



1. What do endorphins do in our bodies?
 - a) Increase the risk of diabetes
 - b) Make us feel pain more intensely
 - c) Create a sense of euphoria
 - d) Reduce muscle growth

2. Which of the following is NOT a physical benefit of sports?
 - a) Strengthening bones
 - b) Reducing cholesterol
 - c) Increasing anxiety levels
 - d) Lowering blood pressure

3. How does being on a team help students socially?
 - a) It teaches them to depend on others and work together
 - b) It makes them more competitive in academics
 - c) It improves their ability to run long distances
 - d) It prevents them from making mistakes

4. How can playing sports affect self-esteem?
- a) It lowers self-esteem by making people focus on failures
 - b) It has no impact on confidence
 - c) It helps build confidence through practice and improvement
 - d) It only benefits professional athletes
5. What does the term "growth mindset" mean?
- a) Believing that you can improve with practice
 - b) Always winning in competitions
 - c) Avoiding failure at all costs
 - d) Having a physically strong body
6. According to the passage, how does training help students?
- a) It guarantees that they will become professional athletes
 - b) It helps them develop resilience and perseverance
 - c) It teaches them that failure is a part of learning
 - d) It only benefits their physical health
7. What is one long-term benefit of playing sports?
- a) It helps students manage academic and social challenges
 - b) It guarantees financial success
 - c) It eliminates the need for studying
 - d) It prevents all mental health issues

8. Why is it important to choose the right sport?
- a) Because each person has different strengths and preferences
 - b) Because some sports are only for professionals
 - c) Because only competitive sports provide benefits
 - d) Because physical activity is harmful if done incorrectly
9. How does being committed to a team encourage regular exercise?
- a) It makes exercise more enjoyable and easier to maintain
 - b) It forces people to exercise every day
 - c) It prevents students from focusing on their studies
 - d) It is only important for professional athletes
10. What is one reason why people should not be discouraged by losing in sports?
- a) Because losing means they are not good at sports
 - b) Because only winning brings benefits
 - c) Because failure helps develop resilience and a growth mindset
 - d) Because losing means they should quit the sport