

Your professor is teaching a class on childhood development. Write a post responding to the professor's question.

In your response you should:

- express and support your opinion
- make a contribution to the discussion

An effective response will contain at least 100 words.



Dr. Gupta

For this week's discussion, let's think about how physical activity affects childhood development. Some parents stress the importance of organized sports, and many young children spend a considerable amount of their time focused on athletics. While organized sports can be beneficial, some people caution that too much emphasis on sports can also be a problem. Before our next class, please use the discussion board to share your thoughts about how sports affect children.



Paul

One benefit is that kids who play team sports spend less of their time using screens. Young children who don't play sports are more likely to spend their time watching television or using computers. Unfortunately, young children who use screens for two or more hours a day are at greater risk for behavioral problems. Clearly, kids should be physically active.



Claire

We should balance athletics with other important skills. For example, focusing excessively on organized sports might lead some students to ignore education. While a career as a professional athlete might be lucrative, fewer than 2% of university athletes and far fewer high school athletes make it to a professional team. It would be better to balance physical activity with academics.

XDF Normal Version

An emphasis on sports is definitely a good influence on children. To understand how this could benefit children, we have to bear in mind the unique stage of physical growth teens and pre-teens are in. This is a period of time when kids' growth hormones are at their peak, and physically activating their bodies could definitely their body. Also, despite being at the peak of their physical prowess, children's minds are still developing. Due to this, they are especially susceptible to bad influences. Paul has given a great example. Without other things to do, kids could waste their time on things like watching too much TV or short videos. These things can be fun, but they have much less long-term benefits than doing sports.

XDF OP Version

While organized sports can be invaluable to a child's physical development, we cannot overlook its benefits to a child's mental development. Organized sports are different from sports which one does on their own time, they require the collaboration of other people. Take football as an example, to win a game, you need more than a star quarter-back. Everyone on the team needs to do their job, and need to work with others to make a play become successful. Therefore, apart from the obvious benefits of making kids physically active, organized sports like football have the additional benefit of giving students a chance to understand the value of teamwork and collaboration. This is where I think Claire has been a little narrow minded. When we talk about education, I think we mean more than a high GPA or SAT score. In the current society, a comprehensive education needs to include education on a child's qualities. Organized sports could be a great addition to the current education system, which focuses more on individual development. Although most children will not be able to "go pro", the lesson they learn from participating in organized sports could definitely give them an edge in their future career.