

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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