

The role of the youth sport coach in helping to address the United Nations Millennium Development Goals

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Outline

- Literature Review
 - United Nations Millennium Development Goals
 - Youth Coaching
 - Positive Youth Development
- Purpose of the Study
- Workshop Protocol
- Activities
- Data Analysis

Literature Review

- United Nations Millennium Development Goals
 - (1) Eradicate extreme poverty and hunger
 - (2) Achieve universal primary education
 - (3) Promote gender equality and empower women
 - (4) Reduce child mortality
 - (5) Improve maternal health
 - (6) Combat HIV/AIDS, malaria and other diseases
 - (7) Ensure environmental sustainability
 - (8) Develop global partnerships for development

Literature Review

■ Youth Coaching

- Coaches' behaviors influenced children's self-perception, enjoyment, adherence, and psychosocial development (Smith et al., 1978, 1979).
- Coaches who participated in education programs had athletes with increased self-esteem and self-worth, scholastic competence, and ability to work with others (Smith & Smoll, 2002; Smoll et al., 1993).
- Coach training programs influenced coaches' communication skills, players' abilities to listen and learn, and team cohesion (Newin, Bloom, & Loughead, 2008).

Literature Review

- Positive Youth Development (PYD)
 - Promoting positive life experiences to increase youth's self-esteem, self-worth, ability to bond with others, respect for social norms, and empathy for others (Lerner et al., 2000).
- PYD in sport
 - Adolescents reported learning initiative, teamwork, and social skills through sport (Holt & Sehn, 2008).
 - Adolescents involved in sport and PYD programs improved their scores in competence, confidence, connection, compassion, and character (Zarrett et al., 2008).

Purpose of the Study

- The purpose of this study was to assess coaches' perceptions of activities that were created to address the United Nations Millennium Development Goals of health, education, and empowering women.

Workshop Protocol

- Workshop Protocol
 - Carron and Spink (1993) designed a workshop intervention protocol to teach fitness instructors to create and implement team-building strategies.
- Four stages:
 - Introductory Stage
 - Conceptual Stage
 - Practical Stage
 - Intervention Stage

Activities

■ Overview

- 6 basketball or soccer teams (athletes aged 11-17)
- 4 activities:
 - Practice with CIS Athlete (UN MDG: Education)
 - Healthy Pre-game Team Meal (UN MDG: Health)
 - Co-ed Practice (UN MDG: Empowering women)
 - Hoops for health fundraiser (UN MDG: Health)
- Length: 45 minutes
- Frequency: every 4 weeks

Activities

- Practice with CIS Athlete (UN MDG: Education)
 - University athlete lead one practice
 - Athlete debriefing with players about importance of education
 - Coach positive feedback during the drills
 - Coach encouraged children to dialogue with athlete

Activities

- Healthy Pre-game Team Meal (UN MDG: Health)
 - *Eating Well with Canada's Food Guide*©
 - Players taken to grocery store to purchase healthy pre-game meal
 - Players, coach, and researcher ate meal together
 - Group discussion using products as examples of good food choices

Activities

- Co-ed Practice (UN MDG: Empowering women)
 - Boys and girls practiced together
 - Coaches talked to their athletes about the importance of team work
 - During the talk coaches reinforced the message of gender equality

Activities

- Hoops for Health Fundraiser (UN MDG: Health)
 - Players held a fundraiser to purchase basketball equipment
 - Basketball equipment was donated to a community center
 - Youth players ran a basketball clinic
 - The coaches helped the players choose drills and encouraged interaction between children

Data Analysis

- Data Collection
 - Research assistant field notes
 - Semi-structured interviews at the end of the season
- Data Analysis
 - Coding: higher and lower order themes and categories
- Preliminary Results
 - Coaches thought the activities successfully promoted the three UN MDGs.
 - Coaches observed increased cohesion and communication, as well as respect for others, among their players.

Thank you.

Questions / Comments