

Mallory Noble
Brains vs. Brawn

Do younger bodies work better in human athletes? Young athletes are stronger and more agile and typically have better abilities than their older counterparts; however, with age usually comes wisdom. Does the experience of an older player balance out performance level, as their physical abilities diminish over time? NFL Quarterbacks have to be able to move away from the defenders to avoid getting sacked while looking to complete passes, avoid turnovers, and score touchdowns. Are these quarterbacks more effective as young players in their physical prime? or does experience and smarts rule the game?

The purpose of my project is to observe the statistical differences between the Brains and the Brawn in NFL Quarterbacks.

The results show that there were on average 3.7 more Touchdown Passes per year in Brawn than in Brains. Interceptions stayed about even in all the years, but the Brains showed a lower number by 1.55 turnovers. The Brawn had better stats in Total Passing Yards with a mean of 3331.5 total yards versus 3261.8 for Brains. However, the Completion Percentage was better in Brains by 2.1%. Brains proved tops in Quarterback Rating (88.29 vs. 85.92), and only slightly better in Yards Per Pass (+0.148 yds/pass).

Using the mean for all statistics observed, brawn was tops in Total Passing Yards and Touchdown Passes, while Brains proved higher in Yards per Pass, Completion Percentage, and Interception Passes.