Nowadays living in a real life needs a really efficacious preparation. Despite the fact that some people believe that sport is a kind of entertainment, I strongly hold the belief that we can prepare ourselves for real life by sport and by sport we can overcome some formidable challenges. sport can give us some kind of useful lessons. I support this idea by following two reasons.

First and foremost ,these days real life is filled by some unbelievable adventures and people who want to live in this word that is filled by threats and opportunities should be equipped by some kind of lessons such as setting goals, endurance in front of hardships, building strong character, patience, team working and so on. Sport is a kind of experimental lab that people, especially in young ages, can learn some efficacious lessons that prepare them for ambiguous future. By participating in sport, although insignificant, we can reinforce our personality for encountering unforeseen problem in real life. Based on latest research in our university’s psychology faculty, people who do some kind of exercise regularly are more responsible in social responsibilities.

As another reason, sport can help people leading skills. By working in larger society in sport teams people can burgeon their confidence examine their chance in leading their group. Although there is not scientific evidence about this matter but always it is said that beloved leaders in word were influencer members in their school or sport teams and they brush up on this ability by participating in teamwork in their childhood unconsciously