



## THE ROLE OF SPORT IN OUR FAMILY

**Abdiyeva Gulmira Sobir qizi**  
Master of Sports in Taekwondo  
a student at the University of Law

### Annotation:

This article reviews that sport has played an important role in our lives for many centuries. Millions of people all over the world are fond of sports and games. Sport keeps us fit, makes us healthy, more organized, better disciplined.

### Key words:

Sport, healthy, strong, competition, fit

Sport has played an important role in our lives for many centuries. Millions of people all over the world are fond of sports and games. Sport keeps us fit, makes us healthy, more organized, better disciplined. It gives us a lot of pleasure, makes us stronger, and prolongs our life. It unites people of different classes and nationalities.

For some it seems as necessary and natural as eating and sleeping, for others it is just an entertainment. Undoubtedly, many people's favourite hobby is sport. They spend much of their spare time playing team games like football or baseball, games for two or four people, like tennis or golf or practicing an individual sport like running, parachuting or swimming. All necessary facilities are provided for them: stadiums, sport grounds, swimming pools, skating rings, skiing stations, football fields, etc. But the great amount of people - both men and women don't realize the importance of sport in their life and keep ignoring them and continue (for instance) smoking and ruining their health and, finally, their lives. During the 1980s and later there was a great increase in interest in getting fit and staying healthy. A lot of people started running and jogging in their spare time. Aerobics classes opened in every town. The number of sports centers for dance and movement increased. Physical exercises of any kind became people's favourite pastime. Today people continue leading sedentary life and many of them would like to change it. Since our life no longer provides enough exercise we should include it deliberately into our everyday routines. The man or woman who takes regular sport or exercise will stay physically fit, retain youthful vigour, and perhaps, most important to many people, keep a youthful shape and stamina. There are some exercises to suit everyone. It may be a daily exercise session that takes up little time or planned exercises which improve a problem area. But fitness comes not just from some exercises done now and then but from the way you live all the time. Good eating habits, wise drinking habits, regular sleeping habits and plenty of fresh air are all important parts of the way to keep fit.

All kinds of sport can be divided into different groups: indoor and outdoor sports, summer and winter sports. The most popular outdoor winter sports are shooting, hunting, hockey, snow-skating, skiing. Some people greatly enjoy figure-skating and ski-jumping. Summer affords excellent opportunities for swimming, boating, yachting, cycling and many other sports. Among outdoor games football takes the first place in public interest. This game is played in all the countries of the world. The other favourite games in different countries are golf, tennis, cricket, volleyball, basketball and so on.

It should be said that sport is a world of its own and it can't mean the same to everybody. Some people do amateur sports and some are professionals. Some people like one game and some like others. There are sports preferred by men and those preferred by women.

Professional sport is an exciting creative sphere of hard work and competition, a sphere where men and women want to surpass themselves. There is no general opinion about the participation in different competitions. Some people think it's no good that competitions and records have become an aim in itself in the world of sports. Participation is more important than formal results. Others think that sport can't do without competition, which is a part of sport. Games would be boring without results and records.

For many young people sport is no longer a game of tennis on a warm day. It is a serious and expensive business involving hours of daily training. For some that training starts at a very early age, which is reflected in the increasing number of world champions in their teens. However, recent studies suggest that overtraining can lead to stunted growth, skeletal injuries and eating disorders in athletes who need to keep slim, such as gymnasts. Besides, sport has become too connected to big business. Sponsorship, advertising and appearance of money for top sports people have all led to a situation where it sometimes seems that the athlete comes second to the accountant.

We all human beings expect a healthy life because a healthy life is a key to all happiness. It is only through physical and mental well-being that we can aspire to a healthy life. One of the most effective ways to achieve physical and mental well-being is sports undoubtedly. That's Why Sports is Important in our Life. Sports not only ensure a healthy life but also it has a versatile necessity in our life in fact. Sports can make our lives full of satisfaction and success.

### **Why Sports is Important in our Life?**

Sports are universal for its versatile benefits. For example- sports provide much Potential Importance in Education. Sports constitute the body strong, make sure mental development, teach discipline, grows brotherhood which is much needed for us. I now dive deeper in dire need of sports in life. So, go with me to get to know about sports great significance.

#### **1. Sports in Body Building**

Sports refreshes people's bodies and minds. It is said that "Health is Wealth." And a healthy body can give stimulation to people which takes people forward. Considering the essentials of health in life people have been practicing sports for ages. Sport plays a vital role in the formation of body muscles. There is no substitute for sports to keep the body healthy and active. A strong body boosts morale in the battle for life. Also, sports adds power to the mindsets for success.

#### **2. Sports in Emotional Development**

The need for sports is very important for mental and emotional development. If children grow up in a playful and cheerful environment from an early age, their minds will be high. To enhance the freshness and vitality of the mind sports play a vital role. Therefore, it is seen that children do not play puppets and keep on with the elderly and do not develop emotional health. Rather, they become presumptuous, unstable, and tempered. So, there is no way to neglect the necessity of sports in healthy mental and emotional development.

#### **3. Sports and Discipline**

Discipline not only for just individuals but for the overall development of the entire country and nation is a major tool. Sports is the lighthouse of discipline. Regular sports brings discipline to the body and mind. Collective consciousness emerges in sports. Personal weakness is lost as a result of a team effort. The whole team jumps in hopes of winning with all their energy. And this group discipline is one of the cornerstones of the nation's overall progress in real.

#### **4. Sports and Character**

Sport is an eternal source of endless joy. It is through this joy that the mind and character of the human being arise. This character is the key to success in the struggle for future life. Training in sports is a balancing act for people. There is competition for success in the premises of life like our play, joy of victory and disappointment of defeat, and instantly the ability to accept it with a calm heart. Sports give the character of the man with determination, the concentration of competition, and on the other hand, tolerance of defeat, generosity of heart.

#### **5. Sports & Education**

Education is not just a promise of passing the test, not even a living thing, but the ground of mental exercise. At the touch of sports, education gets perfection, therefore, in the modern education system, sports draws more attention. If one of the goals of education is to develop a better life sense, then, the importance of sports is of paramount priority there. That's why sports is important in our life for so many reasons what we think and even not think.

#### **6. Sports & Brotherhood**

Sport embraces the distant one as its own ignoring the difference. Through it, one country greets another country. Strengthens the relationships, expands the field of mutual understanding, and it is the prime source of brotherhood. In the earnestness of the competition, sportsmen win the mind of thousands of sports enthusiasts with advanced sports tactics in cricket or football or tennis or badminton whatever. There are sports competitions around the world where people come closer and that creates a sense of universal brotherhood.

#### **7. Sports in disease prevention**

Our hearts require a certain amount of daily works. During the game, hearts pump more blood. Therefore, the heart has the opportunity to work as needed and stay healthy. Diabetes patients are asked for regular exercise to control it, as a result, insulin works properly. High blood pressure, stroke causes problems at the heart. Sport lowers high blood pressure, Keeps cholesterol level right. Blood circulation in the body is relatively high during play, so nutrients can go to all parts of the body. Moreover, white blood cells increase during play that increases the body's immunity power. That's why sports is important in our life.

### **The Bottom Line**

Sports stimulate physical activity growth and improve physical and mental health. Research shows that the importance of physical activity in children is even stronger than before. For example, clinical researchers have observed that highly active individuals are less likely to develop high blood pressure, diabetes, colon cancer, obesity, and coronary heart disease later in life.

It is not just your body that benefits from sports. Sports contribute to mental health, preventing depression, and helping to boost self-esteem and body image. People who take part in sports can also benefit socially, develop friendships with teammates, and feel part of a group.

Children can learn positive mental skills, including accountability, leadership, and dedication. Playing sports is a key strategy to reduce stress because it releases good endorphins that you feel when you exercise.

To sum up, sport at an amateur level should be for enjoyment and fitness and should provide an outlet for surplus energy. At the same time we have to say that professional sport seems to have lost these aims and is now being used by some purely as a way of making money.

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