

## 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**