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NATURE VS. NURTURE: ATHLETIC ABILITY

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Athletes in the world are the best at what they do, whether it's basketball, football, soccer, or volleyball. They are the best at it. But why is that? Why can't everyone who desires achieve this level of performance? This debate and question has puzzled researchers for centuries. It is the debate of nature versus nurture. Those on the side of nature believe that the genes that a person possesses, is the sole reason why they are who they are. And the believers of nurture think that the environment in which a person grows up in is what makes them who they are. There is not a definite answer to this debate. A person's athleticism is based off of both their genes and also the kind of environment that he/she grew up in. Drawing on recent research in sports performance and evolutionary psychology, this essay takes a position in the middle and show evidence of why athleticism cannot be determined by just nature or just nurture.