Philosophy Paper

By:
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Life should be lived by a philosophy that one truly believes in. I have lived my life with one main philosophy, “work wins”. In my life it has proven to be the one thing that keeps me equal to everyone else. Working hard is the only thing people can control. Whoever works the hardest will be the one with the most success. My philosophy is based on five different values; hard work, dedication, loyalty, commitment, and passion.

With these five things I can accomplish anything. Working hard is one thing I have had to do all my life. When I was born I was told that I had low muscle tone and it would be difficult to play any sports. God had blessed me with zero God-given talent. My dad made me start lifting when I was in fourth grade to help me bridge the gap athletically. I have worked hard in training to make myself an athlete. In summer of 2006 I trained as hard as I possibly could to help me compete when I reported to Manchester College football camp in the fall. Now I compete in collegiate football.

Dedication is another value that has contributed to my life. While I was working hard I had to have dedication to keep going even though the pain that I endured. I wanted to quit when it got hard but I had to stay on the path to success. Being dedicated was tough. I had to stay dedicated to do the work that was required of me. The next value that helped contribute to my philosophy was loyalty. Being loyal runs hand in hand with dedication. I had to be loyal to myself during all my hard work and training. I knew what I had to do; I had to keep myself on tract with the right action. While I was training I was tempted to eat the wrong foods, but I stayed loyal to myself by eating the right diet. Also, becoming a part of the Manchester College football team made me express my loyalty by doing the right thing all the time. Another value that is closely related and helps with “work wins” is commitment. When you commit to something you have to be committed
one-hundred percent. Being committed one-hundred percent means that you have nothing that takes priority over it. I had to be committed during this summer to become a better athlete. I took natural supplements to help my body grow while I lifted. I had to commit to taking the supplements when I was supposed to. When I agreed to Manchester College and to the football team I committed myself to becoming the best student and athlete I could possibly be. These four values create the fifth and final value, Passion. If you work hard, dedicate yourself to a cause, remain loyal to yourself, and stay committed you become very passionate. I have done all those things and I did become very passionate about becoming a part of the Manchester College student body and part of the college's football program. Passion is a separate force that one can obtain. Passion drove me to a new level of success that I had not be able to achieve. With these five values you can achieve success you never thought possible. I found out that obtaining all these values is a hard road, but the reward was worth it.

In the future I plan to have student and athletes under my close supervision. I understand that no two people are the same or have the same athletic abilities. With my philosophy and values they do not have to be an outstanding athlete, but they just have to be willing to succeed. As a coach and physical educator I do have goals for my students and players. For each individual I come in contact with I will try to get them to accomplish goals I set for them; my goal for them runs hand in hand with the values. I want them to learn each one of the values that I have lived by my entire life. I want each player or student to achieve a better sense of hard work, dedication, loyalty, commitment, and passion through work in physical activity. I have to become a leader to each person I come in contact with. My leadership skills are very critical to the whole scenario. I need
to achieve the highest level of leadership, which I believe is to lead by example. I have to do the right thing all the time so I can show them what it is like. If I work hard, stay dedicated, be loyal, stay committed, and do things with a passion it is easier for the students or athletes to comprehend what is going on. If I install just one of these values in the students or players then it will bring more changes for the better. Trying to understand if they have improved is a difficult task. When I first meet my players or students I will give them a test that shows how they fair in each of those certain values. During the duration of the year or season I will occasionally hand out the same test to monitor their progress in these values. Another way to monitor their progress is to watch how each one behaves, participates, and interacts with others bring physical activity. In today's world it is hard to make everyone happy. I believe that is a small part of my responsibility to make my students or athletes happy. I believe that the goals can be accomplished while having a good time. There is no point in doing anything that does not make you happy. To get someone to respond the way you want them to is a difficult task. Each individual is different and will respond differently to different things, such as, if I was coaching whether or not I would want to yell at an athlete to get him motivated or to talk gently to him and coax him up. Each player or student will respond better to different kind of coaching. You can not effectively get a response until you understand the individual in question.

My philosophy is very important when it come to my life. My philosophy and values are the foundation of which I live my life. It guides my life in two separate places: my life and my chosen profession. It guides my life by showing me guidelines to which I should adhere. My life is my profession, so I should carry my life values over to my
profession. My philosophy and values are the backbone of the way I live, teach, and coach.

What to demand from your players is a difficult decision. I will demand perfection. When you set a level of which you may like to compete or live at you might fall short. When I demand perfection, I know that no one in this world is perfect, but I know that if you teach perfection, and then something goes wrong you may drop a level to excellent. But with that, you have to know that small failures will always be a part of your life.

Standards should be the same for all aspects of your life. You can not change your value system while doing different things. Consistency is key if you want to be successful. Whatever values you live your life by; you must carry those over to your teaching or coaching, and then you must try to install your values into your players and students. Through sports, studies, relationships, and work…etc. your values and philosophy should remain the same.

A common interference with good values is the act of cheating. Cheating is nothing but the easy way out. Cheating is the any action that does not follow the rules of the game or of the classroom. If you are giving one-hundred percent effort there will be mistakes made that are against the rules, but there is an understanding of that as long as there are consequences to fit the actions. If one of my students or players cheat there will be consequences. I will teach my students or players the rules of the classroom or the game, and I will never teach cheating as a way to win. “Once a cheater always a cheater” is one phrase that I have kept with me over my days. Cheating will have long terms effect on American society. If people are taught to cheat then it might become second nature to
HPE 103 Foundations of Physical Education

Gradesheet - Philosophy Assignment

Name: Brady Jones

Major values defined and supported
- One sentence philosophy of life (2) 2
- Minimum of 3 values cited (2) 2
- Concrete examples of values demonstrated in life (6) 6

Client orientation
Your role as a “change” agent discussed (4) 4
Client improvement is determined by… (3) 3
Your role in client “happiness” (3) 3
Guiding principles for working with clients (5) 4

Application of personal philosophy
How philosophy guides life (5) 4
Acceptable standard of performance (5) 4
Cheating defined and discussed (3) 3
Value to serve or save life (2) 2

Writing style
Clear introduction (1) 1
Well written, clear transitions (1) 1
No major errors in mechanics &/OR (7) 7
No or few minor errors in spelling (1) 1
Effective closing

Total Score 47
Grade 94%