

# What Is Sport: A Controversial Essay about Why Humans Practice Sports

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## WHAT IS SPORT: A CONTROVERSIAL ESSAY ABOUT WHY HUMANS PRACTICE SPORTS



BookBaby, United States, 2015. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. My lifelong passion for human behavior and sports has led me to think a lot about why we practice and enjoy all these sports. In this book I shall explore the underlying reasons why we experience and organize sports in certain specific ways, both as spectators and as participants. Why do sports create so much individual and collective joy? Why do we have goals, rules, balls, equipment, objects to hit? Why are victories so important? Why are fields, arenas, courts, courses, similar across different sports? Apart from the obvious reasons (health, fun, competitiveness), why do we practice sports? What makes humans want to practice sports and get better? What makes us create a sport? Why have some sports become so popular? Why are professional athletes so popular? Why is the sport business so successful? Why are many of our most vivid memories linked to great sports victories? What links sports to our unconscious mind and basic reproductive and sexual behavior? How do sports tap into our deepest sources of desire, enjoyment, loyalty, passion and love? Why do sports fans evince a love of their teams that borders on the erotic? Sports originated from basic necessities of survival. By reproducing actions of hunting and fighting, humans practiced the activities that would help them survive and reproduce. For example, the practice of archery, horseback riding, running, javelin throwing and so many others, originate in the refining of survival, hunting skills and fighting techniques. Competitions between men helped (and still help) develop the physical and mental skills needed in essential activities of survival and natural selection. This form of natural training was also agreeable and enjoyable in most cases and had the advantage of decreasing...

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