



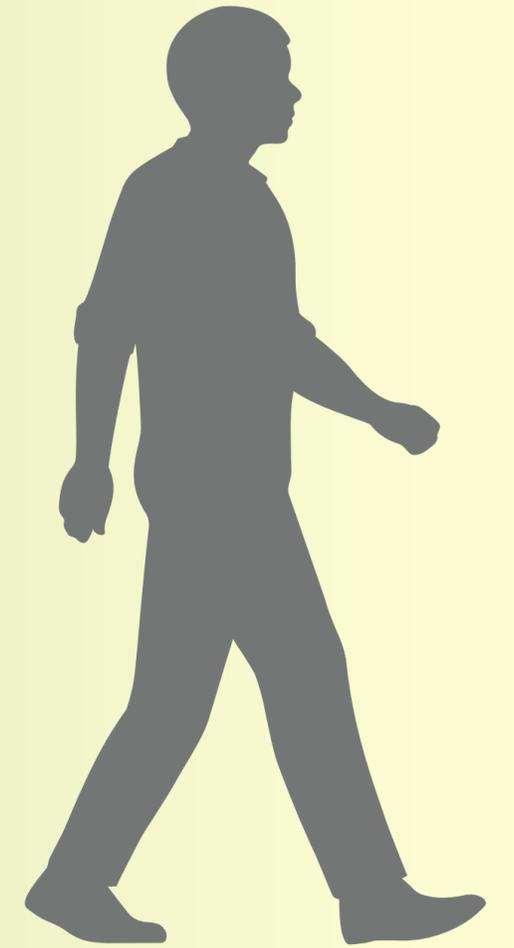
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# SEARCH

SPORT EDUCATION FOR ACTIVE  
AND RESPONSIBLE CITIZENSHIP  
THROUGH HEALTH CARING





**MODULE 1**  
**Enhancing the educational activity of sport**

# **SEGMENT 8**

**The school as a workshop of sports practice  
to build the integral man**

## ***The integral man***

Schools have therefore to provide a coherent, cohesive and functional training for a balanced development of the personality.

Thus the aim of the school is to build a school curriculum that:

- a.on one hand, should consider the importance of **sporting values as one of the fundamental patterns to be inspired by**
- b.on the other hand, in the opposite direction, should create a path to make the learner-athlete acquire skills for a wider boost.

## **Such a boost should ensure:**

- Above all to give the student a technical-practical skill applied to abstract knowledge
- Secondly, for each student, to develop awareness and discover his or her own aptitudes, an awareness and a discovery obviously already achieved by the student athlete:
  - what you are
  - what you can do
  - what do you want and why
- Thirdly, a psychological growth based on a process consisting of the following factors:
  - psycho-intellectual strengthening:
  - expanded self-awareness
  - personality balance
  - increased sensitivity

#### Fourthly psychosocial modes:

- Educating the importance of choices and responsibility.
- Teaching to continuously implement implying projects:
  - personal ambitions
  - environmental requirements
  - chance of succeeding
  - resources available
  - likely impacts

The student-athlete lives such psycho-social modes in an on-going educational atmosphere, both by choosing the competitive activity and because of the competition itself, in order to carry out programs involving personal ambitions and the possibility of succeeding, available means and likely impacts.

# **Keywords**

**Expertise**

**Awareness**

**Maturation**