

Research Question / Title: How Does Sports Participation affect Academic Success?

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Course Name

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How does sports participation affect academic success?

Introduction

When students participate in extracurricular activities and sports it can have a positive effect on academic success. The time management that sports require can help students to develop good studying habits and practices. By performing research on this subject, it is to be determined whether sports have a beneficial or destructive effect on academic success.

Graduation rates, dropout rates, average daily attendance and average letter grades are all affected by athletic activities and events because it can become a challenge when students are not managing their time efficient enough. Colleges and universities are looking for well-rounded students, who can manage their time wisely. Students who have the ability to balance activities with schoolwork have an advantage for when they get to college. Along with this fact, balancing schoolwork with extracurricular activities can be stressful for some students. It is especially difficult, when an abundance of activities takes up the valuable time that is needed to study or complete homework. From the research, it can be inferred that participating in sports can have a positive effect on academic success. This topic is thought-provoking, because, within the past decade, the National Collegiate Athletic Association (NCAA) has made failure no longer an option for student athletes. In they determined how well the university sports programs were doing in each district and changed several educational requirements.

It is factual that sports and other extracurricular activities can have negative effects on academic success. For instance, with late night practices it can be harder for student athletes to receive enough hours of sleep after completing projects and lengthy assignments. It can be challenging to have to balance school with after school clubs and activities. This may be a challenging exercise of time management for some students, but along with these negative aspects there are several benefits. Extracurricular activities can enhance a student's school experience in many ways. Students with different talents can achieve commendation for their abilities. Many school programs and sports teams offer educational and social opportunities that aren't available in the classroom. Numerous extracurricular activities have proven to be beneficial in building and strengthening academic achievement. And it isn't only sports that are beneficial. Other extracurricular activities include music related classes, art clubs, Mock trials and multiple other after-school occasions. When determining on whether to participate in extracurricular activities, students and their families must weigh the advantages and disadvantages before making any commitments.

Academic success is significant because it leads to better paying jobs and careers. Grades play a crucial role in supporting your resume. They can put your name above other's who are competing for your scholarship. Students who get exceptional grades are given unique opportunities at high schools through programs like the National Honor Society. Extracurricular success is essential because every healthy mind needs to have a healthy body. Expressing your talents can give you more confidence and comfort throughout everyday life. During tests, essays

and projects it is best that your body is healthy and at ease before doing strenuous thinking or decision-making.

Methodology

To gather information about my topic I have located online sources from both the Galileo reference site and from other permitted websites. To gather new information, I researched Academic success and learned all about the positive and negative effects of extracurricular activities. I will use the online references and articles from www.Galileo.com, and other proofread websites pertaining to Academic success and its correlation to Athletic success. In completing my project, it was challenging for me to find more accurate websites that explain the effects of extracurricular activities on education. There are several unethical, erroneous online articles, which claim to support my topic. Academic success is measured by five key ingredients. These ingredients are organization, time management, prioritization, concentration, and motivation.

Research

Five key ingredients measure academic success. These ingredients are organization, time management, prioritization, concentration, and motivation. To improve organization skills, you can buy a planner for creating a checklist of assignments that you need to complete. It is also helpful to keep extra folders and notebooks to help you to stay organized. When taking notes always find time to go back and highlight the key ideas and topics. Colors are very helpful when separating each section of your notes. Another organization skill to develop a system for a place for each subject in your backpack. These are key skills that can improve organization and stability.

Time management is one very significant part of academic success. Learning to schedule enough time to complete an assignment can sometimes be difficult for students who are apart of extracurricular activities. Although most students have multiple weeks to prepare a project, many of them won't begin until the night before it's due. To improve time management, you could track assignments on a monthly calendar. It is proficient if you work in reverse from the due date of more challenging assignments, then split the work onto certain days. Even if students participate in extracurricular activities, it is key that they prevent late night work by starting on long assignments weeks or days in advance.

Prioritization is another strength that is needed for academic success. Sometimes students are delayed in school and fail to hand in assignments because they simply don't know where to begin. Arranging responsibilities is a skill you will need throughout life. It is never too early to get started. Write down all the things that you need to do, including non-school-related activities. You can number each assignment from the most important to the least important. Modify your list so that you can have time for resting and relaxing. When you have a project of any kind, begin using your organizational skills by making a to-do list of every step that you will have to complete to finish the project from beginning to end. And finally, focus on one task at a time.

Concentration is key when you want to become academically successful. Try to stay focused when working on homework. Keep away from distractions like your phone, TV, and any other distractions during the time you set aside for working time. Find an area where you can efficiently complete each assignment. If you are working on a science project, you will need lots of space. While studying for any language test, you will need a well-lit desk. Lastly, it is good to have a quiet room to work in. A place without a surplus of noise.

Interviews

1st Interview Subject: Name of 1st Qualified Person Interviewed

Question 1: How do you think sports affect the body and mind?

Answer: Sports build mental toughness and body strength to keep the body in good health.

Question 2: Were you active on any teams before college?

Answer: Yes.

Question 3: What sport do you like the most?

Answer: Soccer.

Question 4: At what age did you become active in sports?

Answer: Around 5th grade.

Question 5: How do you think sports affected your college education?

Answer: Sports helped me to become a better student because I had to keep my average up to play on the college team.

2nd Interview Subject: Name of 2nd Qualified Person Interviewed

Question 1: How do you think sports affect the body and the mind?

Answer: In my opinion, sports affect a person more mentally than physically. Exercising, condition, and training can take a huge toll on the body. But it also forces your mind to make a decision to either quit or move forward.

Question 2: Were you active on any team before college?

Answer: Yes, I played on several sports teams.

Question 3: What sport do you like the most?

Answer: Basketball of course.

Question 4: When did you become active in the sports first?

Answer: Ever since I could walk.

Question 5: How do you think sports affect your education?

Answer: Sports in my opinion can help you or hurt you majorly when it comes to education just depending on how disciplined you are. Sports help you generally when it comes to comprehension skills because of the repetitive training and plays you have to remember. But sports can also become a distraction from school if you are not careful. It is very important that you understand that education comes before sports because an education can't be taken from you; a career in sports can.

Summary of Interviews

Firstly, (Insert 1st Interviewed person's name) was interviewed. He was asked questions about how sports and extracurricular activities affected his life academically. He sincerely answered the questions and told of how sports can healthily build mental toughness and body strength. As stated before, a healthy body helps when maintaining mental focus. He explained that out of school activities help students to keep their grade averages up because that is a requirement for most school teams. Before and after college, it is imperative that your body is healthy and fit so that your mind can function. According to the interview, extracurricular activities can have a major impact on a student's education and lifestyle.

Next Coach (Insert 2nd Interviewed person's name) was interviewed. He stated that sports affect people more mentally than physically. In his opinion, Exercising, conditioning, and training takes a huge toll on the body. But it also forces your mind to make the decision of not quitting. This determination can support the action of seeking goals and following career dreams. During this interview, the coach told of how sports can either help you or hurt you majorly when it comes to education. He said that it depends on how disciplined you are. From the repetitive training, you can retain comprehension skills, but if you are not careful it can distract your education. In summary, the interview supported the fact that education comes first.

Conclusions

Based on my research, I was able to draw the following conclusions. It is possible to develop special study habits so that you can become academically successful. The five skills that are needed for academic success are organization, time management, prioritization, concentration, and motivation. Extra-curricular activities have their pros and cons when you

want to have a healthy balance of Academia and Physical health. It is good to have a well abled body so that you can think more clearly. When you have time set aside for each task it helps to keep you from being up late at night finishing homework. But sometimes this can't be helped, and you have to have discipline to finish working on your assignments after having late extracurricular activities. In conclusion, to avoid and try to prevent the bad effects of extracurricular activities, you can develop better study habits and maintain a steady way or organize most of your time, assignments and events.

These interviews shed light on the multifaceted benefits of engaging in sports as a student athlete. Through the perspectives of two dedicated individuals, we've gleaned insights into how sports can foster time management skills, discipline, teamwork, and mental resilience, all of which are invaluable attributes for success both in the classroom and on the field. As demonstrated by these athletes, the lessons learned through sports extend far beyond the boundaries of the playing field, shaping individuals into well-rounded students equipped with the tools to navigate the challenges of academic and personal endeavors alike. Thus, it's evident that the synergy between athletics and academics not only enriches the student experience but also cultivates the qualities necessary for holistic growth and achievement.

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