

Importance of high school and college sports



From one's personal experience and through various research studies, highschool and college sports contribute positively to the educational process of the institution by assisting in the holistic development of the students and thereby make students equipped physically, mentally and even emotionally in their respective academic pursuits. This was corroborated by The University of Memphis' Campus Recreation Intramural Services (CRIS) that explicitly averred that the " Student Affairs believes that a sense of physical well-being, as well as the development of physical skills which lead to productive leisure time, are of vital importance to campus life. Active participation in sports and other leisure activities contribute positively to the total educational process through the development of skills essential for everyday life" (University of Memphis par. 4).

Hartmann (2008) cited other research studies that supported the contention that involvement in high school or college sports contribute positively to the educational process, to wit: " developmental theorists have long talked about the character-building and socializing impacts of sport, based upon a correlation between skills and habits required for success in the classroom, sports arena, and daily life...