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The effect of sports on students physical, academic,



Introduction:

Sports have such a serious influence on a student's life, from boosting physical activity to enhancing cognitive functions like memory. Many individuals have spoken about the influence of sport for a wide range of reasons and in a diverse range of situations over the years. Numerous studies have been done on the impact of sports before and after 2000. This essay will go over the essential information regarding how sports affect physical, intellectual, and social capacities.

Physical abilities:

First of all, people take part in physical activities such as kicking, swimming, and many other activities. Physical activity is important for students' health because that enhances blood flow to the brain during athletic activity, which promotes the body and develops connections between the body's nerves. (www.rochester.edu). Prior to 2000, kids played more sports and were physically fitter in large part due to their surroundings. Prior to 2000, kids participated in more sports and had better physiques since they lacked smartphones and other devices with addictive internet activities. However, since 2000, there have been more diversions accessible to pupils, including phones, mobile games, computers, TVs, and a variety of other gadgets. 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:

Additionally, 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:

Furthermore, 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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