Professional Philosophy

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Abstract

This paper demonstrates and explains my own personal views on philosophy, and more specifically, philosophy in sports today. I will explore my own personal views on how philosophy has an impact on my views in life and activity. I will also explain how I plan to incorporate them into my career in the future within the human performance area of work.
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According to dictionary.com philosophy is described as “The rational investigation of the truths and principles of being, knowledge, or conduct.” Philosophy is much like an opinion but is something that reflects a person’s personality and morals through ideas on how things in the world should work. Philosophy can be influenced by many things in one’s life, parents, family, friends, environment, and many other things. It is something that most seem to be brought up with, what they have grown up learning and practicing, philosophy can ultimately shape the way someone thinks and perceives the world. Athletic Trainers in specific have a certain philosophy that they work under and work towards, this is the same philosophy that I would like to partake in and implement in my future career. Both pragmatism and existentialism are highly valued in my mind and are two philosophies that I myself, have learned to live by and I want to continue doing so.

Human performance is an action that may seem foolish to some, but to people like me it is an action that is beneficial, healthy, glorifying, and beautiful. Activity plays a major roll in my life, and with the career path that I have set out for myself, it will continue to be a major roll in my life, weather that be first or second hand. Pragmatism has been a philosophy that I have grown up practicing. I began learning how things work at a very young age. The first time I tried out for a select soccer team I was put on the team with all the girls who didn’t actually make a team. I bet no one then thought that today I would be playing college soccer. Nonetheless I learned life lessons fighting my way to the top. Working hard, practicing over and over skills that I needed to succeed in the game that I loved. Through experience, and good coaches and role models I learned lessons not only about the game of soccer but also about life. These experiences prepared me for the place I am now. With athletic training, pragmatism is important. It is
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important to know, that weight lifting, stretching, and eating right is what prevents injuries. As an athletic trainer I would want to teach athletes that these actions are necessary to prevent damage to their bodies. By doing them on a regular basis and taking care of their bodies they will find that they experience fewer injuries and are less prone to tears and sprains simply because they are fit and strong.

Existentialism also plays into philosophies of mine. This is one that I have recently, now that I am on my own and in college have really embraced. I have learned that it is my life, and these are my choices, and the choices that I make now effect my skills and well being not only for sports but for life as well. As an athletic trainer I will be aware that I myself cannot physically make athletes take care of themselves. What I can do is educate them with the information they need to know, and leave it to them to make the right choice. They know their bodies better than anyone else and should know what is needed. This is when nutrition becomes an issue. What is put into the body is directly related to what the body puts out, choosing to eat healthy foods and stay hydrated will reduce risk of injury as well as dehydration. Freedom of choice can be a beautiful thing, but it can also really determine your well being as not only an athlete but as a person. In my future career I wish to be able to educate and influence this philosophy of decision making on young athletes.

In my own life, my parents, teachers, and coaches have made the most impact on the way I shape my views. I have always been taught to give one hundred and ten percent all the time, and in time that hard work will pay off. Although athletic training deals with the more practical and obvious areas of sports, it can also focus on the mental aspect. Being mentally tough as well as physically can prevent injuries. I would try to instill in my athletes a feeling of trust and care if they ever needed be but also teach them to get to know their bodies, know what they can handle
and how they can prevent it. The first person who can prevent or care for an injury is the athlete themselves and I would do my best to educate them to feel comfortable in a situation where they needed to analyze their own well being.

Philosophy is the means of a persons ideas and morals. Incorporating philosophies like pragmatism and existentialism into the minds of athletes is something I feel to be very important and is something an athletic trainer can especially implement on the job. These two philosophies can lead to outlooks on life that can leave people healthy and wise making educated decisions well into their lives and old age. I believe these are beliefs that I myself can aid in forming.