

Why do people do sports?

Excitement. Achievement. Inspiration. Whether it's paragliding the skies or snorkeling the seas, these are just some of the reasons people love sports. Here, we ask three people to tell us about their favorite sports and what motivates them.

Philip from Singapore

I love exercising and playing sports, and my favorite sport has to be swimming. I've been swimming since I was five years old, when my parents took me for my first lessons. A lot of kids get scared and start crying when they are put into the pool, but my parents said I just laughed in delight and happily splashed around in the water. I've been swimming ever since and now joined my university's swimming team. We compete against other university teams every year. I train with my teammates twice a week and whenever I have spare time, too. My favorite stroke is the butterfly, which some claim is the most difficult of all. It also happens to be the event where Joseph Schooling beat world record holder Michael Phelps to win gold at the 2016 Rio Olympics. I would have never guessed that a sportsman from my tiny city-state would win the gold medal. After watching him win, my **determination** to become a faster and better swimmer has grown even stronger.

Carol from Hong Kong

When I was little, my parents bought me some tropical fish. I loved watching them swim around their tank and this started my **fascination** with the great diversity of life in the ocean. I always thought it would be wonderful to see all the fish under the sea in the wild! A few years later, we went on holiday to the Philippines, where I had the chance to try scuba diving. I saw colorful reefs and so many different varieties of fish, and I even swam alongside a sea turtle! It was incredible. The next year, I went back and did a week-long course to gain the first level of a scuba diving **qualification**. I understand that diving may not be everyone's cup of tea and that it is unlikely to appeal to anyone who doesn't feel confident in deep water. However, I would still encourage everyone to try it at least once!

Vince from Seoul

My favorite sport is running. My liking for the sport grew out of the simple goal of wanting to be healthier. (I used to be the largest guy in my class.) Initially, I began by running twice weekly for about 45 minutes, sticking to this schedule religiously. There are a number of races held in my home town of Seoul, and one day I saw an advertisement for the Seoul International Marathon – I signed up for the 10 km course at once! From that point on, I began training more frequently, running four or five days a week come rain or shine. Running gives me a sense of **accomplishment**. I keep track of my run times so

I can see how I am improving. My training is going well and I am already planning to sign up for the full Seoul International Marathon next year.

1 Look at the key words in bold in the text and match them to the definitions.

- a** something you get when you complete a course of study _____
- b** refusal to let anything stop you from doing something _____
- c** the state of being interested in something _____
- d** something difficult that you have done _____

2 What main reasons do the speakers give for doing sports? Write one reason for each person.

a Philip

b Carol

c Vince

3 What other reasons can you think of for doing sports? Which do you think are the most motivational? Talk to a partner.