

Getting Fit Assignment

Part B - Written Component

Health benefits of playing soccer

1. Physical health

Playing soccer provides you with a cardiovascular workout. Playing soccer improves a person's stamina, strength levels and endurance abilities. One of the increased muscle build up areas is the leg. Soccer is a challenging sport, which increases endurance in all parts of the body. Soccer also helps build up the cardio-repertory endurance systems. Playing soccer can also lower your heart rate.

2. Social Health

Playing soccer can boost your social health in the following ways: soccer is a team sport, by playing soccer you are participating in a game with other players. This helps a person be more outgoing. Also players have to use a good level of communication between players during the match, this would help a shy person to speak more.

3. Emotional Health

Soccer players, like other sports people can use sport to express their emotions and feelings. Playing soccer could help a person release their emotions in a better way. For example, if your team was loosing, which you would be happy about. If the referee awarded your team a penalty, you would put your unhappy emotions into the shot. This would make you more confronting to succeed for the team. Playing soccer can also help people release their feeling in a more appropriate way.

4. Spiritual Health

If you play soccer, you can honor God by witnessing to other players and fans by not swearing if unhappy with a decision. If the soccer player follows what the bible says, he or she will be noticed and this could also be a testimony to others. A person can start a Christian soccer team. Playing soccer will keep you fit and health so you can then follow God's directions.

Sporting activity that I am involved

I am involved in basketball. I enjoy playing basketball because it uses strategies. Playing basketball also gives me the chance to run around. Basketball is enjoyable because it is less physical than rugby. Also playing basketball is fun because it is a good team sport.

Playing basketball helped me be able to run longer without taking a break. When I play basketball, I can practice my hand and eye co-ordination skills. Basketball helps me to be able to move quickly from different sides of the court. Also basketball keeps me fit because I use basketball as part of my routine.

Bibliography

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