



# Intro to Sports

The background of the image is a light gray color. It is populated with several black silhouettes of athletes in various dynamic poses. At the top, there are three silhouettes: one of a person running, one of a person in a crouched starting position, and one of a person walking. In the middle section, there are three silhouettes: one of a person diving horizontally, one of a person in a crouched position, and one of a person sitting on the ground. At the bottom, there are three silhouettes: one of a person holding a basketball, one of a person jumping with arms raised, and one of a person performing a handstand.

What qualifies  
something as a  
sport?

Oxford Dictionary defines sport as "an activity involving physical exertion and skill in which an individual or a team competes against another or others for entertainment."

A large, dense pile of various sports balls is shown. The collection includes several orange basketballs with brands like Spalding and Wilson visible, several white soccer balls with blue and red patterns, several brown American footballs, and several tennis balls in yellow and green. The balls are piled together, creating a textured and colorful background.

**WHAT IS CONSIDERED A SPORT?**

**ARE THERE ANY "SPORTS" YOU  
DO NOT THINK SHOULD BE SPORTS?**

# SPORTS CASE STUDY: Basketball vs. Crossfit

As we watch the following videos, consider which of the qualities of sports are present in each clip.



# THE SHOT



NBA  
playoffs  
(1989)

Competitive  
Eating  
Contest  
(2019)







Is competitive eating a “sport” in the true sense of the definition? Explain.

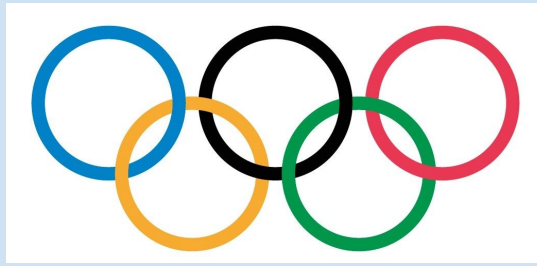


# Reebok Crossfit Games (2019)



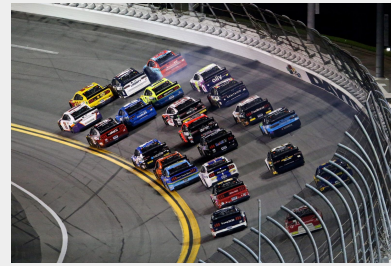


Is crossfit a  
“sport” in the  
true sense of  
the definition?  
Explain.



# Mini Sports Debates

What sports are worthy  
of inclusion in the next  
Olympics?



Sports to consider: spikeball,  
fishing, poker, car racing,  
cheerleading, esports, ultimate  
frisbee, roller derby, pool,  
cornhole, ballroom dancing,  
breakdancing, dodgeball, etc.







1. Which sports do you think we should consider as possible Olympic contenders?
2. Which sport would YOU personally like to make a case for?



## You are going to:

### **1. Research your sport**

- a. What is your sport about?
- b. Who can compete at this sport?
- c. What countries compete at this sport? Is there enough international competition and/or growth potential for it to be considered?
- d. What goes into “training” for your sport?
- e. What competitions exist in your sport? How competitive are they? Can you win money/recognition for winning?
- f. Are there any well-known athletes in your sport? What have they done that make them stand out and elevates them to the level of Olympic play?
- g. How does your sport fit the definition we outlined above?

### **2. Prepare some opposition research to use against your opponents’ sport.**

- a. Where can you pick holes in your opponents’ argument? What makes their sport less legitimate or worthy of consideration?

### **3. Debate with the opposing group over who’s sport is more worthy of inclusion on the Olympic stage.**

- a. The class will vote on which team made a more convincing argument for their sport.