Physical Activity in the High School Curricula

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My research is one based on the student athletes in my classroom, who also are on the basketball team that I help coach. I am currently an assistant girls varsity basketball coach, where I have noticed a lot of the girls talking about how they stay up late doing homework, studying, or just plain out forgetting to do their homework. I remember when I was in their shoes, playing a sport and juggling schoolwork, where my grades were always jeopardized during basketball season.

With my research, I observed my students’ grades while they are in season and interviewed them about the hard work they put into their sports and schoolwork. With the interview, I asked my students how much time they spend doing homework, how fatigued they are during school, how much time they spend playing their sport, and why do they think their grades slip during season.

Also, I interviewed some of the girls on my basketball team to get their opinions on their motivation on schoolwork and their grades during their season. I was also shocked to see that many student athletes put into physical activity per week and the performance they put into their grades during their sport season.

As I interviewed fifteen student athletes, I found it very surprising to realize how many sports they play and how dedicated they are to their schoolwork. One result that I thought was most important was that the student athletes said they try and get as much help from teachers as they can during season so they don’t fall behind in their grades.

Another result with my questionnaire was that most of my student athletes had very good grades (A’s and B’s) and maintained these grades during their sport seasons. Having these student athletes in my classroom, I know they are a great group of kids that are willing to work hard on and off the gym floor.

Seeing how important physical activity is these days, I see that being a student athlete can only be a great benefit to anyone. Physical activity can help your health, learn life skills, and build towards personal goals. Student athletes have to face many obstacles when playing sports that include putting a lot of extra time and effort to earn better skills in their sport and to earn better grades in their schoolwork. Coaches and student athletes need to always know that grades come first and how the importance of getting a good education is the most beneficial for any student athlete.