THE BENEFITS OF SPORTS

by:

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Students, who are in sports whether it is a team or an individual sport, acquire many benefits. Pupils learn positive values such as teamwork, sportsmanship, self-respect, hard work, self-discipline, self-confidence and develop skills to handle competitive circumstances. It can also teach the students to become responsible adults and productive citizens. It also develops students to excel academically. Through sports, students learn to set goals in academic matters. They become inspired in their studies because in sports, they apply some principles of dedication and hard work. Individuals who are into sports amazingly produces a well-balanced mind, body and soul.

Some of the students use sports to get scholarships in universities or colleges. They obtain an additional allowance from it supporting their finances. Mostly, students who belong to a very poor family are benefited of the scholarships. Students who are endowed with great skills and have high regard towards sports hold onto it. They bring honor and pride to the schools they are enrolled in. Given ample time of training, and the right timing, some were able to join in a national competition where they become the nation’s pride. Salute to them.

Most of the scholars get better achievements than those who are enjoying an average life as students. It also helps to build social skills like the interaction with their coaches and sports officials. It also develops leadership and communication skills that will help them in the near future. The rigid physical training improves sleeping quality because it relaxes the muscles of the body that enhances one’s mental outlook developing a positive mind as well as promoting good mood every day.

Lastly, it also helps them to keep themselves healthy because sports reduce risk of obesity, increased cardiovascular fitness, reduce blood sugar levels, strengthen lungs, improve sleep, and
improve coordination and balance remarkably. (JBCN International School, 2017). Staying healthy seems to be hard on a hectic schedule. However, students who are sporty are blessed to have both exercise and training, studying and learning, both are giving them the privilege only sports person do enjoy and benefited.

References: