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Effects of Team Sports on Adolescents

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Effects of Team Sports on Adolescents

Yael Blanco-Zamudio

Nebraska College Preparatory Academy
Omaha South Magnet School 2022



Abstracts

We live in a world today where sports are all around us. Whether you are just a spectator, or you are playing the sport yourself, it is undeniable that sports has tremendously impacted today's society. Many of today's adolescents are involved in some kind of sport or physical activity. It is known that any kind of exercise, in this case sports, is good for one's health. However, there is more than just physical benefits and effects from playing sports. Specifically, adolescents seem to have the most benefit from being involved in team sports.

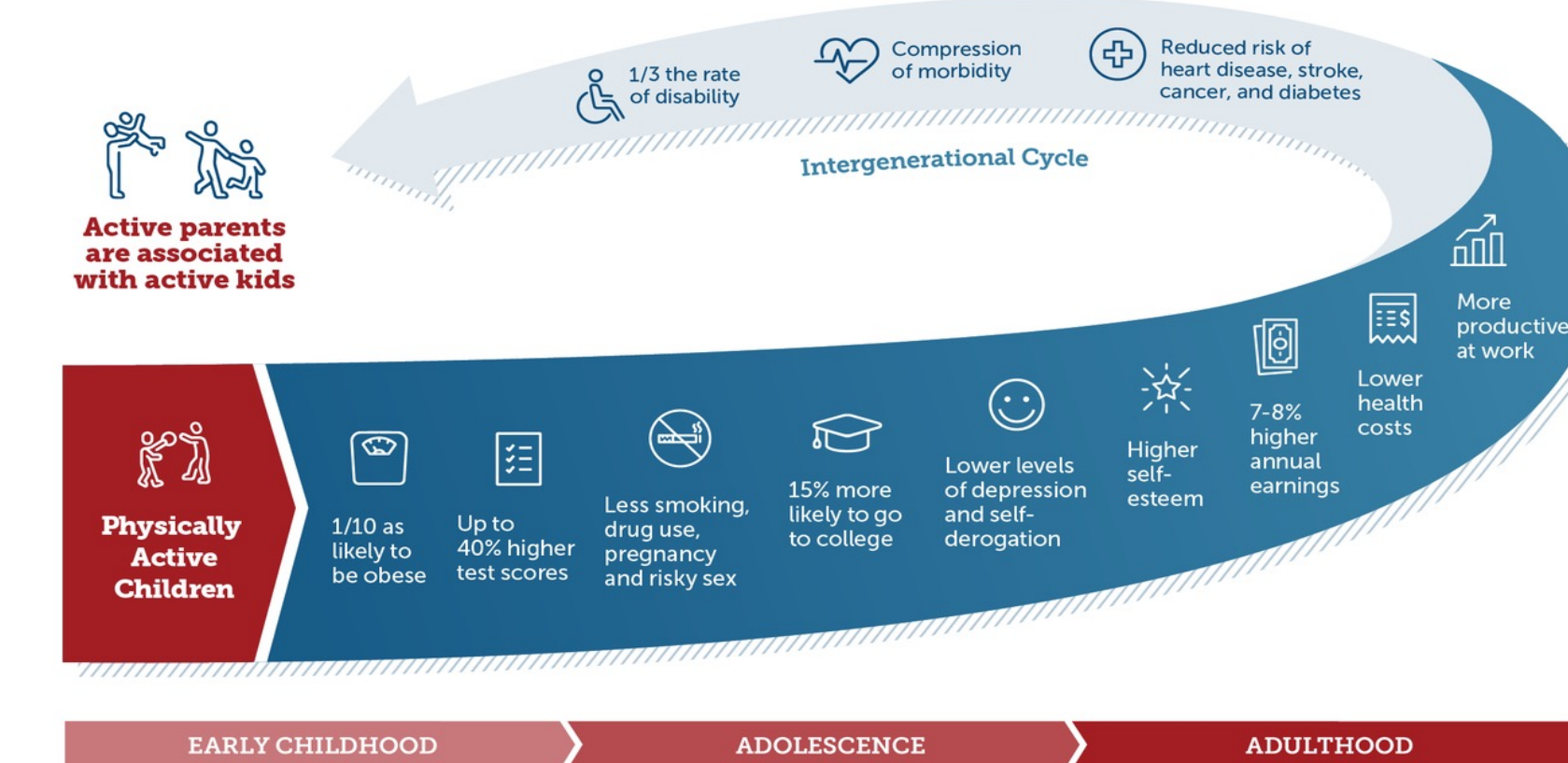
Key Points

- Sports positively impacts social and emotional development.
- Sports also aides with the development of cognitive skills in younger adolescents.
- Students involved in sports have a greater chance of healthier lifestyle possibly in the future.
- Sports helps with reduction of obesity rate and other numerous health problems.
- Adolescents in sports tend to be happier, have increased self-esteem, and are less anxious.

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Active Kids Do Better In Life. (2022). The Aspen Institute Project Play. Retrieved April 11, 2022, from <https://www.aspenprojectplay.org/youth-sports/facts/benefits>.

Conclusion

Physical activities in general are beneficial to adolescents in numerous ways. Being active can benefit a person physically, mentally, and socially. Sports being the most popular form of exercise, helps adolescents in their development the most. Specifically, team sports, which provides a pathway of socializing opportunities. Getting adolescents involved in team sports is a great way for them to develop numerous skills.

Work Cited

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