Philosophical paper

Foundations of Sport and Recreation Studies

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***Introduction***

 In this paper, I provide for definitions: profession, professionalism, professionalization, deprofessionalization. I believe that if a person wants to get a job or be an expert in one’s field, the person should have professional skills or knowledge about contemporary society. This is because while jobs are subdivided, they require specialized knowledge or skills. Consequently, defining several terms which include profession, professionalism, professionalization and deprofessionalization is necessary. Moreover, I will provide definitions for the following terms: sport and recreation studies and liberal education. This is because my major is Sport and Recreation Studies, so it is necessary to be aware of the meaning of each term. Before I provide definitions of the terms; I would like to talk about my true purpose in life, my passion, my satisfactions, beliefs, and making decision. This is because I believe the most important thing in life is to know the self so as to find one’s way in life. As a result, I believe that through this philosophical paper, I can gain specific knowledge which can lead to my desire to be a professional scholar in my chosen field.

***A true purpose of my life***

Before I talk about my true purpose in life, I want to know myself first. To get to know myself, I have a guide for my actions and decisions, particularly those made on impulse. I have some experiences in making decisions intuitively. At that time, I usually regret. Therefore I usually try to be a head thinker when I make a decision. When I make decisions, I think the first about advantages and disadvantages. If there are more disadvantages, I will not make that decision. Therefore, I can avoid an impulsive decision. For instance, when I was a Korean national swimmer, I had to make the decision whether to give up my position on the Korean national swimming team. This happened because I injured my left shoulder from excessive training and I was totally burned out on swimming. Before I became a Korean national swimmer, I really loved swimming but after the accident, I did not love swimming any longer. I used to practice hard in the morning, afternoon and evening. Moreover, I could not study and go to school at the same time. Consequently, I spent several months agonizing over whether to take the title or not. Finally, I determined that maintaining the title of Korean national swimmer had more disadvantages so I gave up the sport. That experience makes me think about my personal beliefs. This is because a guide line which helps me to make a decision is a belief. I believe that “Effort does not betray what you did”. Based on this belief, I strive to achieve my goal until I am exhausted. Moreover, I am not afraid of failure. For example, after ending my athletic career, I decided to apply to university. This decision was difficult for me because I could not study during my athletic life. In other words, I did not have enough knowledge about possible undergraduate degree. However, I entered university and was not worried about completing undergraduate life or my GPA. I just studied very diligently because I believe that an effort does not betray what you did. Because of this belief, I feel a great deal of satisfaction when I achieve my goal which is not a huge thing, can be a miner goal. For instance, I always make plans for my schedule and my goals. Specifically, I make daily plans, monthly plans, and yearly plans. These days, I usually make plans about school assignments. I take four classes this semester, so I should manage my assignments’ schedule. If I achieve my goals, I feel satisfied and I give a present for myself such as relaxation, delicious food, and hanging out with my friends. Making specific plans can help motivate oneself so it enables one to study or work hard**.** Moreover, I believe that highly motivated people have great passions. The definition of passion is “a strong feeling of enthusiasm or excitement for something or about doing something” (Merriam-Webster). In other words, I go crazy for something which can lead to satisfaction. My passion is exploring and studying my field. Specifically, when I read articles which are related to my field, I can feel alive. It means that I gain knowledge and another perspective of my field; it is very interesting thing to me. Before I studied at a university, my passion was to be an international known swimmer like Michael Phelps. However, I stopped swimming as an athlete because of my injury so I have tried to find my new passion. During six months with no passion, it was the darkest period of my life. This is because no passion means that there are no hopes, purposes, or interests in life. Therefore, I tried to find my new passion. Finally I found my passion which is to be a scholar.

 Through to get to know myself part, it gave me an opportunity to think about my belief, passion, direction of making decision and satisfaction. Consequently, I believe that my true purpose in my life is to enjoy those things which gives me satisfaction, and related to my passion.

***What are the definitions of profession, professionalism, professionalization, and de-professionalization?***

The definition of Profession can include “advanced, or complex, or esoteric, or arcane knowledge”; or on “formally rational abstract utilitarian knowledge” (Ritzer, 1988). Similarly, Meyer and George J (2011) mentioned that “The definition of the word profession seems to encompass the idea that a person who is a professional is someone with more than just special training and expertise” (Meyer and George, 2011, 4). Two definitions have something in common, which include describing the person who has special ability in one’s field and occupation. Consequently, the definition of profession is an occupation and an ability that is distinctive capability from other people. Moreover, I believe the definition of professionalism is similar to the definition of profession. The author, Vanzandt C.E (1990), provided five specific definitions of professionalism: “the way in which a person relies on a personal high standard of competence in providing professional services; the means by which a person promotes or maintains the image of the profession; a person's willingness to pursue professional development opportunities that will continue to improve skills within the profession; the pursuit of quality and ideals within the profession; a person's sense of pride about the profession” (Vanzandt, 1990, 243).

The definitions of the two terms - profession and professionalism - are similar in meaning. However, professionalization and deprofessionalization have the opposite meaning. Ashley Crossman provided the definition of professionalization as: “Professionalization is the social process by which any trade or occupation transforms itself into a true profession. This process tends to involve establishing acceptable qualifications, a professional body or association to oversee the conduct of members of the profession, and some degree of demarcation of the qualified from unqualified amateurs” (Crossman, 1). Moreover, **Lionel Dionne provided the definition of** de-professionalization. “De-professionalization, in its simplest form, is the process by which highly educated and skilled professionals are first displaced then replaced with individuals of inferior training and compensation” (Dionne, 2009,1)

Through this part, I gained some specific knowledge of several terms: profession, professionalism, professionalization, and de-professionalization. Defining these several terms is crucial to be a professional expert in one’s field.

***What is Sport and Recreation? And what is the liberal education?***

Before I provide specific definitions for sport and recreation, I want to provide my own meaning of sport. From my experience, sport is very special because I got over asthma due to the swimming. Moreover, swimming enabled me to change my introverted personality. However, I changed my actions, the way of speaking, and the way of thinking because of swimming. For these experiences, sports activities can develop one’s personality and sociality. In other words, I believe that the sport is not just a physical activity. However, many dictionaries, like Oxford Dictionaries, and Merriam-Webster, they only focus on physical activities. For instance, “An activity [involving](http://www.oxforddictionaries.com/definition/english/involve) [physical](http://www.oxforddictionaries.com/definition/english/physical) [exertion](http://www.oxforddictionaries.com/definition/english/exertion) and [skill](http://www.oxforddictionaries.com/definition/english/skill) in which an [individual](http://www.oxforddictionaries.com/definition/english/individual) or [team](http://www.oxforddictionaries.com/definition/english/team) [competes](http://www.oxforddictionaries.com/definition/english/compete) against another or others for [entertainment](http://www.oxforddictionaries.com/definition/english/entertainment)” (Oxford Dictionaries) Consequently, the definition of sport should be defined a different way which should be included the impacts, roles of sports activities. In addition, sport can be included in the definition of recreation. This is because, according to the Human Kinetics, provides the definition of recreation to compare leisure and play. According to Human Kinetics, “Recreation is an activity that people engage in during their free time, that people enjoy, and that people recognize as having socially redeeming values” (Human Kinetics). Moreover, compare to leisure, “recreation has a connotation of being morally acceptable not just to the individual but also to society as a whole” and recreation activities include many forms such as sports, music, games, travel, reading, arts and crafts, and dance (Human Kinetics).

 At this time, I want to discuss liberal education. In my life, I do not have any experience to be educated as liberal education. This is mainly because Korean education is not liberal education. Korean education is passive learning. To be more specific, Korean students usually sit in their chairs, and take notes robotically so that they can memorize all components of the lecture for the exam. In addition, most high school students apply to universities because it increases the chances of getting a better job. Moreover, university students also apply to graduate schools to have a better chance of getting a better job. The purpose of entering universities or graduate schools is to get vocational training, not to study or learn broadly. For these backgrounds, I was surprised at American education system. Americans talk a lot in the classroom. In other words, students, professors discuss the topic liberally. As a result, I believe that liberal education can include these components.

- An institutional ethos and tradition that place a greater value on developing a set of intellectual arts than on developing professional or vocational skills.

- Curricular and environmental structures that work in combination to create coherence and integrity in students’ intellectual experiences.

- An institutional ethos and tradition that place a strong value on student-student and student-faculty interactions both in and out of the classroom.

(Blaich, Bost, Chan, and Lynch, year,12)

Three components support each other to explain liberal arts education (Blaich, Bost, Chan, and Lynch, year, 12). Consequently, liberal education is not developing professional or vocational skills. Liberal education is intended to develop students’ intellectual experiences, and communicating with students and faculties in the classroom.

***Conclusion***

 In this philosophy paper, I explained my true purpose of my life. Moreover, I described several terms with specific definitions: profession, professionalism, professionalization, deprofessionalization, sport and recreation and liberal education. The main reason I provided several definitions and the true purpose of my life is to get to know myself. This is because I believe that the most important thing in one’s life is to know exactly oneself so this is able to lead to find one’s own way in one’s life and enable one to develop to their full point. As a result, through this philosophy paper, I was able to gain specific knowledge which can lead me to be a professional scholar in my field as well as to get to know myself.

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