What is a Sport?
Definition of a Sport

“An activity involving physical exertion and skill in which an individual or team competes against another or others for entertainment.” - Oxford Dictionary

- Too Strict?
- Too Lenient? <--
- Other Definitions?
Definition of a Game?

“a form of play or sport, especially a competitive one played according to rules and decided by skill, strength, or luck.”
Evolution & History of Sports
Origin of the word Sport

- Leisure
- Entertainment
- Diversion from work

“Activity involving physical exertion and skill”
Evolution of Sport

1300: “anything humans found amusing or entertaining"

1425: ‘sporte of redynge’ (sport of reading)

1500: “an activity involving physical exertion or skill”

1800: Term was often used to refer to hunting, shooting, and fishing.

1900: Culture of organized leagues, games, and athletics became popular
Golf is a Game, Not a Sport
Can play while injured - 2008 Tiger Woods Won the U.S open

Olympic Rule - Had a 112 year absence from the olympics

Age of players - Oldest professional golfer played at 73 years old
Golfers aren't Athletes!
A study was conducted in which various activities were graded on 10 components of athleticism: endurance, strength, power, speed, agility, flexibility, nerve, durability, hand-eye coordination and analytic aptitude.

Golf ranked 51 out of 60 “sports” just behind table tennis and horse racing.
Is Chess a Sport?
YES!

• According to the International Olympic Committee and over 100 countries consider it to be a sport.
• Every component of chess falls under the oxford definition of a sport.
• At a competitive level, chess is more of a sport than people think, considering that participants need to have the physical stamina to play multiple matches for up to 7 hours.
Mental Stresses Cause Physical Exertion

- It is argued that chess only causes mental strain and not physical.
- Mental strain and physical fitness work together.
- Professionals have strict diet and training schedules.
- It is important to stay in top shape in order to last long matches.
- Grandmasters attribute their losses due to a lack of physical fitness.
Are eSports Real Sports or Games?
In 2011, a study began on the physical aspect of eSports athletics by Professor Ingo Froböse.

He was the first to conduct a study of athletes who compete in eSports.
400 movements per minute are made on the keyboard and mouse by eSports athletes.

Stress on the Brain

He notes, “various parts of the brain are being used at the same time,” citing that he had never observed this level of strain on from any other sport.
Heart beats per minute is common for eSports athletes experiencing a level of stress nearly equivalent to that of a marathon runner.

“The amount of cortisol produced is about the same as that of a race car driver,” Froböse said. This demonstrates eSports to be just as demanding as many other types of sports.
Overwatch League

16 teams from around the world were formed to create a professional league that is structured similarly to other sports leagues, including locations and a $10 million buy-in for franchises. Activision Blizzard is now nearing $1 Billion in sales for its eSport.
Weird “Sports” That Shouldn’t be Sports! Or Should They?

- Extreme Ironing
- Cheese Rolling
- Crab Racing
- Ferret Legging
- Cricket Spitting
- Rocks, Papers, Scissors
The Definition of Sport Should Be More Strict
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