

In many countries, sports and exercise classes are replaced with the academic subjects. Discuss the effect of this.

As a result of the cut-throat competition amongst students to enter universities and improve their academic qualifications, education has become the center of attention for officials and parents across the globe. Therefore, the education system of some countries ~~have has~~ substituted ~~sport classes with~~ academic courses for sport classes. While there are some advantages of/to this trend, I would argue that it can negatively affect students' well-being on several grounds.

On the one hand, eliminating sport classes, the school could make pupils concentrate merely on their theoretical lessons in order to develop their academic competencies, thereby increasing their job prospect. Moreover, the overhead expenses of school would diminish since there ~~will would~~ be no need to allocate funds to provide well-equipped indoor and outdoor places and sport facilities. The advocates of this notion sometimes go further and claim that the extra costs should be used to recruit professional tutors and lectures to teach students afterschool.

On the other hand, the benefits of exercises classes are numerous. To start with, that these activities are of paramount significance for individuals' physical and mental health is an undeniable fact. It is incumbent upon school officials to encourage students to make physical activities a priority in their life since ~~these activities they~~ would help them to strike a balance between their body and their mind, release their stresses and put their mind at ease, hence the importance of providing students with required facilities and incentivizing them by including sports on their curriculum. In addition, not all the students hold a lifelong ambition to pursue their studies to higher degrees and a comprehensive education system should be tailored to meet all students' needs. Some students have an aptitude for sports and the exercise classes would be an opportunity for them to hone their talent.

In conclusion, I opine that the major duty of schools is to provide a nurturing environment for young adults to flourish and make them versatile and healthy human beings. To reach these goals /to that end the education system should design syllabuses in a way that they meet all students' /learners' needs including sports and exercises.