**Speech Outline**

**Objectives**

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| Title | Video games |
| General Purpose | Effects of video games |
| Specific Purpose | What video games can affect |
| Main Idea (Thesis) | How video games can affect us physically and mentally |

**Introduction**

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| Attention Getting Material | I. Before we get started does anyone her like to play video games or maybe have played in the past and have stopped due to being busy? |
| Orienting Material | II. Now as you can see the title slide is called videogames.   1. What I will be talking about in particular is the effects of video games and how it affects us as people 2. Now the reason I wanted to talk about this topic is to look deeper beyond the surface like what happens as we play videogames besides the common dopamine rushing through our system 3. I myself have been playing video games at a young age so that’s where I got my joy of this activity 4. The goal today is for you all to know how video games can affect us physically and mentally. |
| Preview | As we start off going back to 2016 to talk about how a game incorporated fitness, to how it relates to certain cognitive abilities, and how it affects our mood. |
| Transition | 1. Without further delay let us start off with a quote |

**Body**

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| Main Point #1 | 1. “Those who think they have no time for bodily exercise will sooner or later have to find time for illness.” [Edward Stanley, Earl of Derby, December 20, 1873]   Basically, for those who are physically active tend to live longer, lower risk for heart disease, stroke, type 2 diabetes, depression, and some cancers, and more likely to maintain a healthy weight |
| Support Material | 1. you may ask how this quote is related to video games   **A**. study’s shown that Pokémon Go increased physical activity across men and women of all ages, BMI levels, and prior activity levels.  **B**. In particular, they found that both Pokémon Go users and control users who were very inactive exhibited large activity increases   1. They also found that more engaged users exhibited average physical activity increases of up to 1473 daily steps.   **A**. Then If we assume that Pokémon Go users, between 15 and 49 years old, would be able to sustain an activity increase of 1000 daily steps, this would be associated with 41.4 days of additional life expectancy.   1. In another study We conducted a field survey in August 2016 during the first month after Pokémon GO was launched in Hong Kong. Data was recorded at 5 study sites that represented 5 typical types of built environment, Participants’ data.   **A**. This study reported that after the game installation, average daily walking and running distances of Hong Kong Pokémon GO players increased by 18.1% (0.96 km, approximately 1200 steps) compared with the period before installation, which spanned for over a period of 35 days.   1. For example, in a study conducted in the USA Howe et al found that the average number of daily steps for Pokémon GO players during the first week of installation increased by 955 steps [21]. Althoff and his colleagues indicated that Pokémon GO led to significant increases of more than 25% (1473 steps per day over a period of 30 days) 2. which these results supported the idea that Pokémon GO may improve public health by promoting physical activity. |
| Transition | Well, that was a handful I’m practically sweating here and I’m the one talking, let’s take a break and talk about the brain |

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| Main Point #2 | II how game practice affects human behavior and cognitive functions. |
| Support Material | 1. Many studies have shown that video gamers outperform non-gamers in terms of attention, visuospatial, working memory, and mental flexibility performances. 2. For example, one study considered visual working memory skills and found that participants who played video games for more than 5 hours per week outperformed participants who played video games for less than 5 hours per week in connection to these skills. For example, playing Call of Duty for 28 hours significantly improved visual working memory performance 3. Video games typically force the player to learn a task in many different ways. Take, for instance, a racing car game. The player may be asked to drive several different race cars, varying slightly in their dynamics, on a series of different courses, and in the presence of a diverse set of computer opponents. 4. For example, a good one would be the game Mario Cart. A racing game where you are controlling a character with a cart depending on the parts you pick can vary in stats. The stats include acceleration top speed and how well you can grip the track which vary on the parts you pick. |
| Transition | Next up we have a quote related to mood or how one is feeling during at a certain time |

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| Main Point #3 | 1. III A game is an opportunity to focus our energy, with relentless optimism, at something we're good at (or getting better at) and enjoy. In other words, game play is the direct emotional opposite of depression. -Jane McGonigal, game designer (2011) |
| Support Material | 1. The interactive nature of games generally promotes more enjoyment than passive media, such as watching television (Rieger et al. 2015). This increased enjoyment partially occurs because video games foster a mental state called "flow." Flow is a positive feeling that occurs when a person becomes fully absorbed and focused on an activity (in everyday parlance, this is often referred to as "being in the zone"). The elements that encourage a feeling of flow are present during video game play: clear goals, intrinsic reward, focused attention, immediate feedback, and a balance between skill level and challenge 2. Video games regulate mood during these stressful events by providing a mechanism through which players can assert control over a virtual environment, offsetting negative feelings of helplessness or lack of control. 3. About 63 participants were assigned into two groups randomly. They were asked to download “The Musician,” a popular rhythm game, as a mobile casual game. The game was chosen for several reasons. First, the game uses a mobile platform and the mobile game market is rapidly expanding with over 1m users. Next, music is popular regardless of gender and age. Thus, rhythm games can appeal to consumers without any objection. The musician provides users with a piano, guitar and a drum mode according to the music in the game. By playing different modes, participants are manipulated to induce a positive mood. Third, this study examines if game users use different types of game items to improve various negative mood states. This game has functional and decorative game items and helps to generalize the study findings.   **A.** While bored participants indicated greater intent to purchase functional game items rather than decorative items to increase their level of arousal by improving their abilities through appropriate cognitive resources, stressed participants showed greater inclination to purchase decorative game items to change their valence from negative to positive. |
| Transition | I hope I haven’t bummed you out yet because we got a bit more to go |

Conclusion

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| Summary | I. In short video games can be an influence to get us to get up and leave the office. Or maybe it’s the way that a game is rewarding in a way that keeps you wanting more either way video games can stimulate your mind we just don’t normally think beyond what’s on the surface due to the nature of video games being fun and interactive. |
| Clincher | II well in the end I hope you didn’t forget to hit the save button and remember some of the benefits of videogames on the mind and body |

\* Write in complete sentences

\* Cite your sources using APA style in-text parenthetical citations

\* On the next page, complete your references page in APA format.

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