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The Nature and Nurture of Sports Performance, Blog 5

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THE NATURE AND NURTURE OF SPORTS PERFORMANCE (UNIV 291)

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

Austin Stewart

Virginia is for “Cyclists” lovers!

by [Stewartat](#) on September 25, 2015 in [Say Again?](#)

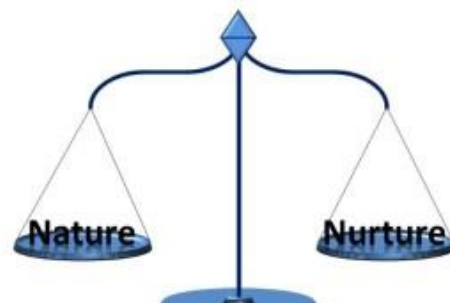
So this I decided to venture down through the chaotic mess of traffic and biked a few miles further into the city where the real action was taking place. After an interview with two spectators, it was apparent they were fanatics about this sport! I started off with a simple but broad question. I introduced myself and asked a couple if they were from the Richmond area? And why they are attending this event? To my



surprise...they came all the way from Atlanta, saying “No we are from Atlanta because we’ve followed the career of some of these American riders and it’s awesome to see them in person. We are cyclists ourselves. It’s awesome to participate in this kind of event and cheer them on!! It’s been a great experience so far and we are just so stoked to be here since it’s the first time in the United States since the 80’s I believe. It’s just an awesome atmosphere and I’m so glad I made the flight up here!!!” I was so shocked that they bought plane tickets and made

the trip up here. “Wow what a true fan” I thought to myself. This interview went great and I definitely had a “Say Again?” moment after they told me that.

Unlike my relative they were more like me, and tended to lean a little bit towards nature and nurture. They mentioned that Nature is important because their raw talent might be susceptible in their DNA and nurture is important because it’s more a constant support and teaching for that person. And we finished off with how a cyclist diet must be different in some ways right? They gave me a website that, they refer too and get a cyclists magazine similar, found at <http://bit.ly/1jf5Hlk>, on how to eat the right way to succeed as a cyclists! Go USA!



Interview time – “Find a way”

by [Stewartat](#) on September 22, 2015 in [Word on the Street](#)

I interviewed a relative after a series of questions, and found that they leaned more toward the environmental side rather than the genetic side. Also, more nurture than nature. They are from Deltaville, Virginia but come to the Richmond area often to visit family and friends. This interview went well and I took some things out of it. Personally, I tend to think a little bit of both nature and nurture but I learned everyone is different, as they were presentably more nurture.

They said after my initial question, that “it takes practice every day to be the best. You have to have be passionate in what you do. You have to push through the tough times when you want to quit.” Referring back to Diana Nyad once again, you have to “believe you can do it and find a way”. And when I asked about the environmental factors on a persons’ success, they said “People around you and the environment around you plays a big role because if you are brought up in a supportive competitive home and community, it’s proven you will succeed more than if you are brought up in the opposite conditions.

We ended the interview when I asked if she had a story that resembled this (nurture) and she said yes. “I say that because one of my high school friends was always at batting practice, always working out, if



you saw him outside of school he was most likely doing something baseball related. But it paid off for him because he went to college on a scholarship and after college had an offer from a Triple-A affiliate team but turned it down for another career choice instead.” When I asked do you think they were born with a natural talent? She said no, what got him there was the grit that he possessed and mental determination.

Wouldn't we all want to be athletes?

by [Stewartat](#) on September 21, 2015 in [Another Look](#)

I would love to be a better athlete, wouldn't we all? I think that mostly everybody is an athlete but just on different levels. Whether you are naturally talented or not, you still are going to have to work at it to become the best you can be. Some may not have to work as hard, and that's okay. This awesome 6 step process, found at <http://breakingmuscle.com/sports-psychology/6-steps-to-becoming-a-better-athlete-and-person>, perfectly relates to our capital city's enormous event and can help you become a better athlete (and person). With the bike race right around the corner, let's explore some key questions you might be having!

How much “team” work is put into these bike races? Months and years’ worth of practicing are put in to this special event. In the TED talk with Christopher McDougall, he mentioned how the tatulodulan tribe has been so successful for thousands of years. The answer is simple, team work. They swallowed their ego and stayed as a pack! That will be key for the bikers in the group stage as the top 4 bikers times will count. So if the pack stays together, watch out other nations!

Every day of our lives our Epic. Just imagine if we were in one of these bikers shoes? They’ve trained for this big moment and with the anticipation gone, it’s finally here! In the other TED talk video with Diana Nyad, she mentioned several great aspects that every determined, hardworking athlete resembles. When you’re at the 9.0 mile marker of a 10.0 mile race, what would be going through the tiresome minds of the bikers? She said you must “find a way” which I couldn’t agree more! When you want something so badly you have to first believe you can make it and then find a way to succeed!

Scientists are knowing looking at the “sport gene” as the go to for this phenomenon success. It’s a metaphorical term as there is not actually a gene called that. Senior Editor for Sports Illustrated, David Epstein, took a further approach on this and wrote a book, “The Sport Gene”, found at http://www.nytimes.com/2013/08/13/science/the-sports-gene-considers-the-root-of-athletic-success.html?_r=0 . In his book he mentioned the scientific finding of a combination of biological characteristics in somebodies ability to pick up a certain skill is what is giving these athletes, or in our cases world known bikers the upper edge.

@atstewart996 (Twitter) #vcubrb #natnur!

(I inserted an image but it didn’t go through.....)

Initial Impressions Austin Stewart

by [Stewartat](#) on September 14, 2015 in [Initial Impressions](#)

Some parents think their child is destined for greatness. However, most of the time it doesn’t work out as they hoped for. When I’m a parent one day I will most likely be like the dad in the 6 minute video. He is a famous soccer player but doesn’t want his kids engrossed in sports 24/7 but rather instead LOVE the sport that they play and receive life lessons out of a team sport. I’m so excited for the whole Nature v Nurture debate! I knew about this when signing up for this course and I signed up wanting to learn more about it. Ironically enough, last week in my Intro to Psychology 101 class we talked about Nature v Nurture as well. I think it’s so fascinating how dynamically they correlate together. A perfect example that my professor said to help break it down and understand it better was to think of “a child who had an IQ of 120 at birth (Nature) but will he fulfil that potential (Nurture)?” In the MIT live podcast of panelist I watched, Mark mentioned that there are three different IQ’s people possess; IQ (Intelligence Quotient), EQ (Emotional Quotient), and a PQ (Physical Quotient). Next, he asked to the other panelist “Does IQ really matter?” and John Van Gundy proved a good point stating that in recent years why have the older NBA teams won the title? It’s because they have a higher IQ of the game and can play better defense. Mark later went on to say that 60% of our IQ may be genetic which brings me back to the topic of “are athletes born naturally talented?” Yes, I think they are.

There are many different factors that play a role in “Is my kid a pro level athlete at birth or by talent that they gain later on in life?” For example, they could be brought up in a social environment that brings

them down mentally or be raised in a “structured system” that their parents raised them in. Just like one of the readings, many experiments and research studies have surfaced over the last few years regarding this topic. Recently, they have been testing with identical and fraternal twins. They looked at their similarities and differences when one grew up in a more stable environment than the other. They also looked at the two separate twin type to see if being around each other every day affected them more or less than the twins who didn’t see each other every day. This follows along with what Daryl and mark were saying about in the NBA. They have both worked with players who developed into solid, overall, complete players based on a “structural system” that they are put in. The readings and media helped clear up some questions I had and gave me a more complete understanding of this topic!

#vcubrb #natur! Twitter: @atstewart996

Austin Stewart

by [Stewartat](#) on September 6, 2015 in [What brought you here?](#)

Hello! My name is Austin and I am striving to a radiologist. I am a Health & Exercise major with a sociology minor. Within this major I am on the pre-radiational sciences track. I’m really excited about this BIG bike race!! I can’t wait to be in all the action with the thousands of visitors in our beautiful city is expecting! I’m really excited for this course because I wanted to get involved with the bike race somehow but learn something out of it, and that’s exactly what I’m hoping to get out of this course! It was a perfect match for me because in my Intro to Psychology class we actually yesterday talked about this same topic and it was so interesting to me and I can’t wait to learn more about it! It was fascinating to me how much they correlated with each other, how every human being has either lived a life full of nature or nurture, and how much of an impact they have on our lives that we may not even realize.