

## **Virtual Sports Versus Real Sports**

**(by Tang Lok Yin F.5D)**

Nowadays, many people play virtual sports, such as Wii and X-box Kinect. We can play it anytime we want. Although it is very convenient, I still think that real sports are better for us. Compared with virtual sports, real sports are good for our health and also cheaper than it. Also, we can interact with others. Therefore, I prefer doing real sports.

Firstly, doing real sports is good for our health. It can help us burn calories. Although both real sports and virtual sports do help us to burn calories, real sports bring more benefits to us. Virtual sports are not like real sports because they do not require a series of systematic actions. When people do virtual sports, such as Wii and X-box, they just need to swing their hands and legs and thus they can only strengthen their arms and legs. In contrast, doing real sports can strengthen the whole body, not just the arms and legs. It can make our joints and muscles more flexible and increase our metabolic rates.

Also, real sports, for instance, basketball, running and swimming are aerobic exercise. Doing such aerobic exercises can improve people's respiratory system and boost their strength. From another perspective, real sports are mostly outdoor sports which can let us breathe in the fresh air, enjoy the sunlight, beautiful scenery and nature. It is beneficial to our physical and psychological well-being. But virtual sports are indoor sports. Players just stay at home and look at the screen for a long time. Eye soreness may be caused by frequent exposure to LED lights. Thus, doing real sports is more wholesome to our health.

Secondly, doing real sports is cheaper than playing virtual sports. When we do real sports like jogging, hiking and mountaineering, they are free and economical. What we need to do is to go down to the playground

and start to run or hike on the mountain. When it is free, we can enjoy the delight of sports. If we want to play basketball or bowling, we just pay very little for the sportswear and booking of the arena. Also, the government organizes “Sport For All Day” every year. On that day, free recreation and sports programmes are held and most sports facilities will be free of charge. Subsequently, we can enjoy real sports without worrying about the financial burden. On the contrary, playing virtual sports can be very expensive. For example, the price of the Wii is \$3175, but it does not have many sports games in it. We have to pay the extra money to purchase the games. So, playing virtual sports is far too expensive. Therefore, I prefer the cheaper way of doing sports – real sports.

Finally, doing real sports can enable us to interact with more people than playing virtual sports. Real sports do not limit the number of people involved. Some sports, like canoeing, volleyball and football, are team sports. We can learn how to communicate with other people, how to hang out with friends and enjoy the team spirit. Moreover, when we engage in the team sports, we can meet like-minded acquaintances, and we can share our experience of sports with them. In short, we can learn teamwork and enlarge our social circle through doing real sports.

However, virtual sports only allow a few players to play together, and mostly it is an individual sports game. It cannot help people to learn team spirit and social skills. Besides, it is difficult for us to meet new friends. On the other hand, we will feel empty playing virtual games alone or feel bored when playing with the same group of people. So, I think doing real sports can allow players to have more interaction with others.

Although virtual sports have their merits and benefits, they cannot replace real sports in terms of health, price and interaction. Let’s put down the remote control and go out to play real sports for a while.