

The american approach to sport and physical education in the 20th century

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While two of the famous sports including basketball and volleyball have been invented in New England, baseball, football and hockey are more popular in the region as compared to the home invented sports (Bellis, n. d.). In Southern US, sports such as hockey, basketball, baseball, and football are quite famous with each having a distinct sports team. Due to its warm climate, the South has benefitted by attracting professional sports teams who came here to train thereby flourishing sports in the region.

During the 19th century, a great deal of change occurred after humans began to realize the perceptible aspects of life. Modernization theory is one perspective which explains the change and development in sports. It explains the transformation of cultural plays and games into modern sports. Thus, transformation of sports took place such that traditional games evolved into modern sports (Mechikoff and Estes 1998).

The 19th century was also a turning point for women's sports as women started participating in outdoor sports. Cycling was among the most popular sport among women and women began being seen in a wide variety of sports during the 19th century. Gender and equality factors played a great role in the development of women's sports. As the 21st century unfolds, women sports team may become ubiquitous in every sport including extreme sports.

Jim Thorpe was a great athlete who aided the development of professional as he joined professional sports teams after he lost his Olympic medals. Thorpe brought innovation to the sports he played including football and by creating unique playing strategies he developed the sports. Thorpe has lent many of

his athletic tricks to the sports and can be considered as a critical sportsman to have revived the sport.

References

Mechikoff, R. A. & Estes, S. (1998). A history and philosophy of sport and physical education: From the ancient Greeks to the present. Madison, Wis.: WCB Brown & Benchmark.

Bellis, M. (n. d.). History of basketball: James Naismith. [online] Retrieved from: <http://inventors.about.com/library/inventors/blbasketball.htm> [Accessed: 7 Jan 2014].