

Is Volleyball Good Exercise?

by William McCoy, Demand Media

Calories Burned

You might not feel the same exertion during a game of volleyball as during a run or a step aerobics class, but don't discount this sport's ability to burn calories. According to Harvard Medical School, beach volleyball burns calories quickly. A 155-pound person will burn 298 calories during a half-hour game of beach volleyball, which is comparable to running at 5 mph and swimming the backstroke. The same person will burn 149 calories during 30 minutes of volleyball in a gym and 112 calories during a 30-minute game of water volleyball.

Muscle Strengthening

Playing volleyball is more than just a way to help shed a few pounds of fat. This sport is also an effective way to build a number of major muscle groups throughout your body. Athletico Physical Therapy reports volleyball will boost your muscle toning and overall strength, particularly in your arms, legs and core. During a single play, you might use your legs to jump, your core strength to make quick turns and your arms and shoulders to spike the ball.

Other Benefits

Success in several sports, including volleyball, relies on a player's ability to make split-second decisions and strong hand-eye coordination. Volleyball can help you improve your coordination, balance and reflexes, especially upon playing the sport frequently. An article in the "Vancouver Observer" notes beach volleyball provides a low impact to your joints, making this variation of the sport ideal for people who are overweight or dealing with joint pain.

Emotional Benefits

If you experience an uplifted mood after a game of beach, gym or water volleyball with your friends, you're not alone. MayoClinic.com notes exercise releases endorphins that boost your mood and alleviate stress and depression. Sports can also provide a meditation-like period in which you're so focused on the game that you clear your mind of your difficulties at work or past-due bills. Team sports have a social element that can emphasize such qualities as teamwork and cooperation.