

The first part

Sports are defined as physical or mental exertion by individuals and are committed to maintaining physical or mental fitness. There are many types of exercise that can be practiced as a healthy habit, such as walking, riding, Swimming, or athletics, and these sports have many benefits on the human body and mind. Sport make the body ideal, consistent, and healthy, as it strengthens it, and fights obesity. Prevention of many diseases, including: Obesity, which is a cause of other diseases, such as: Diabetic cartilage disease, diabetes and high blood pressure.

Sports Open appetite, increase weight for those who suffer from thinness. Eliminating the damage of meals, especially fast food and saturated fat, they make the body get rid of excess fat and it helps to consume excess calories than normal. Prevention of chronic diseases such as arterial diseases, heart disease, strokes, cancer and diabetes. Strengthen the muscles of the body, improve the appearance of the body, increasing its beauty, and attractiveness. Stimulate blood circulation in the human body, increase its activity, and improve its metabolism.

The second part

The benefits of sport for the mind that it stimulates the mind, and enhance the intelligence of the individual of all kinds, especially psychomotor intelligence, social intelligence. Increase memory strength and activity, because it positively affects brain activity. Enhance the strength of the individual's observation, improve his speed of intimacy, give him the ability to concentrate, and reduce his mental distraction. Increase students' academic achievement and reduce their boredom from routine curriculum. Increase the mental and social development of the person, and strengthen the relationship with the surrounding environment. Increase staff productivity, their ability to continue working, and help them break the routine that leads to boredom.

Other benefits of sport that it improves the human psyche, enhance the positive side, and help him get rid of the negative aspects that affect his daily activity, it should be noted that exercise stimulates the body to produce hormones that give a sense of happiness, excitement, pleasure and comfort. Strengthen the character of the human being, increase self-confidence, enhance the meanings of affection and familiarity between people, and strengthen social relations among them, especially sports practiced in groups, such as basketball and football. Ignite the spirit of competition among the players, each team seeks to win and win the title, leading to raise morale, and strengthen the will, and sharpen the motivation to reach the goals.

Technology in Football

Technology use in sports is increasing rapidly, though the sport of football/soccer was slow to incorporate some forms of technology that other sports have embraced. This article discusses the use of technology to determine if a ball has crossed the goal line, one way that technology can greatly assist in football. The use of video to help adjudicate fouls and offside and marking foam is also discussed.

FIFA first used video replays (Video Assistant Referee or VAR) at the World Cup in Russia in 2018 to assist with referee decisions. This followed successful trials over the preceding couple of years. There are four types of calls that can be reviewed: goals, penalty decisions, red card decisions, and mistaken identity in awarding a card. The video assistant referee reviews video replays of the event, and where there is a clear error can relay that information to the central referee via wireless radio to a headset worn by the referee.

In 2018, VAR was incorporated into the Laws of the Game by football's lawmakers, the International Football Association Board (IFAB).