



# VCU

Virginia Commonwealth University  
**VCU Scholars Compass**

---

Great VCU Bike Race Book Student Blog Posts

Great VCU Bike Race Book

---

2015

## The Nature and Nurture of Sports Performance, Blog 1

Irene Arora

*Virginia Commonwealth University*



Follow this and additional works at: [https://scholarscompass.vcu.edu/bike\\_student](https://scholarscompass.vcu.edu/bike_student)

 Part of the [Higher Education Commons](#)

This work is licensed under a Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International (CC BY-SA 4.0) License.

---

Downloaded from

[https://scholarscompass.vcu.edu/bike\\_student/94](https://scholarscompass.vcu.edu/bike_student/94)

This Blog Post is brought to you for free and open access by the Great VCU Bike Race Book at VCU Scholars Compass. It has been accepted for inclusion in Great VCU Bike Race Book Student Blog Posts by an authorized administrator of VCU Scholars Compass. For more information, please contact [libcompass@vcu.edu](mailto:libcompass@vcu.edu).

# THE NATURE AND NURTURE OF SPORTS PERFORMANCE (UNIV 291)

<https://rampages.us/naturenurture/author/aroraim/>

Irene Arora

## Interview 2

by [Aroraim](#) on September 26, 2015 in [Say Again?](#)

For my second interview I decided to ask the older brother of my cousin for the first interview (who is also my cousin haha). He ran track all throughout high school making it on a nationals level and hence running in college as well. His view was different from his brothers', and mine. In his eye in the beginning when athletes are just starting to become active in their respective sports its nurture that takes over. The drive or need for validation is what drives these people to become successful. However, as time goes on the nurture that made these successful athletes slowly turns into nature, the nature is what distinguishes the more successful athletes from the least successful athletes because that's what gives them their over the top performance. This was definitely an opinion I had never heard in all my years of nature vs nurture discussions so I was really interested in his views on it. I asked him about the theory that nature and nurture are both always working together, that it's not just one or the other. His answer was that in his experience they are always working together, however, one usually trumps the other when it varies per person. At some point there comes a time when nurture plateaus and nature takes over, giving the person the innate ability to keep training.



## Interview 1

by [Aroraim](#) on September 26, 2015 in [Say Again?](#)

My first interview was with one of my cousins, he did multiple sports in high school and is planning to do two varsity sports during his freshmen year in college. He outrightly said 'nurture'. When I asked him why he said that his answer was that you can't be successful at anything unless you drill and practice

constantly, especially anything that requires skill. My view is that it is both nature and nurture so I questioned him as to whether he believes nature had anything to do with it at all, his reply was that nature only contributed to make the sure the person was healthy enough in order to compete, they didn't have any disabilities that hindered them from achieving their dream. I then asked about the drive that successful athletes have to compete, he said that's more of a validation concept. That when people say 'you' can play sports well you have the tendency to validate their opinion as well as others'. So in my cousins' knowledgable words, 'if there are no crippling disabilities, 85% nurture, 15% nature'.



## Blog Post 2

by [Aroraim](#) on September 22, 2015 in [Another Look](#)

To be successful in life one needs only one thing I believe, passion. As Diana Nyad said, "we never get through this life without heartache, without turmoil, believe in perseverance as a great human quality." Diana had passion and perseverance to swim from Cuba to Florida at the age of 60, that is something that many people would have deemed impossible. But the question is; how? How do seemingly ordinary people become great? How do these people dive inside themselves and get that drive to push themselves even when they think they can't do it anymore? That is the real question, how do ordinary people become extraordinary? Is it the nature or nurture- or is it both? Why is it that some people can achieve greatness while others are just mediocre?

I believe its not just nature or nurture, it has to be both. Nurture and nature are two interloping concepts that make each and every individual unique and gives them that power to go inside themselves bring out what they need in order to be successful. That is how for example, 'geriatrics performing as well as 19 year olds'.

## How are athletes truly made?

by [Aroraim](#) on September 15, 2015 in [Uncategorized](#)

It seems like everywhere we look these days there are parents who are trying to get their children to be 'overachievers'. You know the kind, the perfect student that sat next to you in every single one of your

AP classes in high school who not only got straight A's in those but also got two varsity letters while you're just sitting there trying to stay awake.

Somehow there are parents out there who seem to breed perfect specimens of humans who somehow excel at everything, and as I've both admired and hated them for some hidden gene or talent that natural selection didn't seem I was 'fit' enough to receive I realized something that was said masterfully as the '10,000 hour rule': 'There is no such thing as talent. Mastery is minimum amount of intelligence with a lot of dedication'. As I heard that that's when I realized how true that statement really is.

There's a reason why so many professional athletes today i.e Allen Iverson, Venus/ Selena Williams, Mia Hamm and many others not only excel in their respective sports but also in their own self-made businesses; because its not the talent they have, its the drive.

Athletes have to overcome thousands of people and hurdles in order to get to where they are, and the theory of 'nature vs. nurture' is truly complex. Each successful athlete has been given circumstances that they have used to their advantage or overcome that has brought them to where they are today. It is that same drive that they had for athletics that they have put in and used in all other aspects of their life. These athletes love what they do and they keep excelling at new endeavors because they are passionate about it which only fuels their drive, like the NPR reporter has said; "its the love for sports that make kids want to pursue their dreams for sports'.

Nature vs. nurture is a very complex theory whose aspects haven't even been fully understood as of yet, I'm sure in every successful athletes life there have been both genetics and the environment which has fueled them, one cannot isolate both because they work together to produce a phenotype. There is something innate in every athlete that drives them to be who they are but it is also fundamentally important to understand that they too are human beings who are capable of making mistakes. It's how they handle these mistakes that make people look up to them. #vcubrb #natnur

## Irene Arora

by [Aroraim](#) on September 9, 2015 in [What brought you here?](#)

Hi! My name is Irene Arora and I'm a senior pursuing a biology major on the pre-medicine track! I'm super excited to get to know everyone and learn about athletic motivations through this class. Myself being an athlete in high school there were always people who were more motivated than me who eventually pursued that sport in college, I took this class to learn how and why these athletes were more motivated than me and to see if that motivation can be transferred to academics and one's personal life as well. I hope what I learn here will be useful to me in the future. I'm also excited to take part and feel involved in this world event that's happening right on our campus! This is a great experience for me to have in my senior year before graduation and I'm excited to share it with you all!