Tlemcen University January 2017

 Department of English

 LMD 2

**Comprehension and Written Expression Exam -1st Semester -**

Topic: The benefits of team sports in building one’s character and health.

Consider the topic above, then:

1. Write an appropriate thesis statement.
2. Break-down your thesis statement into the appropriate topic sentences.
3. Write the appropriate body paragraphs.

Good Luck

**A Sample Answer (with scale)**

1. **Thesis Statement (2pts)**

Participating in team sports helps to develop good character and healthy body.

1. **Break-down of the thesis statement into the appropriate body paragraphs (2pts)**

Topic sentence 1(1pt)

Team sports are always considered a good way to improve one’s character.

Topic sentence 2 (1pt)

Participating in team sports is beneficial in building one’s health.

1. **Body paragraphs writing** **(16pts)**

 [(0.5 pt)]Participating in team sports help to develop character. [It helps teach the art of discipline. This is because the engagement and social belonging to a sports team offers participants the platform to learn how to be a better person of a community following ethics of good character - something every person needs to have in their lives. A team sport also encourages people to work with others as they share a set of similar goals. Playing team sports help inculcating the spirit for having a good sportsmanship seeing that it teaches people how to function at best in a group setting] (6 pts).[Team sports help build character because they teach people discipline, how to work in a group, and how to have a good sportsmanship.] (1.5 pt)

[(0.5 pt)]The benefits of team sports in building one’s health are numerous. [To start with, they sensitize athletes towards weight control. Practicing sport in a group maximizes the burning of calories, reduces the level of body fat, improves the functioning of the cardiovascular system, reduces strain of the body, and increases an athlete's energy level. It also provides longer-term benefits, such as the reduced risk of diseases like cardiovascular diseases and diabetes, and makes the bones and muscles stronger. What’s more the athlete develops the physical skills needed to compete in a given exercise that a team sport may involve] (6 pts). [For all those gains, people should think about joining a team sport.] (1.5 pt)