

THE IMPORTANCE OF SPORTS FOR TEENAGERS

Since i was a little kid i have always practiced a sport, always the same: athletics.

My parents were advised by my pediatrician because i was often sick and a sport like athletics would help me to increase my healthcare.

At the moment I do athletics but I like other sports such as football, volleyball and tennis.

In my opinion I suppose that sports are very important for teenagers' growth for a few good reasons.

Adolescents who practice sport are safer, because sports practice improves esteem and movement serves to control emotions and combat stress: furthermore they can release tension and anxiety from school and study.

Decreases stress: After a difficult day of school, doing sports it's a good way to leave the problems away, talk with friends and discuss things that you like.

All students should practice some sport as a distraction because it is not recommended to study all the day, as it is not productive. On the contrary, dedicating a space to sport and entertainment allows you to concentrate more in the hours set for study. At the same time, sport must not become a source of stress: poor performance or losing in a race can cause anxiety with a decrease in self-esteem.

The possibility of playing sports at a competitive level must be considered from individual to individual.

Sport is healthy competition. Through sport, young people learn to compete in a "healthy" way and above all that they can have fun without necessarily having to win.

Sports activity helps adolescents to remove aggressive instincts in a socially accepted way, to be responsible, to take initiatives, to socialize and to cooperate. It also teaches you to think. Also, from 13/14 years old, kids begin to be aware that fitness and ability are important factors: they have fun doing exercises and games.

Improves teamworks: If you do a team sport you understand how to work with a group of people and you may have a great time, if the people around you are sympathetic. In fact, the sport's friends are the best, because you are calm when you do sport so you can enjoy the moment much more than in school.

Sports raise your self-esteem : if you work hard and you set your goals, you are going to be happy about your choice to do a sport, because when you achieve your goals you feel delighted, mostly if the achievement looks impossible to reach. Practicing sports is good for health, because it helps you stay in shape and slow down aging. Physical activity performed regularly defends the immune system and also prevents many diseases.

And there many other benefits caused by sports such as:

-they encourage you to do the best choices, for instance to stop drinking alcohol or to not use drugs;

-they have some hidden health benefits, in fact they reduce the possibility of cancer and also osteoporosis.

The best moment when you could do sports is when you are young, because at this age you have to be in shape, and if you re not in shape, stop drink coca cola and also stop watching tv series on netflix, or video on youtube, instead you could take your dog and do a walk or, if haven't got a pet, you can always call a friend or a personal trainer

The choice of a sporting activity must be made by the child with the advice of the parents and the pediatrician, satisfying his wishes and evaluating the degree of satisfaction or impatience once the course has begun. You can choose individual sports, such as swimming, dance or martial arts, which improve motor coordination, attention span and the analysis of the consequences of one's actions. Or you can choose team sports such as volleyball, football or basketball. These team sports tend more to favor the aggregation and relationships between children and young people of the same age group, also helping social skills and the ability to collaborate in teamwork. Group sports can probably be more stimulating for younger children, because they are lived with a greater playful spirit. The fact remains that defining the best sport for everyone is absolutely impossible, since everything depends on the characteristics and predisposition of the individual child.

At whatever age you start playing sports, the figure of the instructor is an important point of reference. The instructor is not just a teacher, who imparts technical knowledge, but a professional figure who, however, is able to empathize with the child, who knows how to listen to him and who is able to make himself heard. Who has the task of motivating his pupil, supporting him during training, but also interrupting, if necessary, the lesson to stop and talk with him and understand what difficulties can be hidden behind any failures. In this way, a relationship is established and it goes beyond the simple technical-user relationship. By establishing a relationship of trust it becomes easier to face the sacrifices that training and learning entail with the student.

Anyone can benefit from sporting activity, even if they suffer from particular diseases. The important thing is to always ask the pediatrician for advice.

In the last 2 years I have been very lucky because I was able to play sports even during the pandemic situation and the lockdown. This is because i had been training outdoor activities at a competitive level. My brother, on the other hand, who is younger than me, was forced to leave him for a few months. Today, many parents complain about government restrictions on sports for teenagers. I think that sport helps to be strong and therefore it could be a useful way to help children feel good, even during the pandemic, and should always be protected, and never prevented for any reason.