



ADVANTAGES AND DISADVANTAGES OF SPORT

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ANNOTATIONS: *Playing sports at any level can be rewarding and fun. Children and adults alike can benefit from playing various kinds of sports. At the same time, there are also disadvantages that come with playing sports. You should weigh these advantages and disadvantages before you or your child commits to playing a sport.*

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Sport is the biggest subject and there are so many valuable opinions for both side of sport. The most important side of sport is that it existed many years ago. Then, people started Olympic games before our BC. Olympics helped to connect and communicate one another. People could learn other languages, culture and history. Also it helped to make an argument for keeping silence. But nowadays, some of us thinks that sport has some bad sides.

Namely: injuries, time commitment, weather problems, expenses. Unfortunately, injuries go with the territory when you play sports. They can run anywhere from minor muscle pulls and strains right through to broken bones and worse. Sometimes an injury just won't go away and keeps recurring, whatever health treatments you go through.

Most of the people thought that sport has no disadvantages, but actually it has especially for women. Although it makes people healthier, get better grades, less likely to experience depression or use drugs, cigarettes and alcohol more than people who are not athletes, it also has risks to women. It is true that sport has many advantages, but it also has major consequences for girls which could make them suffer for the rest of their life.

As you get older, your recovery time becomes longer too, so even if you are not injured, you can find yourself nursing aches and pains after playing that go on for several days at a time.



There can be lots of hidden expenses when participating in sports. Clothing, club fees, coaching costs, and equipment can all drain your finances over time. Tournaments and competitions out of town can result in large transport and hotel costs.

If you play an outdoors sport, then you are completely reliant on the weather to be in your favor. I've had countless experiences where I've planned my entire weekend around playing sports, only for the team practice or match to be moved or cancelled due to bad weather.

Practices, coaching sessions, matches, and tournaments can eat up a lot of your time, especially if there is traveling involved. Then there are the social events to attend with the team, time spent buying and replacing clothes or equipment, and time spent seeking help and treatment for injuries. If you captain or coach a team, then the time commitments increase exponentially compared to being a player, and you can find yourself texting, emailing, and organizing almost non-stop.

Sometimes these kind of problems do not feel so difficult if compare them with extreme sport. Because extreme sport is so dangerous although it is amazing.

It is like putting your life in unnecessary danger just for recreational purpose.

There is a very high possibility of injuries even with the safety precautions. ... It can be argued that injury is a possibility when participating in any sport. But the heights, distances and speeds that come with extreme sports drastically increase the severity of injuries that can be incurred. Those who participate in these types of activities risk broken bones, head trauma and even death.

Also, sometimes a person may not realize the fragility of one's health and may get into trouble. However it known that In any sport including dangerous sports, not necessarily a player is going to get injured or harmed each time they play; and can be played safely. ... In conclusion, dangerous sports should not be banned because not every time an injury can occur, and players can fortunately get rewarded with no injury. Some people think that sport should not be in school because is important that sports culture and its values not be legitimized by the schools because students could take on, as part of their developing identity, the perverted sense of loyalty, discrimination, and heteronomous (looking to external authority to determine right and wrong) morality inherent in that culture. While



many players do not believe the sport is distracting because they are doing what they love, it can interfere with schoolwork. ... Overall, if one divides their time wisely, the sports may not be too much of a distraction.

Some disadvantages of sports are that they can negatively affect self esteem and lead to bullying or exclusion.

Sport is a great way to stay fit and healthy. ... As a result many people are overweight and suffer poor health. Sport may not be the only way to keep fit, but the competition and teamwork in sport give people a lot of motivation to keep going and to push themselves hard.

We can count much many benefits of sport such as:

Better Sleep. Fast Company suggests that exercise and sport triggers chemicals in the brain that can make you feel happier and relaxed Team sports provide a chance to unwind and take part in an activity that improves your fitness. If you play sports outside, you can benefit from fresh air which is said to promote a good night's sleep.

Your heart is a muscle and needs frequent exercise to help it keep fit and healthy. A healthy heart can pump blood efficiently around your body. Your heart will improve in performance when it is regularly challenged with exercise. Stronger hearts can improve overall health of the body. A healthier heart means reduced risk of cardiovascular disease, stroke, and diabetes. Not only does physical activity burn calories, it also improves your metabolism in the long run. Physical activity keeps your heart and blood vessels healthy, helping to prevent hypertension.

Participating in aerobic activities — such as running, cycling, or swimming — can improve your body's ability to transport and utilize oxygen in the lungs and blood.

Exercise is a great mood-booster and has proven to be an effective method of stress relief. Exercise decreases LDL (bad cholesterol) levels and increases HDL (good cholesterol) levels.

Building dense, strong bones is another benefit of physical activity. Exercise is good for your mental health too, as it can battle feelings of anxiety and depression, sharpen your focus, and improve self esteem.



Sport brings together a mixture of people from different communities, backgrounds, religions and beliefs. Sport can offer a new way to meet others that you may not interact with day to day. As a result, you can make new friends. And who knows, playing a sport might even open new career and business opportunities for you.

Regular sport causes more oxygen to be drawn into the body with carbon monoxide and waste gases expelled. This increases the lung capacity during sport, improving lung function and efficiency.

By training frequently and working towards seasonal goals you can build your confidence and abilities. This is especially noticeable through tournaments and matches where you and your team put your skills to the test. Small, incremental achievements throughout the year can build personal confidence over time, giving you the ability to take on new projects and assignments at work with your new-found confidence.

When you are physically active your mind gets a chance to unplug from daily stresses and strains of life. Physical exercise reduces the stress hormones in your body and stimulates the release of endorphins. These endorphins may give you more energy and focus for whatever life has.

The Public Health Agency report that regular participation in sport and being active can also promote good mental health. This includes improving your mood, enhancing your sense of well-being, reducing anxiety, combating negative emotions and protecting against depression.

All sport teams need leaders to show the way and help develop new or younger team members. An emergentics study has found a correlation between playing sports and strong leadership qualities. Sports enable people to develop a 'team mindset' whether its winning, losing or training together.

Sports enables you to build better relationships with people you may be aware of, but not know personally. Through frequent sport you can get to know a lot about an individual's personality, their strengths and weaknesses. Sport with colleagues is a good opportunity to build better relationships and networks that may help you in your job.

Children who play sports develop stronger bones and muscles, leading to a smaller chance of physical injury. Physical exercise before the onset of puberty has been identified



by a New Zealand study as a way of reaching peak bone mass, enabling children to become stronger – a great foundation for future growth.

When you add all of these benefits together, what do you get? A longer, healthier, more enjoyable life!

All in all sport is the most important and useful for growing healthy and strong descendants. If more young spend their spare time for sport instead of playing computer games or smoking they get better it is not for only their body, sport is useful for their mind to because every morning our mind feels like tired only sport exercises can loose that kind of lassitude. Then the advantages of sport outweigh it's disadvantages.

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