**강 성 수 2013. 07. 19**

**College English 1 Mon, Wed, Fri 12:00-14:45**

Choice 1: **Sports Activity Affects Children’s Future Positively.**

I think children’s sports activity influences a positive effect on their future. First, children who participate in sports activity, they can learn how to sympathize with other people and play a leading role in a group. These positive aspects of friendship can make a good social relationship in children’s future and lives a more successful life. According to Seongil Cho (2001), the children who participate in sports have more supporting ability and initiative ability than children who don’t participate in sports. Supporting ability is ability to share their thought with other, and think about other’s emotion. Initiative ability is to adjust to a situation in the peer group. In the same research, these friendships have a significant effect on children’s future social relationships. The more friendship the children have, the more sociality and responsibility they have when they’re grown. Second, children who participate in sports activity, have more self-management and confidence than children who do not participate in sports activity. According to the research of Taejun Han (2008) about wrestling, a person who invests more time in wrestling was excellent in self management ability. Also, he gains confidence in demonstrates ability and leadership. Furthermore, I think similar events like boxing and taekwondo etc also have mental stability, children who participate in sports can become the leader of society and live a healthy life. Finally, the children who learn sports faster decreased the probability to get diabetes, cardiovascular disorder and the metabolic syndrome, and live a healthy and long life. According to Seon Heo and Jaehun Jang (2009), body fat mass, waist-hip-ratio, total cholesterol, LDL and insulin were decreased for obesity children. Also, they can recover cardiovascular disorder, stroke and even cancer. According to Ansu Jang (2007), these diseases expand mortality to twice. In conclusion, I assure children who learn sports from the childhood can live healthy, and become successful leader.

**Total Word: 310**

**Reference List**

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