

American Football

Football is more than a game in America that bring happiness and togetherness in people. Almost thirty-two teams come up every Monday, Thursday, and Sunday to play football in the National Football League. Young boys are so passionate for football that they wish to become a part of NFL to play professionally and pursue this sport as their career. Many schools, colleges and universities incorporate this sport in their athletic department. Football always brings joy and positive environment to every individual who play, watches, and supports this sport. However, it is a common assumption that players are strong enough bear the hits (on the head) they experience during the play. This is not true; players are affected badly by those hits. These injuries can disturb the mental and physical abilities of the players. These hits can damage their brain and skull. These hits or injuries are termed as “concussions” (a serious brain injury). American footballers are more likely to have a concussion. Concussions happen as the brain is going straight, when the head and neck turns forcefully, or both. Concussions may lead to persistent complaints of physical, mental, enthusiastic, and behavioral signs, sometime indicated to as “post-concussion disorder.” Footballers put their lives at risk intentionally or unintentionally in the playground. There is an extensive argument on “whether football should be played” as it causes concussions to footballers.

I decided to research on the effects of concussions on the brain and physical abilities of a footballer with several collisions to the skull. During my research, I found many studies that prove that hits on head impacts long-term health issues, malfunctions, and depression on the players. I also found a documentary of the debate on the concussions during football. Also, many researchers tried to ban football but fail due less number of footballers being effected. According to Concussion Watch, in 2017, “tackles were implicated in about two hundred seventy-one concussion reports