ABSTRACT

CREATIVE PROJECT: Intrapersonal Advantages and Influential Effects of Participation in Secondary Level, Education-based Athletics: Life After the Fourth Quarter

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DATE: May 2020

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Research suggests participation in secondary level, education-based athletics produces intrapersonal advantages for student-athletes, with an emphasis on team sports like American football, long after the last snap of the fourth quarter. A 2014 study by Kevin Kniffin at Cornell University revealed as former high-school athletes enter and move through the workforce, they have a tendency to display significantly higher levels of leadership, time management, relationship building, and self-confidence (Kniffin, 2014). Focusing on the topics of leadership, prosociality and career success, this multimedia creative project gives voice to the intrapersonal advantages and influential effects of participation in secondary level, education-based athletics, specifically 11-player football, through the eyes of past Indiana Mr. Football award winners, parents and highly-ranked administrators in the Hoosier state.