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Why we play sports ,mind sports

This time, we'd like to pick up this title. The Japan times ST said that humans are mad about sports! Everywhere you look, you find people watching , playing or betting on sports.

Humans are obsessed with sports . Here are four different theories.

The first theory, proposed by the scholar John Huizinga, argues that sports developed from our instinct for play. Humans are playful animals. Left on their own, they create games, agree on rules, then spend hours having fun.

The second theory argues that sports developed from hunting.

Thousands of years ago, our ancestors depended on hunting to survive. When hunting, the most important thing is to hit the target.

No hit, no dinner! To hone their skills, ancient humans practiced.

The third theory argues that sports is a substitute for war.

Sports evolved as a peaceful way to channel our violent instincts and expend them in friendly competition.

The fourth theory argues that sports developed as a way for men to gain sex and status.

A mind sport is a game of skill where the mental exercise component is more significant than the physical.

The first major use of the term was as a result of the Mind Sports Olympiad in 1997.

Questions

1. Do you think that which theory is most persuasive?
2. What kind of sports do you imagine from each theory?
3. What kind of sports do you do ?
4. What kind of merits can you get from them ?
5. What kind of sports are you looking forward to watching ?
6. What kind of mind sports are you interested in ?
7. What do you think about the relation between AI(artificial intelligence) and Sports?