Firstname Lastname

Mr. Pool

COM 150-B

26 Nov. 2024

**Persuasive Speech Outline**

**Specific Purpose:** I want to persuade my audience that children should be involved in sports.

**Thesis Statement:** Children and young adults should be encouraged by parents to join sports for the beneficial outcomes.

**Attention**

1. Hello. Before I begin, I would like to know, how many of you participated in sports when you were younger? How many of those who played sports when they were younger consider themselves active today? How many of you have children who participate in sports? Now whether you are IO years old or 50 years old, sports can act to achieve not only exercise but life experiences and beneficial skills. Most children involved in any type of physical activity do not realize the benefits of exercise and *only* focus on the fun they are experiencing. Today I will be talking about why parents should support their children to get involved in sports. I will explain to you why children and young adults should play sports to stay healthy, develop healthy habits and avoid negative ones, and promote academic success.

**Need**

1. Many children and young adults today lack the necessary skills to grow up to be a healthy, constructive, independent adult.
   1. Children who do not exercise can become unhealthy.
      1. According tothe Centers for Disease Control and Prevention website, approximately 16 % of children from the age of 2 to 19, in America are obese.
      2. According to the Department of Health and Human Services website, the President's Council of Physical Fitness and Sports, one quarter of U.S. children spend 4 hours or more watching television daily.
      3. According to the same website, they also concluded that, "Type 2 - diabetes, once called 'adult *onset'* diabetes, high blood pressure, and high cholesterol, once thought to be age-related, are now diagnosed in children and teens."
   2. Children who are not involved in sports are more likely to drink alcohol and take part in drugs.
      1. According to the Women's Sports Foundation, females who are not involved in sports are more likely to use marijuana, cocaine, and other drugs. Males also follow the same trend but have a have a wider range of drugs they are capable of abusing.
   3. Children who do not participate in sports are less likely to be successful in school.
      1. According to a study put on by U.C Davis, their admitted class of freshman athletes had a slightly higher high school cumulative GPA.
      2. The same study stated that only 75% of their non-athlete students as opposed to 85% of their athlete students graduated in 5 years.

**Satisfaction**

1. Children are not capable of getting involved in sports without the encouragement and help of their parents.
   1. Take your children to the local YMCA and sign them up for something they are interested in.
   2. If your children seem extremely interested in a professional sport, ask them if they want to try to play that sport,
   3. Another way to encourage children is for the parents to also be involved in sports and lead by example.

**Visualization**

1. If your child is involved in sports, then many benefits will occur.
   1. Children and young adults who play sports will have better academics careers and will be more likely to graduate high school.
   2. They will be more adept at handling social situations.
   3. They will be more responsible and disciplined.
   4. They will develop team working skills and possibly leadership skills.
   5. They will stay away from drugs and alcohol.
   6. They will be healthier and learn to stay healthy through their whole life, promoting a longer life.

**Action**

1. There are so many reasons for supporting your children to get involved in sports and at any age; it is never too late. Being active in sports does not mean it has to be an organized collegiate or high school sport. Most children love sports for pure enjoyment. I am a product of my parents urging me to get involved and stay in sports, and without them I know I would have never stuck with it. I have benefited in so many ways from being involved in sports and I believe I am· turning into a constructive independent adult. By 1) introducing your children early and often to a variety of sports, 2) signing them up to participate, and 3) being involved in the sport with them, they too can experience the benefits of being involved in sports. Thank you.

**Audience Analysis:**

I chose this topic because sports are a big part of my life, but also, they have been very beneficial in forming the person I am. Many of my fellow students do have children or one day will have children, and I am trying to encourage them to encourage their children to become involved in sports for beneficial reasons.

**Works Cited**

“Health Risks and the Teen Athlete.” *Women’s Sports Foundation*, 2009. https://www.womenssportsfoundation.org/Content/Research-Reports/Research-Report-Health-Risks-and-the-Teen-Athlete. Accessed 16 April 2009.

“Overweight and Obesity.” *Center for Disease Control and Prevention*, 2009, http://www.cdc.org/needphp/dnpa/obesity. Accessed 24 March 2009.

“Student-Athletes Make the Grade, Study Declares. *The Regents of the University of California, Davis Campus*, 28 April 2006. http://www.news.ucdavis.edu/search/news\_detail.lasso?id=7740. Accessed 16 April 2009.

“The President’s Council on Physical Fitness and Sports.” *US Department of Health and Human Services*, 23 Oct. 2009, https://health.gov/pcsfn. Accessed 16 April 2009.