Injuries in Football Causing Permanent Damage on and off the Field

I am going to research the topic of whether injuries in the NFL is causing the sport to be less attractive to kids and their parents and is there a solution to this problem. I am going to focus on how the NFL as an image has started to become negative with all the injuries in the news. It seems like every month either some NFL player is seriously ill due to long term effects or has just been seriously injured due to football. This is an important topic to discuss because it affects our lives in a huge manner. The NFL is one of the most popular professional leagues in America and Football one of the most popular sports. Every kid grows up wanting to be a star in the NFL. The downfall of the NFL will not only have negative effects on its employees and players but also the nation. It is a huge part of American culture, and if it goes a lot of our traditions will go with it. During family holiday parties my parents would have been furious with me if they saw me watching television during the gatherings, but if I was watching the famous turkey bowl of the Cowboys verse the Redskins or whatever game was playing during Christmas they would sit down right next to me and watch it with equal or most times greater enthusiasm. I know a little bit about the topic but not much. I pay attention to whenever something is on the news or when my friends are talking about what is going on in the NFL. There have been many injuries on and off the field due to football these past few years in the NFL, and I am interested to see if it is affecting the popularity of the sport and if anything can change this.
My research plan is pretty straightforward. I am going to research the topic of injuries in the NFL using all of my sources available. I want to figure out first what type of injuries the NFL is causing short term and long term. As well as if there is anything that can be done to stop these injuries from getting any worse or from happening all together. The libraries database is going to be my main track towards these sources. I am willing to use all types whether it is a newspaper, magazine, video, or any other type of source that will help me better understand injuries in the NFL. I am also going to surf the web to find credible sources that can help me further my understanding on this topic.

I will have many challenges researching this topic, one big one will be removing my bias because football used to be such a big part of my life and I don’t want to let my bias get in the way of letting the research shape me and keep me from understanding this topic better. I also am a very stubborn person so once I have made my mind up about a topic I usually hate to change my opinion on it during this journey I need to be open to changing my opinion and letting the evidence speak for itself. To overcome these challenges I am going to let the sources and evidence I find really shape my working thesis. I am going to make sure that I am open to letting other ideas change mine for the better.

Working Thesis: Are injuries in the sport of football and the NFL causing the sport to become less popular, and what can be done to change this issue?


This article explains the hardships retired NFL athletes have to go through when they get diseases caused by head trauma. It also explains a study where they took thirty retired NFL
players and put them through a trial of treatments to try and alleviate their symptoms. It explained what exactly the treatments were and if they were applicable to one, some, or all of the patients. It shows how these treatment actually did work in either minimizing or extinguishing symptoms of the diseases. This article gives another whole perspective to the topic, it shows what life is like after the NFL. How injuries can be not exactly during your career but after. It is perfect for my paper because it shows how the football and the NFL is a dangerous sport that can lead to long term negative health effects.

This is a reliable and scholarly source written by several health professionals all from California. It is a detailed source about what we can do post career to help subdue some of the negative effect that football can have on peoples live. This article was printed in 2011 making it somewhat current source that helps me learn about life after football.


This book from the University of Illinois undergraduate library talks about the issues that people have to deal with after having a football related concussion. It takes you through the story of a high school football player whose hopes of playing football in college are diminished by a continuous amount of undiagnosed concussions. The book refers to what it is like to deal with what concussions can do to us mentally and physically.

This is very suitable for my research paper it talks exactly about what I want to research. It is a reliable and scholarly source written by two authors who have a great amount of experience with writing in the health and sciences field. They have also been published in a great amount of reliable newspapers and magazines. This is a current source published in 2011 that deals with a true story about my research topic.

This new article talks about the popularity of football. It’s a story about a school in Missouri where they had such little interest in football that less than a dozen kids signed up to play. This resulted in the cutting of the program since the Missouri State High School Activities Association recommend you have at least 23 kids on the roster. It talks about how kids are starting to play soccer instead of football and that was the main focus of the school homecoming this year.

This is a very important source for my article while it might not be scholarly it is a very current and detailed story for my paper. It is suitable for my research topic and shows the diminishing in the popularity of the sport of football. It was written and published this year by a news station in St. Louis making it current and reliable.


Not only does this article talk about injuries in the NFL but it also brings up injuries amongst young people as well. This also involves some of the new laws the past year or two that have been put into place to help inform kids, parents, and coaches about the dangers of blows to the head. Including what they can lead to like stated in the article “early onset of Alzheimer’s disease, second impact syndrome, and chronic traumatic encephalopathy." It talks about what is happening due to dangerous play and how we are finally trying to stop it.
I think this article is a very good source for my paper because it has a lot of very good information on football outside of the NFL and how it is impacted by and impacts the NFL. I learned a lot about the new laws and regulations not only what they are but why they came too. This is a reliable article written in an academic journal by two individuals. It is a scholarly article written by people who are Professor and Chair of the Temple legal department. I learned a lot of valuable information that will help me shape this research paper.


This article talks about the most common injuries that occur in football and why they usually occur. It tells you what can be done to prevent an injury from occurring the best way to get treatment after an injury has occurred. It states how football is the leading cause of injuries in you sports and how we can change that.

I think this a reliable and suitable article for my paper it deals with the issue of what can be done to prevent injuries from occurring and is done in a very detailed manner. It is a current and popular source that has been updated with all the latest knowledge about football injuries and injury prevention.

This article was an overview of a longitudinal study done on NFL players and the types of injuries that they encountered over four years. It told us what the study was about which I just mentioned. Then went into detail about how they used many different websites that included the health status of NFL players and cross referenced them to see which players got hurt week to week and exactly how severe the injury. It then stated the number of players tracked, player-games, injury reports, missed games, and how many were potentially season or career ending.

This was a very helpful essay for my paper to be able to put the amount of injuries in four in years in the NFL into quantifiable data. It helps show hard facts towards my thesis. This article is a reliable and scholarly piece that was done by member of health organizations around the world. Another great part about this article is the fact that it is very current and was done up until the last season. Giving me detailed information about injuries in the NFL recently.


This article talks about the dangers of playing in the NFL and how some of the players are dealing with it. It talks about how the NFL is starting to catch a bad reputation now because of all the injuries players are suffering while playing and later in life. It mentions the fact that some players even go as far as retiring from the NFL as young as mid-twenties. Towards the end it also mentions how the NFL has had to deal with all of the injuries later in life with large amount of settlements.

This article is of huge importance to my paper because you get to see the issue from the perspective of the players. I get too hear what the players think about the dangers of
playing in the NFL and if it is worth the risk. This source is a reliable website that does articles on anything “man related” i.e. sports. It is not a scholarly article since it is just a small article on a website for the readers to enjoy. It is a very current and descriptive article giving many good facts about this issue.


This article talks about many concerns with injuries in the NFL. It mainly focuses on the topic of traumatic brain injuries. That can lead to diseases such as dementia and others. It tells a great story about how as a kid the author was so excited to see one of his favorite ex-professional football player but once he heard him give a speech was disappointed. He states the reason being “The speakers words were slurred and difficult to follow.” He then asked his coach what was wrong with the man and his coach responded saying “He’s ‘punch drunk’ from all the hits he took as a player.” These feel quotes show me that the author is concerned about injuries within the NFL. He also goes on to ways people in the past and present have tried to prevent this with rules and other methods. His thesis is that the NFL is a dangerous league and something needs to be done to stop it from becoming unpopular.

This article is perfect for my paper because it talks exactly about what I want to research. It bring up both the points of injuries in the NFL how the affect people during and after their careers. As well as what can be done to stop them from occurring. This was found in the library data base and is listed as an academic article. It is a very reliable and scholarly article coming from Rodney K Smith a distinguished Professor of law and Director of Center for Sports Law and Policy. It is a relatively recent article published
in the spring of 2013 meaning it is mostly up to date. As well as being very detailed about the topic at hand and the idea of how to change it for the better.