

Some people say that sport is very important for a nation's development, while others believe that sport is no more than a leisure time activity.

Discuss both view and give your own opinion.

Numerous researchers assume that physical activities are significant for advancing a nation, some others however assert that it is just a common way of spending spare time. I, personally, believe that doing sport is of the great benefits, and it is beneficial in terms of improving the health conditions and economical prosperity in society.

Due to following a hectic lifestyle, people need a way to reduce the spiraling stress level and grow significantly more relaxed in their life. Only when they place a premium on having a regular exercise in their life, can they relieve stress. Further and even more importantly is associated with hand-eye coordination. Not only does sport improve this ability, but also it profoundly contributes people with regard to concentrating on their tasks. That athletic activities facilitate improving problem-solving skills is an irrefutable fact. For example, a research, done in south of Canada, reveals that provided with sport courses, under-aged generations will be more rounded a person in their future living. In addition, they are capable of socializing with others easily which is an invaluable asset for them. Many a child suffered from being isolated, and for sure this problem halts their progress during adulthood. Last but not least, participating international contests as sport men or sport women, attendance can establish a close relationship with individuals from all over the world that is an outstanding experience, and leads to their learning new effective ways of life.

On the other hand, opponents opine that ordinarily sport is spending fun occasions that from my point of view it is not a rational and fair way of thinking. We had better try to avoid overlooking its countless benefits.

In conclusion, the governments need to take heed of the important effects of doing exercise and take advantages of them in a proper way.