

# Are athletes good role models

Sport & Tourism



Society considers athletes to be the perfect role models for children. Athletes teach kids determination, how to stay encouraged, be physically active, and proper behavior. These life skills may be very important in a child's lifetime. Looking up to these amazing people should diminish laziness, and other degrading qualities, and hopefully change the way society is viewed forever. Athletes make such marvelous role models, because they encourage kids to stay physically active. To illustrate, athletes go to schools, hospitals and foster homes and interact with kids.

They support them and introduce them to new sports and ways to stay healthy and active. For example, Pittsburgh Penguins goalie, Mark Andre Flury, went to a public school and played gym hockey with children. That might have sparked an interest in some of the children and encouraged them to continue playing. The article *Are Athletes Good Role Models For Kids*, by Miguel Cavazos, states, " Training and improving athletic performance involve strengthening bones and muscles, enhancing range of motion and taking care of the body.

Greater physical fitness helps children look, feel, and perform at their best. " In addition to keeping kids physically active, athletes model how to properly behave and have determination at all times. For instance, Paralympics athletes are disabled, however are constantly determined. This teaches kids that no matter what happens, keep trying at all times and be optimistic about it. Kids also learn proper behavior/discipline.

According to the article, *Are Athletes Good Role Models For Kids*, by Miguel Cavazos, " Children can learn good behavior from an athlete who has a track record of sportsmanlike conduct. Communicating calmly with officials and

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opponents, maintaining control during emotionally charged situations, reacting positively to aggressive actions by others and refraining from obscene language or gestures are examples of sportsmanlike conduct. " From experience, after every hockey game that I played (no matter whether you lost by one thousand points or if you hate your opponents) we would have to line up and shake hands with each other.

This shows superior sportsmanship. Despite the fact that athletes make wonderful role models for children, some have substandard behavior. The article, *The Pro's And Cons Of The Influence Of Sports Athletes On Kids* by Jae Ireland, states that, " 74% say its common for a pro athlete to yell at a referee; 62% say that trash talking opponents is the norm; and 46% say that its not uncommon for athletes to take cheat shots at opponents."

In addition, Mike Tyson, a professional boxer, showed unsportsmanlike conduct when he bit Evander Holyfield's ear off during a match. Michael Vick, a professional football player, gambled on money on which dog would win a physical fight. He had the dogs fight in his backyard. Lance Armstrong, a professional cyclist, took illegal steroids and won many championships because of this. In spite of all these things, children should have their own mind and be able to distinguish right from wrong.

Besides 99% of athletes are well behaved and show good sportsmanship. In addition, if kids see these athlete's mistakes and misbehaviors, they are supposed to learn from them and know not to do the same things in their lives. To sum up, athletes are the perfect role models for children! They teach kids: physical fitness, determination, and sportsmanlike conduct. And

most importantly, athletes promote physical and mental strength; in addition to encouraging children to strive to achieve their most strenuous goals.