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***The Ultimate Fighting  
Championships (UFC): The  
Evolution of a Sport***

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## The Effects on Children and Adolescents



- Physical
- Behavior
- Emotional
- Educational

# Weight Control

- 29% of adolescents are overweight
- Only 30-50% of adolescents get the recommended amount of daily exercise

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# Other Health Benefits

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- Increased sleep quality
- Combats diseases, for example
  - Heart disease
  - Diabetes
  - High blood pressure

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Dealing with **wins**,

as well as **losses**



Communication

Obedience

Tolerance

**Important Workplace Skills**

Perseverance

Dedication

Prioritizing



## Behavioral Effects



- Accomplishment
  - Sense of belonging/acceptance
- Improves confidence and self esteem
  - Stress/depression/anxiety relief
- Support

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**Exercise  
and  
Mental Health**

"Exercise in almost any form can act as a stress reliever. Being active can boost your feel-good endorphins and distract you from daily worries."

"Can a few laps around the block actually solve your emotional problems? Probably not, but a regular exercise program might help. A review of studies stretching back to 1981 concluded that regular exercise can improve mood in people with mild to moderate depression. It also may play a supporting role in treating severe depression."

"[M]oderate exercise has been shown to have a significant effect on anxiety and mood," said Marla Deibler, PsyD, a clinical psychologist and director of The Center for Emotional Health of Greater Philadelphia, LLC.



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## Educational Effects



- Serves as a release
- Provokes mental growth
- Proven to enhance arithmetic, reading, and memorization



### Academic Sport Policies

Some schools implement requirements that must be met for students to remain on their teams.

Attendance

Minimum grade  
per class/average



Students have another shot at scholarships through in-school sports.

