

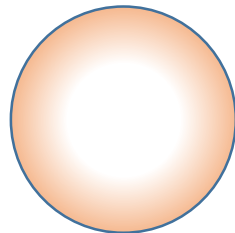
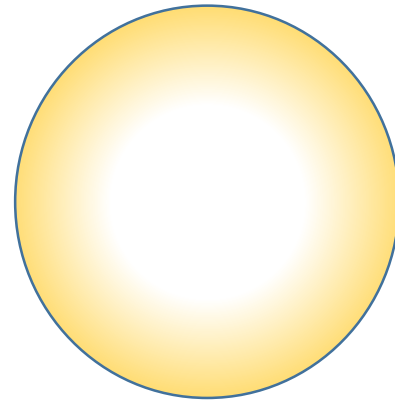
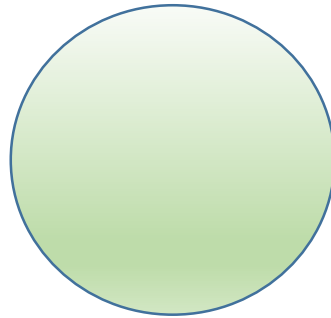


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MODULE

3



THE SOCIAL FUNCTION OF SPORT

SEGMENT 2

**Sport as a path of potential personal
development and improvement of well-being**

PERSONAL DEVELOPMENT

Effective personal development enables people to be successful in all aspects of their lives — at home, at school, at work and in society.

Personal development is a lifelong process through a variety of experiences. Practicing sports or physical activity is a contributor to this process.

Sports, as a learning experience teaches how to develop the following:

- **DISCIPLINE:** Discipline is one of the most effective tools people can use to reach their goals. Sports provide a vivid demonstration of how applying will and discipline during practice can help an athlete reach her goals in competition.
- **RESILIENCE:** Being a good loser takes maturity and practice. Losing teaches children to bounce back from disappointment, cope with unpleasant experiences and is an important part of becoming resilient.

PERSONAL DEVELOPMENT

TEAMWORK: Working towards a common goal as a member of a team, selflessly, personal interests notwithstanding. A growth of team building skills in the workplace can positively influence group projects, campaigns, employee engagement and motivation in the workplace.

LEADERSHIP SKILLS: Lead different people from all walks of life towards a common goal/objective. Leadership skills are important on and off the field. They help create championship teams, great work in the office and most importantly, personal growth.



PERSONAL DEVELOPMENT

- **RESPECT AND FAIRPLAY**: Though winning is important, losing is not a disgrace. Being generous and graceful in victory as well as defeat. Have respect for the vanquished because they worked just as hard as you have.
- **FOCUS**: Sport teaches you to focus on the present.
- **PLANNING**: Sport teaches you to plan ahead, see through the consequences of your act. You need to quickly assess the situation, adjust, adapt and act accordingly. Being flexible and not carry a fixed mindset.
- **OBSERVATION AND ANALYSIS**: Sports improves your observatory powers and analytical skills.

WELL-BEING

- The link between positive mental attributes and sport has been part of human culture since the earliest civilizations, as evidenced in poetry and art from ancient Greece, early historical records from China and biblical texts.
- **What is Wellbeing?** The UK government recently defined wellbeing as ‘a positive physical and social and mental state’. (Department of Health (2010). Healthy Lives, Healthy People: Our strategy for public health in England. London: The Stationery Office.)
- Mental wellbeing includes factors such as individuals’ ability to develop their potential, work productively and creatively, build strong and positive relationships with others and contribute to their community’. It also involves areas of life such as feelings of satisfaction, optimism, self-esteem, having some control over one’s life, having a purpose in life and a sense of belonging and support.

How does physical activity impact on wellbeing?

- The mechanisms underpinning the relationships between physical activity, wellbeing and mental health are complex and multifaceted. Physical activity influences numerous interconnected systems.
- These systems act at:
 - A physiological level e.g. influencing the release and uptake of **chemicals** (e.g. acetylcholine and dopamine) in the brain and the development of new neural pathways;
 - A psychological level e.g. influencing feelings of **mastery** or the belief that one is able to influence his or her environment and bring about desired outcomes. Exercisers may take this feeling of control and success into their everyday lives.
 - A social level e.g. influencing **social connections** and interpersonal relationships. There is extensive research that shows that good social relationships and networks promote and are a protective factor for wellbeing and mental health.

<https://www.mentalhealth.org.uk/sites/default/files/lets-get-physical-report.pdf>

How does physical activity impact on wellbeing?

- Physical activity may also enhance sleep quality which in turn improves wellbeing. At <https://www.sleepfoundation.org> a new study concludes that people sleep significantly better and feel more alert during the day if they get at least 150 minutes of exercise a week.
- **Positive Moods:** People with high levels of regular physical activity have been shown to have higher levels of positive emotions such as interest, excitement, enthusiasm and alertness compared to people with moderate and low levels of physical activity. (Pasco JA, Jacka FN, Williams LJ, Brennan SL, Leslie E & Berk M (2011). Don't worry, be active: positive affect and habitual physical activity. Australian and New Zealand Journal of Psychiatry, 45(12) p. 1047-52.)
- **Stress:** Physical activity may offer an alternative approach to reducing or managing stress.
- **Self-esteem** When you feel physically fit you will increase self-confidence on and off of the playing field, more strength and resilience, sport ability and body attractiveness.

NEGATIVE EFFECTS

- Physical activity can have negative effects:
 - For some individuals who participate in very high levels of physical activity, **overtraining** can result in a range of short-lived negative effects, such as fatigue, low mood and irritability. Often this can be rectified by resting or changing exercise patterns, such as reducing intensity levels or altering the type of activity to one that uses different muscle groups.
 - **Sport injuries**: Accidents, poor training practices, or improper gear can cause them. Some people get hurt because they are not in shape. Not warming up or stretching enough can also lead to injuries.
 - **Exercise dependence**: People with this addiction plan their life around exercise and exclude other domains of daily life that previously brought joy.

Home confinement during the COVID-19 pandemic. Children and Adolescent

- The ongoing coronavirus disease 2019 (COVID-19) spread is a public health emergency and global threat. Governments have ordered citizens to stay at home as an emergency measure and implemented school closures to prevent further spread of the infection. As of March 26, 2020, >150 million children and adolescents in 165 countries are affected by the closures. Children and adolescents' lifestyle behaviors, such as physical activity (PA) and sedentary behavior (SB) may have been drastically impacted.
- It is well-known that reduced PA and prolonged SB are linked to both negative physical and mental health outcomes, such as loss of muscular and cardiorespiratory fitness, weight gain, leading to increased risk of obesity, diabetes, and cardiovascular disease ,psychosocial problems, and even poor academic achievements. Furthermore, evidence suggests that the negative impact may extend to adulthood.
- (Impact of COVID-19 pandemic on children and adolescents' lifestyle behavior larger than expected. Mi Xiang,a,* Zhiruo Zhang,a,* and Keisuke Kuwaharab)

COVID-19 quarantine in Older People

- The period of quarantine may have collateral effects on other dimensions of the isolated patients' health, and especially in the elderly population group.
- Initiating a sudden quarantine state implies a radical change in the lifestyle of the population. These lifestyles and behaviours in many cases include a certain level of physical activity (PA) and exercise to maintain an adequate health status, to counteract the negative consequences of certain diseases, such as diabetes, hypertension, CVD, respiratory diseases, or even simply to guarantee an active aging by reducing the risk of frailty, sarcopenia and dementia, risk of falls, self-esteem and cognitive impairment or decline as associated diseases in older people. Moreover, the psychological impact of quarantine has been recently reviewed and negative psychological effects, including post-traumatic stress symptoms, confusion, anxiety, depression, poor sleep quality and anger have been reported.

(Physical exercise as therapy to fight against the mental and physical consequences of COVID-19 quarantine: Special focus in older people☆David Jiménez-Pavón,a,b,*,1 Ana Carbonell-Baeza,a,b and Carl J. Laviec)

Keywords

Physical activity

Personal development

Positive mood

Mental health

Sport as a learning experience