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.

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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**?

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