

# **HFS/SPM 327: Human Development and Sport**

## **HFS/SPM 327**

### **Human Development and Sport (3 credits)**

**Class Size: 10-20**

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*Administrative Contact: Eric Young, Senior Associate Director,  
Project Advance*

**\* HFS/SPM 327 is NOT accepting applications for training at this time**

## **Course Catalog Description**

Crosslisted with SPM 327. Examines the dynamics of social change and human well-being in the context of sport in promoting positive youth development. Personal, social, and cultural development through sport-based programs and initiatives are explored.

## **Course Overview**

HFS/SPM 327, Human Development and Sport, examines the dynamics of youth development, social change, and social inclusion in the context of sport. Students examine perspectives of youth development and principles of sport that facilitate personal, social, and cultural development. Students explore ways in which sport-for-development programs provide positive environments and opportunities for collaboration, social change, inclusion, and human enrichment. The connections of sport-based initiatives to community, national, and global developmental issues are explored.

1. Introduction to the emerging discipline of sport-for-development and its relevance to community, national, and global initiatives
2. The history of child and youth sport, and current practices that shape our understanding of sport-based developmental initiatives
3. The potential of sport to influence positive youth development in the areas of motivation, self-determination, resiliency, peer relationships, identity development, moral development, and sense of self
4. Support networks for sport development including community and parental supports
5. Sport as a vehicle for social inclusion: gender, race, and disability
6. Sport as a potential agent for social responsibility and social change across contexts including health, safety, cultural responsiveness, equity, and peace.

The graded assignments for this course include two tests, a review of a current sport for development program, the development of an innovative sport-for-development program, and a final paper, along with several in-class assignments. The format of each test is a combination of short answer and multiple-choice questions. Students review a current sport for-development program given a list of best practices and current trends in youth sport programming.

## **Pre- /Co-requisites**

N/A

# Course Objectives

After taking this course, students will be able to:

- Explain the history and evolution of sport-for-development.
- Compare/contrast academic models of sport development.
- Identify and explain the tension between related theories and practical implementation at the community, national, and global levels.
- Identify and explain important historical events related to the emergence of child and youth sport and the practices that shape our understanding of current sport-based developmental initiatives.
- Explain the relationship between positive youth development principles and sport-based youth development programs.
- Identify ways in which participation in sport has the potential to influence positive youth development in a variety of developmental areas including the areas of motivation, self-determination, resiliency, peer relationships/socialization, identity development, moral development, and sense of self.
- Connect peer and parental influences of the youth sport experience to overall child and youth development.
- Apply knowledge of positive youth development practices and sport-based principles in the design of a sport-based human development initiative.
- Analyze sport as a potential agent for social change and social inclusion in a variety of contexts and disciplines including health, safety, cultural responsiveness, equity, and peace.
- Assess the developmental and social value of several

community, national, and global “sport-plus” and “plus-sport” initiatives.

## **Laboratory**

N/A

## **Required Materials**

Managing Sport Development: An international approach, Sherry, E., Schulenkorf, N., & Phillips, P. (Eds). (2016)

ISBN: 9781138802704 (New York: Routledge)

Additional readings are required and include research articles and articles in the popular press relevant to course topics. These will be posted to the electronic class management system.

## **Instructor Recommendations**

N/A