



# Sports.

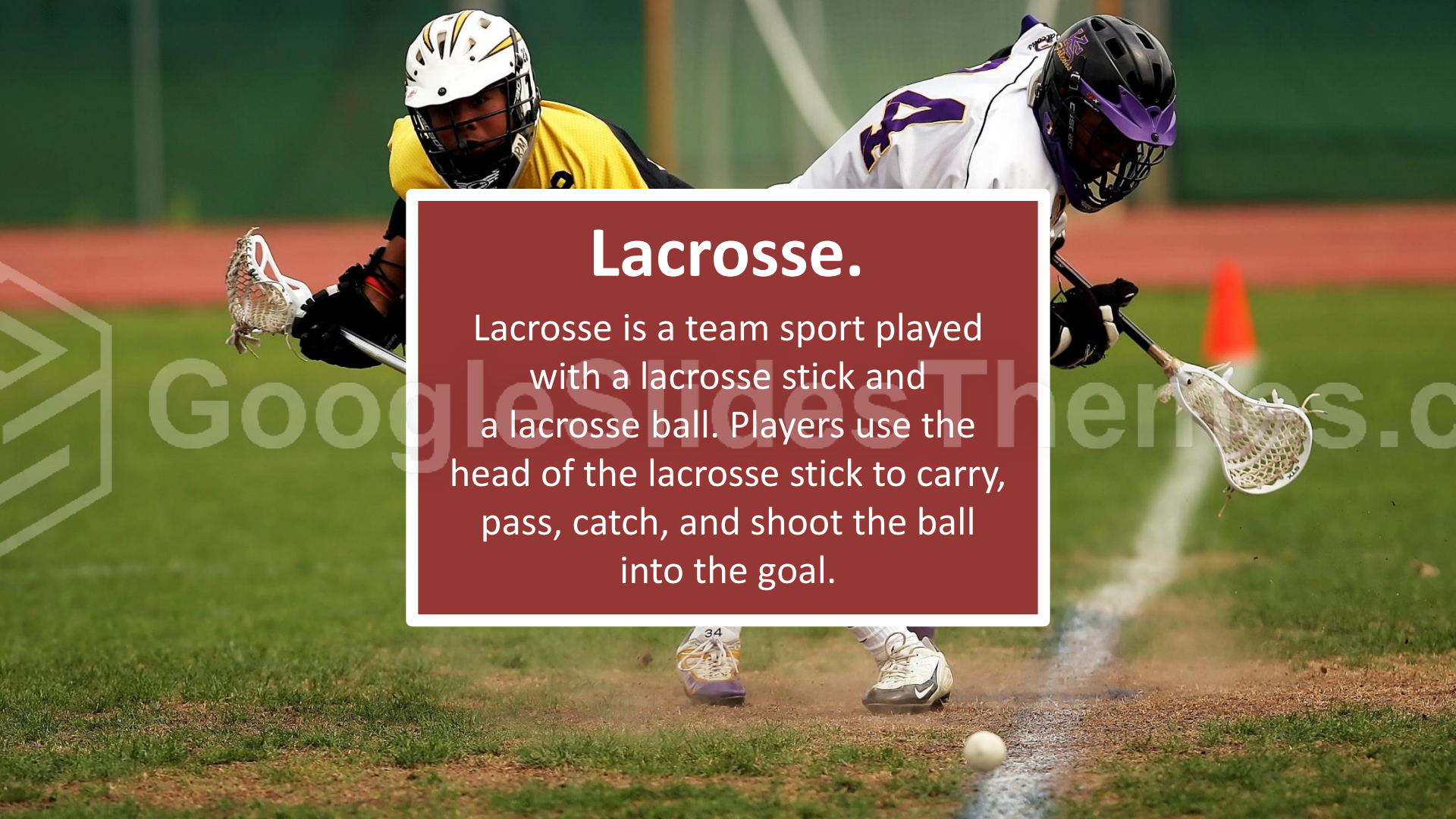
Sport includes all forms of competitive physical activity or games which, through casual or organized participation, aim to use, maintain or improve physical ability and skills while providing enjoyment to participants, and in some cases, entertainment for spectators.





# Team.

Team is a group of people who are interdependent with respect to information, resources, and skills and who seek to combine their efforts to achieve a common goal.



# Lacrosse.

Lacrosse is a team sport played with a lacrosse stick and a lacrosse ball. Players use the head of the lacrosse stick to carry, pass, catch, and shoot the ball into the goal.

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A group of male marathon runners are captured in motion on a paved road. The runner in the center foreground is wearing a yellow tank top and a blue cap. To his right, another runner is in a red shirt. Further right, a runner in a white and yellow jersey is visible. The background shows a road lined with trees, a white car, and various traffic signs. A row of orange traffic cones is on the right side of the road. A dark blue text box with a white border is overlaid on the center of the image.

# Marathon.

The **marathon** is a long-distance race, completed by running, walking, or a run/walk strategy. There are also wheelchair divisions. The marathon has an official distance of 42.195 kilometers, usually run as a road race.

# Football.

Football is a family of team sports that involve, to varying degrees, kicking a ball to score a goal.

Unqualified, the word football normally means the form of football that is the most popular where the word is used.





## Playing Benefits.

the health benefits of playing sports include an increase in lean body mass, an increase in basal metabolic rate, and an increase in bone density, assisting in healthy body composition.



## Mountain biking.

Mountain biking is a sport of riding bicycles off-road, often over rough terrain, using specially designed mountain bikes. Mountain bikes share similarities with other bikes but incorporate features designed to enhance durability and performance in rough terrain.

A row of bowling pins on a bowling lane. The pins are white with two red rings near the top. A text box is overlaid in the center of the image. The background is dark, and the pins are slightly out of focus.

# Bowling.

Bowling is a target sport and recreational activity in which a player rolls or throws a bowling ball toward pins (in pin bowling) or another target (in target bowling).

A top-down view of a tennis racket lying on a red clay court. The racket is positioned vertically, with its head at the top and its handle at the bottom. A white line runs vertically through the center of the racket. A horizontal white line crosses the racket near its head. The background is the textured, reddish-brown surface of the tennis court.

# Tennis.

Tennis is a racket sport that can be played individually against a single opponent or between two teams of two players each.

Each player uses a tennis racket that is strung with cord to strike a hollow rubber ball covered with felt over or around a net and into the opponent's court.

A skier wearing a red jacket, white helmet, and green gloves is skiing down a snowy slope. The skier is holding ski poles and is in a dynamic, forward-leaning position. The background is a vast, white, snow-covered mountain slope. A blue text box is overlaid on the left side of the image.

## Backcountry skiing.

Backcountry skiing also called off-piste or out-of-area, is skiing in the backcountry on unmarked or unpatrolled areas either inside or outside a ski resort's boundaries. This contrasts with alpine skiing which is typically done on groomed trails benefiting from a ski patrol.