Should Young People do Extreme Sports?

Posted on May 13, 2020

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Extreme Sports and Youth Development

The main aim of this paper is to discuss the argument that young people should be allowed to do extreme sports. Extreme sports are often viewed as dangerous activities because they involve speed, height, physical strength, and a higher level of risk compared to ordinary sports. Examples include freestyle skiing, snowboarding, snowmobile long jumps, motocross, bike riding, skateboarding, rock climbing, and bull riding. Many parents, teachers, and health experts worry that these sports can lead to serious injuries, especially among youngsters who may not always understand danger properly. However, the fun, excitement, confidence, and personal growth linked with extreme sports should not be ignored. These sports can be some of the best ways to create enjoyment, courage, and discipline among young people. Therefore, young people should be allowed to participate in extreme sports, but only with proper training, supervision, safety equipment, and awareness of the risks involved (World Health Organization, 2020).

Extreme sports are usually discussed from a risk-taking perspective. Many people assume that individuals who participate in such sports are careless, fearless, or irresponsible. However, this is not always true. In reality, many young athletes who take part in extreme sports are fully aware of the risks and try to manage them carefully. They know that one wrong move can cause injury, so they learn to make quick decisions, control their bodies, and understand their surroundings. This means that extreme sports are not only about danger; they are also about skill, preparation, patience, and discipline.

One of the strongest arguments in favor of allowing young people to do extreme sports is that these activities teach risk management. Life itself is full of risks, and young people need to learn how to identify, assess, and handle difficult situations. Extreme sports provide a controlled environment where they can learn these skills. For example, a young person learning motocross must understand speed, balance, timing, and safety rules. A person involved in freestyle skiing must learn how to control movement, land properly, and respond quickly to changes in direction. These experiences help young people become more responsible because they learn that risk can be reduced through preparation and practice.

Physical Fitness, Mental Health, and Personal Courage

Another important benefit of extreme sports is physical fitness. Many young people today spend a large amount of time using mobile phones, computers, and video games. As a result, they may become less physically active. Extreme sports encourage movement, strength, stamina, coordination, and flexibility. Activities such as biking, skateboarding, skiing, and climbing require full-body effort. They help young people develop stronger muscles, better balance, and improved endurance. In this way, extreme sports can support a healthy lifestyle and reduce the habit of spending too much time in inactive routines.

Extreme sports can also improve mental health. Young people often face stress from school, family expectations, social pressure, and personal challenges. Extreme sports can give them a positive outlet for their energy and emotions. The excitement of learning a new skill or completing a difficult challenge can create a sense of achievement. When young people succeed in something difficult, they become more confident in themselves. This confidence can also help them in other parts of life, such as studies, friendships, and future careers.

Moreover, extreme sports teach courage and patience. A beginner cannot become skilled in one day. They must practice again and again, make mistakes, and learn from failure. For example, a young person learning bike riding or skateboarding may fall many times before mastering a trick or movement. This process teaches patience and resilience. Instead of giving up, they learn to try again with better understanding. This is an important life lesson because success in life also requires effort, failure, learning, and persistence.

Safety, Training, and Responsible Participation

The best example of an extreme sport where skill and decision-making matter is bull riding. Bull riding is not simply about sitting on a bull and trying to stay there. It requires balance, timing, body control, and understanding of the animal’s movement. The athlete must make fast decisions and respond to sudden changes. This shows that extreme sports are not only physical activities but also mental challenges. They require concentration, courage, and strategic thinking. Similarly, in motocross or freestyle skiing, athletes must understand movement, speed, velocity, and direction. These sports can even help young people understand basic scientific ideas related to force, motion, speed, and balance.

However, it is also true that extreme sports can be dangerous if young people participate without preparation. Injuries may happen because of poor training, lack of safety equipment, overconfidence, or wrong decisions. For this reason, young people should not be allowed to participate in extreme sports carelessly. There must be proper rules and safety measures. Training should be the first

requirement before allowing young people to perform these sports. They should be taught how to use protective gear, how to respond in emergencies, and how to understand their own limits. Helmets, pads, proper shoes, and safe locations must be used according to the type of sport (Centers for Disease Control and Prevention, n.d.).

Parents and coaches also have an important role. Instead of completely banning extreme sports, they should guide young people toward safe participation. If young people are stopped completely, they may still try these activities secretly and without safety. This can be more dangerous. A better approach is to allow them under proper supervision. When adults support them responsibly, young people can enjoy the sport while staying aware of safety rules.

Challenge, Excitement, and the Value of Extreme Sports

Another reason young people should be allowed to do extreme sports is that they naturally seek excitement and challenge. Adolescence is a stage of life when individuals want to test their abilities, explore new experiences, and prove themselves. If this need for thrill is ignored, young people may look for unsafe or unhealthy ways to satisfy it. Extreme sports, when properly managed, can provide a positive and structured way to experience excitement. They can help young people build identity, confidence, and discipline.

In a nutshell, young people should be allowed to do extreme sports because these activities can help them develop personal risk management skills, improve physical fitness, strengthen mental health, and build confidence. Although extreme sports involve danger, the risks can be reduced through training, safety equipment, supervision, and responsible decision-making. Young people need opportunities to face challenges and prove themselves according to their abilities. Therefore, instead of rejecting extreme sports completely, society should encourage safe and well-guided participation. With the right support, extreme sports can become a valuable part of youth development rather than just a dangerous activity.

References

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