**Do you agree or disagree with the following statement?**

**Sports teach people lessons about life.**

Throughout history, human being has perpetually been acquainted with the astounding effects of sports on physical strength. Besides, it’s crystal clear that, not only do sports affect people’s physical health but they also have profound influence on their mental well-being. With this in mind, the contentious question which arises here is, as a mental advantage , whether doing sports can help athletes learn lessons about life or not. It’s my firm conviction that doing sports, people learn how to challenge themselves in face of life’s obstacles. Considering the fact that challenges are inseparable parts of life, people get ready for life by doing sports. In what follows, two elaborate rationales will vindicate my standpoint.

The first vital point to bear in mind is that doing sports, people learn how to perform exhausting tasks within a limited time. In most of the fields, athletes should be trained enough to give their best shot in a short time to overcome their rivals. The same circumstances happen to people during their school or work life in which a strict deadline is set to perform relevant projects. In addition, in order to be successful in exams, people should try their hardest in a short time which is absolutely similar to a sport competition. A recent study conducted in my country asserts that students who have a background of participating in at least one field of sport have proven to perform more time-efficiently in both their school and their social life.

The second noteworthy reason is that sports make people face the fact that there is always prospect of both victory and failure in every competition. To put it differently, success and failure are two halves of the same whole and one should always be ready for both of them. that means, despite of being the front runner it’s still possible to lose a game at the eleventh hour or vice versa. All that matters is not getting disappointed when encountering failure and trying to recognize and eliminate one’s weaknesses instead of giving up. As a well-known proverb says:” never a failure, always a lesson”. For instance, In a football match that I’ve watched recently, players of the team that was one point behind, scored a goal and won the game in almost the last minutes of the match. Had they quitted trying their hardest and gotten disappointed, they wouldn’t have won the game.

To cut a long story short, it’s impossible to ignore the outstanding role of doing sports on peoples’ knowledge of life, because it exerts pressure on them to make them strong enough in face of life challenges like time limitation and failure. Therefore, I suggest parents acclaim their children to do sports to gear them up for future life challenges.

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