

Student Essay on Dance Is a Sport

Dance Is a Sport

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Essay

I cannot believe you have to miss the football game because of a dance competition, its not like it's a sport! Dance is a sport because it takes strength and endurance, it is competitive, and it requires a lot of personal time and dedication. First, dance is a sport because to participate in a sport or dance one must be in excellent physical condition. Furthermore, dance is a sport because it is competitive. People compete to be the best and to be noticed just like in any other sport, and there are competitions against other teams just like other sports compete against each other. Finally, dance takes a lot of personal time and dedication. Some people train at dancing for five hours every day to master techniques, which is sometimes more than most sports athletes train for. Dance is a sport that is very physical and takes a long time to master through competitions, personal time and dedication.