

High Three - Unit Seven - Summary

The popularity of extreme sports has continued to grow steadily over the last decades. Many people worldwide are too attracted to these relatively new sports because they can express themselves in a new way and experience an adrenaline rush.

Extreme sports such as bungee jumping, skydiving, or windsurfing have become very popular, especially during the last decade of the century, for obvious reasons. First of all, it's doubtless that the spectacular movements used in these wild sports catch young but even older people's interest at first sight. Moreover, The real answer for its attraction is that there are no limits in this sport besides gravity laws.

However, adventure sports have negative aspects too. Generally, these sports are chosen by youngsters, and in the event of playing, they may be severely injured, sometimes may become physically handicapped. Furthermore, in extreme cases, these sports may cause the death of a person. On the other hand, encouraging people to try new activities results in building up team spirit, promoting a positive attitude, and making them come out of their comfort zone. Thus, we can say that by trying out dangerous sports, one can get rid of the negative feeling and develop a sense of working as a team.

Looking at the above, we can say that adventure sports have many impressive benefits, including problem-solving, improved communication skills, self-confidence, and teamwork. However, it is recommended that these sports should be tried under the proper guidance and supervision of a guard.



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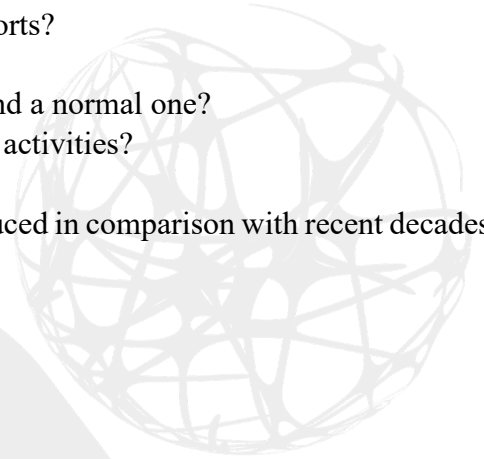
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- 1- What's the reason for using elastic ropes during bungee jumping?
- 2- Why is bungee jumping categorized as an extreme?
- 3- Could you describe the impression of the first Olympics?
- 4- What are the advantages of exercising?
- 5- Why do some people love and participate in extreme sports?
- 6- Why are there no regulations for extreme sports?
- 7- What is the difference between an extreme sportsman and a normal one?
- 8- How can athletes handle the possible danger of extreme activities?
- 9- Can you dare to do some extreme activities?
- 10- Why has the amount of various extreme experiences reduced in comparison with recent decades?



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