What are the benefits of high fps rates in games?

High fps rates make games faster and more fluid. Moreover, as the input peripherals are scanned by the PC between each frame displayed, this means that the higher the fps, the faster the reaction to your input from a joystick, keyboard, steering wheel. For example, if you play at 30 fps, your joystick can send input every 1/30 sec at the best. If, on the other hand, you play at 90 fps, your joystick can send input every 1/90 sec. In this way, at 90 fps, you can execute three separate actions such as shooting, moving and shooting again in the same amount of time as an opponent playing at 30 fps needs to execute a single action.