



# How athletics enhances academics

## YOUNG STARS CONSTANTLY TRYING TO FIND THE PERFECT BALANCE BETWEEN STUDY AND SPORT

By ZHENG XIN  
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SHENZHEN — Life for student athletes such as 19-year-old Kenyan 200m runner Anthony Kibet Metto from Kabarak University is essentially two things — studying and training.

“(It’s) very demanding,” he said. “I have to sacrifice my spare time to live up to those expectations.”

Metto’s classes end about 5 pm, at which point he starts training for two or three hours.

“You need to memorize most of the stuff taught in class because you have little time for it afterwards,” the business management major said.

“Time management is very important.”

But many students, such as

letic training helps, rather than hinders, their academic studies.

“Running every day has hardly affected my study,” he said.

“I find my mind is sharp after running and it’s able to memorize things quickly.”

Gymnast Lin Junxian from Hehai University in Nanjing has been recommended for enrollment graduate studies without passing an examination because of his excellent academic performances.

Lin’s studies and athletics go particularly well together, as her major is theory of sports pedagogy and training.

“I can get to know how my body can best function through listening to my teachers,” Lin said.

“This knowledge influences my training after class. You can always make the most of life when it’s filled with a good bal-

ance of academics and athletics.”

Most student athletes believe the sacrifice of free time is worth it.

“You especially feel that way when you reach your personal target or win honors for your team or country,” Lin said.

Metto agreed.

“I know that only with hard work can I tap my talent and bring about the best of myself,” he said.

“I want to be the next Olympic record breaker, and that requires hard work.”

The International University Sports Federation’s senior vice-president, Oleg Matitsin, said sports are a component of education.

“Good physical condition can always improve academic performance,” Matitsin said.

“With a proper balance of athletics and academics, you can always make the best of yourself.”



ZHENG XIN / CHINA DAILY

Anthony Kibet Metto, a 200m runner from Kenya, poses during an interview with China Daily in the Universiade Village.



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