



CONNECTING OF SPORT AND LEARNING LANGUAGE

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Abstract. The article describes connecting of sport and language learning. How we can improve our learning skills with sport. Also influence the sport to language learning.

Keywords sport, confidence level, concentrate, tutoring, players, coaches

Introduction. There is a clear connection between sport and language learning. In order to learn a foreign language, you need to be able to communicate with other people. This is something that can be done more easily if you are involved in sport. Playing sport gives you the opportunity to use the language in a real-life situation, which is not always possible in a classroom setting.

Sport also helps to improve your memory, which is important for learning new words and phrases. When you are playing sport, your mind is focused on the task at hand and you are not thinking about anything else. This means that you are able to concentrate better and remember information more easily.

Finally, sport can help to boost your confidence levels. If you are feeling nervous about using a foreign language, doing some physical activity can help to calm your nerves.

When it comes to language learning, there is no one-size-fits-all approach. Some students prefer to study in a classroom setting, while others may find more success with online programs or tutoring. There are different platforms which are providing these services, like online courses. Still others may prefer to learn through immersion in a foreign country. And then there are those who find that the best way to learn a new language is by getting active and participating in sports.

Whether you're a beginner or an experienced speaker, learning languages through sport can be an enjoyable and effective way to improve your skills. Sports provide a fun and stimulating environment for practicing new vocabulary and grammar structures. They also help you develop your listening skills as you follow conversations between players and coaches. What's more, sports can boost your confidence when speaking in public and help



you make new friends from all over the world.

Research results and their discussion I didn't go far to find out the truth about this information. Since I am in sports, I have a lot of friends who learn English or other new languages. and of course there are non-athletes on this list too. and so I found out that athletes really have more potential to learn and speak new languages. this will prove a simple experience of my life.

Table №1

Athlete learners		
Name	Duration of preparing	Results of IELTS
Sobir	4 months	6 overall ball
Munisa	8 months	6.5 overall ball
Farida	1 year and 2 months	7.5 overall ball

Table №2

Non-athlete learners		
Name	Duration of preparing	Results of IELTS
Dilsora	1 year	4.5 overall ball
Khadija	1 year and 3 months	5.5 overall ball
Madina	1 year and 3 months	6 overall ball

On these tables you can see the duration of the preparation for the exams and their results. on the first table in you can see the results of athletes and on the second the results of non-athlete learners. and of course we can see in these two tables there is a huge difference between the results and here we can see that the results of language learning in athletes are better than in non-athletes. although those involved in sports, in addition to classes, also have physical exertion daily, but on the contrary, it helps them learn languages better.

Conclusion. Sport and language learning are connected in a number of ways. Sport can help improve language skills, and language skills can help improve sport performance. In



addition, learning a new language can provide new opportunities to participate in sport. Finally, studying sport and language together can help learners better understand the culture of the sport they are studying. What many people don't know is that there is a strong correlation between sport and language learning. In fact, one can often improve their skills in one by practicing the other. This is because both activities require similar cognitive processes. So by combining these two activities we can develop us both, physically and mentally.