



## What Is Sport: A Controversial Essay about Why Humans Practice Sports

By Rob Alpha

BookBaby, United States, 2015. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. My lifelong passion for human behavior and sports has led me to think a lot about why we practice and enjoy all these sports. In this book I shall explore the underlying reasons why we experience and organize sports in certain specific ways, both as spectators and as participants. Why do sports create so much individual and collective joy? Why do we have goals, rules, balls, equipment, objects to hit? Why are victories so important? Why are fields, arenas, courts, courses, similar across different sports? Apart from the obvious reasons (health, fun, competitiveness), why do we practice sports? What makes humans want to practice sports and get better? What makes us create a sport? Why have some sports become so popular? Why are professional athletes so popular? Why is the sport business so successful? Why are many of our most vivid memories linked to great sports victories? What links sports to our unconscious mind and basic reproductive and sexual behavior? How do sports tap into our deepest sources of desire, enjoyment, loyalty, passion and love? Why do sports fans evince a love...

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