

THE BENEFITS OF SPORTS

- I. Listen to the classroom conversation about the benefits of sport and do the exercises to practice and improve your listening skills. Tick (✓) seven benefits that are mentioned in the audio.

- _____ reduced risk of diabetes
- _____ lower blood pressure
- _____ improved muscle tone
- _____ stronger heart and lungs
- _____ stronger bones
- _____ increased feeling of calm and tranquility
- _____ improved mood
- _____ improved concentration
- _____ increased motivation
- _____ makes people less competitive
- _____ improved communication and negotiation skills.

- II. Listen to the audio again and choose **True or False** for these sentences.

1. The class has already talked about at least three of the physical effects sport has on the human body.
True / False
2. Doing sports can slow down the production of chemicals in the brain that make us feel good.
True / False
3. There are no real benefits associated with doing individual sports.
True / False
4. Swimmers or tennis players are responsible for their own achievements.
True / False
5. Being part of a team requires you to practice more regularly.
True / False
6. Collaborating with other members is essential for a team to be successful.
True / False
7. The skills you learn in a team sport are transferable to everyday life.
True / False
8. It doesn't matter which sport you choose, as long as you're good at it.
True / False