

Article on Sports and Adventure Activities

Adventure sports are different from traditional sports. Sports or traditional sports refer to athletic activities requiring skills and physical power. These sports are usually competitive in nature. They include racing, football, tennis, hockey etc. Adventure sports involve activities which are unusual , risky and exciting. Adventure sports compromise a very wide range of activities Mountaineering , rock climbing, trekking, skiing, scuba diving. Adventure sports are undertaken at various place depending upon on the nature of the topography and the weather conditions. Most of the adventure sports take in hills and mountain areas. The main motive of adventure sports is to create self-confidence in the participants. One can overcome their fear. By participation one can improve their social relation, participants develop the habit of unity, cooperation, patience, sympathy and adjustment. Participants can develop their physical and mental health. People also come close come by nature as there is a much adventurous sport which gives the opportunity to come close to nature. People who participate in adventurous sports have different level of creativity.

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