

Topic : Importance of Sports,
expository essay

Outline

1. Introduction
2. Explanation of sports
3. Importance of sports
4. Importance at individual level
 - a. Build mental health
 - b. Build physical health.
 - c. Build emotional health
 - d. Create healthy enjoyment
5. Importance at national Level :
 - a. Build healthy youth intern
Build healthy nation.
 - b. Increase work capability
of youth , Intern Increase
economy.
 - c. Decrease crime rate , Built
crime free society.
 - d. Decrease medical expenses,
deaseses rate.

6. Importance at International Level :

- a. Build image as a healthy nation.
- b. Revenue collection for state
- c. Promote tourism at international level
- d. opportunity to make relations with other countries.

7. Conclusion :