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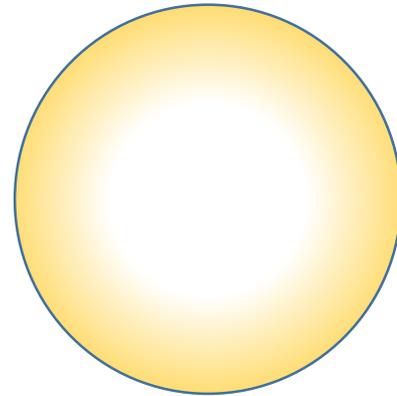
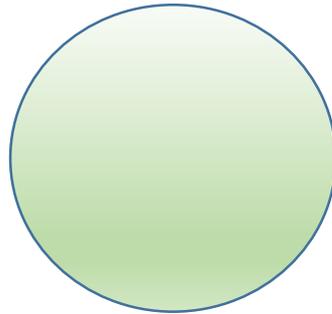
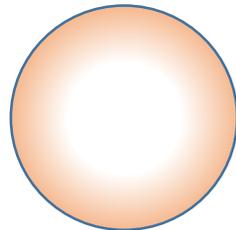
# SEARCH

SPORT EDUCATION FOR ACTIVE  
AND RESPONSIBLE CITIZENSHIP  
THROUGH HEALTH CARING



# MODULE

3



## THE SOCIAL FUNCTION OF SPORT

## **SEGMENT 3**

**Participation, inclusion and social changes  
encouraged by sport**

# Sports as a tool for inclusion and social change

Ask any sports participant what they love most about their involvement and they will surely mention the bonds forged with their teammates; even when teams are made up of kids from different ethnic, socioeconomic, religious or cultural backgrounds.

Sports might be an instrument for social inclusion and social change, especially for migrants, immigrants or refugees.



# **Sports as a tool for inclusion and social change**



Across the world, athletic competition activates a collective spirit that enhances community participation among children, adolescents, and adults.

Attracting youth participation and development through a powerful tool such as “sports” should be a paramount investment to be made in the next years by developing countries.

# **Sports as a tool for inclusion and social change**

As most of us recognize, education is the key for the world's long term progress. However, learning should not be left only to the classroom. Currently, children and adolescents in developing countries have too much leisure time, and some don't even attend school.

Many come from broken families, join gangs or participate in illegal activities because of lack of direction.



# Sports as a tool for inclusion and social change

- Sports for development programs can become a powerful tool for development and learning.
- They promote participation, inclusion, human values, acceptance of rules, discipline, health promotion, non – violence, tolerance, gender equality, teamwork, among others.



# Disability and sport



The unique ability of sports to transcend linguistic, cultural and social barriers makes it an excellent platform for strategies of inclusion and adaptation.

Furthermore, the universal popularity of sport and its physical, social and economic development benefits make it an ideal tool for fostering the inclusion and well-being of persons with disabilities.

**Sport can help** reduce the stigma and discrimination associated with disability because **it can transform community attitudes about persons with disabilities by highlighting their skills and reducing the tendency to see the disability instead of the person.** Through sport, persons without disabilities interact with persons with disabilities in a positive context forcing them to reshape assumptions about what persons with disabilities can and cannot do.

Sport changes the person with disability in an equally profound way by empowering persons with disabilities to realize their full potential and advocate for changes in society. Through sport, persons with disabilities acquire vital social skills, develop independence, and become empowered to act as agents of change.

# Women and Sport

The presence of women taking part in sport has grown while the gap between men and women in their interest in sport has narrowed considerably over the last 50 years.

Women who participate in sporting activities at school have a 76% chance of remaining interested in sport for the rest of their lives. In the 1970s and 1980s girls' participation in these activities increased, and it has been these women who have turned the tables since then.

And the trend will continue, because they are the ones now encouraging their daughters to play sports.



# **KEYWORDS**

**Inclusion**

**Social change**

**Development**

**Participation**

**Tool**

**Health promotion**

**Gender equality**

**Disability**

# References:

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