### Types of Sports and Their Impact on Human Health

#### Introduction

During the last lesson, you learned about the differences between individual and team sports. Today, we want to introduce you to another classification of this important aspect of human activity.

#### Slide 1 - 2

As you already know, sports encompass all physical activities aimed at improving our health, fitness, and well-being. However, we can also categorize sports in the following ways:



**Professional**

**Competitive**

**Amateur**

#### Slide 3: Amateur Sports

Amateur sports involve physical activity pursued for entertainment, relaxation, or recreation. It is primarily engaged in for the renewal of physical and mental strength, accessible to everyone, and generally not pursued for achieving specific results.

#### Slide 4: Competitive Sports

Competitive sports involve physical activity aimed at rivalry and achieving the best possible results.

#### Slide 5: Professional Sports

Professional sports refer to competitive activities undertaken largely for financial gain.

#### Slide 6: Are Amateurs Inferior Athletes?

Nothing could be further from the truth. In fact, everyone who engages in sports sets a goal for themselves. For one person, it might be running a lap around the block, while for another, it could be running a marathon to test their endurance. However, amateur sports offer greater flexibility regarding training times and intensity and do not require a team of specialists.

#### Slide 7: What Are the Differences?

#### Slide 8: Training Time

Amateurs typically train 10-15 hours per week, while competitive athletes train more than 15 hours. Training also varies in intensity and overall organization.

#### Slide 9: Equipment

Amateurs use generally available market equipment, whereas competitive athletes often have equipment tailored to their physical conditions.

#### Slide 10: Rules

In competitive and professional sports, athletes must adhere to clearly defined rules and regulations during competitions. Amateur sports allow for flexibility in adapting the rules to the number of participants and the available infrastructure.

#### Slide 11: Diet

Competitive athletes are obliged to follow a diet planned by a dietitian tailored to their individual preferences and goals.

#### Slide 12: Club Membership

Amateurs do not need to belong to any organization, while competitive athletes must represent the colors of a club affiliated with a sports federation if they wish to participate in official competitions.

#### Slide 13: Sponsors

In amateur sports, the athlete is usually their own sponsor. At the competitive level, sponsors appear as the athlete achieves results and seek to support them.

#### Slide 14: Media Presence

Competitive and especially professional athletes are required to give interviews, attend sports galas, etc.

#### Slide 15: Fame

Everyone knows Robert Lewandowski, Iga Świątek, or Kamil Stoch. Such individuals draw large audiences to sports events and TV screens.

#### Slide 16: Earnings

Professional athletes earn money for their achievements, which also appears at the competitive level, although it is usually considered supplementary income rather than the main source of livelihood.

#### Slide 17: Amateur and Professional Disciplines

Many disciplines practiced by amateurs are also professional sports. It all depends on the previously mentioned factors.

* Cycling can be an example of an amateur sport, while competitive cycling is professional.
* Running, popular among amateurs, is reflected in professional athletics competitions.
* Swimming can be both amateur and professional, with significant differences in competition and technique.

#### Slide 18: Other Sports Practiced Both Amateurs and Competitively

Examples include:

* Skiing
* Ice Skating
* Dance
* Football (Soccer)
* Volleyball
* Basketball
* Handball And many more.

#### Slide 19: With a Grain of Salt, A Little Curiosity

Now, would you like to learn about the world's strangest sports that you probably never heard of? **Video:** [The World's Strangest Sports](https://www.youtube.com/watch?v=FMxl-kIrbn4)

#### Slide 20: Test

1. Name the categories of sports presented in today’s lesson. (Amateur, Competitive, Professional)
2. What is the difference between competitive and professional sports? (Earnings)
3. List at least three differences between amateur and professional sports. (e.g., Training duration, diet, equipment)
4. What does club membership mean? (A competitive athlete represents the club they belong to during competitions)
5. Name one of the strangest sports presented in the video and briefly describe it.