Sport and Physical Activity definitions

| Sport | An activity involving physical exertion and skill in which an individual or team competes against another or others for entertainment. |
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| Physical Activity | Any bodily movement produced by skeletal muscles that results in energy expenditure. |
| Team Sport | A team sport includes playing any sport with other people which involves players working together towards a shared objective.  |
| Individual Sport | An individual sport includes a sport where you play alone, and you rely on no one else to help you achieve your goals.  |