



VSEM 1103 : SPORTS SOCIOLOGY

National Sports (1988) Policy and Sports Organisations in Malaysia

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Sport is beneficial at various levels:

- At the individual level, sport contributes to the development of the whole person by improving one's physical and psychological well-being.
- At the social level, sport promotes social interaction, improves community health in addition to prevents crime and juvenile delinquency.
- At the international level, sport is seen as a means of enhancing national image.



Picture Source : <http://3.bp.blogspot.com/-LxpBoOphBn8/UCCExQST7II/AAAAAAAAADQ/YDPo3QRw17GA/s1600/Lee-Chong-Wei-Olympic-Finals.jpg>
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