

Philosophy Paper

Name

February 3, 2004

ESS-1350-Foundations of Exercise and Sport Science

Cedarville University

As a physical educator and a coach there are many important values and beliefs that I feel I should uphold. The most important thing that I need to do as a teacher and a coach is to make sure that I never compromise my faith. I should always remember that I represent not only the school I work for, but that I represent Jesus Christ. My testimony should always be to be an example for the kids and the administration and the rest of the staff that I work with in order to possibly point them to Christ. So everything that I do should be done with my testimony for Jesus Christ in the back of my mind.

I desire to become a high school or junior high physical education teacher and a high school soccer, basketball, or football coach. I believe that as a coach I need to try to instill good character into my players first and foremost. I believe that winning is important, but if I have the respect of my players then they possibly will remember some of the things that I have tried to teach them. I want to be able to teach my players to work hard all the time and not just when they feel like it. I want them to have pride both for themselves, and I want them to be able to have pride in their team. I want them to realize that being part of a team is to be a part of something bigger than just themselves. I want them to be able to work hard to be able to be a part of something that they may have never been a part of. That thing that they may have never been a part of is the brotherhood and the unity that comes along with being on a team. I want to teach my players integrity, and how they should never try to cheat or compromise the values or morals that they have during an athletic event. I want to be able to teach them how important rules are both rules on the team and the rules that govern the actual game. They need to respect the officials and the opposing team. I want to teach them how to be leaders in their school so that people will look up to them. I want to encourage them to

get involved in leadership roles in the school. I want to show them how important it is to be committed to whatever it is that they do, and how they should never quit anything that they start.

As a coach, I want to be looked at as a leader in the school and in the community. I also believe I need to be above reproach. Some things that I could do to keep myself above reproach would be to treat officials with respect. I should be careful if I question a call, and instead of yelling at an official I could ask to talk to him and try to explain to him or her calmly what my question might be. I should never swear at, hit, or inappropriately treat one of my players. I want my player's parents to feel comfortable when they release their children into my hands everyday for either practice or a game. Most of all, I want to be a light in the darkness, and I want to be able to spread that light of Jesus Christ which is what we are called to do wherever God places me.

As a teacher, I believe that it is important for each student to get involved in some sort of physical activity outside of class. It is important for the students to participate and work hard within the class. They should exercise their minds in the class to further their knowledge of a variety of sports in order to be more aware of the world that we live in. Each student should be able to participate with the other students in the class so that they will learn how to act around other people. It will help them as they go on to college and meet new people, and then it will eventually help them when they go in to the workplace. I want them to be able to work for their grades and be stretched more than they usually are in a physical education class. I also believe that it is important for them to have fun, and for it to be some sort of a break from the busy day of sitting in a classroom.

My personal philosophy comes down to one thing and one thing only, and that thing is to hold myself above reproach and do whatever it is Jesus Christ would do. Everything should just fit into place right around that base. Anywhere from teaching my students integrity to not yelling at an official.