

## Unit 2 Benefits of Sports

1. List **three physical health benefits** of playing sports mentioned in the talk.
2. What **hormone** does exercise trigger, and what two mental benefits does it provide?  
(name the hormone and two effects)
3. How does playing team sports benefit mental health beyond solo exercise?  
Name **two psychological benefits**.
4. According to the talk, how long can participation in school sports **reduce the risk of depression**?
5. Explain what is meant by a **“growth mindset”** in sports training.

6. How does experiencing failure in sports contribute to **personal development**?
7. Why does commitment to a sport or team help establish a **healthy exercise routine**?
8. The talk suggests it may take time to find **the right sport**. Why is this important?
9. What combination of three elements does the talk say sports deliver for **individual well-being**?
10. In 2–3 sentences, reflect: **How does playing sports nurture both the body *and* the mind**?