

## SPORTS FOR ALL

### I. Introduction

A. Explaining the decrease of youth participation in sports

B. Thesis

1. Mentions the negative impact not participating in sports has on youth as a whole.
2. As well as Society's role in helping improve this disparity

### II. Difference between playing levels in sports

A. The more you pay the better teams you can play on.

B. People with more money are paying more for higher level sports leaving the people that cannot afford it with recreational sports.

### III. Benefits of playing sports

A. People who play sports compared to those who don't show an increase of GPA.

B. Improves class skills

1. Teamwork
2. Problem solving

C. Physical Health benefits

1. Improve cardiovascular health
2. Helps relax body when being over stressed

### IV. Cost

A. Usually a payment for every sport you play unless playing at your high school

- B. Payment for some things other than just playing
  - 1. Like hotels, tournaments, coaches salaries, and games
- V. Islamic View on Sports
  - A. The prophet encouraged participating in 3 sports swimming, archery, and horseback riding
  - B. Allah tells us to be just in everything we do and it is not fair for some people to not be able to participate in sports because they don't have the money to do so.
- VI. Conclusion
  - A. Restating my thesis
  - B. Stating that we need to improve the public sector of sports rather than the private sports clubs