

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**