THE REASONS WHY YOU NEED TO CHOOSE SPORTS

by:

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Why do you have to choose sports? According to Croddy (2011), sports encompass more than just the benefits of physical activity, but also the increase in self-esteem and mental alertness that brings to students. Indeed, playing a sport is one way of strengthening the whole body and an ingredient to boost intellectual ability.

Here are the five reasons why you have to play sports.

Sports can develop one's self-discipline. There are several ways on how to cultivate disciple, but sports can assure that student's self-discipline will never leave behind. Sports allow students to sleep at the right time and wake up early in the morning to warm up, to do the daily exercises and to cool them down. Executing routines can make them learn the value of following instruction set by the coaches that displays self-discipline and respect for authority. In addition, sports let the players take care of their body. Players inhibit eating junk foods and drinking liquor. These food and drinks can weaken their immune system and can make them feel sleepy and tired. They also follow the schedules of meals everyday and serve the right amount of food. With this, players develop self-discipline when it comes to eating the right food at the right time.

Sports can lift one's self-confidence. Many students are afraid to stand in a crowd, because they think that they are not bright or not good enough for the people around. But with sports, they can eliminate that feeling of inferiority. Sports permit them to move without any hesitations. Moving with style and flexibility gives them the confidence that they need. Attack with precision and quickness with direction can provide a strong move that they need to show that they can do everything to win a game and to make people believe on what they have.

Sports can build solidarity. Most sports are team or duo, but even if a player plays alone, still he needs a coach or a partner in practice. Sports form a friendship that cannot be easily
broken. Anyone who enters into a team sport is nervous and worried on how they can start to have a conversation with the teammates and coaches. But with sports, student-athletes can now have these people to cry on whenever they have adversities on trainings, studies, and even personal matters. Hard training and losing a game can make them disappointed. But with coaches around them, they can have a parent to hug to remove any worries and fears.

Sports can make a person smile and laugh. Doing what student-athletes love can make their lips move up and down. Take for example in playing volleyball. A perfect execution of passing, digging, and receiving the balls can bring happiness to the players. Similarly, on basketball, a well-executed plays in a practice session can make them ready. Sports can also bring laughter to the athletes, especially when they reach a goal or win a game. Student-athletes feel accomplished and satisfied and are challenged to improve their skills. Sports carry emotions that make one's heart beats.

Sports can provide chances for the students. Opportunities can knock on their door if they continue doing what they like and master the craft they pursue. Students, who finished high school and good in one sport, can apply for a scholarship in a university to earn a college diploma. They can use this as a stepping stone to reach their goals and be able to help their parents. They can also apply for an officiating position in a league or games or they can manage their own league. They can organize sports clinic to impart their skills and moves to inspire the youngsters to play and love the sports. They can be a coach to share their technique and strategies to get a game and how to handle rough situation.

Sports teach student-athletes how to cope up with defeat. It gives them the chances to make an adjustment and deal with it without losing themselves on the process. It allows them to use this defeat to move forward in order to return with conviction. In the long run, sports teach them how to become responsible on their acts and be a person with passion and dedication.

Sports have sufficient benefits for the students and the people who play it. They just have to discover it.
References:
