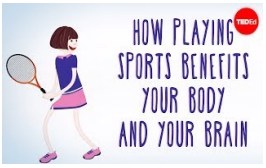

How playing sports benefits you

eslvideo.com Quiz by: Kary Pedroza Vargas

1. What do many people love to do?

- ○ a.) Play sports
- ○ b.) Watch movies
- ○ c.) Read books

2. What is a question raised in the transcript?

- ○ a.) Is playing sports good for us?
- ○ b.) Is watching sports fun?
- ○ c.) Is exercise boring?

3. What is well accepted about exercise?

- ○ a.) It is bad for our bodies
- ○ b.) It is good for our bodies and minds
- ○ c.) It is only for young people

4. What does exercise strengthen?

- ○ a.) Our bones
- ○ b.) Our hair
- ○ c.) Our skin

5. What do our brains release when we workout?

- ○ a.) Endorphins
- ○ b.) Vitamins
- ○ c.) Sugars

6. What can increased endorphins lead to?

- ○ a.) Feelings of sadness
- ○ b.) Feelings of euphoria
- ○ c.) Feelings of hunger

7. What can joining a team provide beyond physical benefits?

- ○ a.) Psychological benefits
- ○ b.) Financial benefits
- ○ c.) Fashion benefits

8. What do you learn from being on a team?

- ○ a.) To trust and depend on others
- ○ b.) To ignore others
- ○ c.) To play alone

9. What can school sports participation reduce?

- ○ a.) The risk of injury
- ○ b.) The risk of depression
- ○ c.) The risk of boredom

10. What can training with a good coach reinforce?

- ○ a.) A growth mindset
- ○ b.) A lazy mindset
- ○ c.) A negative mindset

11. What is a benefit of learning through failure?

- ○ a.) Building resilience
- ○ b.) Losing interest
- ○ c.) Avoiding challenges

12. What can you manage better by playing sports?

- ○ a.) Academic hurdles
- ○ b.) Financial hurdles
- ○ c.) Fashion hurdles

13. What might not everyone enjoy?

○ a.) Every sport

○ b.) Every food

○ c.) Every movie

14. What can take time to find?

○ a.) A sport that fits your strengths

○ b.) A job

○ c.) A friend

15. What will you be a part of if you find a sport?

○ a.) A supportive community

○ b.) A competitive market

○ c.) A boring group

16. What will you build by playing sports?

○ a.) Your confidence

○ b.) Your fear

○ c.) Your sadness

17. What will you be exercising?

○ a.) Your body

○ b.) Your mind

○ c.) Your wallet

18. What will you be nurturing by playing sports?

○ a.) Your mind

○ b.) Your car

○ c.) Your garden

19. What is one benefit of playing sports mentioned?

○ a.) Having fun

○ b.) Losing weight

○ c.) Making money

20. What is the overall message about sports?

○ a.) They are only for fun

○ b.) They have many benefits

○ c.) They are a waste of time

Transcript

The victory of the underdog over the favored team. The last minute penalty shot that wins the tournament. The high-energy training montages. Many people love to glorify victory on the playing field, cheer for favorite teams, and play sports.

But here's a question: should we be so obsessed with sports? Is playing sports actually as good for us as we make it out to be, or just a fun and entertaining pastime? What does science have to say?

First of all, it's well accepted that exercise is good for our bodies and minds, and that's definitely true. Exercising, especially when we're young, has all sorts of health benefits, like strengthening our bones, clearing out bad cholesterol from our arteries, and decreasing the risk of stroke, high blood pressure, and diabetes.

Our brains also release a number of chemicals when we workout, including endorphins. These natural hormones, which control pain and pleasure responses in the central nervous system, can lead to feelings of euphoria, or, what's often called, a runner's high. Increased endorphins and consistent physical activity in general can sharpen your focus and improve your mood and memory.

So does that mean we get just as much benefit going to the gym five days a week as we would joining a team and competing?

Well, here's where it gets interesting: because it turns out that if you can find a sport and a team you like, studies show that there are all sorts of benefits that go beyond the physical and mental benefits of exercise alone.

Some of the most significant are psychological benefits, both in the short and long term. Some of those come from the communal experience of being on a team, for instance, learning to trust and depend on others, to accept help, to give help, and to work together towards a common goal.

In addition, commitment to a team and doing something fun can also make it easier to establish a regular habit of exercise. School sport participation has also been shown to reduce the risk of suffering from depression for up to four years.

Meanwhile, your self-esteem and confidence can get a big boost. There are a few reasons for that. One is found in training. Just by working and working at skills, especially with a good coach, you reinforce a growth mindset within yourself. That's when you say, "Even if I can't do something today, I can improve myself through practice and achieve it eventually." That mindset is useful in all walks of life.

And then there's learning through failure, one of the most transformative, long-term benefits of playing sports. The experience of coming to terms with defeat can build the resilience and self-awareness necessary to manage academic, social, and physical hurdles. So even if your team isn't winning all the time, or at all, there's a real benefit to your experience.

Now, not everyone will enjoy every sport. Perhaps one team is too competitive, or not competitive enough. It can also take time to find a sport that plays to your strengths. That's completely okay.

But if you spend some time looking, you'll be able to find a sport that fits your individual needs, and if you do, there are so many benefits. You'll be a part of a supportive community, you'll be building your confidence, you'll be exercising your body, and you'll be nurturing your mind, not to mention having fun.