

*Read "Games and Sport in Everyday Life Dialogues and Narratives of the Self" by Robert S. Perinbanayagam with Rakuten Kobo. "This is a powerful, richly nuanced, evocative work; a stunning and brilliantly innovative pedagogical intervention.*

Department of Health and Human Services reported that sports participation records in the United States had reached record levels. During the to academic year, 55 percent of all high school students participated in sports. Sports can positively impact both children and adults, providing opportunities to get exercise and spend time with peers in a healthy environment. Video of the Day Physical Benefits of Sports Playing sports can make you stronger and healthier, contributing to lower obesity rates. Department of Health and Human Services. Athletes tend to have lower body mass indexes, but non-athlete participants will still benefit from developing muscles and burning calories. Active people tend to have lower rates of diabetes and high blood pressure. Exercising regularly through sports programs could contribute to better heart and lung function. Learning to play sports as a child might carry over into being a more active adult, according to Sports and Development. Psych Central states that some sports tend to have a more lasting impact from childhood into adulthood: In sports such as gymnastics or diving, athletes tend to peak while still young and not participate as adults. Importance of Healthy Socializing The U. Department of Health and Human Services reports children who play sports are less likely to use drugs and smoke. Female athletes might also be less likely to become pregnant in high school. For children, playing sports can help develop friendships centered on healthy, safe and enjoyable activities. Adults who play sports also have the opportunity to develop friendships centered around an active lifestyle. Team practice and competitions provide socializing options that are healthier and more active compared with regular sessions of other more sedentary activities. Sports can particularly benefit low-income individuals, who might not have the money or resources to socialize outside of playing sports, according to Child Fund International. Contributing to Academic Success People who play sports tend to perform better at school. Department of Health and Human Services reports. Student athletes earn higher grades and earn higher test scores on standardized tests. They also have lower dropout rates and a better chance of getting into college. Building Character Values Sports play the important role of imparting character values. Playing sports can help teach honesty, teamwork and fair play. Learning to follow rules and respecting teammates and opponents can also be useful. Experiencing the role of a graceful winner and loser teaches people about being humble, and competition in general can teach individuals about self-respect, confidence and managing stress. Taking on leading roles within your team can also teach leadership, according to the Palo Alto Medical Foundation.

### Chapter 2 : The Importance Of Having Sports In Our Daily Life

*"This is a powerful, richly nuanced, evocative work; a stunning and brilliantly innovative pedagogical intervention. It provides ground zero-the starting place for the next generation of theorists who study the self, narrative theory, and the place of games and sport in everyday life.*

About a decade ago, sports were a highly regarded activity in our day to day lives. However with the growing popularity of video games and television , sports and all exercises have taken a back seat for the worse. There is a reason why schools have made sports activities a regular part of their curriculum. All kinds of sports and physical activities provide kids with the right amount of physical as well as mental development. Not only had these, people who are good in sports also exhibit a lifestyle of great quality. They are more active in their day to day chores and can take better decisions as a result of their balanced mental development. Not encouraging your children to participate in sports activities can make them inactive and grumpy as they turn into adults. It is usually seen that people who participate in sports display better leadership qualities at their workplace as well. Physical coordination and strength There is a reason why sports and strength are believed to be two sides of the same coin. A person who is good at sports or at least participates in any kind of sports activity not only remains fit and healthy at all times, rather they also develop great body strength with time. It is, however, not necessary for everyone to indulge in hardcore sports; rather there are several different physical activities that one can take part in. Perspiration is one of the most underrated benefits of participating in sports as it helps the body in getting rid of toxins and also helps in strengthening the immune system. People who are good at sports are also seen getting less tired as compared to people who have minimum physical activities as a part of their everyday life. Sports helps in building character If an individual is a part of any sports activity starting from a very young age, it is most commonly seen that they have a very clear as well as strong character. One of the common traits seen in all sportsmen is their punctuality as well as discipline, thus gifting to the society strong as well as well- built individuals. Good health Being an active participant in sports activities mean that you have very less time to waste around. While people who do not take part in sports are often seen fighting with ailments in their adulthood, such as cholesterol, diabetes, etc; active people are seen leading comparatively healthier lives. For an individual to be a part of any sports, it is very necessary that they get motivated starting from a very young age. Parents should set a good example for their children by being active in sports. It is one activity that benefits the body as well as mind in the long run. So, as we have seen, Sports are really importance for us. Do share your views in the comments below.

*Still, the boundaries between games and life are porous, and the meanings of our performances—the mythical resonance, the testing of emotions, the expression of values, and the bouts with challenge—seep into our larger selves.*

Sport in America began as premodern participatory contests of strength, skill, and speed that were unorganized local competitions with simple rules. However, as the nation modernized, sport became highly organized with formalized rules and national competition. Sport became commercialized with expert athletes entertaining paying spectators. The first sportsmen were Native Americans, who competed for religious, medicinal, and gambling purposes. They had running races, but were best known for team ball sports like lacrosse, which had over forty variations. The colonists defined sports broadly to include all diversions. Colonial amusement reflected their European backgrounds, including social class and religion, and their new surroundings in America. Puritans brought their opposition to pagan and Catholic holidays, Sabbath breaking, and time-wasting amusements. They barred brutal sports, gambling games, and amusements that promoted disorder, but advocated useful activities like wolf hunting, fishing, and training-day military practice contests like wrestling and marksmanship. The more heterogeneous colonies had more options. New York, with its Dutch heritage, had bowling, kolven golf, and boat races, and also horseracing after the English took over the colony in 1674. In Philadelphia, control of the community passed from the Quakers to a secular elite who in 1785 tried to separate themselves from lesser sorts by organizing the Schuylkill Fishing Colony, the first sports club in the British Empire. The South had the most expansive sporting culture. The Anglican Church was more tolerant than the Puritans were, and personal ethics did not prohibit gambling or blood sports. An elite planter class emerged in the late seventeenth century, which tried to emulate the English country gentry. The great planters originally raced their own horses in impromptu quarter-mile matches and wagered enormous amounts with their peers. By the mid-eighteenth century, they were starting to import expensive Thoroughbreds that competed in long distance races at urban tracks established by elite jockey clubs. This public entertainment helped demonstrate the supposed superiority of the great planters over the masses. Publicans throughout the colonies were the first sporting entrepreneurs, sponsoring animal baiting, gander pulling, cock fights, skittles, an early form of bowling, shuffleboard, and target shooting to attract thirsty patrons. Moral reformers, particularly evangelical ministers of the Great Awakening, opposed these sports. During the Revolution, many patriots frowned on gambling as unvirtuous and elite sports as aristocratic. The Continental Congress in 1776 recommended that the states suppress racing and "other diversions as are productive of idleness and dissipation. The sporting fraternity encompassed a male bachelor subculture, including segments of the elite, skilled butchers, street thugs, volunteer firefighters, and Irish immigrants. They enjoyed blood sports, combat sports like boxing which was universally banned, and gambling sports. Southern plantation owners employed slaves as cock trainers, jockeys, boxers, and oarsmen. The leading antebellum sportsman was the industrialist John C. Stevens. He restored Thoroughbred racing to New York in 1816; established the Elysian Fields, the preeminent site of antebellum ball sports, in Hoboken, New Jersey, in 1825; promoted the first major pedestrian race in 1826; and organized the New York Yacht Club in 1843. Seven years later, Stevens sponsored America, conqueror of the finest British yachts, promoting pride in American naval architecture, craftsmanship, and seamanship. American sport began a dramatic transformation at midcentury that led to a boom after the Civil War. This was influenced by the processes of urbanization, industrialization, and immigration; by the development of an ideology that created a positive image for sports; and by the rise of new modern games. The ideology of sports was developed by secular Jacksonian reformers—who thought sports could help cope with such negative features of rapid urbanization as soaring crime rates, epidemics, and class conflict—and by religious reformers inspired by the Second Great Awakening, who saw them as a way to fight sin. Both groups believed that participation in exercise and clean sports would improve public health, build character, develop sound morals, and provide an alternative to vile urban amusements. This positive attitude toward sport was supported by the examples of Scottish Caledonian games, traditional track and field contests, and German

turnverein gymnastic societies. Clergymen like Thomas W. It became a model for large urban parks after the Civil War. Team sports aptly fit the sports creed. Cricket, a manly and skillful English game, enjoyed a brief fad in the s, but was quickly surpassed by baseball, which had evolved from the English game of rounders. Baseball was simpler, more dramatic, faster paced, and took less time to play. In , Alexander Cartwright drew up the modern rules for his middle-class Knickerbockers club. Early teams were voluntary associations of middle-income men, principally in metropolitan New York, although the game spread quickly along the Atlantic seaboard. Teams were organized by occupation, neighborhood, or political party. Communication innovations like telegraphy and telephony helped newspapers report events at distant locations. The New York World in the mids introduced the first sports section. The coming of the railroad enabled athletes to journey to distant sites for competition. This potential was demonstrated in , when, to promote rail travel, the Boston, Concord, and Montreal Railroad sponsored the first American intercollegiate athletic contest, the Harvard-Yale crew race at Lake Winnepesaukee, New Hampshire. Railroads enabled baseball leagues to operate and illegal prizefights to take place at out-of-the-way locations. Cheap urban mass transit, especially electrified streetcars, increased access to sporting venues. Technological innovations also helped sport in many other ways. New equipment was created, such as vulcanized rubber for balls and tires, and new machines made possible cheap, mass-produced sporting goods. The English safety bicycle invented in the late s created a cycling fad among men and women. Riders joined clubs, raced, toured, and attended six-day professional races at Madison Square Garden in New York City. Social class heavily determined sporting opportunities in this era. The elite, who emulated the English gentry, had the wealth, time, and self-confidence to indulge themselves. They used expensive sports to gain recognition and improved their status by joining restricted athletic, jockey, country, and yacht clubs. Elite colleges became centers of intercollegiate competition, beginning with rowing , baseball , football , and track and field . Participation spread by the s to state and private colleges throughout the nation. Competition promoted manliness, school pride, and the reputation of institutions. Student-run associations ran the teams and recruited gifted athletes through financial aid and easy course loads. The hardworking new middle class finally became involved in sport because of the sports ideology, the creation of clean new sports, and the accessibility of suburban parks where by the mids they played on baseball diamonds and tennis courts. Their participation in sport demonstrated "manliness" and offered a sense of self-worth and accomplishment lost in their increasingly bureaucratized work. Lower class urbanites were most active in sports that were accessible and fit in with their environment, like boxing, billiards, and basketball. Progressive reformers promoted sports at settlement houses to help inner-city youth acculturate. Nineteenth-century sport was virtually an exclusive male sphere. Yet, women, mainly elite daughters whose status protected them from criticism, began to participate after the Civil War. Physicians and female physical educators advocated improved fitness for women to make them more attractive and healthier mothers. Young women partook of sociable coed sports like croquet and ice skating , and individual sports like archery, golf, and tennis, the latter introduced to the United States by Mary Outerbridge in . The cycling fad encouraged the development of sports clothes, including bloomers, shorter skirts, and no corsets. The National Association of Professional Baseball Players, the first professional league, was formed in , supplanted by the more business-minded National League NL in . In the s, major league baseball largely developed its modern character, including tactics, rules, and equipment. Baseball, dubbed the "national pastime," completely dominated the sporting scene in the early s. Not merely fun, its ideology fit prevailing values and beliefs. It was considered a sport of pastoral American origins that improved health, character, and morality; taught traditional rural values; and promoted social democracy and social integration. Sullivan, the preeminent sports hero of the century. Boxing continued to be permitted in just a few locations until the s, when it was legalized in New York. It then became very popular, with heroes like Jack Dempsey fighting in arenas like Madison Square Garden. Fighters came from the most impoverished backgrounds, hoping to use boxing to escape poverty. There were a few black champions in the less prestigious lighter weight divisions. However, heavyweight champion Jack Johnson " " was considered a threat to white supremacy, and there was a crusade to get rid of him. Thereafter, no African American got a heavyweight title shot until Joe Louis , who won the title in . He became a national hero one year later by defeating Max Schmeling , symbol of Nazi

Germany. After World War II, boxing was a staple of prime time television, but overexposure and widening public recognition of underworld influences curtailed its success. Horseracing was rejuvenated after the Civil War under the aegis of politically connected elites. Their success encouraged the rise of proprietary tracks—like those in Brighton Beach, New York, and Guttenberg, New Jersey—run by men closely connected to political machines and syndicate crime. By the early s, every state but Maryland and Kentucky had closed their racetracks, if only temporarily, because of the gambling. In the s, Thoroughbred racing revived because of increasing prosperity, looser morals, ethnic political influence, and underworld influences. Racetrack admissions surpassed admissions for all other sports by the early s, and continued to do so until the early s. Every major sport had its great hero, role models who symbolized prowess and traditional and modern values. While women were largely limited to "feminine" sports like tennis, figure skating, and swimming, some female athletes—notably tennis player Helen Wills—also became widely celebrated. The Great Depression hurt sport, though people still looked to recreation for escape. Commercialized sports declined, but less than most businesses, as companies curtailed industrial sports programs, and colleges cut back on intercollegiate sports, particularly football. On the other hand, the Public Works Administration and Works Progress Administration constructed thousands of sports fields, swimming pools, and other athletic facilities. The United States and the Olympics American athletes at the first Olympics in came from elite eastern colleges, yet squads in the early s had many working-class ethnic athletes, including Native American Jim Thorpe, gold medalist in the pentathlon and the decathlon at the games. Louis in, but drew only thirteen nations. The summer games featured the first athletic village. Babe Didrikson starred, winning two gold medals and a silver in track. An all-around talent, she was the greatest female American athlete of the century. Before the games at Berlin, there was widespread support for a boycott to protest nazism, but the movement failed. The African American Jesse Owens starred, capturing four gold medals in track, yet returned stateside to a racist society. There were more major sports, the number of franchises rose, and television enabled millions to watch live events.

### Chapter 4 : Sports and Everyday Life | calendrierdelascience.com

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### Chapter 5 : Importance of Sports | My Essay Point

*Games of many kinds have been played in all cultures throughout human history. This book explores the social and psychological processes involved in the playing of games.*