

UNIVERSITI TEKNOLOGI MARA
FACULTY OF ADMINISTRATIVE SCIENCE
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THE IMPACT OF SPORTS ON STUDENTS

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DECLARATION

We hereby declare that the work contained in this research is original and our own except those which have been duly identified and acknowledged. If this report later found to have committed plagiarism or other form of academic dishonesty, action can be taking in accordance with UiTM's academic rules and regulations.

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1.1 Introduction

The research is about the impact of sports towards students. The term sports is very important in this study. Sports are a universal word having many synonyms such as games, event, activities, exercises and recreation. Students have known sports in their own version or perspective. Sports in English when used as a noun, describes a game and recreations. When used as a verb, it describes the process or activities involved in student's life. The Oxford Advanced learner's Dictionary of Current English (1995) defines sports as activities made for people to life. Regarding Sports definition, Sports is all forms of usually competitive physical activity which through casual or organised participation, aim to use, maintain or improve physical ability and skills while providing entertainment to participation.

According to the preliminary results of an ongoing national study. Students who participate in sports express less hostility toward their classmates and are more likely to graduate from high school and go on to college. According to Jomills Braddock II(1998); "Students who participate in sports are less likely to be hostile or antagonistic toward other students regardless of their race or ethnicity. Moreover, according to Director of the University of Miami's Center for Research on sport in Society, "Sports require teamwork in pursuit of mutual goals to achieve success .With sports, students learn to recognize and value the unique and important contributions of their diverse teammates.

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Participation in sports requires on students to work as a team and be persistent in order to succeed. It also gives students access to positive role models, such as coaches and older players who can set positive examples. Students tend to be sensitive to criticisms, self-conscious, loyal to peers and more motivated by social factors than by academic concerns. As a result ,they benefits from sports that foster team work and skill-building through "no-cut" policies rather than highly competitive programs similar to those found at institution.

Sports also help adolescents to develop lifelong habits of physical activity that will benefit them throughout their lives. The long term effects of inadequate physical activity can include obesity, diabetes and high blood pressure, so it is important that students build active habits instead of spending their free time watching television, playing video games or using a computer. According to the united states Department of Health and Human Services, students sports participation also reduces the likelihood that teens will eventually drop out of school and increases their chances of attending college.