

## Value of Sport in Islamic religion

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Translation: And make ready against them all you can of power, including steeds of war (tanks, planes, missiles, artillery) to threaten the enemy of Allah and your enemy, and others besides whom, you may not know but whom Allah does know. And whatever you shall spend in the cause of Allah shall be repaid unto you, and you shall not be treated unjustly.

Translation: The messenger of Allah Muhammad (peace be upon him) said: a strong believer is better than the weak believer. However, both of them full of favorite.

Sport (British English) or sports (American English) includes all forms of competitive physical activity or games which through casual or organized participation, aim to use, maintain or improve physical ability and skills while providing enjoyment to participant, and in some cases, entertainment for spectators. Hundreds of sport exist, from those between single contestants, through to those with hundreds of simultaneous participation, either in team or competing as individuals. In certain sports such as racing, many contestants may compete, simultaneously or consecutively, with one winner; in others, the contest (a match) is between two sides, each attempting exceed the other. Some sports allow a tie game; others provide tie-breaking methods to ensure one winner and one loser. A number of contests may be arranged in a tournament producing a champion. Many sports leagues make an annual champion by arranging games in a regular sports season, followed in some cases by playoffs.

Sport is generally recognized as system of activities which are based in a physical athleticism or physical dexterity, with the admitting only sports meeting this definition, and other organizations such as the Council of Europe using definitions activities without a physical element from classification as sport. However, a number of competitive but non-physical, activities climb recognition as mind sport.

The international Olympic committee (through ARISF) recognizes both chess and bridge as bona fide sport, and sport Accord, the international sport federation association, recognizes five non- physical sport: bridge, chess, draughts (checker) Go and xiangqi, and limits the number of mind games which can be admitted as sport.

Sport is usually governed by a set of rules or customs, which serve to ensure fair competition, and allow consistent adjudication of the winner. Winning can be determined by physical events such as scoring goals or crossing a line first. It can also be determined by judges who are scoring elements of the sporting performance, including objective or subjective measures such as technical performance or artistic impression.

Records of performance are often kept, and for popular sports, this information may be widely announced or reported in sport news. Sport is also major source of entertainment for non-participants, with spectator sport driving large crowds to sport venues, and reaching wider audiences through

broadcasting. Sport betting is in some cases severely regulated, and in some cases is central to the sport.

According to A.T. Kearney, a consultancy, the global sporting industry is worth up to \$620 billion as of 2013. The world's most accessible and practiced sport is running, while association football is its most popular spectator sport.

The word "game" covers all entertaining activities like indoor computer is a device that can work fast games, cards, carom, squash and outdoor games like hockey, football and cricket. The word "sport" covers exercises or games pursued in the open like cricket and hockey. Thus, "games" is a wider term.

We all know, though we do not try to act upon the principle, that a body that is not daily exercised soon become weak and begins looking ugly. Games and sports give us a chance to develop our bodies and keep healthy. Even the Greeks, more than 2000 years ago, aimed at the development of "a sound mind in a sound body"! they promoted games, music, literature, philosophy, science and gymnastics. In open fields somewhat outside the city boys practiced running, jumping, boxing and throwing the disc and the javelin.

Now, we have sports organizations at continental and national levels to have matches and sports even regularly. It is so because these sports competitions make all countries prepare for them throughout the year and have games and sports activities on a wide basis.

Evidently (clearly) sports improve our health and make us active and smart. A person playing an outdoor game regularly would not easily fall ill. So, we should encourage the regular playing of hockey, football, cricket, baseball, squash, tennis, polo and other games by young men and women and children. Games teach us how to compete with others in life, and they make us brave. We do not lose heart or get discouraged when we get defeated in a game. We learn to face defeat everywhere, and prepare ourselves to win the next time.

As in life struggle is the essence of playing.

Yet there some abuses of game and sport as well. It is of course highly harmful for students to play games when they should study their books and prepare for the examination. Playing indoor games like card, carom and chess for boy is harmful to the health. Gambling during playing in many ways is the worse abuse, and it has given horseracing a thoroughly bad reputation.

We should play games in the true spirit and should be prepared for victory as well as defeat. It is regular practice in games that is really needed, and a lot of discipline indeed.

### Conclusion

1. Sport is the only way of maintaining yourself strong physically.

2. Islam orders us to get ready for serving our religion physically and mentally.
3. A strong believer is better than the poor one.
4. A sound mind is in a sound body.
5. Physical exercises can make us active to preform our worship effectively.
6. A strong man can do holy war successfully and can combat every kind of dangerous situations.
7. Sport on international level can make our country really famous and it is better for the political stage as well.
8. Many players from our country can bring different kinds of medals through international Olympic.

## References

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