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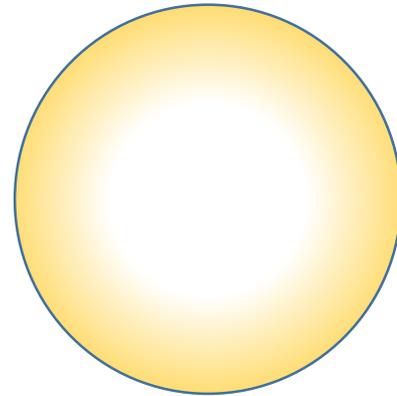
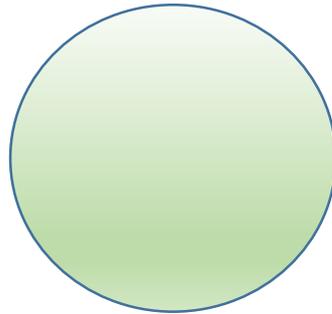
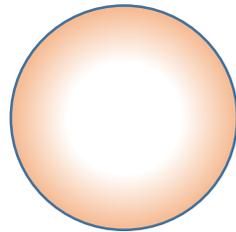
# SEARCH

SPORT EDUCATION FOR ACTIVE  
AND RESPONSIBLE CITIZENSHIP  
THROUGH HEALTH CARING



# MODULE

3



## THE SOCIAL FUNCTION OF SPORT

# **SEGMENT 7**

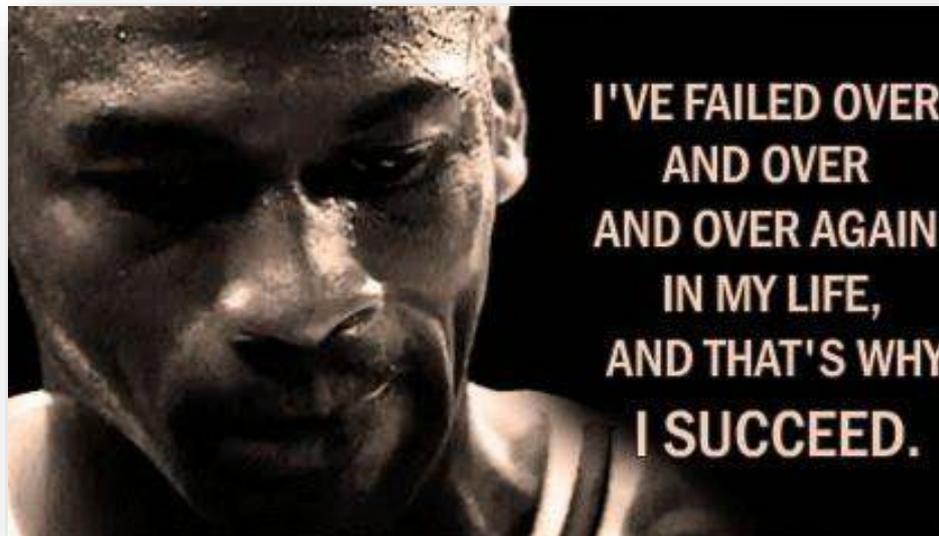
## **Sport and Resilience**

# SPORT AND RESILIENCE



# RESILIENCE DEFINITION

- ✓ Process which is built up by an individual over time through situations which encourage to overcome adversity, by developing coping strategies to deal with these situations and become a mentally stronger individual.
- ✓ Process of, capacity for, or outcome of successful adaptation despite challenging or threatening circumstances.



# RESILIENCE CHARACTERISTICS

Resilience implies two conditions: *adversity* and *positive adaptation* despite this adversity.

In this sense, adaptation is the athlete's ability and capacity to act and react competently to stressors perceived as significant in a sport context by restoring an internal sense of emotional and psychological balance.

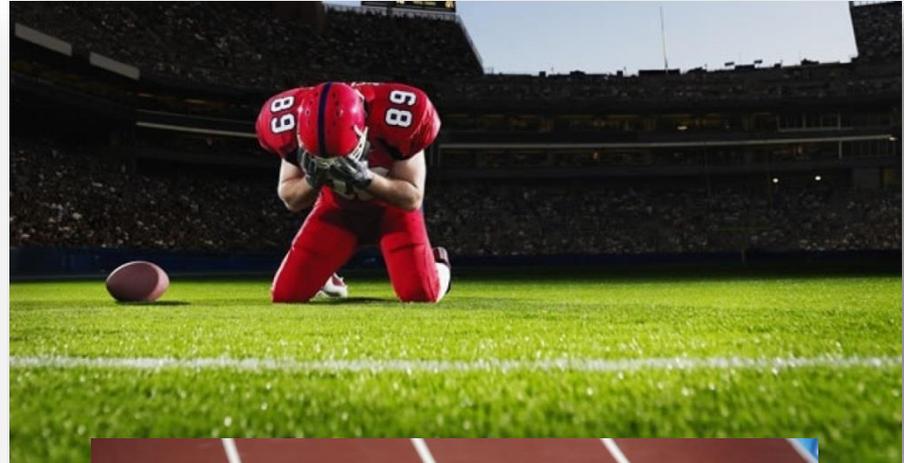
**ADVERSITY**



**POSITIVE  
ADAPTATION**

# THE IMPACT OF LACK OF RESILIENCE

- ✓ Developing Stress.
- ✓ Anger & frustration.
- ✓ Disappointment.
- ✓ Feelings of failure.
- ✓ Decreased confidence.



# HOW CAN YOU BECOME MORE RESILIENT?

- ✓ Develop mindfulness, practice being more present.
- ✓ Change the ability to understand what's in your control.
- ✓ Learn to refocus, practice bringing your focus back to whatever you are doing.
- ✓ Be patient, this will take time to develop.



# RESILIENCE IN SPORT EXAMPLE: CHRIS WRIGHT

- ✓ First NBA player with multiple sclerosis.
- ✓ Doctors and everyone around him tried to make him see that his sports life was coming to an end at only 23 years old.
- ✓ Wright overcame what seemed like an anticipated sports final and signed for Iowa Energy, with averages of annotation that served to him to obtain a contract by the Dallas Mavericks.



# RESILIENCE IN SPORT EXAMPLE: BETHANY HAMILTON

- ✓ This 23-year-old Hawaiian was attacked by a shark while practicing the sport she most enjoyed at the age of 13.
- ✓ The shark severed her left arm at shoulder height.
- ✓ Four years later, Bethany made it to the professional category, taking second place at the ASP Junior World Championship in 2009.



# **RESILIENCE IN SPORT EXAMPLE: SIMONE BILES**

- ✓ Simone Biles never knew her father, and her mother, addicted to drugs, abandoned her at the age of three in an orphanage.
- ✓ She was sexually abused by Lawrence Nassar, a former doctor for the US gymnastics team.
- ✓ Simone Biles has become the most successful gymnast in history by claiming her fifth world title.





# **KEYWORDS**

**Positive adaptation**

**Adversity**

**Athletes**

**Demands**

**Pressures**

**Psychological characteristics**

**Resilient qualities**

**Sport performance**

**Sport psychology**

**Motivation**