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SEARCH
SPORT EDUCATION FOR ACTIVE AND RESPONSIBLE CITIZENSHIP THROUGH HEALTH CARING

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MODULE 5

SMART SPORT CITIES

SEGMENT 8

Sport as a driver to active citizenship education

The first race

You will first of all compete with yourself.

Your well-being as an individual is built on your physical and mental health. Knowing yourself, your abilities and your limits is a prerequisite for growing and performing your skills and competences, whatever they are.

To do this you need three tools:

- education
- sport
- technology

The place where you live

School, professional activity and sporting activity can help you carrying out your daily tasks of getting to learn and to know yourself.

However, the environment in which you live plays a fundamental role. Your city, with its natural environment, urban structure, sports facilities and accessible green areas, can offer you a stimulating environment.

Smart cities, activity trails and sports areas are opportunities to develop your physical skills, improve living standards and spend time with your friends.

Key players

Every country has sports clubs committed to promoting different disciplines and activities.

These activities are carried out at various levels: from grassroots sport for young children to championships for professional athletes.

Sports education can be promoted in schools, by non-competitive sports associations, amateur groups, informal associations of friends and voluntary associations.

Each of the aforementioned players can offer different, but still valid experiences from a health and educational point of view.

The technologies

Spread and accessibility of specific apps allow now to better organize physical activity according to your own availability of time and individual abilities.

Apps make it possible to organize individual training sessions in multiple disciplines (e.g. fitness, dance, yoga, etc.).

Technology also makes it easier to book gyms and playing fields, organize sporting events and participate in events. A simple smart phone allows you, moreover, to record all your data and thus be able to analyze your performance, by scheduling your training sessions in order to measure the improvements achieved.

Learn to properly use the tools made available by technology and develop your digital skills.

Sport as a social innovation factor

However, sport offers another fundamental opportunity: the development of social relationships. Games, respect for rules, shared effort and commitment to achieve a result promote social inclusion, overcome barriers and clichés as well as isolation and loneliness.

Sport therefore allows encouraging intergenerational aspects, inclusion and shared values. It is enough to see how sport is helping to break down gender stereotypes, condemn racism and give visibility to athletes with disabilities.

Sport as a driver to active citizenship

This pathway has shown the benefits for society as a whole of having responsible and active citizens.

Developing projects and promoting sporting activity means having healthier citizens, more willing to share experiences with others, more attentive to the natural capital of the place where they live.

Promoting sport is not only an opportunity in terms of economic capital, but also allows us to develop the social capital and the environmental capital of the place where we live.

In order to develop well-being and create shared value, we have two powerful allies at our disposal: technology and education.

Exercise 8

According to you, which factors could help educating responsible citizens on the issues of sport and health?

Which topics did you like the most?

Are there any topics that you would like to discuss or deepen?

Main sources

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