

Positive Effects of Sports

A Study of how participation in sports improves leadership skills, time management, and self esteem

Abstract

“Positive Effects of Sports”-Everyone knows that playing sports has a positive impact on people’s health. However, it is often overlooked the positive role that sports play in developing people’s cognitive skills such as time management skills and self-esteem. Through primary and secondary research I will present the effect of sports. Our country has had many great presidents (leaders) and a majority has played sports. My research has shows that playing sports has had a positive effect on people’s self esteem, leadership skills, and time management skills. “

Findings

Surveyed 250 students

Did you play sports?	100%
Average number of different sports?	5
Age started playing?	5
Percent played team sports	100%
Over 90% strongly agreed that sports helped their self confidence	
80% strongly agrred it helped their communication skills	
86% strongly agreed time mamnagemnt skills increased	
84% strongly agreed leadership skills grew	

Study Comparison

A study on the impact of organized sports participation on the self-esteem of middle school age kids, showed that their was no significant difference between the self-esteem of active participants in sports. That it didn’t matter how much, the quality, and the gender on the students self-esteem.

Matthew Adam Berger, "The impact of organized sport participation on self-esteem in middle school children" (January 1, 1999). *ETD Collection for Pace University*. Paper AAI9950745.

This study compared to mine

All of the people that I had surveyed are college students compared to 7th and 8th graders. These means that they have gone through playing high school sports and some even playing college sports. I feel from experience that having team practices and matches in high school is a little bit more demanding than once or twice a week games. You have to better manage your time better and I feel this makes it a more developing experience. For these reasons I believe that the middle school research was a little premature to actually see the effects of the sports on people.

Role Models

Our country has had some great leaders and a lot of factors have played a part in their development. How ever these presidents have all succeed on their respective sports field and in the oval office. Here is a list of the top 10 athletic presidents:

10. **George W. Bush** His first-pitch strike – in a bullet-proof vest – before Game 1 of '01 World Series at Yankee Stadium is best sports moment ever for a U.S. President
9. **Woodrow Wilson** Played center field for Davidson College
8. **Richard Nixon** Scrappy linebacker at tiny Whittier College
7. **Jimmy Carter** Played baseball and ran cross country in the Navy
6. **Teddy Roosevelt** Boxed at Harvard and played tennis on the White House front lawn
5. **Ronald Reagan** Played football at Eureka College and portrayed “The Gipper” in *Knute Rockne*
4. **George H. Bush** Left-handed first baseman led Yale to baseball’s College World Series in ‘48
3. **Dwight Eisenhower** A linebacker/running back at Army, the “Kansas Cyclone” hurt a knee tackling Jim Thorpe in 1912
2. **Barack Obama** Lanky lefty led Occidental College’s basketball team in scoring in ‘79
1. **Gerald Ford** All-American center led Michigan’s football team to National Championship in ‘33

List thanks to : http://blogs.dallasobserver.com/sportatorium/2008/11/the_top_10_most_athletic_presi.php

