

# **Youth Coaching Interventions To Achieve The UN MDGs Through Sport And Physical Activity: A Proposed Study**

William Falcão  
& Gordon Bloom

Department of Kinesiology and  
Physical Education

McGill University

# Presentation Outline

- Literature Review
  - Coaching Science
  - Positive Youth Development
  - United Nations Millennium Development Goals
- Purpose of the Study
- Proposed Methods
  - Participants
  - Workshop
  - Principles of Community Based Research
  - Assessment

# Literature Review

## Coaching Science

### ■ Coach Education

- Coaches serve as role models to athletes
- Experience is essential, and many volunteer with youth athletes
- Coaches are useful messengers to convey the lessons of the MDGs to children

### ■ Youth Coaching

- The role of the coach has developmental implications
- The experience of the participants should be enjoyable

(Lyle, 2002)

# Literature Review

## Coaching Science

- Expected Behaviors of Youth Coaches
  - Promotion of a healthy climate of enjoyment
  - Provision of positive reinforcement and encouragement
  - Establishment of supportive norms and commitment
  - Inclusion of athletes in team decisions
  - Focus on positive coaching behaviors

(Bloom, 2007)

# Literature Review

## Positive Youth Development

- Is the “engagement in prosocial behaviors and avoidance of health-compromising and future-jeopardizing behaviors.” (Roth et al., 1998, p. 426)
- It “enables individuals to lead a healthy, satisfying, and productive life as youth, and later as adults, because they gain the competence to earn a living, to engage in civic activities, to nurture others, and to participate in social relations and cultural activities.” (Hamilton et al., 2004, p. 3)

# Literature Review

## Positive Youth Development

- 40 developmental assets
  - External: support, empowerment, boundaries and expectations, constructive use of time
  - Internal: commitment to learning, positive values, social competencies, positive identity

(Benson, 1997)

- Five 'C's
  - Competence
  - Character
  - Connection
  - Confidence
  - Caring and Compassion

(Lerner et al., 2000)

# Literature Review

## Positive Youth Development

- Sport-programming model of PYD

- Consider youth's physical, psychological, social, and intellectual stages of development
- Be conducted in appropriate setting
- Foster developmental assets in youth

(Fraser-Thomas et al., 2005)

- Coach education in PYD programs

- Strong mentor-participant relationship
- Emphasis on developing life-skills

(Petitpas et al., 2007)

# Literature Review

## United Nations Millennium Development Goals

- Goal 1: Eradicate extreme hunger and poverty
- Goal 2: Achieve universal primary education
- Goal 3: Promote gender equality
- Goal 4: Reduce child mortality
- Goal 5: Improve maternal health
- Goal 6: Combat HIV/AIDS and other diseases
- Goal 7: Ensure environmental sustainability
- Goal 8: Develop a global partnership for development

(UN, 2006)



# Literature Review

## United Nations Millennium Development Goals

- Office of Sport for Development and Peace
- Potential contributions of sport for the MDGs

(UN, 2003)



# Literature Review

## United Nations Millennium Development Goals

UN Millennium Development Goals	Potential contribution of sport
Goal 1: Eradicate hunger and poverty	<ul style="list-style-type: none"><li>- Create employment opportunities</li><li>- Provide productive life-skills</li></ul>
Goal 2: Achieve primary education	<ul style="list-style-type: none"><li>- Promote positive values and skills</li><li>- Make school more attractive</li></ul>
Goal 3: Promote gender equality	<ul style="list-style-type: none"><li>- Build confidence and social integration</li></ul>
Goal 4: Reduce child mortality	<ul style="list-style-type: none"><li>- Provide healthy life-style</li></ul>
Goal 5: Improve maternal health	<ul style="list-style-type: none"><li>- Convey important messages</li></ul>
Goal 6: Combat HIV/AIDS and other diseases	<ul style="list-style-type: none"><li>- Reach out to inaccessible populations</li><li>- Assist overcoming prejudice</li></ul>
Goal 7: Ensure environmental sustainability	<ul style="list-style-type: none"><li>- Encourage environment protection through outdoor sports practice</li></ul>
Goal 8: Develop a global partnership for development	<ul style="list-style-type: none"><li>- Offer opportunities for financial agreements in sport events</li></ul>

# Purpose of the Study

To develop a coach education program to achieve some of the United Nations Millennium Development Goals that mostly apply to the participating communities through sport and physical activity.

# Proposed Methods

- Participants: Peewee-level team sport coaches
- Workshop
  - Raise awareness for the UN MDGs
  - Identify the UN MDGs that relate to the needs of the community
  - Build interventions from collaborative effort

# Proposed Methods

## Principles of Community-based Research

- Perceive community as a unit of identity
- Builds on resources of the community
- Facilitate collaborative partnership
- Integrates knowledge and action for mutual benefit
- Promotes co-learning and empowering
- Cyclical and iterative process
- Addresses positive and ecological perspectives
- Disseminates findings and knowledge

(Israel et al., 1998)

# Proposed Methods

## Assessment

- Observations of interventions
- Open-ended interviews
  - Coaches
  - Community members



**Thank you.**

**William Falcão**

[william.falcao@mail.mcgill.ca](mailto:william.falcao@mail.mcgill.ca)