

# Sports and Games

Sports are very good for active relaxation and are important for our physical and mental health or just for keeping fit. There are lots of types of sports and games. We can practise outdoor or indoor sports, in water or anywhere we want.

**Outdoor sports** are for example: golf, skiing (cross-country, down-hill, slalom, ski-jump), climbing, marathon-running, hiking, tourism, mountaineering, horse riding, rallies etc.

**Indoor sports** include: table-tennis, gymnastic, chess ...

There are also some sports which could be played both indoor and outdoor such as: tennis, ball games (basketball, volleyball), ice-hockey etc.

Water sports are: swimming, water-skiing, diving, water polo, yachting, canoeing or rowing . We can also divided sports according to the season they are practised:

**Summer sports:** swimming, ball games (football, cricket, golf, ...), athletics (sprint, high jump, long jump, javelin throw, ball throw etc.).

Some sports can also be practised in summer or in winter: athletics.

E.g.: Winter – in summer rest and preparing time for its season.

**Winter sports:** All sports connected with snow. Skiing, sledge, bobsleigh, biathlon, skating, snowboarding, speed skating, ice-hockey, competitive figure skating (single skating, pairs or ice-dancing).

**Collective (team) sports:** kind of sport where you play as a team, e.g. football, basketball, volleyball etc.

**Individual sports:** kind of sport where you play only for yourself, not for a team, e.g. tennis, skiing, swimming etc.

People all around the world are interested in sports. Ball games are very popular everywhere.

**USA:** Basketball is one of the most popular sports in USA. The very best players of this sport are black people and we can find here many basketball clubs in USA (NBA, Chicago Bulls, L. A. Lakers,...). Millions of people like to attend matches, watch them on TV or listen to them on radio and cross their fingers for their favourite team. Another popular game in USA is ice-hockey. There exist NHL (National hockey league) which consists of many ice hockey clubs such as Pittsburgh Penguins, Detroit Red Wings etc. In NHL we can find many Slovak players, because they are very well paid there. Some of them are very popular – Chára, Hossa, Gáborík and many others. According to my opinion money plays a big role in this sport. If a club has enough money, it has the best players and it always wins.

**Great Britain:** Many sports have their origins in GB, that why Britain is sometimes called the cradle of sports. Two types of rugby, modern game of hockey, cricket, darts, tennis and boxing were invented there. The national sport in GB is cricket, golf, soccer or lawn tennis. We can find some major sports in Britain: Wimbledon (the Grand Slam Tennis Tournament) and The British Open Golf Championship).

**Slovak popular sports are football and ice hockey.** There is a football stadium in almost all town or village. Another favourite sport in our country is ice-hockey.

**Popular sporting events:**

**The Olympic Games** are the most important and the most famous – they are held every 4

years, they have their summer and winter parts which change once every 2 years. The first recorded O.G. took place in Olympia in Greece in the year 776 BC. There are of course many other popular sporting events during a year such as Grand Slam (tennis), Champion League (football), Play-off (hockey).

### **Sport and human body:**

Sport has very positive effects on human body. For many people it is a good way how to relax. People who do sports regularly are healthier, have better immune system than those who don't do any sport.

Sport is good for our lungs, muscles, bones, pressure etc.

### **Problems in sport**

#### **a) Drugs/doping**

Many kinds of drugs are used in sports all over the world. Some are used to build muscles or give extra energy. Others kill the pain of injuries or calm nerves, but many are illegal.

Anabolic steroids – are used to build up muscles, they resemble male hormones.

Bodybuilders use anabolic steroids to look good in competitions. These drugs can cause health problems: liver cancer in men and infertility in women. You can become very aggressive, too.

Stimulants – make you feel full of energy and confidence.

Of course, all of these drugs are very dangerous for human body and sometimes using of these drugs can lead even to death.

#### **b) Violation and aggression in sporting events**

Many people attend sporting events just to fight and damage stadium equipment. One of the most 'famous' group of such people is called hooligans. In my opinion, there should exist very strict rules which would stop that. The government should also take action to deal with this problem more seriously and make such laws which would lead to prevention of such behaviour.

#### **c) Bribing (podplácanie)**

Nowadays there are some affairs of bribing in sport. This illegal activity is not only illegal but also very immoral. Maybe there doesn't exist anything how people can stop it completely but the government should try to find some ways how to partially restrict (čiasťočne obmedziť) this activity.