

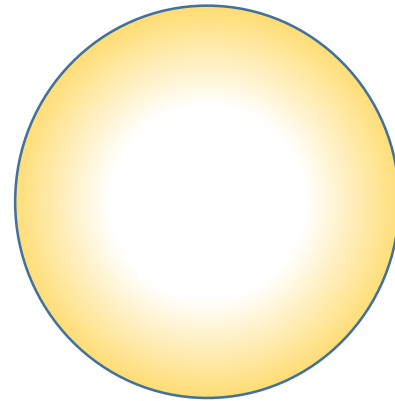
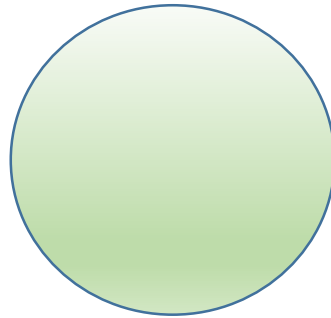
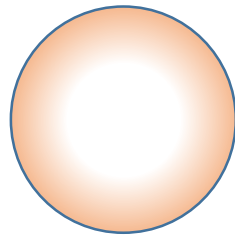


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# MODULE

3



## THE SOCIAL FUNCTION OF SPORT

# **SEGMENT 4**

## **A Project Management Strategy for Youth Education**



- ◆ SPORTS PROGRAMMES DEDICATED TO 13-17 AGE GROUPS IN AT-RISK AREAS OR WITH DISADVANTAGED FAMILY SITUATIONS.
- ◆ DEVELOPMENT PROGRAMMES
- ◆ THE IMPORTANCE OF SPORTS LEADERSHIP

# INTRODUCTION: THE IMPORTANCE OF SPORT PROGRAMMES



At local level, sport is often used because community, school and health professionals, and volunteers find it is an effective way of working with their target groups, especially young people.

Sport offer an important opportunity for building life skills of at-risk youth that allow them to better cope with daily life challenges and move away from involvement in violence, crime or drug use



The benefits of sport are considered especially relevant for the most vulnerable including the poor and excluded, girls and women, people with a disability, those living in conflict areas, and those recovering from trauma.

# Who are considered youth at risk?

A youth at-risk is a child or adolescent who faces extreme threats to a successful transition into adulthood. Characteristics of at-risk youth include truancy, lack of interest in academics, and disconnection from the school environment.



- A variety of factors can contribute to a youth falling in the at-risk category:
  - Poverty
  - Family instability and dysfunction
  - Unstable school environment
  - Poor community resources
  - Adverse childhood experiences



# Adulthood issues for at-risk youth

The longer an at-risk youth goes *without receiving help, the more prone they are to a life full of other issues. Ignoring the warning signs* an at-risk youth displays may lead to future problems, including:

- Addiction
- Violence
- Self-Harm
- Substance abuse



- At-risk youth have higher rates of suicidal thoughts and incarceration. Without help, the future of a youth displaying at-risk effects may be in danger.

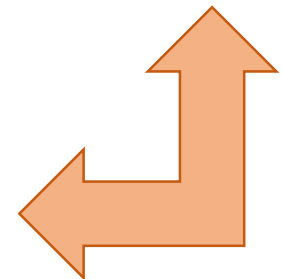
# The impact of sport programs on at-risk youth

YOUTH ARE THE MOST VULNERABLE PEOPLE IN THE WORLD. THEY ARE AT A VERY INFLUENTIAL TIME IN LIFE AND AN IMPORTANT STAGE OF THEIR DEVELOPMENT.

IN TODAY'S SOCIETY, YOUTH HAVE MORE DISTRACTIONS THAN EVER AND ARE SPENDING MORE TIME IN ISOLATION AS A RESULT OF TECHNOLOGY.

AT-RISK YOUTH NEED SOCIAL INTERACTIONS AND INVESTMENTS OF TIME FROM OTHERS. THEY ALSO NEED PROVIDED WITH AN OPPORTUNITY TO ACHIEVE POSITIVE OUTCOMES.

MORE STUDIES ARE SHOWING THE POSITIVE IMPACT THAT SPORTS CAN HAVE ON AT-RISK YOUTH AND THEY RESULTED IN AN INCREASE OF THESE SPORT PROGRAMS.





# The impact of sport programs on at-risk youth



SPORTS POSITIVELY  
OCCUPIES TIME THAT  
IS OFTEN USED IN LESS  
POSITIVE ACTIVITIES  
BY AT RISK YOUTH

EXERCISE IMPROVES  
THINKING AND LEARNING,  
ATTENTION AND FOCUS,  
EMOTIONAL REGULATION,  
SELF CONTROL, STRESS  
MANAGEMENT, ANXIETY AND  
DEPRESSION

SPORTS PROVIDES  
MENTORSHIP,  
FRIENDSHIP,  
LEADERSHIP AND  
ACHIEVEMENT THROUGHT  
SKILL DEVELOPMENT

BENEFITS FOR CHILD  
DEVELOPMENT AND HEALTH

# Benefits of sports programs for at risk youths



- Increase motor skills.
- Foster self-discipline.
- Teache teamwork.
- Create leadership skills.
- Teache necessity of cooperating with others.
- Strengthen peer relationships.
- Teache respect for fellow peers.
- Encourage goal setting.
- Create healthy habits for the future
- Lower risk for depression
- Enhance memory
- Generate multitasking skills
- Improves sleep patterns
- Expand learning capacity
- Increase ability to handle stress
- Balance mood
- Offer variety of activities to stave off boredom
- Create a sense of accomplishment
- Hone problem-solving skills
- Improve muscle tone
- Lessen odds of long-term health issues

# DEVELOPMENT PROGRAMMES



- **Sports program** means a program or portion of a program of an institution of higher education or of a public or nonpublic school that is organized for intramural or interschool recreational purposes with activities that include basketball, baseball, football, soccer, track, or any other competitive sports.
- **Sport programmes** often target boys who are considered “at-risk” of failing at school or not transitioning to an “ideal” adulthood, with the assumption that sport will save them.
- In addition, sport programmes can be related to various topics, which will help the development of youth at risk. In the following slides we show some of them



# DEVELOPMENT PROGRAMMES



ADVANCING HEALTH THROUGH SPORT



ADVANCING YOUTH DEVELOPMENT THROUGH SPORT



ADVANCING GOALS FOR EDUCATION THROUGH  
SPORT



# DEVELOPMENT PROGRAMMES



ADVANCING PEACE AND STABILITY THROUGH SPORT



ADVANCING EQUALITY AND INCLUSION THROUGH  
SPORT



ADVANCING GENDER EQUALITY THROUGH SPORT



# THE IMPORTANCE OF SPORTS LEADERSHIP



- **Leadership** maybe considered as a behavioural process that influences individuals and groups towards set goals. As such, a leader has the dual function of ensuring player satisfaction while steering the individual or group to success. Leadership is the art of getting someone else to do something you want done and help themselves and others to do the right thing through many different skills. These skills can then be passed on from the teacher to the student, not only making them a better athlete but also building them as a person.
- Successful teams have strong leaders and the importance of this role is evident in all categories of sports. The performance of a leader is very clear in interactive games and during matches. Although less obvious in co-active situations, the leader's contribution to the effectiveness of a team's performance is also influential.



# THE IMPORTANCE OF SPORTS LEADERSHIP



- Good **leadership skills** are important for a coach of athletes of any age because after their parents their coach is the biggest influence that they have, if a coach is seen to be a good, strong leader, it will inspire them to work harder to get to where they want.
- Another reason why leadership skills are vital is that the coach can get the skill or training session done successfully without too many obstacles and interruptions. There can be many ways for someone to improve these skills, some of these can be trivial things such as



# ELEMENTS OF SUCCESSFUL LEADERSHIP



There are many different things that can be seen as examples and elements of successful leadership for a coach such as building a positive relationship with the athletes or students, challenging the athlete, supporting and encouraging them and driving them for results:

- **Building a positive relationship**: It's easier to learn from someone who you trust, that is why coaches must try and develop a strong positive relationship with their students. They have to be careful to establish a healthy and effective set of boundaries. These boundaries help to keep this relationship professional yet effective at the same time.
- **Challenging the athlete**: Challenging the athlete, is key for the improvement of the athlete and it allows you to become more aware of what they can and cannot do. Challenging helps to improve the leadership skills of the coach because it shows the athletes and parents of the athletes that they are interested in the results of each individual child and not just treating them as just another child and treating them all the same, not challenging them in any shape or form to ensure they become the best athlete that they possibly could be.



# **KEYWORDS**

**Leadership**

**Development**

**Achievement**

**Life Skills**

**At – Risk Youth**

**Challenge**

**Sport Programme**

**Physical Activity**

**Goals**