

# What is Sports Science?

- A. The study of physical activities for health and leisure
- B. The study of physical activities for competition
- C. The study of physical activities for recreation
- D. The study of physical activities for exercise

Show Answer...

**Correct Answer: The study of physical activities for competition**

## EXPLANATION:

Sport Science is the study of physical activities for competition. It encompasses areas such as exercise physiology, biomechanics, nutrition, psychology, and sports medicine. It is the study of how the healthy human body works during exercise and how sport and physical activity promote health physically, mentally and socially.



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