Esports
&
The Scholar Gamer
James O’Hagan
“Esports” is organized competitive video games
Not spelled “eSports” or “e-sports”
“Esports”
450 Million

In 2019, will have an audience of 453.8 million worldwide, and revenues will grow to $1.1 billion
It’s no longer “cutting edge” for a high school or college to have an esports team. What is cutting edge is what you do with it.
If done properly, the games become a vehicle for so much more.
Why Esports?

1. Redefine Athletic Culture
2. Diversify Opportunities for Student Participation
3. Promote Positive Mental & Physical Health
4. Increase Career & Collegiate Scholarship Pathways
5. Honor the Importance of Play
1. Redefine Athletic Culture
2. Diversify Opportunities for Student Participation
3. Promote Positive Mental & Physical Health

The ultimate brain workout
Different physical exercises can bring specific mental gains, from improving memory to dealing with cravings or reducing stress.

LIFTING WEIGHTS
Prefrontal cortex
complex thinking, reasoning, multitasking, problem-solving

SPORTS DRILLS
Prefrontal cortex
Basal ganglia
attention, switching between tasks, inhibition

YOGA
Frontal lobe
Insula
integrates thoughts and emotions
Amygdala
fear and anxiety

Parietal lobe
visual-spatial processing

Cerebellum
attention

HIGH-INTENSITY INTERVALS
Hypothalamus
appetite regulation, cravings and addiction

AEROBIC EXERCISE
Hippocampus
memory

source
4. Increase Collegiate Scholarship Pathways

Start of 2018 School Year
128 College Varsity Programs
$15m in Scholarships

Start of 2023 School Year
800 College Varsity Programs
$100m in Scholarships
5. Honor the Importance of Play

“Play is often talked about as if it were a relief from serious learning. But for children, play is serious learning. Play is really the work of childhood.”

Fred Rogers
Esports Athlete?
The Scholar Gamer