



Complementary Effects of Sport on Health

Dr Hodayun Ahmadi

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The keen spirit of competition between sporting groups and individuals, plus the need for accepting the results of exercise and the subsequent crowning of the winner or winners demand cultivation of an attitude of dignified triumph or defeat and fair play. These are important qualities that sport inculcates in sportsmen and women. These benefits are not confined just to sportsmen; they extend to their supporters and to the community at large. Therefore, it isn't surprising that leadership in our work, school and communities is often directed towards leadership in sport. Consequently, the importance of sports in life and society is an important subject and this is the reason why it is discussed in depth in this book. Dr. Hodayun Ahmadi is a medical doctor who is married with a family of five. He qualified in medicine 15 years ago and practiced both in Afghanistan and Pakistan before arriving in Australia in 2003. A conscientious worker and a humanist, Dr. Ahmadi's work and service are focused on helping those with the greatest needs either in the health or social fields. He has a considerable interest in sports and has participated in the training of martial arts. Dr. Ahmadi has trained many people in this area and encourages the young generation to participate in sport as much as possible.

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