youth are

now struggling with the problems such as high tension, trouble with blood circulation, easily become tired due to the lack of sports. The second advantage of sports for people is that they are required for our daily lives and competing at the international area because of enjoyment of sports. For many years, sports have been done by people. For example, have you ever thought why people want to play football or other games? The answer may be easy since sports are entertaining. They are sometimes magic as they catch our attention and give us pleasure as much as we need. Sometimes overwhelming life conditions may be unfair and make us unhappy. However, if there is a sport activity when we are unhappy, we will probably be motivated and be refreshed again after the sport activity. This should be the most important benefit of sports because many people do sports for this reason. In addition, have you ever thought why millions of people watch World Cup match without breathing? There might be some reasons behind the action of watching football match. The most important one might be the excitement and enjoyment of sport. Football match is exhilarating because it gives us pleasure to watch. In the pitch and near the pitch, there are more than 18 men, and they are the representative of our sport culture. Within the excitement of sports, countries are able to compete in the international area. Due to this fact people like sports since they and their countries are able to compete and beat opponent countries and this is the most important reason to take pleasure from sports. The final and least advantage of sports is that they are the huge market for countries' economy.

First of all, if we look at only football industry. There are more than thousand professional team and at least these team have 25 players. If this is

calculated, there are approximately 25000 players without working staff, scouts, coaches and managers. This should be the largest industry which employs many people in Turkey. In addition, countries and clubs have to establish new facilities for sports game. Some of them are the largest buildings in the entire country that represent countries, for example Atatürk Olympic Stadium in Turkey. Supplying funds for these buildings may be the publicity of countries since constructing well designed stadiums help countries prepare or organize big competitions such as World Cup, Olympics, and Tennis Tournaments. Finally, sports allow advertisement companies to make publicity of strong brands. For example, sponsorship is one of the best publicity of one company. Everyone watches their favourite team or athlete, and audience will probably see the sponsor of team or athlete.

For example, in England, Manchester United which is one of the most powerful clubs in international area has a sponsor called Vodafone. I am from Turkey, and I even know its sponsor. This will probably show the effectiveness of sponsorship in sports. All in all, we can conclude that there are several advantages and benefits of sports. First, sports are required by people to be fit, smart, and good looking. Second, sports are entertaining due to many facts. Third, sports are the huge market for countries' economies. In my opinion, despite sports' advantages, many people can't believe that sports are useful and beneficial. I hope that in the future these people will tend to be more optimistic about sports since they are the necessity of our lives.

Importance Of Sports

The Importance of Sports are an important part of just about every society, every country, every part of our planet. In one way or another, everyone is involved insports or some sort, whether they're playing or watching or just knowsomeone who does either. The importance of sports in the life of a young student is invaluable and goesmuch further than the basic answer that " it keeps kids off the streets." Itdoes in fact keep kids off the streets, but it also instills lessons that areessential in the life of a student athlete. Sports play a pivotal role in themakeup of a young athlete, especially in the middle school to high schoolyears where student-athletes are much more mature and mentallydeveloped. Where else can a young, impressionable youth learn values likediscipline, responsibility, self-confidence, sacrifice, and accountability?

Sports come in many varieties. There are individual sports such as golf or team sports such as football and hockey. Court sports include badminton andsquash. Other categories are gymnastics, martial arts, racing for example theF1 races, obstacle sports such as skating and indoor sports such as chess andcard games. Football, hockey and basketball are team sports. Teams of eleven or sixplayers square off against each other, with team members helping each otherto win as a team. Sports are played for fun or for money (or sometimes both). Just about every sport has both professionals (those who compete for money) and amateurs(those who compete not for money but for fame or for the sake of competition itself). Many amateurs who are really good at their sport becomeprofessionals. Health is wealth." Those who have understood the importance of health willtry to keep themselves fit. Apart from a balanced diet, sports are necessaryto maintain

our health. If we do not exercise regularly, our body does not develop the muscles as well as bones become weak.