Sports

Sport (or sports) is all forms of usually competitive physical activity which, through casual or organised participation, aim to use, maintain or improve physical ability and skills while providing entertainment to participants, and in some cases, spectators. Hundreds of sports exist, from those requiring only two participants, through to those with hundreds of simultaneous

Rules and customs

Sports are usually governed by a set of rules or customs, which serve to ensure fair competition, and allow consistent adjudication of the winner. Winning can be determined by physical events such as scoring goals or crossing a line first, or by the determination of judges who are scoring elements of the sporting performance, including objective or subjective measures such as technical performance or artistic impression.

Types of Sports

There are several types of sports namely, outdoor sport, indoor, underwater, and air sports. There are over 500 different sports in the world.

Amateur and Professional

Sport can be undertaken on an amateur, professional or semi-professional basis, depending on whether participants are incentivised for participation (usually through payment of a wage or salary).

The popularity of spectator sport as a recreation for non-participants has led to sport becoming a major business in its own right, and this has incentivised a high paying professional sport culture, where high performing participants are rewarded with pay far in excess of average wages, which can run into millions of dollars.

The Health Benefits of Sport and Physical Activity

Although research interest on physical activity and health dates back to the 1950s, the breakthrough in the scientific evidence on health benefits of physical activity largely took place during the 1980s and 1990s. There is an overwhelming amount of scientific evidence on the positive effects of sport and physical activity as part of a healthy lifestyle.

The positive, direct effects of engaging in regular physical activity are particularly apparent in the prevention of several chronic diseases, including: cardiovascular disease, diabetes, cancer, hypertension, obesity, depression and osteoporosis.

Thanks For Attention