



THE IMPORTANCE OF SPORT, VALLEYBALL

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Abstract:

Rocky Top Sports World is the perfect place to host your next volleyball tournament! With 12 indoor courts (and five more onsite), bleacher seating, three team rooms, and our very own restaurant, our sports facilities have everything you need for an amazing volleyball event.

In addition to being a ton of fun, playing volleyball is also one of the best ways to stay in shape. Here are the top five health benefits of playing volleyball at our Smoky Mountain sports complex.

Keywords: higher educational establishment, students, traditional games, physical education, physical potential.

BURNS FAT AND CALORIES

One of the best benefits of playing volleyball is that it helps to burn off calories. As a result, your body can effectively maintain a positive ratio between muscle and fat. It has been estimated that just a half hour game of competitive volleyball can burn anywhere from 120 to 178 calories, while a less competitive game may result in 90 to 133 calories burned off. Volleyball is a great way to maintain a healthy weight, which reduces the risks of heart disease, diabetes, and hypertension.

The physical motions used while playing volleyball help to build the muscles in your upper and lower body. You squat and use your legs for power when passing the ball, and use your hands, arms, and legs to set the ball. Since playing volleyball requires constant use of the arms and legs, you are effectively gaining the benefits of a full body workout! In addition to building strength and improving your respiratory and cardiovascular systems, you will receive the added benefit of toning your muscles.

When you play in a volleyball tournament at our Smoky Mountain sports complex and work together with your team to achieve a common goal, you will strengthen friendships and feel a sense of group cohesion. Team sports are also a fantastic way to improve your self confidence and reduce stress. The positive feelings you get from playing volleyball will transfer over to other areas of your life off the court as well!





Another one of the great volleyball benefits is how much better you'll feel on a day-to-day basis.

New volleyball players quickly improve their coordination, balance, and speed. The sport involves all of these important abilities, since the game play consists of serving, passing, setting, blocking, and much more. These essential skills are used constantly to be effective in volleyball games, so you will notice yourself developing these skills more with each match!

While it may seem surprising, studies have shown that someone playing even a slow paced 20 minute game of volleyball can use the identical amount of energy as a person jogging for a mile. By playing a more intense game of volleyball, you use the same amount of energy in just 12 minutes as someone jogging a mile! Longer and more competitive games have even more tremendous health benefits. In addition to enhancing your energy level, your increased aerobic activity will improve your performance in a variety of other sports.

You'll enjoy experiencing these great volleyball benefits! Check out our [Tournaments & Camps](#) page to see all of the upcoming events at our Smoky Mountain sports complex!

Whether you play indoors, on the grass, or on a beach, volleyball can be a great way to stay healthy and fit. It's also a great way to stay involved in social activities, as it can be played with a single partner or with an entire team.

- Burns calories and fat: One of the primary benefits of volleyball is that it helps you burn calories, which is an important component of a weight loss or maintenance program. Harvard Medical School reports a person can burn between 90 to 133 calories during a half-hour game of non-competitive, non-beach volleyball, depending on a person's weight, while a competitive gym game of volleyball burns between 120 to 178 calories. An hour-long game of volleyball on the much less stable ground of sand can burn up to 480 calories.
- Tones and shapes the body: The physical activities involved in playing volleyball will strengthen the upper body, arms and shoulders as well as the muscles of the lower body. Playing volleyball also improves the cardiovascular and respiratory systems.
- Increases metabolic rate: Playing volleyball enhances your energy level and improves your overall performance in other sports and workouts.
- Improves hand-eye coordination: Volleyball is all about hand-eye coordination. When you serve, you must follow the ball with your eyes, and strike the ball at the right point. On defense, you must react to where the ball is going and get in position to make a play. While setting, your hand-eye coordination helps you see where your hitters are, to make sure to give them a good set.





- Builds agility, coordination, speed, and balance: Due to its quick changes of pace and direction, volleyball places a large number of demands on the technical and physical skills of a player. During the course of play, players are required to serve, pass, set, attack, block and dig the ball. These skills require flexibility, good balance, upper and lower body strength and speed in order to be played effectively.
- Heart healthy: By getting your heart rate up, your body will circulate more blood and nutrients throughout your body, which improves your overall health.
- Builds muscular strength: Volleyball requires a strong chest and core muscles for nearly every play. When you pass, you mimic a squat, and you must use your legs to generate power. When you set, you must use arms, legs, and hands, especially your thighs. When the ball is coming to you, you need to load your legs and arms, and push up. Your hands need to be strong to prevent injury.
- Increases aerobic ability: According to Well Source's Aerobic Mile Chart, you expend the same amount of energy playing an easy, slow-paced game of volleyball for 20 minutes as you would jogging one mile. You expend the same amount of energy spent jogging a mile by playing a vigorous 12-minute game of volleyball.
- Improves interpersonal skills: Volleyball requires that teammates work cooperatively, and at a fast pace. A June 2008 study of adult men who engage in regular team sports found that team members developed better networking skills than men who were less involved in team sports, reports the Centre for Economic Policy Research. Leadership and cooperation skills as well as practice handling wins and losses appropriately provide valuable characteristics that transfer to dealing with others in many other situations.
- Boosts mood and increases drive to succeed: Your involvement in volleyball can improve your mood, reduce stress and encourage pride in your accomplishments as a team member. The activity can also improve your self-confidence, self-esteem, your body image and make you feel happier about life in general. Involvement in volleyball can also improve your motivation and ability to succeed. As a team player, your cooperative efforts lead to the success or failure of the team. Team members encourage one another during practice and in the game to give everyone the confidence to keep on trying to master and perfect the necessary skills to win.

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