

How playing sports benefits your body

1. What is the main argument of the video regarding sports participation?
 - a) Sports are solely for entertainment and competition.
 - b) Sports participation offers numerous physical and mental health benefits.
 - c) Sports are only beneficial for professional athletes.
 - d) Sports can be harmful to one's physical and mental health.
2. Which of the following is NOT a physical benefit of playing sports?
 - a) Increased muscle strength
 - b) Improved cardiovascular health
 - c) Reduced risk of chronic diseases
 - d) Decreased cognitive function
3. How can playing sports positively impact mental health?
 - a) By increasing stress and anxiety
 - b) By reducing self-esteem and confidence
 - c) By improving mood, reducing stress, and enhancing cognitive function
 - d) By leading to social isolation and loneliness
4. What are the social benefits of participating in team sports?
 - a) Decreased social skills and teamwork abilities
 - b) Increased competitiveness and individualistic behavior
 - c) Improved communication, cooperation, and leadership skills
 - d) Reduced opportunities for social interaction
5. What is one challenge individuals might face when trying to find a suitable sport?
 - a) Too many sports to choose from
 - b) Lack of access to sports facilities and equipment
 - c) Excessive encouragement from parents and coaches
 - d) High costs associated with sports participation

Critical Thinking Questions

1. How do the physical and mental benefits of team sports compare to individual exercise?
 - a) Team sports offer more physical benefits, while individual exercise is better for mental health.
 - b) Individual exercise is more effective for overall health and well-being.
 - c) Both team sports and individual exercise offer unique benefits, and the best choice depends on individual preferences and goals.
 - d) There is no significant difference between the benefits of team sports and individual exercise.
2. How does the experience of failure in sports contribute to personal growth and resilience?
 - a) It leads to decreased motivation and a fear of failure.
 - b) It can lead to negative self-talk and a fixed mindset.

- c) It provides opportunities to learn from mistakes, develop problem-solving skills, and build resilience.
- d) It has no significant impact on personal growth and resilience.

Model answers

1. **b**
2. **d**
3. **c**
4. **c**
5. **b**

Critical Thinking Questions

1. **c**
2. **c**