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The effect of sports on students physical, academic, and social abilities before and after the year 2000

Introduction

The effect of sports has a really important role in a student’s life, to becoming more physically active to improving the memory functions of the brain. There are many reasons and examples on the effect of sport that many people over the years have been discussing. There is many research on the effect of sports pre and post 2000. This essay will go through the important details of the effect of sports on physical, academic, and social abilities.

Physical abilities

Firstly, physical sports are exercises people do, like running, kicking, swimming, and a lot more. Physical exercises are important on students’ health’s because, when students play sports their blood flow increases to the brain which helps the body and builds connections between the nerves of the body. (www.rochester.edu). Before the year 2000, students played more sports and had better physique mainly because of their environment. Before the year 2000, students didn’t have phones or addicting online games to be busy on so instead of playing games and staring at a screen, they played many sports and had a better physique. However, students after the year 2000 have more things to distract themselves on, like phones, mobile games, computers, TVs, and many more thing. This mainly explains why the obesity rate of student’s post-2000 is way higher than the obesity rate of student’s pre-2000. (www.stateofchildhoodobesity.org). All in all, this paragraph concludes that sports on student’s physical alibies are very important and can solve problems such as obesity.

Academic abilities

Secondly, academic abilities are the degree of competence in school or educational activities. Sports also have an impact on academic abilities, for example it helps the brain and does many good things for the brain and body. Sports has a positive impact on students’ academic performance because, it increases the abilities of the brain function and mental action of acquiring knowledge through increasing blood flows to the brain. (www.childfundrugby.org). Also, studies prove that student’s pre-2000 that used to play sports had a better brain function and could understand information more clearly. However, there aren’t many students who play sports compared to the student’s pre-2000 that used to play many sports. Students’ post-2000 that are lazy and don’t play sports struggle to understand information more clearly. (www.sciencedaily.com). Sports help academic abilities such as increasing their brain function and making it easier for students to understand information.

Social abilities

Thirdly, social abilities are the skills that are used every day to interact and communicate with others. One of the main reasons on why sports have a heavy effect on students’ social skills and abilities is communication. When people play sports like football that includes having teammates, each player is forced to communicate and interact with each other, that is an example of communication that is very important on social abilities. (www.healthdirect.gov.au). Pre-2000 students had strong communication since they would carefully listen, understand, and respond. Studies prove that post-2000 students with no social abilities needed to deal with high levels of stress and loneliness in their lives. However, not the same can be said for pre-2000 students, although post-2000 students had to worry about stress and loneliness, pre-2000 students never had to worry about that because, of how strong their source of interaction was. (news.arizona.edu). All in all, pre-2000 students used to play many more sports than post-2000 students and that is one of the reasons they didn’t have to deal with as much stress and loneliness as post-2000 students.

Conclusion

In conclusion, the effects of sports on physical, academic, and social abilities before and after the year 2000 have changed dramatically. Pre-2000 students played more sports overall therefor they had a better rate of obesity, while post 2000 students played less sports so they have a higher rate of obesity. Pre-2000 students could understand information easier and better than post 2000 students since they played more sports which helps with the brain function and gaining knowledge. As for social abilities, pre-2000 students played more sports so they had more interaction than post-2000 students. While post-2000 students need to deal with loneliness and stress, pre-2000 students barely needed to worry about that. Finally, there are many differences between post and pre 2000 students, post 2000 students have more problems since they played less sports and they could still solve these problems like obesity with sports.

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