



**Most Americans Say Athletic Ability is Achieved through Practice**

March 19-23, 2014

Americans appear to agree with the old adage “practice makes perfect” – at least when it comes to athletic ability. A recent CBS News Sunday Morning Pulse Poll finds 61% of Americans think athletic ability is mostly achieved through practice and hard work; while just a quarter think it is mostly something you are born with.

**Athletic Ability is Mostly Something...**

You are born with	23%
Achieved through practice	61
Both (vol.)	14

Majorities of Americans of all age, education and income levels think one’s athletic ability is mostly attributed to hard work and practice rather than genetics. Although 70% of Americans under age 30 feel that way, compared to 58% of those who are older.

Both men and women think athletic ability is mostly achieved through practice and hard work, but men (27%) are bit more likely than women (19%) to say athletic prowess is something you are born with.

**Athletic Ability is Mostly Something...**

	Men	Women	18-29	30+
You are born with	27%	19%	17%	25%
Achieved through practice	56	66	70	58
Both (vol.)	16	13	12	15

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This poll was conducted by telephone from March 19-23, 2014 among 1,016 adults nationwide. Data collection was conducted on behalf of CBS News by Social Science Research Solutions of Media, PA. Phone numbers were dialed from samples of both standard land-line and cell phones. The error due to sampling for results based on the entire sample could be plus or minus three percentage points. The error for subgroups may be higher. Interviews were conducted in English and Spanish. This poll release conforms to the Standards of Disclosure of the National Council on Public Polls.

**CBS NEWS SUNDAY MORNING PULSE POLL**  
**March 19-23, 2014**

SM-3. Do you think athletic ability is mostly something you are born with, or do you think athletic ability is mostly something that is achieved through practice and hard work?

	** TOTAL RESPONDENTS **		
	%	%	%
Mostly born with	23	27	19
Mostly practice	61	56	66
Both equally (vol.)	14	16	13
Don't know/No Answer	2	1	2

Total respondents: 1,016

Margin of error: 3pts.